

28/03/2022

Dear Parent/Guardian

RGS Fun Run 2022 in support of Beat – Wednesday 30th March

In the 21st century, we are witnessing major strides forward in the conversation about mental health, especially regarding young men. Nowhere has this been better demonstrated than within our community at RGS, where countless levels of support exist around the subjects of anxiety, depression, and other common mental health disorders. The conversation around mental health has become an open and highly productive one.

However, amid this fantastic evolution, lies an issue. Eating disorders are one of the most common mental health issues faced by individuals today, with over 1.25 million people across the UK suffering from them. When left unattended, the mortality rate of such an illness is around 20%, and yet the conversation around this topic has never caught on in the same way as it has done for other mental health conditions.

That is why the 2022 RGS Fun Run is dedicated to Beat, the UK's leading charity for eating disorders. It is our aim to increase the conversation around eating disorders, which undoubtedly affect members of our community. Students will be given the opportunity to run one mile around the School Field, having fun and raising money for a good cause, whilst also raising awareness about a crucially important subject. It is a topic seldom discussed among boys, but figures suggest that over 30% of cases involve males. More information about Beat can be found [here](#).

All students who complete the mile are urged to contribute toward the charity by obtaining sponsorship in support of their efforts. You can sponsor your son or donate through the [School Just Giving page](#), which sends your donations directly to the charity. **Sixth Form students and Staff** are invited to wear fancy dress costumes during the run. Collection buckets and card machines will also be available on the day for other donations.

We ask that students who intend to run the mile come to school in School PE kit on Wednesday 30th March. Sixth Form students who intend to wear fancy dress are asked to change into this at lunch time.

Thank you for your support for this important cause.

Oliver Meadowcroft and Steffan Wayne
Senior Prefects