

# A Message from Poss



November/December  
2020

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Hi everyone!

Well it's almost Christmas again. How time flies and hasn't it been a big year? We have had the Corona virus interrupting our schools, how we get together and how we play. I have enjoyed being at school though, have you? Have you been staying well and healthy?

Next year will bring some different things, some fun times and plenty of sunshine.

Are you traveling this school holidays? Please stay safe as you celebrate Christmas however you are doing it.

I will be catching up with my animals friends in North Queensland, where it will be very hot. If you are like me, you will need to drink lots of water, wear a hat and a long sleeve shirt and wear some sunscreen.

I hope you like the games, puzzles and riddles in this newsletter. I trust you will have a safe and fun time over the holidays. I wish you and your family a wonderful Christmas and may 2021 bring you a lots of joy!

Stay safe and we will catch up next year.

## 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](mailto:drdudley@epilepsyqueensland.com.au)

**Epilepsy Queensland Inc.**  
PO Box 1457  
Coorparoo DC QLD 4151  
[www.epilepsyqueensland.com.au](http://www.epilepsyqueensland.com.au)

# Spotlight On

## Abigail

**Little Poss Member of the Month!**



Hi, my name is **Abigail!**

I am 3 years old. I live in Ingham in North Queensland.

I was diagnosed with multi-focal epilepsy when I was 20 months old. It was a scary time for my Mum and Dad but now I'm doing much better. I have a little sister who loves me too and her name is Hazel!

I go to my day care centre and I have lots of friends and helpers there. I went on the ketogenic diet to help with my seizures and

it has helped me a lot.

I don't like going to the hospital but I try to be very brave.

I love playing with 'my' dog Remmi, in fact



I love all animals.

I also love to dance, especially ballet.

I have some pretty ballet skirts and

dancing is one of my favourite things to do! When I'm not dancing or playing with Remmi, or spending time on the cane farm, I love spending some time on my iPad.

Bye for now and Happy Christmas!!

# Ask Dr Dudley



**Dear Dr. Dudley,**

My doctor says I need to have an EEG soon, what does that mean?

**Rosie**

**Dear Rosie,**

An EEG is a test called Electroencephalography. It uses metal discs called electrodes that are placed on the scalp to record the electrical activity in the brain. It's used to test for epilepsy and other disorders that can affect the brain. These electrodes are used to see the impulses that brain cells use to communicate with one another and then the scientists can read a snapshot of the brain activity.

Before you go for your EEG, you will need to wash your hair. You need to have clean, dry hair. You will sit in a reclining chair and the technician will stick about 20 discs or electrodes onto your scalp with a sticky paste and some tape. The paste is easily washed out afterwards.

After the electrodes have been placed, you will need to stay very still while the technician sits at his computer and watches the screen. You might be asked to open and close your eyes, or to do some deep breathing.

You might also be asked to look at some flashing lights. Your EEG test is completely safe and doesn't hurt, so don't worry. The test will let the doctor know more about your brain and he will be able to help you feel better.

**Dr Dudley**



## Santa's Riddles

**Q: What do you get when you cross a duck with Santa?**

**A: A Christmas quacker.**

**Q: Who is the most impolite reindeer?**

**A: Rude-olph**

**Q: Who says "Oh, Oh, Oh!"?**

**A: Santa walking backwards**

**Q: What do you call people who are afraid of Santa Claus?**

**A: Claustrophobic**





<i>Name</i>	<i>Suburb</i>	<i>Name</i>	<i>Suburb</i>
REGAN	SLACKS CREEK	TAYLA	ORMEAU
MEADOW	MAUDSLAND	JOSEF	THORNLANDS
BONNIE	KIPPA-RING	ARCHIE	GRIFFIN
GABBY	BROOKSTEAD	BEN	URANGAN
COHEN	STRATHPINE	KIARA	KANIMBLA
MASON	BURLEIGH WATERS	RACHAEL	FRESHWATER
BRIDIE	AVOCA	ALEX	COORPAROO
ROY	WARANA	AINSLEY	HIGHLAND PARK
JORDAN	WAKERLEY	SKYLA	YEPPOON
CHLOE	SPRINGFIELD	ELIZABETH	WISHART
EMJAY	PARKINSON	KOBI	TAROOM
HUNTER	NORTH BOOVAL	TALEAH	AUGATHELLA
EMILEE	SOUTH LISMORE	JASMINE	COOLUM BEACH
FAITH	ELIMBAH	LUCAH	FIG TREE POCKET
JAYDEN	BORONIA HEIGHTS	AUDREY	MOUNT GRAVATT EAST
JACKSON	BUDERIM	HANNAH	MIDDLE PARK



**Little Poss' Trivia!**

Did you know that the penguin is the only bird who can swim but not fly?

