



Lots of Socks

Dear Parent / Guardian

World Down Syndrome Day is celebrated on 21 March each year.

This year as part of harmony week and celebrating diversity within our community the Beldon School Community will celebrate World Down Syndrome Day on **Thursday 21st March**. It is not a fund raiser it is a day to celebrate and raise awareness.

Beldon will use the **Lots of Socks** theme created by Down Syndrome International and celebrate by having children and staff wear any crazy socks of their choice to school. They can be bright, colourful, short or long, the choice is endless! During the day we will be discussing what makes us all unique as well as Down syndrome. We will talk about inclusion and how we can all help each other to feel included.

To begin the conversation, you may like to talk with your child about Downs syndrome, some information is provided below.

Down syndrome is a genetic condition – it is not an illness or disease. Approximately one in every 700–900 babies born will have Down syndrome. Down syndrome is caused by the occurrence of an extra chromosome, chromosome 21. (Down syndrome is also known as trisomy 21.) People with Down syndrome have 47 chromosomes in their cells instead of 46. This results in a range of physical characteristics, health and development indications and some level of intellectual disability. It was named after Dr John Langdon Down who first described it. Although we know how Down syndrome happens, we do not yet know why it happens. Down syndrome occurs at conception, across all ethnic and social groups and to parents of all ages. It is nobody's fault, there is no cure and it does not go away. People with Down syndrome may find doing some activities more challenging but, just like everyone else, people with Down syndrome will continue to learn, and are good at some things and not others.

We look forward to celebrating Harmony Week and World Down Syndrome Day together.

Kind regards

Michele Mason
PRINCIPAL