

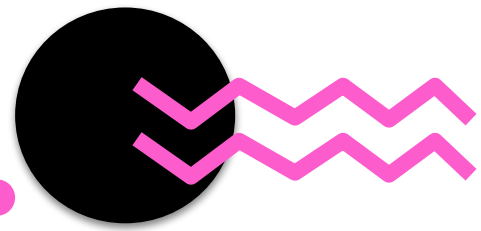
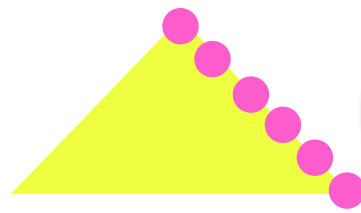
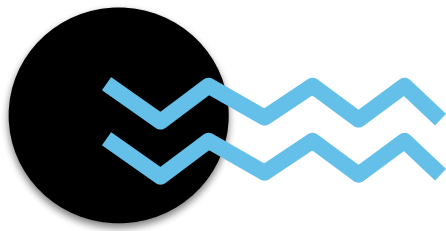
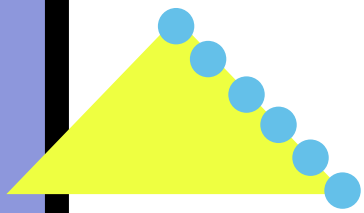
Lethbridge



School

Division





Land Acknowledgment

Oki, Welcome to AAKAIPOOKAISKI (Many Children)! We honour the Blackfoot people and their traditional ways of knowing and caring for this land, as well as all Indigenous Peoples who have helped shape and continue to strengthen our Lethbridge Community.



Welcome!

Agenda:

- 🌈 Daily Check-In (2-5 Minutes)
- 🌈 Meme Mood Board
- 🌈 "Digital Wellness Team" portfolio overview
- 🌈 Shared Successes thus far
- 🌈 Directions moving forward!
- 🌈 Closing Remarks + Communication Invites.

Daily Check-In

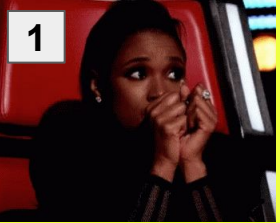


Wellness

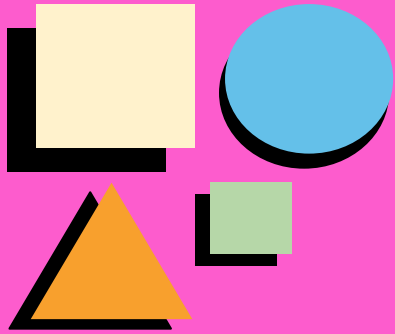
Wisecracks

**WHAT DO YOU CALL A BEAR
WITH NO TEETH?**

WITH NO TEETH?



Ahhh, I'm just a big, toasty cinnamon bun.



WHO AM I?

Name: Cason Machacek

Team: Lethbridge School Division

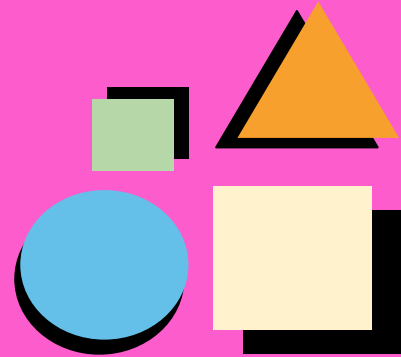
Position: Digital Wellness Teacher

Bio:

Meet Cason Machacek, a former Lethbridge Hurricane with a passion for sports, education, and wellness. Graduating from the University of Lethbridge in 2017 with a degree in business management and education, Cason Machacek pursued a career in teaching. With a love for sports and working cohesively in a team environment, it is no surprise that Cason Machacek has become a valuable member of the Lethbridge School Division.

Over the years, Cason Machacek has had the pleasure of teaching a wide range of subjects and grade levels. But these days, Cason Machacek is thrilled to be serving as the Digital Wellness Teacher for the Lethbridge School Division. With a commitment to promoting healthy digital habits, Cason Machacek brings a unique perspective to the evolving technological landscape..