Did you know that the Elephant is the only mammal that can't jump?

Did you know that dolphins sleep with one eye open?

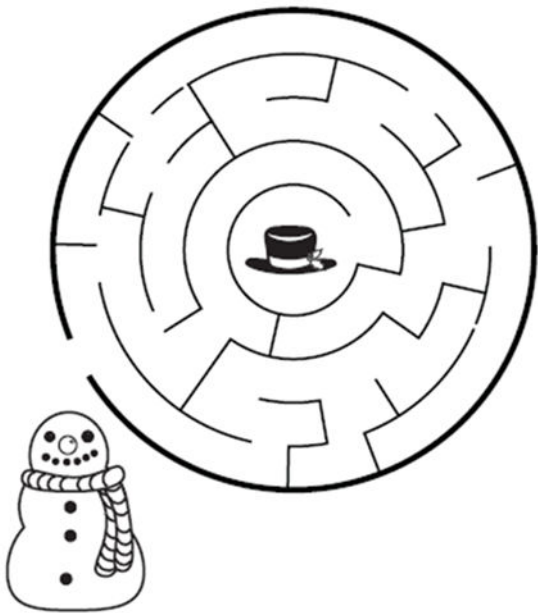
# Little Poss' Christmas puzzles



Some Colouring-in and Christmas Word Search!

## Frosty Maze

Can you help Frosty find his hat?



## SECRET MESSAGE

FROM: Santa



DECODER KEY:

A	B	C	D	E	F	G	H	I	J	K	L
🔔	🌟	🎄	📺	📺	📺	📺	📺	📺	📺	📺	📺
M	N	O	P	Q	R	S	T	U	V	W	X
📺	📺	📺	📺	📺	📺	📺	📺	📺	📺	📺	📺



## CHRISTMAS word search



V	K	R	V	G	Y	L	L	O	J	C	L	H
A	S	U	A	L	C	Y	W	S	O	M	T	G
S	J	Z	Q	S	V	S	L	L	E	B	V	I
T	O	Y	E	N	M	I	H	C	S	C	T	E
O	Y	A	M	P	M	E	R	R	Y	R	F	L
C	Q	N	Z	R	D	F	T	M	Y	I	I	S
K	C	H	R	I	S	T	M	A	S	S	G	K
I	E	U	J	Q	P	G	U	H	G	S	G	P
N	M	W	R	E	I	N	D	E	E	R	P	F
G	S	A	N	T	A	F	J	E	H	P	H	Z
F	L	E	I	S	V	T	P	N	P	B	X	F
N	J	G	D	N	A	M	W	O	N	S	G	U
J	E	E	R	T	Q	S	R	Q	X	Z	Z	S

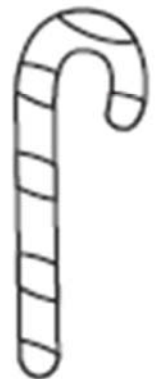


JOLLY  
MERRY  
CHRISTMAS  
SANTA

GIFT  
SNOWMAN  
REINDEER  
ELF

JOY  
STOCKING  
CHIMNEY  
SLEIGH

BELLS  
CLAUS  
TREE



## \*Try this Grinch Christmas Popcorn!

What you will need:

A grown up to Help!

