

5 November 2021

Dear Parent/Carer,

## November

This year as a part of our charity initiatives, we have decided to support the Movember Foundation and Prostate Cancer UK. As a school, we feel that it is important to use the platform of Movember to raise awareness of male-related health issues amongst our mainly male cohort. So, throughout the month of November, we will be running and supporting some fundraising events in order to raise money for good causes whilst equipping our students with the necessary life skills that are so important for them to remain healthy active citizens.

We would like to invite our whole school community to get involved as much as they would like to in one or more of the following ways.

### Grow a Moustache for Movember

Grow a 'Mo' and collect sponsorship from colleagues, friends and family. This is open to all students in the Sixth Form and a great way for male role models at home to engage with their son/ward in conversation about male health and all work towards a common aim of raising money together or as a household.

The rules of 'Grow a Mo' are as follows:

<b>RULE ONE:</b>	Mo Bro must begin the 1 <sup>st</sup> week of November with a clean-shaven face. Take a photo of your shave or shaven face and upload to our online form which will be available through the website soon. Please also feel free to sign up on the Movember web page too: <a href="https://uk.movember.com/register">https://uk.movember.com/register</a> .
<b>RULE TWO:</b>	For the entire month of Movember, each Mo Bro must grow and groom a moustache.
<b>RULE THREE:</b>	Use the power of the moustache to create conversation and raise funds for men's health.
<b>RULE FOUR:</b>	Go get sponsorship from family, relatives, friends and colleagues. Every little helps.
<b>RULE FIVE:</b>	Each Mo Bro must conduct himself like a true gentleman.

### HOW DO I GET INVOLVED?

- Sign up via our form [here](#) (requires student login to their Office 365 account)
- Take a photo of your shave and send in regular progress photos for us to share on our Movember board online.
- Download the sponsorship form [here](#).
- Donate the money collected via our JustGiving page [here](#).

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## Move for Movember - 60km Challenge

This is an opportunity for everyone at home to get active and accomplish the aim of walking, running, swimming, or cycling 60km in a month. It does not matter how you cover the distance as long as you are active. We all know that healthy bodies make for healthy minds, so get active and set yourself a challenge.

Why is it 60km? That's 60km for the 60 men we lose to suicide each hour, every hour across the world.

### HOW DO I GET INVOLVED?

- Sign up via our form [here](#) (requires student login to their Office 365 account).
- Take a photo of your participants at the start of their first active session and send in regular progress photos for us to share on our Movember board online.
- Download the sponsorship form [here](#).
- Donate the money collected via our JustGiving page [here](#).

## Other Ways to Support

### DONATE ONLINE

You can do this via our JustGiving page [here](#), in order to sponsor a moustache or a 60km challenge.

### BUY A PIN BADGE

Students will be given the opportunity to purchase a Prostate Cancer UK pin badge for themselves and the family within form time. Pins cost £2 and will be coming around the form groups throughout the month.

We look forward to students and parents/carers getting involved throughout the month - please do your progress with us through the form linked earlier in the letter. We hope that together we can raise awareness of male-related health whilst having some fun and raising money for charity.

On the next page, you will find some additional information about our plans for Movember.

Good luck!

Yours sincerely,



**Mr D West**  
Deputy Sixth Form Leader

## **Additional Information**

In addition to the four ways to get involved, we will be raising awareness of male-related health through Study Support sessions and assemblies. Each week, the focus will be on one aspect of male health; through guided discussion, students will have the opportunity to ask questions and strengthen their knowledge of the focus areas. We will look to cover the following during the month; please feel free to have a discussion within your family or support network and help break down the stigmas associated with male health.

### **THE IMPORTANCE OF MEN'S HEALTH**

Introduction to men's health and how they can keep mind and body healthy.

### **SUICIDE PREVENTION**

Improving social connection improves overall wellbeing - we hope to give students the tools to ask for help and support others if they need it.

### **TESTICULAR CANCER**

18-24-year-olds are one of the most affected age populations that are diagnosed with testicular cancer. Do our students know enough to understand the signs and symptoms?

### **PROSTATE CANCER**

Risk of developing prostate cancer increases with age, but that does not mean it is a disease that only affects old men. Prostate cancer is the second most common cancer in men worldwide. Men who are black, and men who have a family history (a brother or father with prostate cancer), are 2.5 times more likely to get prostate cancer.

