



Digital Detours

Digital balance, mental clarity

Navigating Technology Together

Empowering stakeholder partnerships to guide and support digital well-being.

Lethbridge School Division recently hosted the "Navigating Technology Together" event, bringing stakeholders together to discuss the new 607.4.2 Personal Mobile Device and Social Media Use in Schools procedure. This procedure, which went into effect in September, aims to establish transparent guidelines for personal technology use with the division and various grade levels.

The event provided an opportunity for attendees to learn about the development process of the procedure and to share feedback and perspectives. The Digital Wellness Team also participated, offering further discussions, insights, and tips to parents and caregivers on fostering intentional technology habits that support well-being and purposeful use of technology.

By addressing digital well-being through this engagement opportunity, the division aims to continue supporting the overall well-being of students and families as they navigate the digital landscape. The Digital Wellness Team invites all stakeholders to click and view the resource (right) to discover more resources and continued direction to support and nurture digital well-being in Lethbridge School Division.



CLICK HERE

Collaborative Learning in Leth. S.D.

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! Some of this month's in-action highlights included:



W.M.S (Gr.7) - Digital Wellness Unit

Lakeview Elementary:- Games Night



L.O.I.- Media Literacy- English 20/30

W.C.H.S.- C.A.L.M. (Residency)



G.P.M.S.- Digital Wellness (Residency)

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!



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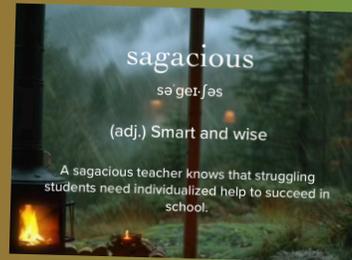
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Tech Titans

Keeping the mind sharp and strong

Instead of passively scrolling through social media, consider opportune ways to actively engage the mind with a logic or vocabulary building opportunity in these moments.

These tech-tools can offer interactive exercises, quizzes, and personalized learning plans, empowering you to expand your lexicon and enhance your language skills. Explore today!



Wit, Wisdom, and Wordplay

- **Wit:**
 - What shoes do computer like the most?
- **Wisdom:**
 - Nomophobia: Fear of being without a mobile device.
- **Wordplay:**
 - What percentage of 13-18-year-olds owned a smartphone in 2021, according to a recent Common Sense Media survey (Rideout et al., 2022)?



SUBMIT



Last Month's Answer: Digital Footprint
Congratulations to: Ellen Probe (YAY!)



Wellness Building Pathways



Navigating Technology with our Youth
December 11th - 6:00 PM-7:30 PM.
Presentation by: Andrea Halwas Larsen, PhD, CT, REACE
Cost: NO CHARGE
Register by: clicking (here)

'12 Days of Digital Wellness'

The Digital Wellness Team at Lethbridge School Division is thrilled to announce our 2nd Annual "12 Days of Digital Wellness" initiative! This holiday season, let's embark on a mindful journey to digital well-being and personal development by becoming tech-intentional.



Ready to take the adventure? Enjoy developing personal challenges, decluttering your digital life, and embracing the season with an increased purpose, motivation, and intentionality.

Scan the QR code to download your 12-day challenge and start your digital wellness journey today. Consider inviting students, staff, family, and friends into each day's new initiative.

Let's make this holiday season a time for connection, relaxation, and digital wellness.

Wishing you joy, peace, and festive memories ahead!

