

A Message from Poss



April / May 2020

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Hi everyone!

I trust you are all well, practicing social distancing and good hand hygiene. It has been a big time for change hasn't it? How has it been for you? I've love to receive a letter from you. It's been a bit lonely for me, and I bet it has for you too, not being able to see my friends. Did you enjoy having to do schoolwork at home?

Was it fun or not? What else did you do that was different? I'd love to hear all about it.

My family stayed at home and we made sure we had lots of fruit and berries stocked up. We made sure we looked after each other, told lots of good stories and read lots of books. My Mum helped me do some homework that Miss Roo, my teacher sent home with me.

However, now we can back to school, I'm very excited and happy to see my friends and other family members. I'm pleased to say they are all well. I look forward to seeing you soon too. Please stay well,

keep washing your hands and coughing into your elbow and stay happy!

Little Poss



What's NEW?

See my photo on the
'Little Poss Club'
page in our updated
Epilepsy Queensland
Website!

[https://
www.epilepsyqueensland.com.au/
services/childrens-program/little-poss-
club](https://www.epilepsyqueensland.com.au/services/childrens-program/little-poss-club)



If you have a
question for

Doctor Dudley about your
epilepsy, you can send it to
Dr Dudley at:

drdudley@epilepsyqueensland.com.au

Epilepsy Queensland Inc.
PO Box 1457
Coorparoo DC QLD 4151
www.epilepsyqueensland.com.au

Spotlight On Little Poss Member of the Month!



Hello, my name is Samuel.

I am just three years old and I like to play with my Lego and with puzzles. My Mum says I'm a beautiful, fun-loving, cheeky and rambunctious little boy.

One of my most favourite things to do is ride my bike with my friends and family. I also love to eat CAKE and Oreos!

I like to watch movies too, especially Sherman and Peabody, The Lorax and the Lego movie.

I was diagnosed with epilepsy at one year of age after having an EEG, not long after my first seizure. Despite taking medication for eight months my seizures were still not controlled. I had some more tests and an MRI revealed more than one dozen tubers on my brain, which means I have something called Tuberous Sclerosis Complex.

About 2,000 people in Australia have it. TSC tumours can grow in any organ of the body, commonly affecting the brain, skin, heart, lungs and kidneys. TSC can also cause epilepsy, developmental delays and autism, which is what I have.



I have many different types of seizures, including focal, absence seizures and myoclonic jerks. I take lots of medications to try and stop the seizures. My big sister Arianna, is six and is very protective

of me. She loves me too and she lets my Mum know when I am having a seizure. This is me and some photos of my family. Bye for now!

Samuel.



Ask Dr Dudley



Dear Dr. Dudley,

My parents say I have epilepsy, what is happening to me?

Jeremy

Dear Jeremy

That's a good question! Epilepsy is when something unusual happens in your brain. When your brain starts sending too many electrical messages, this can make different things happen to your body. These things have lots of names, like seizures, funny turns and attacks. We call them seizures. There are lots of different seizures.

You might know what's going on when you have a seizure. Or you might not know anything until it's all over.

This is what having a seizure can be like for some people:

- Getting a funny taste in your mouth
- Having a strange feeling in your tummy
- Pulling or tugging at your clothes
- Going stiff, then falling to the floor and jerking
- Staring into space for a few moments (people might think you're daydreaming)
- An arm or leg may suddenly move on its own

Sometimes it's really hard to describe exactly what it feels like for you. Most seizures only last a few minutes. Some only last a few seconds.

Some children can have seizures every day. And other children might only have them now and then. If you take epilepsy medicine, it might stop all your seizures.

You can't catch epilepsy from anyone. Lots of children and grown-ups have epilepsy. So there may be other children in your school with it.

Some children can have an operation on their brain to control their epilepsy. And some children go on a very special diet to try and stop their seizures.

Some children grow out of their epilepsy. So then the doctor says they can stop taking their epilepsy medicine. Others have to carry on with the medicine to make sure their seizures don't come back.

Whoever looks after you may get really worried when you first start having seizures.

This is normal and probably pretty annoying. They may even want to sleep in your bedroom to make sure you are safe at night.

They will calm down when they get some more information about epilepsy. If you can't get them to stop worrying, tell them to look at Epilepsy Queensland's website. Or they can call 1300 852 853. We'll try our best to help them.

Dr Dudley

A Riddle for you — Q: What did the policeman say when the spider ran down his back?

A: You're under a vest!

