

# 40 Days of Service at Parochial - Lent 2023



## Dear Parent

We are hoping that, during Lent, we can encourage our pupils to carry out acts of service for others in order to earn tins or other food items for the foodbank. We would love it if you could support your child in this and send this back filled – hopefully with the food items!

We know we can always count on your generosity, but we also know that our children need to feel that they have the power to make a positive impact. Completing these acts will be so good for your child and will help them to see that they can make a difference. You will notice that the period stops before Lent, but still has 40 acts; this is so that we can collect the items in advance of the holiday. You may need to sneak a couple of ‘acts’ into one day if your child decides to aim to get all 40! This activity sheet, and the food items, will need to be returned on Wednesday 6<sup>th</sup> April (which only gives you 35 days!).

Thank you in advance

All at Parochial

Name \_\_\_\_\_

I am going to try to do each service. I can earn items for the foodbank by carrying out these acts of service and advocacy during lent.

(Please agree your reward in advance with your grown up).

If I complete 1 – 10 of the acts I will earn \_\_\_\_\_ food bank items and 3 house points from school

If I complete 11 - 20 of the acts I will earn \_\_\_\_\_ food bank items and 5 house points from school

If I complete 21 - 30 of the acts I will earn \_\_\_\_\_ food bank items and 7 house points from school

If I complete 31 - 39 of the acts I will earn \_\_\_\_\_ food bank items and 9 house points from school (10 if I have done all 40 acts!)



# 40 Acts of Service at Parochial - Lent 2023



Name:		1. Pay someone a compliment.	2. Put out food and water for the birds	3. Hold open a door for someone.	4. Set the table	5. Help with some of the housework without being asked.
Year:						
6. Put on some rubber gloves and go on a litter pick with an adult	7. Cheer someone up with a letter or a picture.	8. Pick up any paper towels in the cloakroom and bathroom, then wash your hands.	9. Make some cards or pictures to take to a local nursing home.	10. Ask someone how they are – and then listen!	11. Write a positive message on a pavement IN CHALK	12. Leave a treat for the postman/woman.
13. Make a 'get well' card for someone you know or someone in hospital	14. Write inspiring messages on rocks and leave them around Whickham.	15. Pick up a coat that has fallen on the floor in the cloakroom.	16. If someone is sad in the playground, take care of them.	17. If anyone is playing alone, ask them if they would like to play with you.	18. Donate some toys to a charity shop.	19. Say 'good morning' to the lollipop lady.
20. Save water – turn off the tap when you are brushing your teeth!	21. Call a grandparent or relative just to say hello and ask how they are.	22. Help a spider or an insect to get out of your house safely.	23. Leave a 'thank you' note or card for the bin collectors	24. When you are with an adult, compliment a stranger's dog – but don't touch!	25. Collect some tins or bottles to go into the recycling bin.	26. Let someone go ahead of you in a queue – maybe the dinner queue?
27. Tidy up your room without being asked.	28. Offer someone a hug – its ok for them to say no.	29. Tell someone at home how much you love them – they like to hear it!	30. Sort your old clothes and give the outgrown ones to a charity.	31. Play very patiently with someone younger than you.	32. Write or draw a thank you to the NHS and drop it off to a surgery near you.	33. When an argument happens about the TV, let the other person win!
34. Collect pebbles and make a heart shape on the grass for a stranger to find.	35. Help to clean any mess out of your car.	36. Walk or ride your bike to school to help the environment.	37. Thank an adult at school for something they do.	38. At the weekend, ask your parents what they would like to do.	39. Make a kindness poster to put on your garden wall or fence.	40. Use your own money to buy some Easter eggs for a food bank.