



**CARSON GRAHAM
SECONDARY**

24 HOUR FAST- SERVICE LEARNING OPPORTUNITY

This year Carson Graham will again participate in a Free the Children sponsored fund-raising project by hosting a 24 Hour Fast on Thursday April 16th which is the day before a Professional Day (day off for students). In previous years Carson students have raised \$5,000- \$6,000 for the Free the Children “Build a Village” campaign in Haiti. The HUNGRY 4 CHANGE FAST is an experiential hunger awareness event. We consider fasting in this situation a symbolic act. It is a reminder that we live in a world where food and resources are not distributed equally. Fasting has been used as a powerful tool to protest political injustice and can be an effective agent of social change. The experience of fasting in solidarity provides participants with first-hand knowledge of what it feels like to be hungry.

The fast will run from 8:00 am on Thursday, April 16th to 8:00 am Friday, April 17th. Thursday morning the students are allowed to have a light breakfast at home. For the rest of the day students will fast and drink plenty of fluids - water, fruit juice, or vegetable juice. After school, during the afternoon and evening the students will participate in a variety of activities. These activities will be fun, meaningful and thought-provoking. Students will sleep over at the school in the library; a number of teachers will be supervising the event. The following morning we will break our fast together. We are looking for parents who can donate breakfast items or who might want to run a workshop.

SERVICE HOURS: Students who achieve the goal of raising \$100.00 may claim 6 hours for their Community and Service requirement. Students who raise between \$50 & \$100 and participate in the fast are eligible for 4 service hours. Students who attend all the meetings and the Fast and fundraise less than \$50, will have earned 2 service hours.

Please contact Ms. Tara Gellatly, tgellatly@sd44.ca, or Ms. Kat Thomson, kthomson@sd44.ca if you would like to contribute to the breakfast or if you have any questions.