APRIL

MAY



Name		Suburb		Name		Suburb	
MARYANN		CLOYNA		TAYAH		SHELDON	
PYPER		KINGAROY		ZAHRA		STAFFORD HEIGHTS	
CRISTAL		HARISTOWN		JALYN		BEENLEIGH	
JACK		DALBY		GRACIE		REGENTS PARK	
ARALI		VARISTY LAKES		ALEXANDER		ROCHEDALE SOUTH	
BRODIE		WYNNUM		ELLA		BANKSIA BEACH	
SOPHIE		CASHMERE		MATTHEW		NARANGBA	
EVA		NEWPORT		BERNADETTE		DALBY	
BRODY		TWEED HEADS WEST		BRAXTON		MOUNT COTTON	
CHASE		SPEEWAH		CHLOE		BROWNS PLAINS	
MADALINE		REDBANK PLAINS		JAELOH		MOUNT COTTON	
JACOB		WELLERS HILL		CHAD		TEXAS	
CALEB		EAGLEBY		JAMES		NUDGE	
ETHAN		UPPER MOUNT GRAVATT		IZZABELLA		WATERFORD	
MITCHELL		NORTH IPSWICH		ROHAN		DOONAN	
SOPHIA		KELSO		CHARLOTTE		BRACKEN RIDGE	
ROHAN		MOUNT OMMANEY		NATE		TUGUN	
SASHA		JAMBOREE HEIGHTS		CHLOE		NEWPORT	
BREE		ROMA		RACHEL		PIABLA	
KADE		MOOLOOLAH VALLEY		DARAH		ASHGROVE	
LAYLA		RANGEVILLE		MITCHELL		CABOOLTURE	
LINZY		WARNER		EZRA		UPPER COOMERA	
ELIJAH		REGENTS PARK		AARLIA		MOUNT COTTON	
ELLA		ZILLMERE		AVA		BIGGERA WATERS	
LIAM		TOORBUL		DAYNA		EAGLEBY	
HARRISON		WILSTON		TYSON RAY		INALA	

Little Poss's Fun and Games

ADD A LETTER

Can you **add a letter** to each of the words on the **left** to make a new word, helped by the clues?

1. **bow**

a dish for cereal
2. **bat**

it sails on water
3. **pay**

enjoys a game
4. **sow**

not fast
5. **ran**

an umbrella helps with this
6. **ten**

aged between 13 and 19
7. **warm**

a cloud of bees



If you collect all the added letters together you will find some yummy treats!

WANDER WORDS

Move from one square to another, up, down or diagonally to find the six activities hidden below.
Each word is a different colour. One is found for you in white.

M	T	E	R	E	A
W	I	N	N	D	V
S	E	A	I	I	S
I	S	T	S	I	P
N	A	K	T	H	O
P	T	I	P	N	E

1. Do freestyle or backstroke: SWIM
2. Go to see some friends:
3. Enjoy a story in a book:
4. A game you play with racquets:
5. Twirl a rope around and jump through it:
6. Call someone on your mobile:
7. Make a picture with colours on a brush:
8. Munch on food:

More of Little Poss' fun and games

Puzzles

COULD YOU FACE SPACE?

Slobslime, a dotty Shotty from the planet Splott, has foolishly gone on a space walk without her spacesuit. Which of the following things would she REALLY experience?



- 1) Her skin would freeze solid
- 2) Her skin would burn to a crisp
- 3) Her hair would turn purple
- 4) Her eyeballs would go pop
- 5) Her lungs would burst
- 6) She would begin to sing the Splott national anthem
- 7) Her blood and body juices would begin to boil like slimy green soup
- 8) She would feel sick

Startling Space Quiz

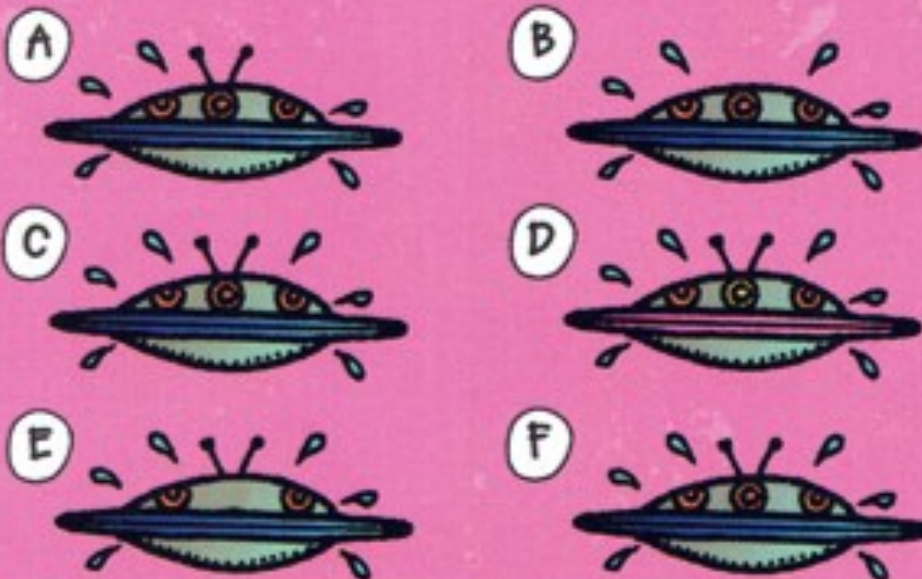
1. If you stayed in bed all day at a point on the equator (the imaginary line around the Earth's middle), what would happen to you?
 - a) In one day you'd travel a distance equal to going around the world
 - b) You'd get dizzy
 - c) Gravity would pull you up into space
2. If you stayed in bed at the North Pole, what would happen?
 - a) You'd be sucked into the Earth's core
 - b) Your bed and you would go round in a little circle like an ice skater in a tight spin
 - c) Your bed would take off



