



Digital Detours

Digital balance, mental clarity

Navigating Technology Together!

Learning and Discussion Regarding Educational Guidelines For Tech.

The Lethbridge School Division Digital Wellness Team is hosting its second **Digital Wellness Engagement Event**.

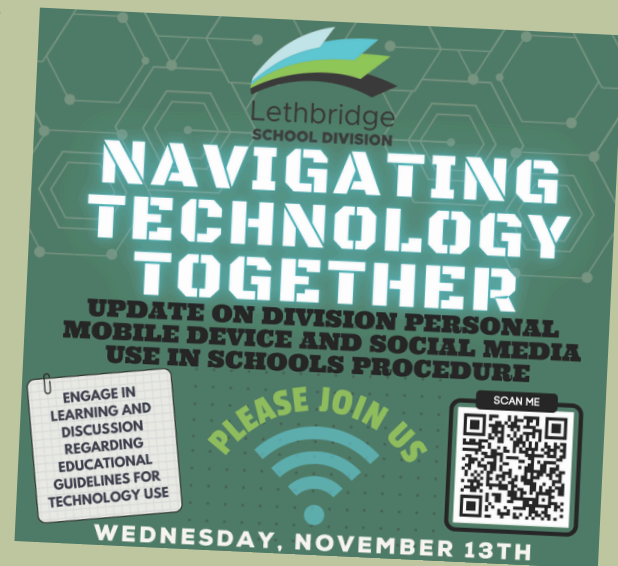
This year's event will take place on:

Wednesday, Nov. 13, 2024

6:00 p.m. -7:30 p.m.

G.S. Lakie Middle School Main Foyer.

Parents, stakeholders, community members and staff will have the opportunity to learn more about the new *Personal Mobile Device and Social Media Use in Schools* procedure, and the relationship between technology and education. Attendees will be able to hear about the formation and implementation of the procedure, and share perspectives in roundtable discussions.



Attendance for the event will be limited to 150 individuals. Families, staff and community members are asked to confirm their attendance through the following link: **Engagement Night**.

Digital Wellness Journeys: Monthly Spotting's

The Digital Wellness Team has embraced each opportunity to create new innovative lessons, build rapport, and ignite digital wellness awareness in our Lethbridge School Division Schools! This month's in-action highlights included:

Dr. Gerald B. Probe: Digital Wellness 101



Wilson Middle School: Digital Literacy



Senator Joyce Fairbairn: P/T Interview Event



Book your students the experience of working toward digital thriving by visiting our bookings page ([click here](#))- Let's unite to guide our youth to shine online!



Digital Detours

Digital balance, mental clarity

Tech Titans

Level Up Your Emotional Intelligence



Developing, building, and refining our emotional intelligence is paramount for supporting overall well-being. Emotional intelligence enables one to recognize, understand, and manage their emotions effectively, fostering healthier relationships and coping mechanisms.

The "How We Feel" app offers digital opportunities for reflection and introspection, using technology to enhance well-being recognition by allowing us to track our emotions over time and gain insights into patterns and potential triggers. By consistently using this app, an individual may be able to better cultivate a deeper understanding of oneself and develop strategies to exemplify emotional intelligence and support well-being.



Wit, Wisdom, and Wordplay

Wit:

- Why did the computer go to the dentist?



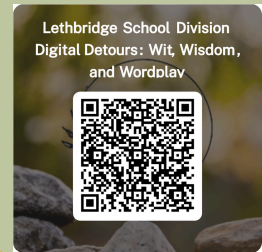
Wisdom:

- Phubbing: Ignoring someone in favor of focusing on one's phone or technology device.



Wordplay:

- The data (comments, posts, etc.) trail left behind by a person's online activities is known as one's _____



Tech Check: Is Tech a Key or a Lock?



In our increasingly digitized world, technology has become an indispensable tool, streamlining tasks and connecting us to a vast network of information. However, as we navigate this digital landscape, it's essential to pause and consider the role of technology in our lives. Are we merely passive consumers, letting technology dictate our actions, or are we active participants, shaping our relationship with technology to maximize its benefits and enhance our overall well-being?



The questions posed in the "Tech Check" Wellness Byte this month invite us to reflect on our technology engagement. What needs does technology fulfill for us? Are there areas where our reliance on technology might be hindering our ability to think critically, problem-solve independently, or cultivate meaningful connections?

By asking ourselves these questions, we can gain a deeper understanding of how technology is shaping our lives and identify opportunities for intentional and thoughtful use that supports well-being and personal development.

Footnotes:

Media Smarts & Bell (2024). Building Better Tech Habits: A Guide to Digital Well-being. Retrieved October 16, 2024 from link ([click](#)).

Visit our website:

