

A Message from Poss



January
February
March
2020

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Hi everyone!

I trust you are all well? It's been a while since I wrote to you all because I've been busy helping my friends find new homes. Australia has been having bush fires over the summer this year, and some of my friends no longer have homes to go to. Some of them have moved to different places to live now. Their bushes and trees will grow again but it will take some time.

One of the exciting things for us was Purple Day on 26th March. In Brisbane we had great plans to meet up at South Bank and go for a walk to raise awareness of epilepsy. However, with the current virus going around we decided not to go ahead with the South Bank get-together because we didn't want our friends to gather in a large space that may cause them to be un-well.

The good news is that we will be at South Bank next year and we will walk for epilepsy!!

Do take care my friends and let me know how you are?



*Little
Poss*



If you have a question for Doctor Dudley about your epilepsy, you can send it to Dr Dudley at:

drdudley@epilepsyqueensland.com.au

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Spotlight On Little Poss Member of the Month!



Hi! My name is Jackson and I am 7 years old. I live in Brisbane with my parents and older sister. I was diagnosed with Benign Rolandic Epilepsy when I was 6 years old.



My seizures usually come on during sleep with convulsive activity affecting both sides of my body. I also have absence seizures during the day which makes my schoolwork a bit harder.



I do take medication twice a day, which I don't really like but I know that it is helping me!

Martial Arts is my favourite (I'm a PURPLE belt) and my "MF Family" in the picture make sure that I'm included in every way. They are awesome and help me stay

focused. Basketball sessions at my friend Brian's are the best too!

I really enjoy LEGO and building from the instructions, Hidden Side Lego is my favourite and Star Wars is cool too. LEGO exhibitions are always fun to go to.

Riding my bike, swimming, boogie boarding and most sports are ok to do under supervision. When I grow older I want to be an Engineer to build LEGO houses for everybody. BYE !



Ask Dr Dudley



Dear Dr. Dudley,

My little sister has been diagnosed with 'childhood absence epilepsy'.

Is that different to my friend who has 'tonic-clonic' seizures?

Freddie

Dear Freddie,

Childhood absence epilepsy is a childhood epilepsy that has seizures that usually start between ages two to 12. Absence seizures are very brief. The person (or your sister) will suddenly stop what they are doing and stare blankly, like they are daydreaming. The seizures will only last between 2 and 10 seconds and they will continue with the previous activity. Absence seizures can happen many times a day. These seizures are usually well managed with medication, and can often stop by puberty.

Your friend's tonic-clonic seizures are a sudden loss of awareness, and he will commonly fall to the ground, and with stiffening (tonic) then jerking (clonic) of the muscles. It will last a couple of minutes and he will want to sleep for a while after it. So they are very different seizures. Let me know if you have any other questions Freddie.

Dr Dudley

Seizure First Aid

If you see someone having a seizure, there are steps you can take to help them. Try and remember that seizures often don't last long and by following these steps, you can make sure the person stays safe.

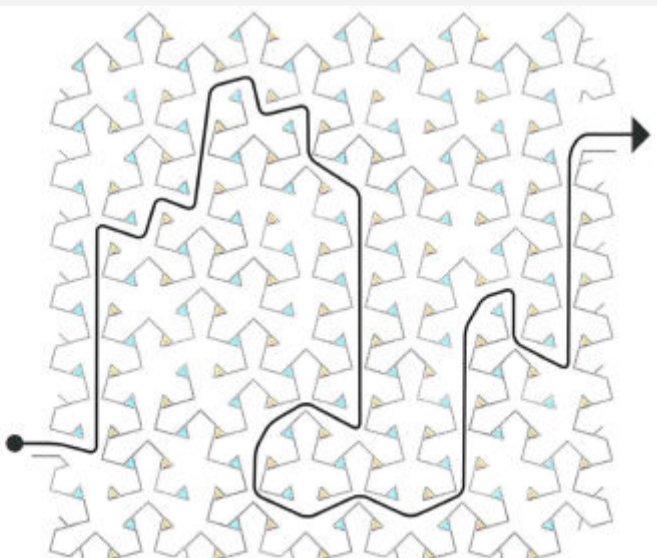
- ♦ Stay calm
- ♦ Try and remember what **time** the seizure started.
- ♦ Protect the person from anything hard or sharp that might hurt them.
- ♦ Put something soft under the person's head and shoulders, like a pillow or a towel.

As soon as you can, roll the person onto their side so they can keep breathing.

Talk to the person so they know they have a friend close by.



