



What: Crazy or Mismatched Socks Spirit Day

When: Tuesday, March 21st - World Down Syndrome!

Why: March 21st is World Down Syndrome Day

This day was chosen because people with Down syndrome have 3 copies of the 21st chromosome. People wear crazy, fun, or mismatched socks to spark conversations about diversity, differences, inclusion, and acceptance! You can also wear blue and yellow which are the colors of Down syndrome awareness!



Maybe you know somebody with Down syndrome, or maybe you don't! Mrs. Filcik, who teaches 2nd grade at Evergreen, has a



daughter named Ivy Joy who was born with Down syndrome. Ivy attends preschool at the ECC and loves being a Falcon! Ivy is incredible, and has sparked a passion for Mrs. Filcik to educate and bring awareness to the unique differences we all have. It is so important to have conversations with our kids about people who are different from the typical to help them see that every life has worth and we are more alike than we are different!

Facts About Down Syndrome

*Down syndrome is a disability. **Disability isn't a bad word!** It just means that something about a person's brain and/or body makes it more difficult to participate in daily activities. People with disabilities need accommodations to make life more accessible! It's important to talk to your kids about disabilities because they will encounter disabled people their whole lives!

*People with Down syndrome will always have Down syndrome - it is just a part of who they are! You can't catch Down syndrome. You are either born with it or you aren't!

*Typical people have 46 chromosomes in their DNA. People with Down syndrome have 47!

*Many people with Down syndrome share similar physical characteristics. They might have almond shaped eyes, a flatter face, shorter stature, a larger gap between their big and second toe, and a single crease in the palm of their hand.

*People with Down syndrome have low muscle tone which makes it harder for them to do things like sit up, crawl, walk, and run. It can also affect how clearly they speak and write.

*There are many medical conditions that people with Down syndrome are more at risk for including heart defects, breathing problems, vision or hearing problems, and generally have a weaker immune system.

*People with Down syndrome have a mild to moderate intellectual disability. It may take them extra time or help to learn!

*People with Down syndrome attend schools with their typical peers and there are many colleges now with programs for people with intellectual disabilities. Ruby's Rainbow is a non-profit organization that gives scholarships for people with Down syndrome to attend college.

*People with Down syndrome are smart, capable, and have feelings just like typical people. If you meet somebody with Down syndrome, just say HI and introduce yourself! We are all more alike than we are different!

