

40 HOUR FAMINE CHALLENGES

WEEK 6 @ THE KING'S COLLEGE PRIMARY

Monday 25/8

No Furniture

Students and teachers will go without desks and chairs to understand what learning looks like in less-resourced environments.

Tuesday 26/8

No Devices

Classes will switch off screens to reflect on the luxury of having constant access to technology.

Wed. 27/8

40 Laps

Students will walk 40 laps of the oval collectively to represent the daily journey many women and girls must make just to access clean water.

Thursday 28/8

No Coffee

Staff will give up their morning brew to show solidarity with those who go without daily comforts.

Friday 29/8

40 Acts of Kindness

Across the week, classes will complete 40 acts of kindness across the school and wider community, highlighting the power of compassion and action.

Celebration

Daytime Disco

To celebrate our efforts and acknowledge the positive impact made, the week will conclude with a school-wide daytime disco on Friday 29th August. The disco will be a fun and rewarding way for students to reflect on their achievements and enjoy a sense of community.

Supporting World Vision's 40 Hour Famine

World Vision's 40 Hour Famine raises awareness and money for children facing poverty and injustice around the world. The initiative encourages empathy, action and global citizenship.

Our school is proud to take part in the 40 Hour Famine Challenge through a series of meaningful, school-based activities. This is in addition to a number of gold-coin events held so far this year, all of which have gone towards our 40 Hour Famine fundraising efforts.

Rather than focusing solely on giving things up, our 40 Hour Famine challenge will centre on active participation, awareness and empathy. All students and staff will be involved in a range of creative challenges designed to foster understanding of the hardships faced by children in developing countries, particularly around access to basic needs like water, food and education.

Our fundraising goal is \$4,000. Please consider making a donation using the QR code provided, if you are able to. All proceeds go directly to World Vision's 40 Hour Famine to support vulnerable children around the world



DONATE HERE



THE KING'S COLLEGE

40 HOUR FAMINE CHALLENGES

WEEK 7 @ THE KING'S COLLEGE SECONDARY

Monday 01/9

No Furniture

Students and teachers will go without desks/chairs to understand what learning looks like in less-resourced environments.

Tuesday 02/9

No Devices

Classes will switch off screens to reflect on the luxury of having constant access to technology at teacher discretion.

Wed. 03/9

40 Laps

Students will walk 40 laps of the oval as a PC, Individual, or team challenge to represent the daily journey many women and girls must make just to access clean water.

Thursday 04/9

No Coffee/Tea

Staff will give up their morning brew to show solidarity with those who go without daily comforts.

Friday 05/9

40 Acts of Kindness

Across the week, classes will complete 40 acts of kindness across the school and wider community, highlighting the power of compassion and action.

Celebration

Sausage Sizzle

Sausage Sizzle Fundraiser
– Grab a sausage at lunch 03/09 to support the 40 Hour Famine. All proceeds go towards helping those in need. PAYMENT VIA QKR
– More info available on SEQTA

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Form teacher: _____

Form class: _____

40 ACTS OF KINDNESS CHALLENGE

K I N D N E S S

Compliment someone	Act of kindness of your choice _____ _____	Hold the door open for someone	Tell a family member you love them	Tell someone they're doing good	Water a plant	Offer to help a family member	Pick up rubbish around the school
Return someone's lost item	Offer your seat to someone	Share your stationery	Compliment someone's talent or skill	Donate clothes, books, or toys	Act of kindness of your choice _____ _____	Write a kind note and leave it anonymously	Invite someone sitting alone to join you at lunch or recess
Send an encouraging text or message to a friend	Bake or bring in treats to share with classmates or neighbours	Let someone go ahead of you in a queue	Act of kindness of your choice _____ _____	Write a thank-you note to a school staff member	Offer to carry something heavy for a friend or teacher	Give genuine praise during group work or sports	Help a younger student with their homework or projects
Ask someone how their day is going	Act of kindness of your choice _____ _____	Thank the bus driver when you get off	Teach a friend a skill you know (drawing, origami, coding, sport move)	Tell someone they're doing good	Compliment someone's effort, not just their result	Share your lunch or snacks if someone forgot theirs	Offer to sharpen someone's pencil
Offer to refill a friend's water bottle	Offer to help clean the whiteboard	Help carry in groceries	Create a drawing for a friend or teacher	Act of kindness of your choice _____ _____	Write a thank-you letter to someone	Offer to study together for a test	Help pack away sports or art equipment

