



The 2008 Lowcountry Buddy Walk Down Syndrome Education Week September 8-12, 2008

*A Community Educational Project presented by the
Down Syndrome Association of the Lowcountry (DSAL)*



Ideas to help get your school involved

- Ask to speak to classrooms about Down syndrome and the Buddy Walk. Grade-level, scripted lessons as available at <http://www.dsalowcountry.org/buddywalk/>
- Disperse written information about the Buddy Walk and Down syndrome to your principal, teacher, and each student. ***Teachers are very busy and usually cannot spend the time to create letters, special plans and copy for organizations outside of the school. As someone who wants to educate your community about Down syndrome, you must be the person who writes letters about the Buddy Walk, make the copies and give the appropriate number to each teacher for each student. Letters to principals, teachers and parents are available at <http://www.dsalowcountry.org/buddywalk/>
- Create and produce a TV show about Down syndrome and show it to the school during the morning broadcast.
- Write a letter to the newspaper in support of people with Down syndrome and the Buddy Walk. ***Please contact the Down Syndrome Association of the Lowcountry by way of Dawn Durante at dawnd@homesc.com before submitting an article to the paper.***
- Poster contests to promote the Buddy Walk, educate others about Down syndrome and encourage celebration of differences. Posters can be submitted to the Down Syndrome Association of the Lowcountry (please contact Dawn Durante, dawnd@homesc.com) to compete for the 2008 winning poster design and be displayed at the 2008 Buddy Walk.
- Participation incentives:
 1. Dimes for Downs – students collect spare change to donate to the Buddy Walk
 2. Dress Down for Downs – students collect money to donate to the Buddy Walk which allows them a special uniform optional day.
 3. High participation rewards – the class with the most participation or money raised could receive a special reward.
- Student Council, Ability Awareness Clubs, Service Clubs, Girl/Boy Scouts involvement in walk and education.

- Provide school newspaper and TV with various Buddy Walk and Down syndrome education media to use during September.
- Print a banner to hang in front of your school to promote the Buddy Walk. Banners are available for \$24.00, please contact Dawn Durante, dawnd@homesc.com, for more information.
- Print special t-shirts for your class to promote the Buddy Walk.
- Organize parents to bring tents to the Buddy Walk for your school's gathering spot. ***Please inform the Buddy Walk organizers if you plan to do this, dawnd@homesc.com. It is very important for organizers to have an accurate count of tents in order to properly place them in the Buddy Walk master plan.***

Questions

Dawn Durante, 2008 Buddy Walk Education Chair, dawnd@homesc.com

Money Saving Ideas

Most schools cannot afford to print material for organizations outside of the school. Therefore, printing registrations and letters to parents and teachers can get very expensive for the individual parent. However, there are ways to save time and money in your efforts to promote the Buddy Walk and educate your community about Down syndrome. Please speak to your school's principal about your printing needs.

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- Ask the school or classroom teacher to print Buddy Walk information and Down syndrome education in their September issues.
 - Speak to the principal about how you can save money in your efforts to provide students and teachers with printed materials for the Buddy Walk and Down syndrome. Ideas: you provide the paper and/or toner for the school's copier to print Buddy Walk and Down syndrome material.
 - Promote the Buddy Walk at the September PTA meeting.
 - Ask the PTA for help with printing.
 - Send letters via e-mail.