

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