

2nd August, 2018

40 Hour Famine 2018: Backpack challenge

Dear Parents,

The 40 Hour Famine is fast approaching! From 9pm next Wednesday our participants will begin the Backpack Challenge, raising awareness on the humanitarian refugee crisis. It is great to see them stand up for change against an issue that has surpassed the impact of the World Wars. It is not too late to sign up and join the challenge, any students still wishing to join may do so before the starting date. All those listed on the team site will be able to receive a free sausage sandwich and poppa upon completing the challenge at Friday lunchtime.

As a school community, we wish to support the OCS team in raising funds toward creating this change. This can be done by visiting the team site and donating to either individuals or the Orange Christian School Team itself. All donations on the site are tax deductible! Additionally, we would like to encourage our students to think more deeply about the issues of the world and their place within this. We invite all students from Stage 3 to Stage 6 to a **casual clothes day and BBQ on Friday 10th August**, celebrating the completion of the Backpack Challenge.

DETAILS

- When:** Friday 10th August
- Clothing:** Casual for a **gold coin donation**
- Donation:** <https://www.40hourfamine.com.au/> , search 'Orange Christian School'
- BBQ:** Participants - first sausage sandwich and poppa free
Non-participants and additional purchases \$3.00 for sausage sandwich & poppa combo or \$1.50 per item.



BACKPACK CHALLENGE LEVELS

EASY	REGULAR	DIFFICULT
<ul style="list-style-type: none"> - Required medicine - Food - All clothing - Toiletries - Towel - Torch** - One sentimental item - Reduced furniture use 	<ul style="list-style-type: none"> - Required medicine - Food at refugee level* - Barley sugars - One change of clothes - Basic toiletries - No shower - No extra entertainment/technology - Torch** - One sentimental item - Reduced furniture use - Limited speech 	<ul style="list-style-type: none"> - Required medicine - Food at refugee level* - Barley sugars - All water - One change of shirt - Basic toiletries - One roll toilet paper - No shower - No extra entertainment/technology - Sleeping mat/ bag/ pillow - Torch** - One sentimental item - No furniture use - Limited speech
Stage 3 and Secondary	Secondary only	Secondary only

ADDITIONAL INFORMATION

* Food at refugee level for the 40 hours will include:

- 1 cup plain rice
- 1 slice of plain bread
- 1 piece of fruit
- 1 handful nuts or dried fruit

Students will need to organise their own food. They may chose when they eat these items over the course of the famine. Barley sugars are also permitted, 1 per hour, as our bodies are not used to starving. **Food requirements may also be altered as necessary to suit students who have any health considerations.**

**Try and use as much natural light as possible, using torch after dark.

***Note:** Classes will run as normal over the 40 hours. Students will be permitted to leave their required books and equipment in a designated area at school for the duration of the challenge. Homework and assessments, however, will also run as normal. Students are advised to leave some space in their backpack if they are required to take certain books home and are permitted to use technology if it is an essential requirement of assessment work.*

Yours in Christ,



Melissa McGowen
40 Hour Famine Organiser



Sharyn Stockton
K-12 Coordinator