

March is Digital Awareness Month at Valley Middle School

A brand-new **Digital Wellness** program launching this month at Valley Middle School will provide a playbook for students on the attitudes, practices and ideas for creating a digital wellness culture at VMS.

Mission Statement

The Mission of this project is to create a community that educates and empowers students to live a digitally balanced life so that students make safe, healthy and positive decisions in our digital rich world.

What is Digital Wellness?

Digital wellness refers to the state of one's physical and mental health in the Digital Age. Digital wellness specifically refers to preventative measures aimed at regulating and improving the healthy use of technology.

Digital Wellness Schedule

- ❖ Week of March 2 **Well-Being | Balance is Best.** *I will maintain a balance between digital and face-to-face interactions in life.*
- ❖ Week of March 9 **Citizenship | Be the Best You.** *I will be responsible, ethical, honest, and literate in today's digital world.*
- ❖ Week of March 16 **Etiquette | It's Cool To Be Kind.** *I will choose to be positive with others online. #VMSPostPositive*
- ❖ Week of March 23 **Safety | Be Aware.** *I will be safe online and protect private information.*

Mark Your Calendars

Digital Wellness Begins at Home Parent Education Program Thursday March 26; 6:00 p.m @ VMS.

[Digital Wellness Parent's Guide](#)

[Digital Wellness Video](#)

Hashtags for VMS Digital Wellness

#VMSDigitalWellness

#VMSPostPositive