

World Down Syndrome Day Fundraising Guide

Thank you for considering to fundraise for the Canadian Down Syndrome Society on World Down Syndrome Day (March 21)! If you raise over \$321, CDSS will enter your group in a draw to win a pizza party!* Your \$321 will touch many lives! For \$321, you can:

Why \$321? People with Down syndrome have three copies of chromosome 21 instead of two. World Down Syndrome Day on the 3rd month of the year and 21st day (March 21).

Print 63 Educator Packages for schools and teachers

Print 16 copies of *Mind and Body* for adults with Down syndrome

Welcome 20 new and expectant parents with the book *21 Welcomes*

Help 5 people who reach out to us on our information line

Support the 31st Canadian Down Syndrome Conference for families in Hamilton, Ontario

Ways to Participate:

Dance On 3/21!

Have a dance party and ask everyone who wants to participate to donate a dollar or more to join.

Wear Lots of Socks!

Wear Lots of Socks to raise awareness about Down syndrome with Down Syndrome International (DSI).

Invite a self-advocate to your class!

Ask a person with Down syndrome to speak to your community group or class.

Talk your local newspapers or news stations!

Share accomplishments of people with Down syndrome with your community.

Donate at cdss.ca/donate!

Share the link with your friends on social media and don't forget to use the hashtags #WorldDownSyndromeDay and #SeeTheAbility.

Any Questions?

Contact us at info@cdss.ca or 1-800-883-5608 if you have any questions about what your fundraising will achieve and World Down Syndrome Day. We'd love to hear from you and your community!



*A pizza gift card will be given to the winning school. Donations must be received by April 6, 2018. Winner will be contacted by April 13, 2018. Contact us at info@cdss.ca for more details. Conditions will apply.

World Down Syndrome Day Dance On 3/21!

For a third year in a row, we want to celebrate World Down Syndrome Day and get Canadians moving!

Join the Canadian Down Syndrome Society's big Canadian dance party - Dance On 3/21! On World Down Syndrome Day, March 21, show Canadians and the rest of the world YOUR inclusive workforce, school, class or family. Show everyone that YOU #SeeTheAbility!

Sometime during the day, stop what you're doing and have a quick dance with your family, class, school, or work. It can be any length - a minute, 3 minutes and 21 seconds, or an hour! Film it on your phone and tweet it to us or post it on our Facebook page. Use the hashtags #SeeTheAbility and #WorldDownSyndromeDay.

Dance On 3/21 is inspired by our own Paul Sawka, Awareness Leader at CDSS. On Tuesdays and Fridays, Paul leads the staff in a three minute dance party. It's a great part of the day that CDSS would like to share with all of you!



Don't feel like dancing?

That's okay! There's so much more you can do on World Down Syndrome Day. Wear Lots of Socks, talk about Down syndrome on social media, and raise awareness in your community. Teach others to See The Ability!

Choose a song that gets you moving!

Record the video on your phone!

Spread the word!

Dance for as long as you want to!

Fundraise and dance!



Canadian
Down Syndrome
Society

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World Down Syndrome Day Dance On 3/21 donation form



School Name:

Address:

Contact name for pizza party draw:

Name:

Phone number:

Email:

Tell us what you did to celebrate World Down Syndrome Day!

e.g. dance in the gym with 200 students and teachers

Total amount collected:

Please mail a cheque in the envelope provided payable to:

Canadian Down Syndrome Society
103-2003 14th St. NW
Calgary AB T2M 3N4

We would like our school's donation to:

- Support teachers striving to create inclusive classrooms
- Encourage and inform new parents
- Help teens get answers to their questions
- Help employers create inclusive workplaces
- Help wherever it is most needed

The Canadian Down Syndrome Society is a
Registered Charitable Organization
Canada Revenue Agency Business Number:
11883 0751 RR 0001



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