With a strong foundation in both sports and education, Cason Machacek is a true asset to any team. Whether on the ice or in the classroom, Cason Machacek is dedicated to helping others reach their full potential.



WHO AM I?

Name: Sydnie Erlendson

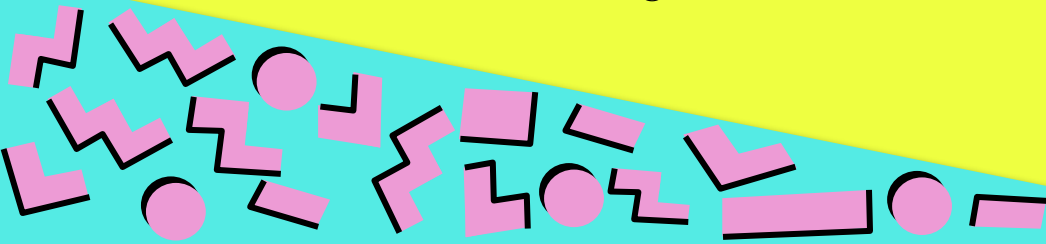
Team: Lethbridge School Division

Position: Family Support Worker (Digital Wellness)



Sydnie Erlendson has recently joined us as the Family Support Worker on the Digital Wellness Team. Sydnie completed both her Undergraduate and Graduate Degrees from the University of Lethbridge, in the areas of Psychology and Mental Health Psychotherapy respectively. With a love for early literacy programming and behavioral intervention, Sydnie has worked closely with families in our community to provide respite support, teach behavioural modification, and provide counselling services under the standards of the Canadian Counselling and Psychotherapy Association.

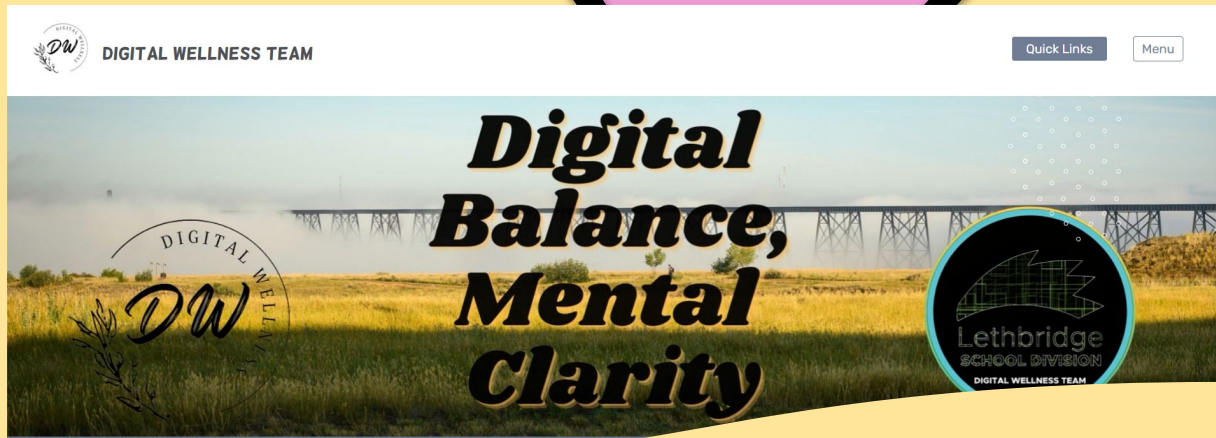
Outside of the office, you may find Sydnie lost somewhere on a hiking trail, spending quality time with her family and friends, or attending a book club.

