



# Navigating Cell Phone Guidelines and Digital Wellbeing in Schools



## PRESENTED BY

**Digital Wellness Team - Lethbridge School Division, Courtnay Epp & Healthy Schools - AHS**



## SERIES SESSIONS

Date	Time
October 09, 2024	3:30 PM - 4:45 PM



## LOCATION

**Zoom Online Meeting - Zoom**

## FEE

**\$0.00**

## QUESTIONS?

Contact Us:

**403-381-5580**

## REGISTER ONLINE

Visit our website to register:

**sapdc.ca**

## Learning Opportunity

### *Navigating Cell Phone Guidelines and Digital Wellbeing in Schools*

Please join the Lethbridge School Division's Digital Wellness Team in their discussion surrounding the **impacts and involvement of technology in the educational environment**, and the **wellbeing of students, staff, and parents** in the digital age. This session will explore potential challenges of achieving a digitally balanced lifestyle, and highlight ways that educators and parents can support young people who are navigating these challenges. With the Ministerial Order for Standards for the Use of Personal Mobile Devices and Social Media in Schools coming into play for the 2024/2025 school year, students and school-based staff members have the opportunity to enhance their digital wellness education and immerse themselves in a learning environment that is not saturated by personal devices. This session will elaborate on the relationship between digital devices and learning, and provide insightful opportunities to maintain a digitally balanced lifestyle.

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## Presenters

## Digital Wellness Team - Lethbridge School Division

The Digital Wellness Team, made up of **Sydney Erlandson** (Digital Wellness Family School Liaison Counsellor) and **Cason Machacek** (Digital Wellness Teacher), joined the Lethbridge School Division in the Spring of 2023. This duo works closely with staff, students, and parents across the division to provide education and support surrounding the complexities of digital wellness. With a passion for wellness, Sydney and Cason continue to adapt their practices and lessons to meet the needs of students from Kindergarten through Grade 12, as well as the individuals who support these students. With backgrounds in counselling and teaching, the pair takes a multidisciplinary approach to digital wellness education, and works collaboratively with each other- and school based staff- to serve the Lethbridge School Division community.

## Courtney Epp

Courtney Epp is a Health Promotion Facilitator on the Healthy Schools Team within Alberta Health Services. She has been with the organization for over 10 years and is passionate about improving staff and student wellbeing through evidence-informed action using the comprehensive school health approach. Courtney has a keen interest in supporting divisions in the South West Zone with emerging hot topics that affect the overall wellness of the school community. In her spare time, Courtney enjoys connecting with nature and spending time with her 9 year old twins.

## Healthy Schools - AHS

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## Registration Notes

This session is part of a "Hot Topics in School Health Series" presented in collaboration with the AHS Healthy Schools Team. Watch for new hot topic sessions throughout the school year.

Zoom link will be sent out in the registration email. Please check your junk/spam folder if you don't see it right away.

