

Parent Consent Form



Dear Parent or Guardian,

Your child _____ would like to participate in school famine on _____ in _____ School, to experience the hunger pangs and reflect on his/her values, with the aim to help the poor.

Participation means that your child will:

- Miss main meals by fasting for ____ hours.
- Drink only water and fluid during this period.
- Sign up School Famine sponsors and raise money for World Vision Hong Kong to help those around the world who suffer from hunger and poverty.
- Return the sponsorship form (if applicable) and money raised during the famine event.

About Fasting

The average, healthy person is able to go without food for 30 hours without any ill effects. Exceptions include, but are not limited to, the following:

- Children under the age of 12
- Pregnant or nursing women
- People over the age of 65
- People with diabetes, reactive hypoglycemia, an eating disorder or any combination of biological, psychological, and environmental conditions which could precipitate an eating disorder.

Please note: Because the above medical conditions are not always obvious, if you have any concerns about your child's health when taking part in the School Famine, you are strongly encouraged to consult with your child's physician prior to participation. *Your signature consenting to participation in School Famine implies that you have taken this precaution and are allowing participation with fully informed consent.*

A modified fast is available if you feel your child may not be physically fit for fasting for the number of hours set. Please contact the school if you would like to discuss this option.

For any queries on fasting please contact World Vision Hong Kong at 2399 3476. For more information about World Vision, please visit our website at www.worldvision.org.hk.

Reply Slip

I have read this form and consent to my child, _____, participating in the School Famine in school. (Please Print)

Signature of Parent or Guardian

Date: _____

Please return this consent form to the school and not directly to World Vision.

This form isn't mandatory, but use it if you feel parents would have concerns about their children participating in School Famine.