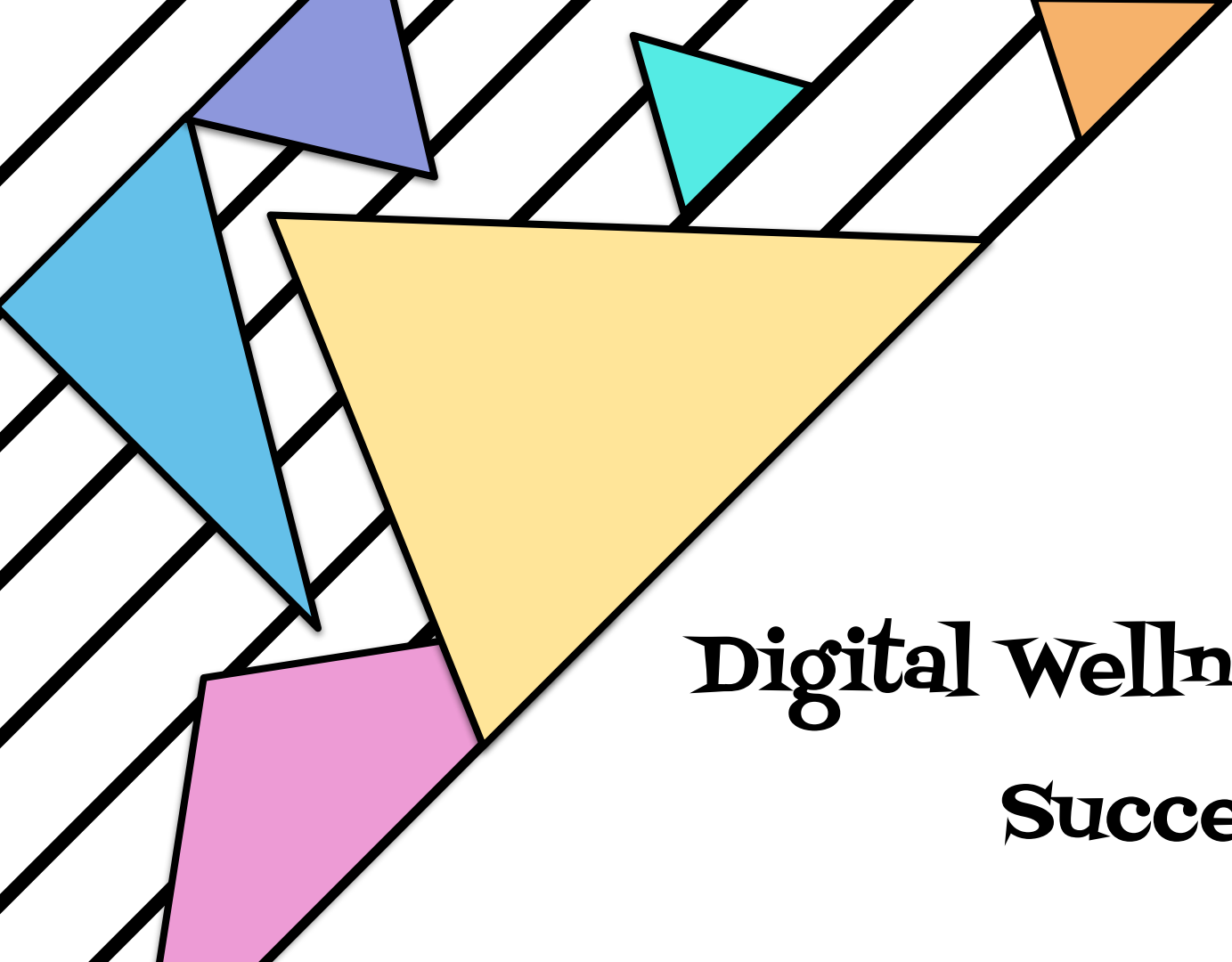




**Let's get
into it!**

Digital Wellness Overview





**Digital Wellness Shared
Success!**

Collaborative Teaching

A worksheet titled 'TECH TRACKS MONDAY' with a 'Date' field. It is divided into four quadrants: 'Holistic Wellness' (with a 'Balance' section), 'Purposeful Use' (with a 'Goals and intentions' section), 'Mentored Use' (with a 'Please note and record the 15-minute time spent using technology tools' section and a 12-hour scale), and 'Mindful Moments' (with a 'Reflect' section). There are also sections for 'Top 3 Apps, Platforms, or Social Media Tools' and 'Signatures'.