2 packets lightly salted microwave popcorn  
300 g white chocolate buttons  
1 tsp green food colouring (liquid)  
10 yellow Mentos lollies  
1/4 cup mini red M&Ms & 1/4 cup mini green M&Ms  
1/3 cup jumbo heart sprinkles & 1 tube white writing icing

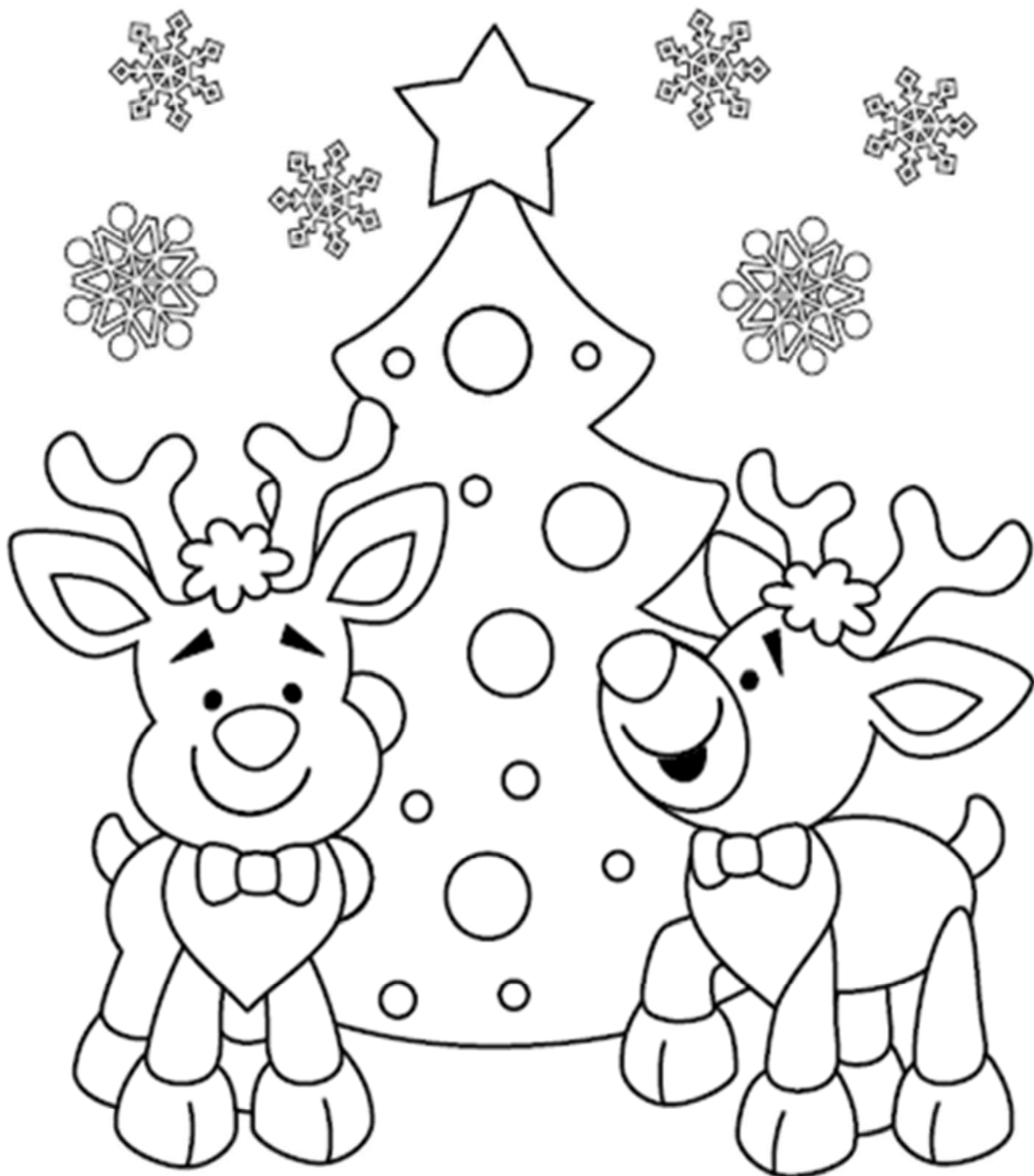
What to do:

