





SPirit WEEK March 18th to March 22nd

Date	Theme
March 18	<p>It is almost baseball season! Wear your favorite professional or local baseball team to school!</p> 
March 19	<p>Positive Message Day! Wear a shirt with a positive message on it!</p> 
March 20	<p>Favorite Singer and Band Day! Wear a shirt with your favorite band or singer on it!</p> 
March 21	<p>Rock your Socks! Celebrate World Down Syndrome Day and wear your coolest socks!</p>  <p>In celebration of World Down Syndrome Day on March 21, VFES will be joining schools and organizations around the world to mark this special day. On this day, people participate in activities and events to raise public awareness and create a single global voice for advocating for the rights, inclusion and well-being of people with Down Syndrome. The date is special because 3/21 represents Trisomy 21, the medical term for Down Syndrome, which is the third replication of the 21st chromosome. Some believe that chromosomes resemble socks. In recognition and to raise awareness, your children are encouraged to wear their most spectacular socks to school on Thursday, March 21st.</p>
March 22	<p>VFES IS THE BEST DAY! Wear your favorite VFES shirt to school!</p> 