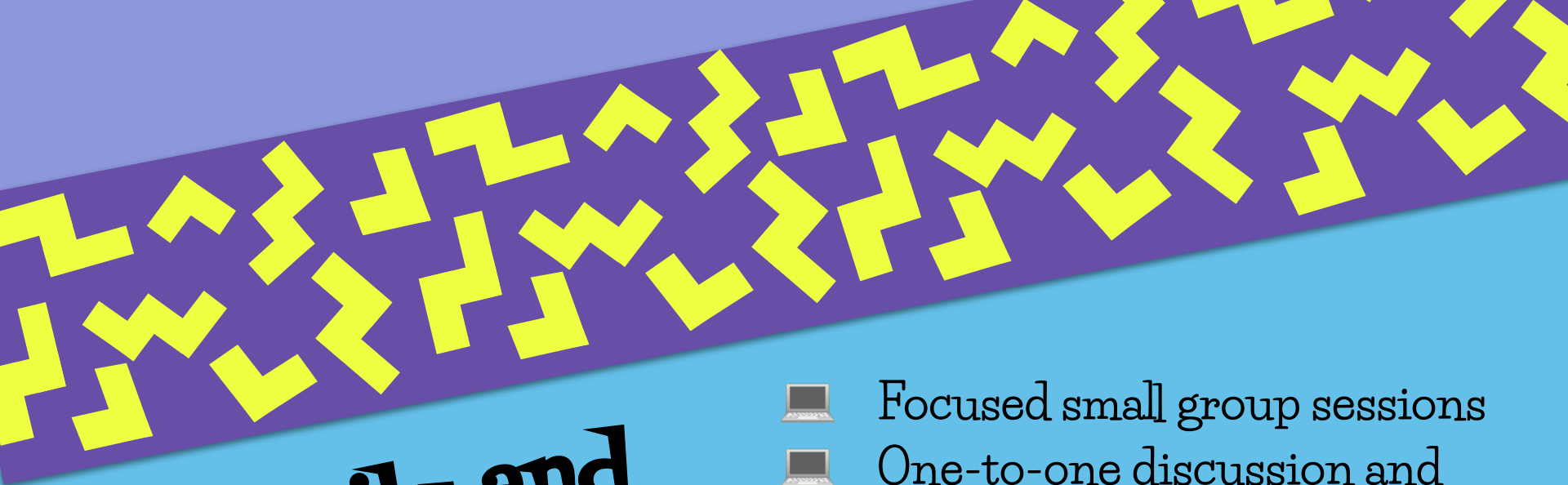
Middle School(s)- Digital
Citizenship & Ethics Unit
Study



High School Leadership-
Effective Use of Technology



Middle School- Parent
Engagement Night.



Family and Student Support Work



Focused small group sessions



One-to-one discussion and
intervention planning



Liaising between teachers,
administrators, and students



Early intervention strategies
for youth

Digital Flourishing

The Digital Flourishing Wheel provides a demonstrative framework for building positive digital practices around eight key principles.



Developing lessons and skills to educate toward digital flourishing.



Approaching Digital wellness from a multidisciplinary viewpoint.



Digital Wellness Institute. (n.d.). Digital Flourishing Wheel. Retrieved April 17, 2023, from <https://www.digitalwellnessinstitute.com/>

Road to Success: (Students)



Primary– (initial adoption)

- Collaborate with trusted peers while using, encourage inquiry and discussion around platforms. Use insights and experiences to discover who you are; what are your interests, passions, strengths.

Familiarity– (comfort)

- Using your self awareness from initial years to build a sense reliability in your digital profile. Focus on quality, integrity, and consistency versus quantity, social acceptance, and risk factors.

Maturity (reflective, refinement, representing)

- Build self reflection practices into your usage of platforms, refine habits to aim at continuous growth and evolution that enhances your physical experiences. Represent who you would be in front of the digital profile.



