

TENNENT'S[®]

— TRAINING ACADEMY —

&

THE SKILLZONE

REALISING YOUR POTENTIAL

Healthy Body, Healthy Mind Programme



Healthy Body, Healthy Mind Programme

About us

Tennent's Training Academy and Skillzone are delighted to collaborate on an exciting new educational programme:

Healthy Body, Healthy Mind.

The programme has been designed to incorporate healthy cookery classes to promote a healthier lifestyle along with confidence building and team work coaching sessions to promote a healthy mind-set.

The healthy cookery and nutrition session will take place in **Tennent's Training Academy's** state of the art Cook School in Glasgow, where learners will be introduced to a healthier way of cooking, helping to promote a lifestyle which includes a nutritious breakfast, lunch and dinner, as well as low calorie snacks. This will show pupils how having certain food can fuel their brain and body to increase concentration and energy levels. We believe in fun practical hands on sessions where pupils will get involved and cook everything themselves at their own station to re-create what our chef has demonstrated. If your school has onsite cooking facilities such as a home economic classroom then our chef can also deliver the session in your school.

The confidence building sessions will be hosted by **Skillzone** at your school. These practical & hands on sessions require access to the school playground and in cases of poor weather a small gym hall. All equipment will be provided by Skillzone. Each session will have a specific aim, this can be to foster team spirit or camaraderie, promote self confidence, improve communication skills, working with others, problem solving and many others. These sessions are created to increase mindfulness and build confidence to create a healthier mind-set and improve mental health. We have also included mini medics into this programme to help pupils know what to do in an emergency and give pupils confidence to be able to provide basic first aid.

The programme is delivered over 12 weeks, sessions will be 2 hours long and can be on a date and time slot that suits the school. The programme is designed for pupils from P6 to S6.

All of our trainers have experience of working with all school groups including ASN and SEBN. A list of any additional support needs or medical issues any pupil may have should be provided where appropriate and this will be treated in the strictest of confidence.

Healthy Body, Healthy Mind Programme

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p><u>Tennent's Training Academy</u></p> <p>Introduction - Academy – Taste Test and food quiz ice breaker game and Omelette challenge.</p>	<p><u>Skillzone</u></p> <p>Team Activity: Mini Medics</p> <p>Mindfulness & Class challenge (Outside)</p> <p>Review & Reflection</p> <p>Closing activity</p>	<p><u>Tennent's Training Academy</u></p> <p>Breakfast Masterclass –Pupils will learn about different fruits, how to prepare them and use them to top yoghurt or porridge for a healthy breakfast and as a healthy lunch time snack.</p>	<p><u>Skillzone</u></p> <p>Team Activity: Mini Medics</p> <p>Challenge 1 Gutter Ball (Outside)</p> <p>Review & Reflection</p> <p>Closing activity</p>	<p><u>Tennent's Training Academy</u></p> <p>Lunch Masterclass Pupils will learn how to prep vegetables to make a soup and then make fresh wholemeal bread from scratch. They will then learn some healthy packed lunch options</p>	<p><u>Skillzone</u></p> <p>Team Activity: Mini Medics</p> <p>The social media world Being safe online (Projector required)</p> <p>Review & Reflection</p> <p>Closing activity</p>
Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
<p><u>Tennent's Training Academy</u></p> <p>Protein Masterclass – Pupils will learn how to prepare and cook chicken & meat dishes to create some healthy meal time dishes.</p>	<p><u>Skillzone</u></p> <p>Team Activity: Mini Medics</p> <p>Learning with music Rainstorms & rhythm</p> <p>Review & Reflection</p> <p>Closing activity</p>	<p><u>Tennent's Training Academy</u></p> <p>Seafood Masterclass – Pupils will learn about different fish and shellfish. They will get to taste produce they may have never eaten before and create a healthy mealtime fish dish</p>	<p><u>Skillzone</u></p> <p>Challenge 1 Blindfold Task</p> <p>Challenge 2 Breach the minefield (Outside)</p> <p>Review & Reflection</p> <p>Closing activity Class feedback</p>	<p><u>Tennent's Training Academy</u></p> <p>Low Calorie Sweet Treats – Everyone deserves a treat every now and then, this masterclass will show pupils how to make lower calorie & reduced sugar versions of classic treats.</p>	<p><u>Tennent's Training Academy</u></p> <p>Celebration event Pupils will cook and prepare a healthy buffet lunch which they will all enjoy together and then there will be a certificate presentation.</p>

Healthy Body, Healthy Mind Programme

Included in the Programme:

- All ingredients and equipment in the cook school
- Full tuition and guidance from our award winning Tennent's Training Academy chef.
 - Team building activities and materials taken by Skillzone
 - All first aid mini medic equipment
 - Celebration buffet on completing the course
 - Certificate on completion

Total cost for 12 week programme - £3,900+VAT

Can't do 12 weeks or want to do more?

Tennent's Training Academy and Skillzone are fully flexible and can create a bespoke programme for you. We are happy to discuss the different options with you to create the perfect programme for you and your school.

How To Book

To book your Healthy Body, Healthy Mind programme or for more information on how to create your own bespoke programme please contact:

Laura Hepburn

Head of Training & Events

Tel No – 0141 553 0010

E-mail – laurahepburn@tennentstrainingacademy.co.uk

Terms & Conditions

Minimum numbers of 8 pupils

Maximum number of 16 pupils

Age of Children	Ratio between helpers and children
Ages 8 – 11	1 helper per every 8 children
Ages 12-18	1 helper per every 12 children