Pop the popcorn in the microwave according to the packet instructions. Once cooked, place all the popcorn into a large mixing bowl. Melt the white chocolate melts in the microwave in 3 x 30 second bursts, stirring in between. Add **green** food colouring to the melted chocolate until you get a nice, bright, **Grinch-y green**. Stir the **green** chocolate mixture through the popcorn until all the popcorn is well coated. Stir through half of the **green** M&Ms and half of the heart sprinkles. **To make Grinch eyes:** Cut about each **yellow** Mentos in half. Use the writing icing to 'glue' one **red** M&M to each half the **yellow** Mentos. Spread the popcorn out into the tray. Scatter the top with extra **heart** sprinkles, **green** M&Ms and then place the Grinch eyes evenly all over the top. **Serve the popcorn in the tray or transfer it to a bowl. Enjoy!**



# Little Poss' Colouring In

Who is your favourite reindeer?  
Please send me your best colouring in, the winner will  
receive a movie ticket from ME!

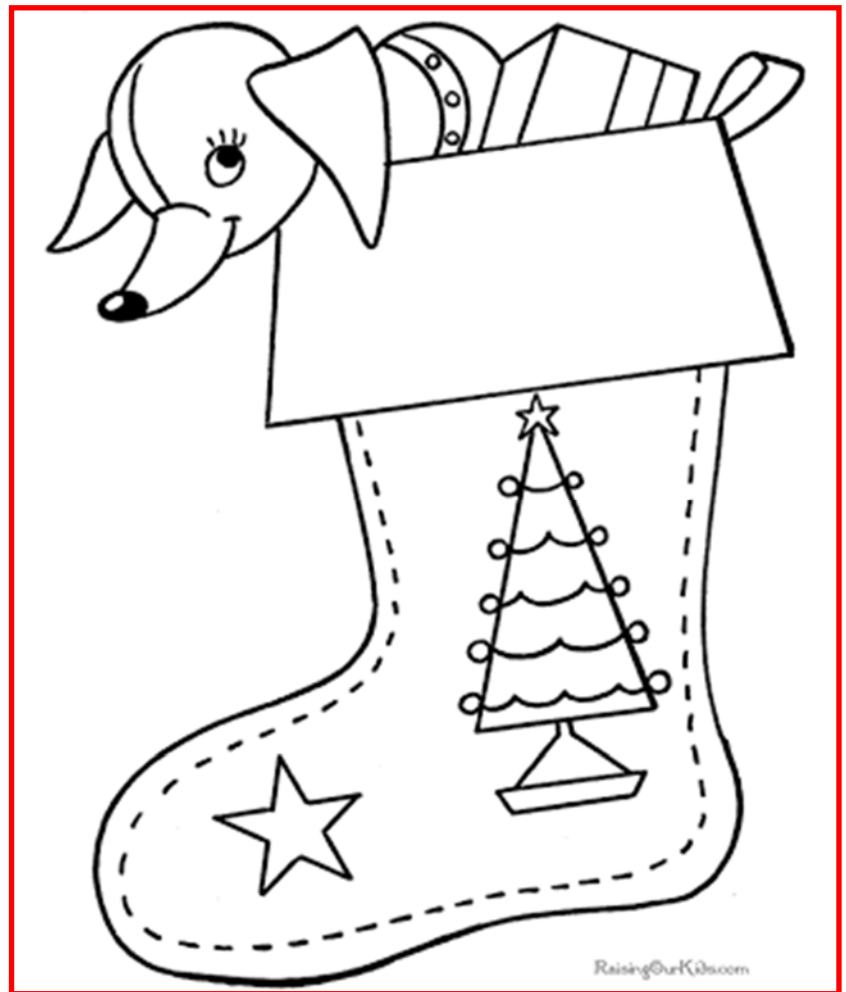


# 'Elf Yourself' Activity



\*See last page for the cut outs!

\*See below for a gift card to colour in and cut and glue on a card!



## Instructions:

### \* Get help from a grown up

1. To spread the joy this Christmas season, here is an craft activity for you and your family to complete. If you wish to repeat this process for multiple children etc. This template can be photocopied.
2. Carefully cut out template (may require parent help).
3. Take a picture of the person you wish to turn into an elf, and print it.
4. Cut the head in a circle roughly the size of a 50c piece.
5. Stick body parts together with glue and attach head and hat.
6. Please SEE next page for the cut out!

# Cut out for the Elf Yourself Activity!