**Closing
Remarks:**

**Any guiding
thoughts, inquiries,
or feedback moving
forward?**



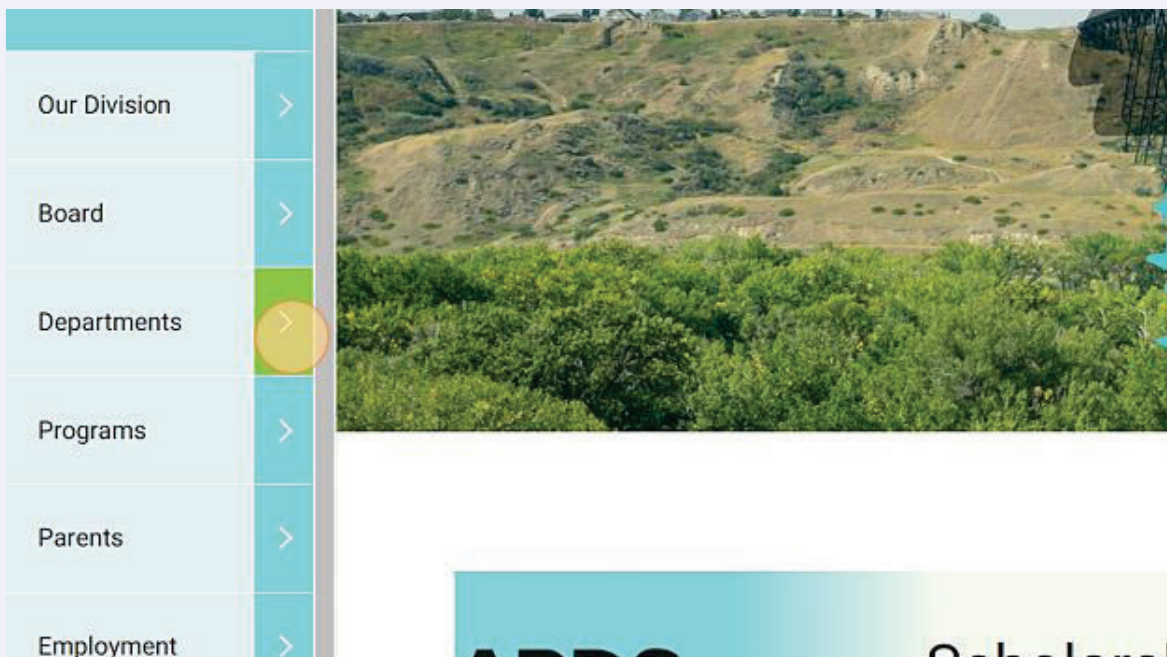
Takeaway: "Scribe" website guide

Accessing the Digital Wellness Team's Online Domain

Please find the attached guide and step by step process to accessing the Digital Wellness Team's online domain. If you have any questions please don't hesitate to send us an email or message. We look forward to fostering meaningful connections within Lethbridge School Division.

