

Monday 13th October 2025

Dear Parents/ Carers,

November is centred around men's health awareness, and it's a reminder for everyone to prioritize their physical and mental health. Prioritizing your physical health is important because it directly impacts your overall well-being and productivity.

Mental Health UK states that

“Men experience disproportionately high rates of suicide, with death by suicide being the biggest killer of men under the age of 50 in the UK. There are many reasons why men might talk less about mental health, such as societal expectations of masculinity.”

We are all aware of the benefits of getting outside therefore we are inviting fathers / father figures (Uncles, Grandad's, God-fathers etc) to join us on **Monday 17th November** for **“Father's in the Forest”** where Dads and their children can come together for free play in the outdoors, building dens, climbing trees, playing hide and seek and enjoying the forest fire.

As this event will all be outdoors, it is weather dependent. We will contact you as the earliest opportunity if it does need to be cancelled. Please dress appropriately for the forest, warm clothes, a coat and wellies or waterproof boots will be needed. Unfortunately, due to the nature of this event, siblings who do not attend our nursery **will not** be able to join us.

The morning session will run at **10:30am – 11:30am** and the afternoon session will run at **2:00pm – 3:00pm.**

Please let class teachers know if you will be attending and which session by completing the Microsoft form below by **Friday 14th November 2025.**

<https://forms.office.com/e/VzbpVTFNdk>

If you are concerned about your mental health, or the mental health of a loved one, there is support available. Please visit [Urgent help and support for your mental and physical health | Herefordshire and Worcestershire Health and Care NHS Trust](#) for more information.

Kind regards,

Oasis Academy Warndon Nursery Team