3. Which of these facts about the Sun is true?
 - a) It sings
 - b) It turns off at night
 - c) It gives off radio waves

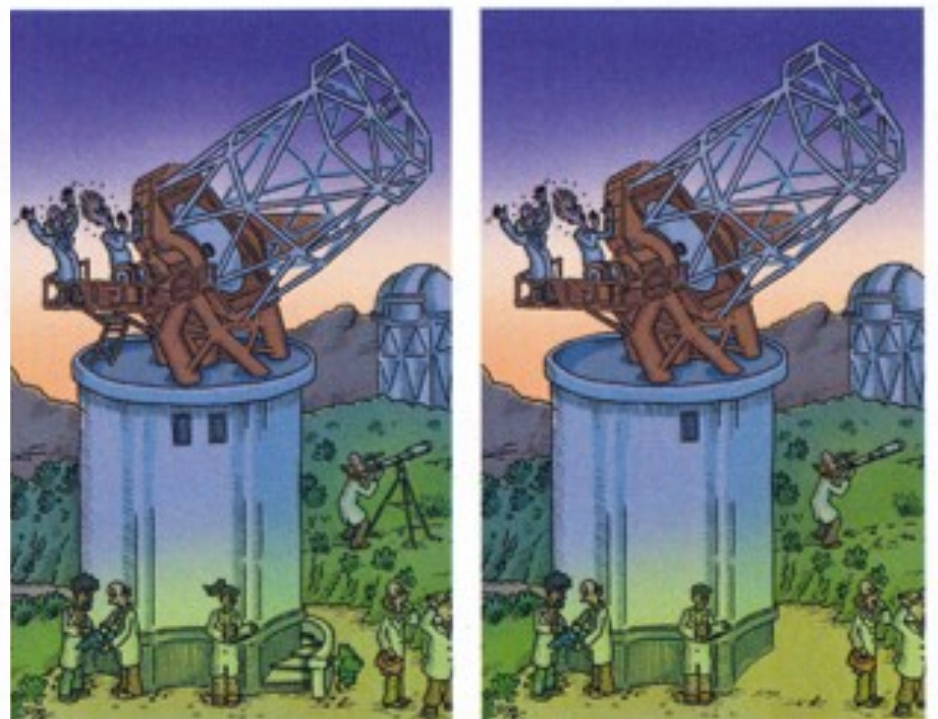
Are We a Clone?

Two of the spaceships below are identical. If you don't get in a spin, you'll be able to spot them.



SPOT THE DIFFERENCE

Can you spot six differences between these two scenes?



Even more of Little Poss' fun and games

RAINBOW Fruit Skewers!

What you need:
Some help from an adult!

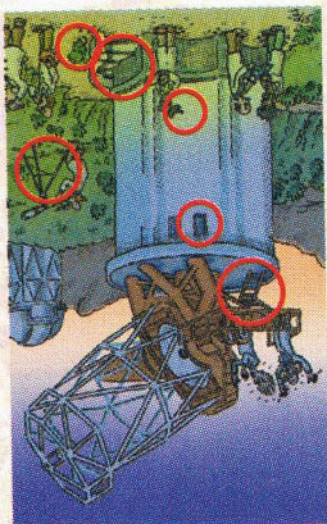
- 7 raspberries
- 7 hulled strawberries
- 7 tangerine segments
- 7 cubes peeled mango
- 7 peeled pineapple chunks
- 7 peeled kiwi fruit chunks
- 7 green grapes
- 7 red grapes
- 14 blueberries



My Mum makes the best snacks, this is one of my favourites. Would you like to try making it?

Take 7 wooden skewers and thread the following fruit onto each - 1 raspberry, 1 hulled strawberry, 1 tangerine segment, 1 cube of peeled mango, 1 chunk of peeled pineapple, 1 chunk of peeled kiwi, 1 green and 1 red grape, and finish off with 2 blueberries. Arrange in a rainbow shape and let everyone help themselves.

Enjoy!