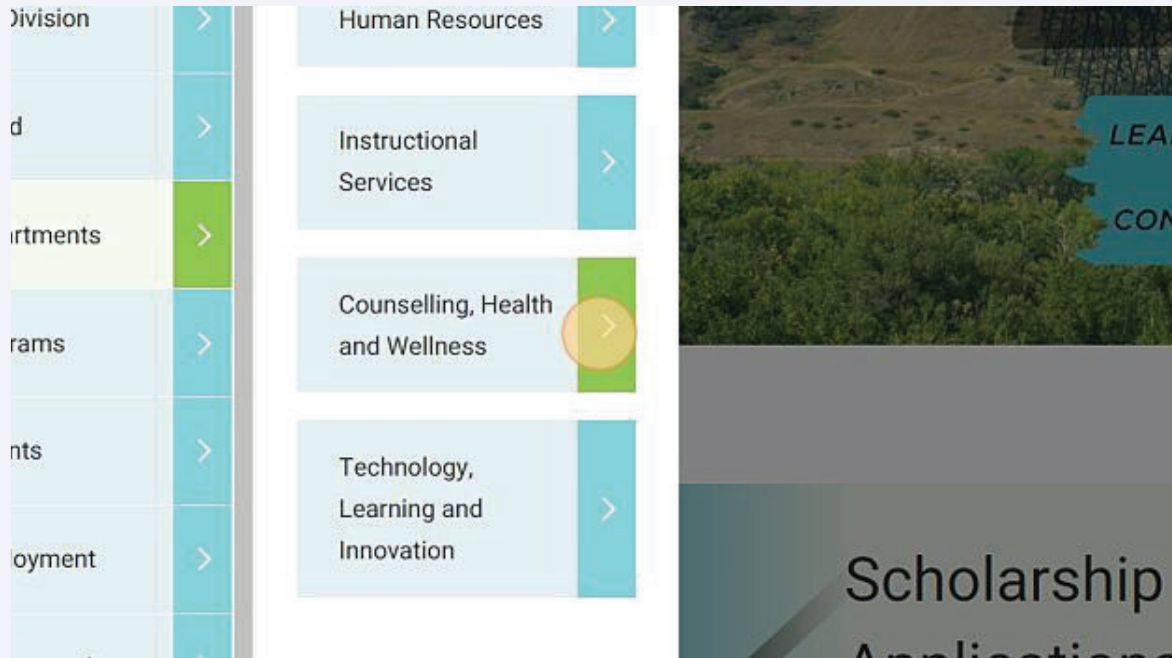
1 Navigate to www.lethsd.ab.ca

2 Click the drop down arrow off of 'Departments'



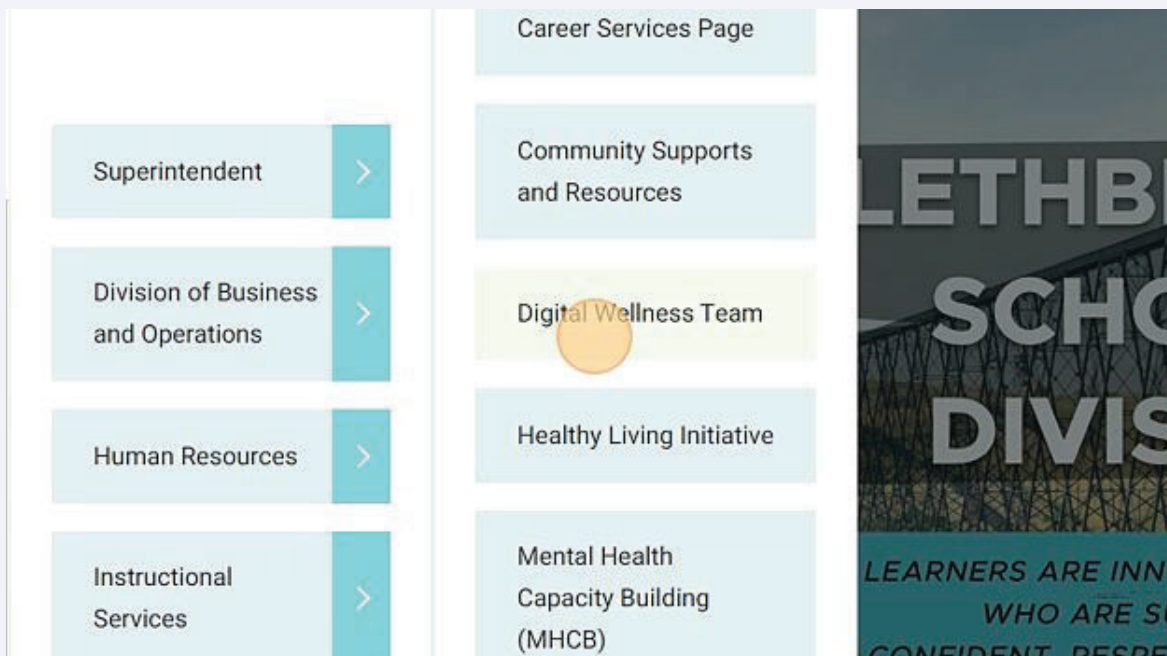
3

Click the drop down arrow off of 'Counselling, Health, and Wellness'



