



Digital Detours

Digital balance, mental clarity

A Heartfelt Thank You: Reflecting on the Digital Wellness Portfolio

Thank you Lethbridge School Division Schools and Communities

We want to say THANK YOU: To the incredible schools, dedicated educators, valued stakeholders, and brilliant students who brought the Lethbridge School Division Digital Wellness Portfolio to life.

As our journey with the Digital Wellness Portfolio comes to a close this June, we want to extend our deepest and most sincere gratitude to each of you. This initiative, which we had the privilege of leading and building, would not have achieved its profound impact without your unwavering support, collaboration, openness, and enthusiasm. Your willingness to embrace a new and timely subject matter within your school communities and classrooms has been truly inspiring. By advocating for youth well-being, increasing awareness about our relationships with our digital devices, and fostering critical reflection on our digital habits, you have forged a path forward to increase intentionality in the ways we approach and use technology. Witnessing our division's commitment to equipping students with the knowledge, skills, and attributes to navigate their digital worlds safely and intentionally has sparked a lifelong passion and pursuit of digital well-being.

While this chapter concludes, the vital work of digital well-being continues. We are committed to ensuring that all the resources, information, and documents created through the Digital Wellness Portfolio remain accessible through our website. Our hope is that they will serve as a foundation for further creativity and implementation, empowering our youth and supporting wellness as screen and digital media advancements continue to evolve and grow.

Thank you for embracing this vision, for your tireless efforts, and for helping us make a tangible difference in the lives of our students. The positive ripple effect of your contributions and lasting relationships created through this endeavor will be felt for years to come.

Farewell Send Off

Join us for a special farewell at the 'Nature Play Fest' on June 14 from 12-4 PM at Henderson Lake!

Collaborating in conjunction with the Helen Schuler Nature Centre and other Lethbridge community stakeholders, we invite you to share in some outdoor play, tasty food, and meaningful conversation.

We'd love to connect, reflect on the portfolio's journey, and discuss how we can continue to advance digital wellness in our school, families, and greater Lethbridge community this summer! We hope to see you there!

Photos retrieved from: <https://nature.lethbridge.ca/programs-and-events/details/nature-play-fest>

