

WORLD DOWN SYNDROME DAY



**LOTS
OF
BOOKS**

21 MARCH

INFORMATION KIT

Get your school involved to raise awareness and celebrate what people with down syndrome bring to your community!



Introduction

Down syndrome is a genetic condition that occurs randomly in individuals. Down syndrome means someone has a third copy of their 21st chromosome. This is why World Down Syndrome Day takes place on the 21st of March each year.

At Down Syndrome Queensland (DSQ), our team is driven by a deep commitment to ensuring that individuals with intellectual disability (such as Down syndrome), their families, and their communities feel a strong sense of connection and support throughout their lives, regardless of their location in Queensland. We strive to provide vital information, unwavering support, and relentless advocacy.

We support, advocate and empower individuals with Intellectual Disability to pursue meaningful paths in life by offering guidance, sourcing supports, and equipping them with the tools they need to be active and contributing members in their community.

What does this package include?

Within this package, you will find:

About 'Lots of Socks'

Fundraising guides

Additional fundraising tips

How to deposit your donations

Information for stakeholders

Resources and posters

Student and classroom activities

How your fundraising makes a difference

ABOUT LOTS OF SOCKS

Did you know that chromosomes resemble the shape of socks when put under the microscope? Crazy, right!

The 'Lots of Socks' campaign is acknowledged around the world as being associated with Down syndrome. The aim of the campaign is to raise awareness of Down syndrome amongst students, staff and the community, while raising funds for DSQ through gold coin donations. 'Lots of Socks' represents acceptance of all our differences and what makes us unique as individuals.

The idea behind the 'Lots of Socks' initiative is that socks come in all shapes, sizes and designs, just like each of us. Each 'Lots of Socks' packet includes an odd pair of socks, which are designed by people with Down syndrome that have won the annual national competition held by Down Syndrome Australia (DSA).

This year's designs are created from the amazing minds of Mark Polonsky (from Victoria) and Josie McAndrew (from New South Wales).

Mark Polonsky (VIC)

Mark Polonsky has been a practicing Melbourne-based abstract artist for over ten years. He has a passion for painting Australian animals and loves using lots of mixed colours to create his artworks.

Mark's design depicts a koala in a tree. He has only ever seen a Koala in the zoo and is looking forward to seeing one in its natural habitat.



Josie McAndrew (NSW)

"I like creating artworks during STUDIO 2710 art workshops in Kurrajong, Deniliquin.

My passion for the famous musician Keith Urban inspired me to come up with my design.

I like his music and his looks - he is the best!"

LOTS OF SOCKS FUNDRAISING GUIDE

Purchasing DSA-designed socks is a great way to fundraise and ensure you stand out from the crowd on World Down Syndrome Day on 21 March.

About our socks

Socks represent inclusion, acceptance, and diversity within our community and are a great way for you to show your support for Down syndrome.

The designs have been selected through a national competition held by DSA, and the winners were judged by the national Down Syndrome Advisory Network.



Purchasing your socks

Purchasing your socks is very simple and easy. You can purchase individual pairs of socks for \$12.50 each, or a display box of 9 pairs at \$115 which can be on-sold as a fundraising activity at your school or workplace.

Boxes include 9 pairs of socks (sizes include: 2 kids, 3 small adults, 4 large adults).

[Click here to purchase socks or scan the QR code](#)

Fundraising for Lots of Socks

Fundraising through the sale of socks is an easy and popular way to support the Down syndrome community. Proceeds for each sale are dedicated to DSQ to continue their valuable work in providing support and advocacy, whilst empowering people with Intellectual Disability.

The concept is simple: students, teachers and staff are encouraged to wear their own odd socks from home and bring a gold coin donation to support the cause. Alternatively, the school/workplace purchases our 'Lots of Socks' which can be on-sold to members of the community for \$15 per pair to recover the initial outlay for socks and postage. Participants are encouraged to buy and wear their odd pairs of socks throughout the day.

FUNDRAISING GUIDE

01 Choose a day in March to hold your event. World Down Syndrome Day is officially on 21st March but you can hold your event anytime.

02 Start promoting your 'Lots of Socks' day as early as possible. This may include posters around the school, newsletter articles, Facebook posts and assembly announcements. Get the students involved by creating their own posters, or use the ones provided by DSQ (refer to page 7).

