Rock Your SOCKS!

FOR World Down Syndrome Day

Tuesday, March 21

Our school will be celebrating World Down Syndrome Day on **Tuesday, March 21.**

What Can You Do? Wear your most colorful, fun socks in celebration of people with Down syndrome and the many ways that they make our world brighter.

Why rock your socks on 3.21? Down syndrome (or Trisomy 21) means that there are 3 copies (instead of 2) of the 21st chromosome which is why we celebrate on 3.21. Usually people have 46, but kids with Down syndrome have one extra, they have 47. Down syndrome can affect how a person looks, speaks and how he or she learns in school. Students with Down syndrome may need extra time to do their work or have helpers, but they can learn the same skills as their classmates.

When you get to know people with Down syndrome, you will find that they are more like you than they are different! They play on sports teams, are artistic, play instruments and join clubs at school. They want to have fun and make new friends, just like all kids do.

Today as you look **DOWN** at your feet and see the **DIFFERENT** socks, remember that we are **ALL** different and that different is a **GOOD** thing to **CELEBRATE!**

Post your pictures of your silly socks on social media and tag **#CMDSSWDSD2023**

For more information on how to support our local Down Syndrome Society, visit **www.cmdss.org**

If you are interested in having a parent or staff member speak at your school, please contact **jenny@cmdss.org.** We will try to accommodate as many schools as possible.

How Can You Help?

Collect Dollars and Dimes for Downs! All your dollars or dimes will go to the **Central MS Down Syndrome Society**, a local nonprofit that provides support, education and resources for people with Down syndrome and their families. Bring your dollars and dimes in to school on **Tuesday, March 21!**

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