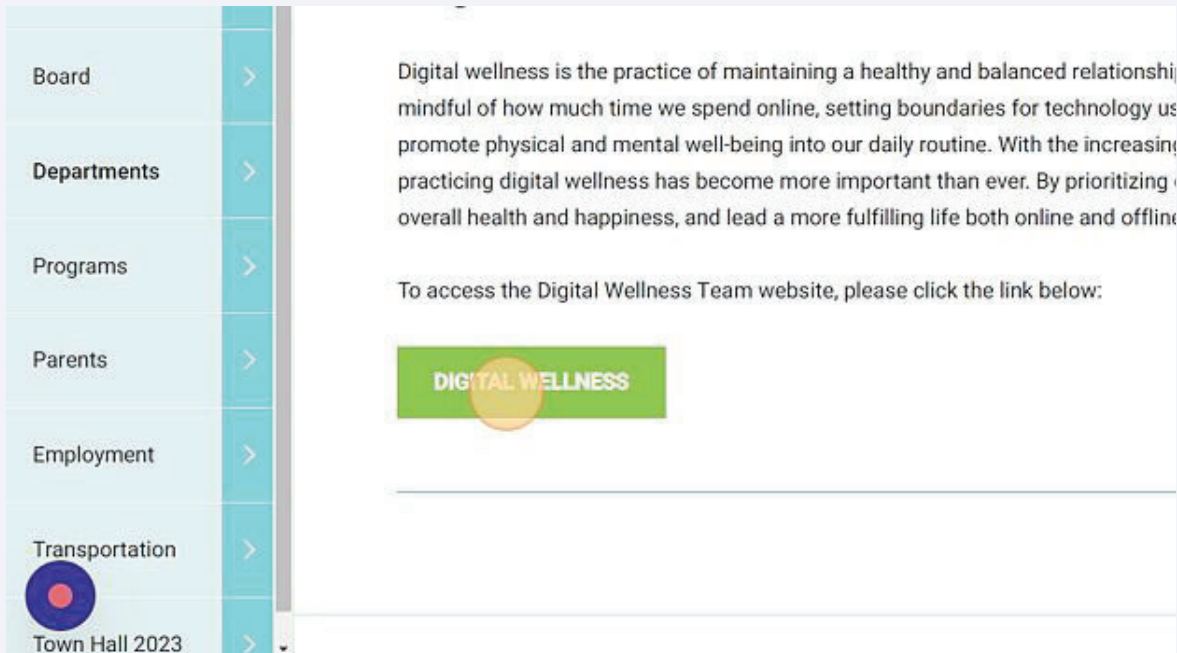
4

Click "Digital Wellness Team"



5

Click the "DIGITAL WELLNESS" button. Alternatively to these first five steps you may choose to access our website domain via the "Quick Links" - Staff Portal. Inside the portal you will see a "Digital Wellness Team" button which brings you to the Digital Wellness Team's website domain. The below steps will now merge with both navigation choices for fluency and consistency.



6

Click on the 'Menu' button to explore our website options and learn more about our portfolio.



7

Explore our website, which features our mission and vision statement, education plan, services offered, resource hub, FAQs, key contact points, available booking times, and much more.

earners are innovative thinkers who are successful, confident, respo

Close

Home

About

Services

Resources

Calendar

FAQ

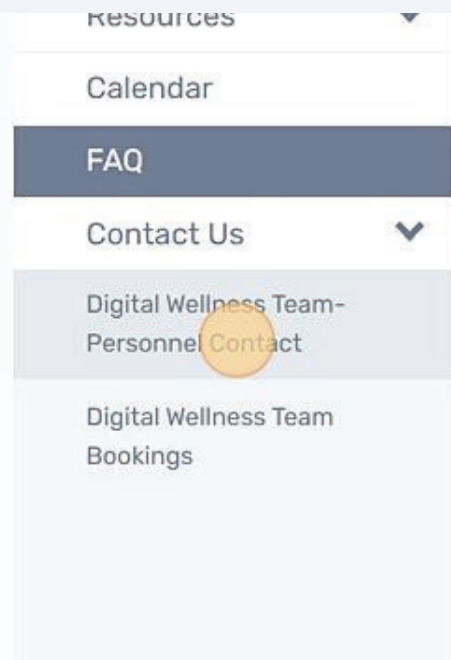
Contact Us

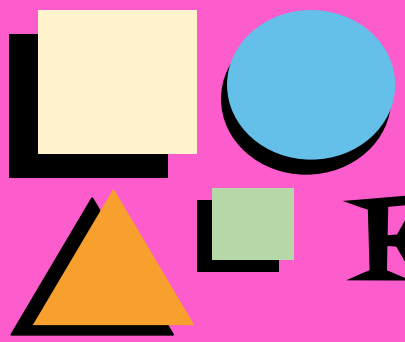


8

Click the drop down arrow beside "Contact Us" then click "Digital Wellness Team- Personnel Contact" to reach a desired team member for potential requests or inquiries.

ridge School Division.





Thank you For Your Support:



We would love to invite you to visit our website for additional information, please reach out if you have any inquiries or questions moving forward.

We look forward to establishing meaningful relationships.