03 Send an information letter home to parents a week prior to your event outlining the aim of the day. A sample letter has been included in this package (refer to page 8).

04 On the day, students bring a gold coin donation and wear their most colourful or home-decorated socks to school. To make it an even bigger fundraising event you could also hold a sausage sizzle, morning tea or make 'Lots of Socks' the theme of your school disco – the opportunities are endless!

05 Students take part in your choice of awareness and inclusion activities (included in this pack or others that you may design to celebrate difference). If possible, contact your local media to come and take photos of the students. Use the hashtag #lotsofsocks in any social media posts.

06 After your event, it's time to deposit the money you have raised. There are several ways to do this:

1. *Cheque* – please make cheques payable to Down Syndrome Queensland and mail to:
*Down Syndrome QLD
PO Box 3223
Stafford QLD 4053*

2. *Direct or bank deposit:*

- Account name: Down Syndrome Queensland
- NAB BSB: 084-150
- Account 348765514

After your donation has been received, we will send you a certificate of appreciation.

ADDITIONAL FUNDRAISING TIPS

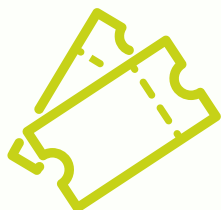
There are lots of way to fundraise in addition to a gold coin donations:



You may like to hold a special morning tea. Depending on the location and time of your event, we may be able to have a person with Down syndrome visit your school to give a short talk.



Hold a competition for craziest socks! Charge a small entry fee with prizes for the winners.



Hold a raffle – sell raffle tickets to staff and customers and draw the winner on your ‘Lots of Socks’ day. You might find a local business who can donate some prizes.



Set up a donation box in a common area, like the canteen, staff kitchen and/or reception desk. You can make your own by printing our template and attaching it to your own box or jar (refer to page 7).

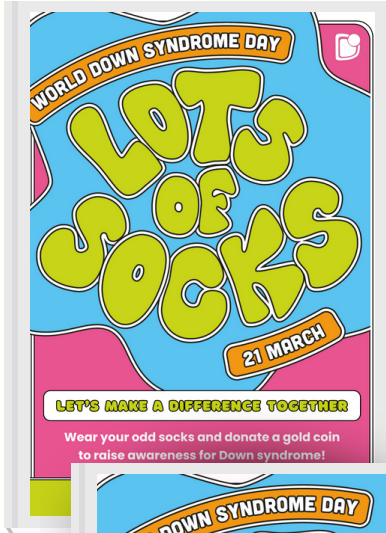


Share your photos on your company or personal social media (and encourage online donations for those who can't donate on the day). You could say something like:

*To support World Down Syndrome Day this March, {insert name here} held a ‘Lots of Socks’ day to raise awareness and funds for Down Syndrome Queensland. It’s not too late to donate!
www.downsyndrome.org.au/get-involved/donate/*

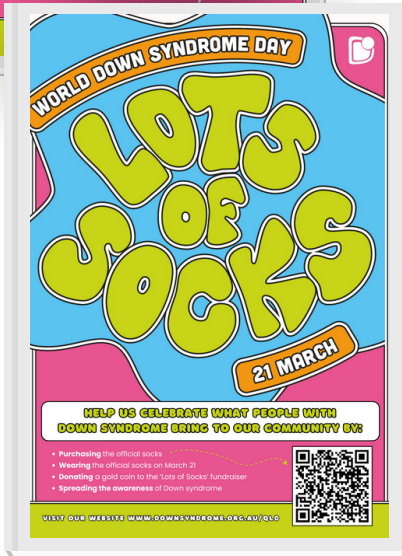
RESOURCES

Posters are available to download and print from our website. There are 2 types:



EVENT POSTER

To promote the event at your school



GENERIC POSTER

To promote your general support

DONATION BOX LABEL

Make your own donation box by downloading and printing the label available on our website. Attach to a box or jar and you are done!



INFORMATION TO STAKEHOLDERS

Below is a draft letter to send to parents, guardians and stakeholders with key information about the 'Lots of Socks' fundraiser:

Thursday 21 March 2024 is World Down Syndrome Day, a day to recognise that it is important to be yourself and to celebrate the difference in others. As a school, we are going to be wearing our most amazing and colourful socks to celebrate 'Lots of Socks'!

