

14 March 2016

Dear Parents/Guardians

From Thursday 14 April 2016, there will be a 40 Hour Famine hosted, open to any Year 10-13 student who wishes to participate. The aim of this event is to raise awareness about world hunger by going on a 40 hour fast. By participating in this event your child will experience a small glimpse of the hardships of starvation that nearly one billion people worldwide face everyday. It also promotes compassion by giving up something for the sake of others in need, providing an opportunity to help others in their global community.

Participants in the event will cease consuming any type of food or drink from **5pm on Thursday 14 April until 9am on Saturday 16 April**. The consumption of water, however, is still essential and volunteers are advised to drink as much water as possible during the event. Volunteers will be responsible for bringing their own water bottles to school, and these can be refilled at one of the many water fountains.

Those participating are also encouraged to find donors to sponsor them during the event and attend the thematic talk on hunger and poverty at **1.30pm on Wednesday 23 March** in the Whitebox Theatre. Permission notes will be collected at the talk. Please return the sponsorship form with the money (cash) on the day of the event to Ms Terri Chrisman, Mr Brandon Nichols or Mrs Lissie Nichols, or school reception in the case that you do not go to the overnight event.

The minimum requirement/entry fee is HK\$50.

To enhance the experience, students in Years 10-13 who are participating in the fast have the option to join an overnight stay at the school, from 5pm Friday 15 April until 9am the following morning. The overnight stay will be held in the DP Centre, as it offers the participants an environment to fast in, aiming to further develop empathy of those around the world who live in poverty. This is also to ensure that participants will not break the fast, and allows participants to fast communally, teachers and students alike. Students who are keen to join are required to submit the permission slip on page 3.

We hope many students will take this opportunity to help fight against world starvation.

Sincerely
The 40 Hour Famine Group

PERMISSION NOTE: 40 Hour Famine. Please bring to Thematic Talk on Wednesday 23 March, 1.30pm in the Whitebox Theatre with \$50 entry fee

- I give permission for my child to participate in the 40 Hour Famine.
- I have enclosed \$50 for the entry fee.

By signing this form I acknowledge that I have read and understood the following:

The average, healthy person is able to go without food for 40 hours without any ill effects. Exceptions include children under the age of 12, the elderly, pregnant or nursing women, and people with specific medical conditions including diabetes, hypoglycaemia or eating disorders. If you have any health-related questions about fasting, we strongly advise you consult your family doctor prior to participation.

Please tick this box to indicate that you have reviewed and updated (where applicable) your child's contact and medical information on Gateway.

Student name: _____ Learning Team: _____

Parent/Guardian's Signature: _____ Phone: _____

Email: _____

40 Hour Famine – Additional information for the overnight stay (Years 10- 13 only)

Behaviour

We uphold the ESF Code of Conduct during the sleepover.

Students will be expected to exercise self-discipline, to show courtesy and consideration to staff, and fellow students.

Any inappropriate behaviour or serious misconduct will result in the student being immediately removed from the experience and returned home.

Departure and arrival

On Friday 15 April, students will make their way to the DP center at 5pm. On Saturday 16 April, students will make their way home independently after the group breaks the fast together. It is scheduled that students will be making their way home at 9.30am.

Meal

Students will break the fast together at 9.00am on Saturday 16 April. A serving of fresh fruit and baked goods will be available for the participants; this will be covered by the entry cost of \$50.

Water is available from the school water fountains (students will need to bring their own water bottle). As we aim to minimise our global footprint, we discourage the use of purchased bottled water.

What we advise you to bring

Comfortable sleeping clothes

Toiletries (toothbrush, towel, deodorant)

Entertainment (games, revision material, etc.)

Blanket / sleeping bag / pillow

Activities

Planned activities include yoga, games and a movie marathon. Students are also encouraged to bring their own recreational activities; e.g. cards, revision material, games, etc.

Adult supervision

The following staff members from Discovery College will be supervising the overnight stay: Terri Chrisman, Brandon Nichols, Lissie Nichols

In the case of an emergency please contact Terri Chrisman, Wellness Coordinator, at 6970 9353.

Student Medical Details

Your child's medical details, emergency contact details and dietary information are saved in Gateway. As this information will usually be used as our first point of reference, it is essential that you log on, check this information and make any necessary updates. Please do this no later than Wednesday 23 March 2016.

Overnight Stay Permission Slip (students in Years 10-13 only)

Please bring to Thematic Talk on Wednesday 23 March, 1.30pm in the Whitebox Theatre

I give permission for my son/daughter _____ in Learning Team _____ to join the 40 Hour Famine overnight stay at Discovery College on Friday 15 April 2016. I understand that my child will be expected to make his/her own way home on Saturday.

I have ensured that my son/daughter understands that it is important for his/her safety and the safety of the group that he/she obeys any rules and instructions given by the staff in charge and in particular follows the following Code of Conduct.

Students will be expected to exercise self-discipline, to show courtesy and consideration to staff and fellow students.

Should my son/daughter break this code of conduct, I agree to support the school's implementation of appropriate disciplinary action, which may include returning the student home.

I understand that, whilst staff in charge of the members of the group will take all reasonable care for their health and safety, they cannot be held responsible, unless they are found to be negligent, for any injury, illness, damage or loss suffered by my son/daughter during or arising out of the activity. I authorise the leader of the activity or any member of the school staff present, to consent to such medical treatment which, in the opinion of a qualified medical practitioner, may be necessary for my child in the course of the activity. The school will always attempt to contact parents prior to any medical treatment being administered. I, therefore, agree to indemnify the English Schools Foundation, its employees and agents against all liability for injury (including death), illness, loss to a person or person's or damage of property caused by my son/daughter unless this can be shown to be due to the negligence of the English Schools Foundation or any of its employees.

Please tick this box to indicate that you have reviewed and updated (where applicable) your child's contact and medical information on Gateway.

Parent/Guardian's Signature: _____

Name in Capitals: _____

Contact number: _____

Date: _____