

## Kilsyth Academy – Wellbeing Clubs

**Wellbeing clubs are delivered by staff and senior school Mental Health Ambassadors at lunchtimes in our school Nurture Hub 'The Snug'.**

**These clubs will be re-launching in December 2021.**



**For more information pupils should see Mr McGinley or enquire with their PSHE teacher.**

**These clubs have a different focus each day. Pupils can attend and use these clubs as an opportunity to meet others, try new activities, and develop their resilience and health and wellbeing.**

**Examples of the different types of activities pupils can experience include:**

- Kahoot quizzes based on health and wellbeing
- Mindfulness
- Nia
- Progressive Muscle Relaxation
- Tai-Chi
- Yoga