We will be learning about what Down syndrome is, what it means to someone that has it, and what we can do when we meet someone that may look or do things a bit different to ourselves.

So, on {insert event date here}, bring a gold coin donation and wear your most individual and fantastic socks with your school uniform.

Let's show that being different is a good thing and something to be celebrated.

Money raised will be donated to Down Syndrome Queensland to help support people of all ages who have Down syndrome and their families. We look forward to celebrating World Down Syndrome Day together.

Suggested text and for a Facebook post/newsletter article:

To support World Down Syndrome Day this March, {insert organisation name here} will be holding a 'Lots of Socks' day to raise awareness and funds for @Down Syndrome Queensland. Students are encouraged to wear their most colourful socks to school on {insert event date here}, bring along a gold coin donation and be prepared to have some fun! #lotsofsocks #Downsyndrome

Note: if you choose to share your event on Facebook, you can now add a fundraising button directly to your post by linking to us:
<https://www.facebook.com/fund/DownSyndromeqld>

STUDENT ACTIVITIES

Design your own socks craft

- Print an outline of socks onto worksheet
- Decorate using a variety of craft items
- Discuss what makes them the same / different



Make your own sock puppet

Students bring in an old sock to create their own sock puppet. This website includes a how-to video and a step by step process <http://www.daniellesplace.com/html/puppets.html>

As a follow up activity, puppets could be used in order to explore script writing in their own play-writing exercise.

Please note: you will need preparation prior to this activity for its successful completion

Found poetry using socks

Get students to bring in or design a sock of their own, then follow the ideas to create poetry based on a topic idea of your choice. You might choose different groups of students to focus on a different type of word (e.g. nouns, verbs, adjectives, adverbs, etc.) Place each labelled sock into different containers and draw out to create your poems.

<http://www.pbs.org/parents/adventures-in-learning/2016/02/found-poetry-game>

CLASSROOM EXERCISE

Use the following exercise with your students to highlight that we are all unique in a multitude of ways – how we look, what we like and what we do – but that we are all people that belong to the same school community.

Teacher to lead the discussion:

The teacher reads out a list of questions (examples listed below) and asks the students to stand up if their answer is yes. The teacher then encourages the children to look around the room and see who else has answered 'yes' to that same question. Following the discussion, students are asked to sit down ready for the next question.

Questions can be adjusted to ensure that they are age and level appropriate.

- Who has spots/stripes/flowers/pictures on their socks?
- Who has red socks on?
- Who has a brother?
- Who has a sister?
- Is your favourite colour blue/green/pink?
- Who likes going for a play/sleepover at a friend's house?
- Who likes pizza/spaghetti/chips/fruit?
- Who has long socks?
- Who has blue eyes?
- Who goes to this (our) school? All the children stand – they are all the same!

Reflection:

Discuss that although some students have the same interests, likes and/or dislikes and stood at the same time, we are all unique. Regardless of our individual characteristics, we all have similarities and differences.

Discuss that some students who stood together, who had the same colour socks, were interested in different things/have different likes. Engage in a discussion around the idea of getting to know someone before judging them, and explore the idea that we need to look beyond what someone looks like or how someone talks or acts before we judge them.

HOW YOUR FUNDRAISING MAKES A DIFFERENCE

\$50

Half an hour of phone or email support for new or prospective parents

\$100

Support for educators seeking advice on maximising outcomes for people with Intellectual Disability

\$150

Recruitment and on-boarding of volunteer support within ongoing capacity building programs

\$500

Supporting one school, for one day with an observation visit and report

\$1000

One-on-one support for employer and employee with an intellectual disability to prepare for mainstream employment

\$5000

Establish a new educational class in a new location



Down Syndrome
Queensland

**LET'S MAKE
A DIFFERENCE
TOGETHER!**



CONTACT

Michael Harrison

Community Engagement and Fundraising Manager

Phone 0422 676 179

Website www.downsyndrome.org.au/qld

Email engagement@downsyndromeqld.org.au

Address 77 Kitchener Road, Ascot