

## North's 30 Hour Fast Parent Consent Form

Dear Parent,

Last year, Beta Club held an 8-hour Fast and was able to raise about \$200 for World Vision. In light of this success, we are once again holding a fast, but for all of North Gwinnett. The original event asks that participants fast for 30 hours for solidarity and reflection of the realities of those who must live their day to day lives without being able to eat. For their dedication to this event, the participants receive pledges of money. However, Beta Club will be sponsoring an alternative to this event: instead of asking for each participant to go for 30 hours without eating, will only ask that your child not eat for as long as he or she feels comfortable, preferably during school hours so that they can share the experience with the rest of the school community. But from 11 PM on Thursday, November 14<sup>th</sup> to 5 AM on Saturday, November 16<sup>th</sup>, we hope that at least one North student, teacher, or staff member will be fasting to commemorate the situation of those halfway across the world.

Our goal is to raise awareness; but we also hope to be able to fundraise money to donate to World Vision as a result of our efforts. We will not be requiring a donation for your child to be able to participate; however, we will be gathering spare change on Friday during your child's lunch period, as well as through the Rice Bowl project. If your child attends the Beta Club meeting on Thursday, November 14<sup>th</sup>, they will receive a rice bowl in which they can collect change, which also focuses on ending hunger around the world.

Beta Club will be providing juice and water to those who are participating in the Fast during the day, although he/she is encouraged to bring their own water and juice, as well. The average, healthy person is able to go without food for at least this long. If, for some reason, your child is unable to participate for medical reasons, they may alternatively participate via a "tech fast," in which they would abstain from using any technology during the same time period (including, but not limited to cell phones, computers, and televisions).

For further information about the original 30 Hour Famine, you may visit: [30hourfamine.org](http://30hourfamine.org). For further questions, please email us at [support@nghsbeta.com](mailto:support@nghsbeta.com).

I have read this form and consent to my child, \_\_\_\_\_,  
participating in North's 30 Hour Famine. (Please Print)

Signature: \_\_\_\_\_

Date: \_\_\_\_\_