Spot the Difference

radio station!

won't reach us here, unless the Sun starts a

like sound waves, ripple across it. But they

its surface wobbles in and out, waves of gases

1. a); 2. b); 3. a) & c) Yes, it REALLY sings - as

Starting Space Quiz

C & F are the same

Are We a Clone?

out in floating globules and look very nasty.

is bound to happen, although it would come

7 would happen due to space radiation; and 8

well do 6, but it's not scientifically necessary;

would make 4 & 5 happen; Sloblime may

happen to us anyway!; lack of air pressure

Snotties are strange creatures (it wouldn't

120°C; 3 is not known to happen, although

100°C, but in sunlight it can be hotter than

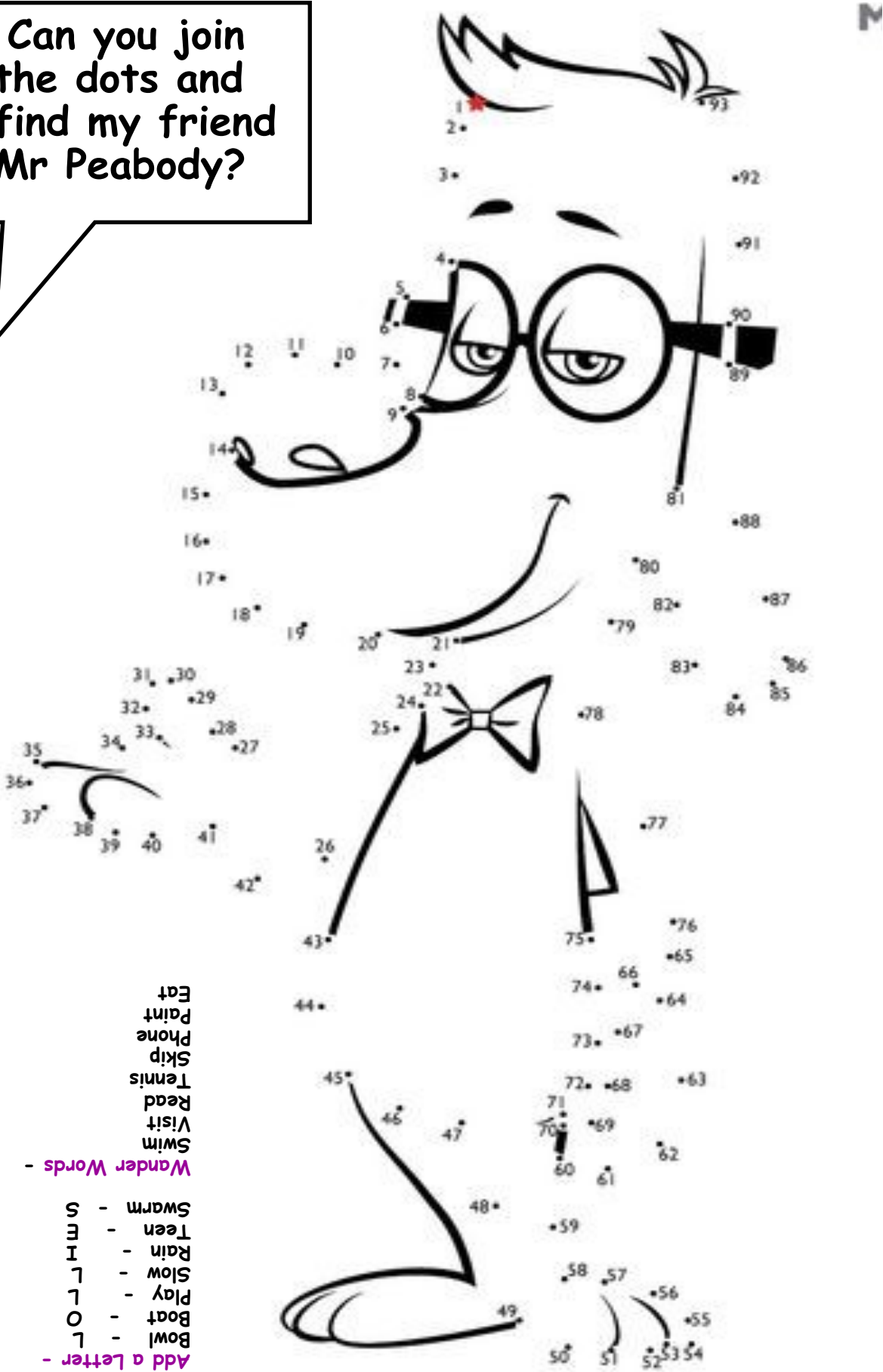
star, like our Sun, space can be colder than -

Either 1 or 2 would happen - away from a

Could You Face Space?

Answers

Can you join the dots and find my friend Mr Peabody?



Colouring Competition!



Take your
pick!

The best one
wins a prize