Star Maze - Solution



A Riddle for you -

Q: What do you get if you cross a kangaroo with a lamb?

A: A woolly jumper!!

Q: What if you cross a horse with a skunk?

A: Whinny the Pooh!

Happy Birthday

January

February

March

<i>Name</i>	<i>Suburb</i>	<i>Name</i>	<i>Suburb</i>
ANTON	BELMONT	MEG	PRINCE HENRY HEIGHTS
CALVIN	JIMBOOMBA	NAKYIAH	GOODNA
CHARLOTTE	WILSONTON HEIGHTS	NATE	OAKEY
CONNOR	MARGATE	NOA	KENMORE
FLETCHER	ROCHEDALE SOUTH	NOAH	NORTH LAKES
HARRY	ERAKALA	OLIVIA	SEVEN HILLS
HAYDEN	KINGAROY	SAMANTHA	GILLEN
HARRY	REDLAND BAY	SCARLETT	BURPENGARY WEST
IVY	HOLLAND PARK WEST	SOPHIE	PACIFIC PINES
JASON	JONDARYAN	TAYLOR	ASPLEY
JAYDEN	MOUNT COTTON	THOMAS	TAIGUM
JESSICA	CLONTARF	TOMMY	WURTULLA
JOHN	HOLLAND PARK	WYLIE	PEREGIAN BEACH
JOSEPH	BIRDALE	ZACH	PACIFIC PINES
KAI	HARRISTOWN	MADELEINE	BURBANK
KAITLYN	BROWNS PLAINS	ADDISON	NANANGO
KATE	BOONDOOMA	NICKAYLA	UPPER MOUNT GRAVATT
LACHLAN	KEPERRA	BENJAMIN	ANNERLEY
LILY	CORNUBIA	MILES	LOGANHOLME
LILY	TOLGA	TIFFANY	CARINA
LISA	REDLYNCH	CHELSEA	NANANGO
LORELEI	SEVEN HILLS	AMALIE	EIGHT MILE PLAINS
MADISON	HOLLYWELL	KATE	KANGAROO POINT
MARKELLO	MANSFIELD	ARKI	RANGEVILLE
MAX	MORAYFIELD	RYAN	BILOELA

Happy Birthday

<i>Name</i>	<i>Suburb</i>	<i>Name</i>	<i>Suburb</i>
TOM	FAIRFIELD	RYAN	EVERTON PARK
BRAYDON	SUNSHINE PLAZA	LIAM	BURPENGARY
JAZZ	HARTLEY	JASMIN	TEWANTIN
BENJAMIN	NORVILLE	BRIEDON	MILMAN
ABBY	JOSEPHVILLE	JHETT	FLINDERS VIEW
OLIVER	NARANGBA	LAYLA	GREENSLOPES
TAYLOR	PALMWOODS	KYE	WISHART
SEBASTIAN	REDBANK PLAINS	BAILEY	NINGI
TARQUIN	KARANA DOWNS	LACHLAN	PRINCE HENRY HEIGHTS
NOAH	GRACEMERE	GENEVIEVE	KALLANGUR
ELLIOT	GORDON PARK	ELYSE	REGENTS PARK
AMBER	KEDRON	EVELYN	ZILLMERE
PIPPA	JACKSON	MARY	SOUTHPORT
LOCHLANN	DALBY	MASON	ACACIA RIDGE
REMI	ROMA	CHLOE	GRACEVILLE
DANA	CAMP HILL	SAMANTHA	VICTORIA POINT
OLIVER	ALEXANDRA HILLS	ASHTON	MALENY
JASMINE	GOODNA	JACE	BLACKWATER
JAKOB	BUNDAMBA	EADIE	BURLEIGH WATERS
JACKSON	FINN	MATTHEW	JACKSON NORTH
FREYA	BARDON	KALEB	MOGGILL
EVE	TINGALPA	OLIVER	RANGEVILLE
OLIVIA	TINGALPA	COHEN	WARANA
AMBER	HEATLEY	BLAKE	MORAYFIELD
GENEVIEVE	ASHGROVE	CHRISTOPHER	GORDON PARK
LEILANI	ORMEAU	ZAHLIA	MOOLOOLAH VALLEY
DAELLE	KARANA DOWNS	TAMAZIM	EAGLEBY
ZARLIA	HOLLAND PARK	ISABELLA	CAPALABA
CHLOE	BRACKEN RIDGE	BIANCA	SHAILER PARK
CHARLOTTE	WAKERLEY	NICHOLAS	DALBY

Poss's Purple Fun and Games



Purple Recipe - Smoothie -

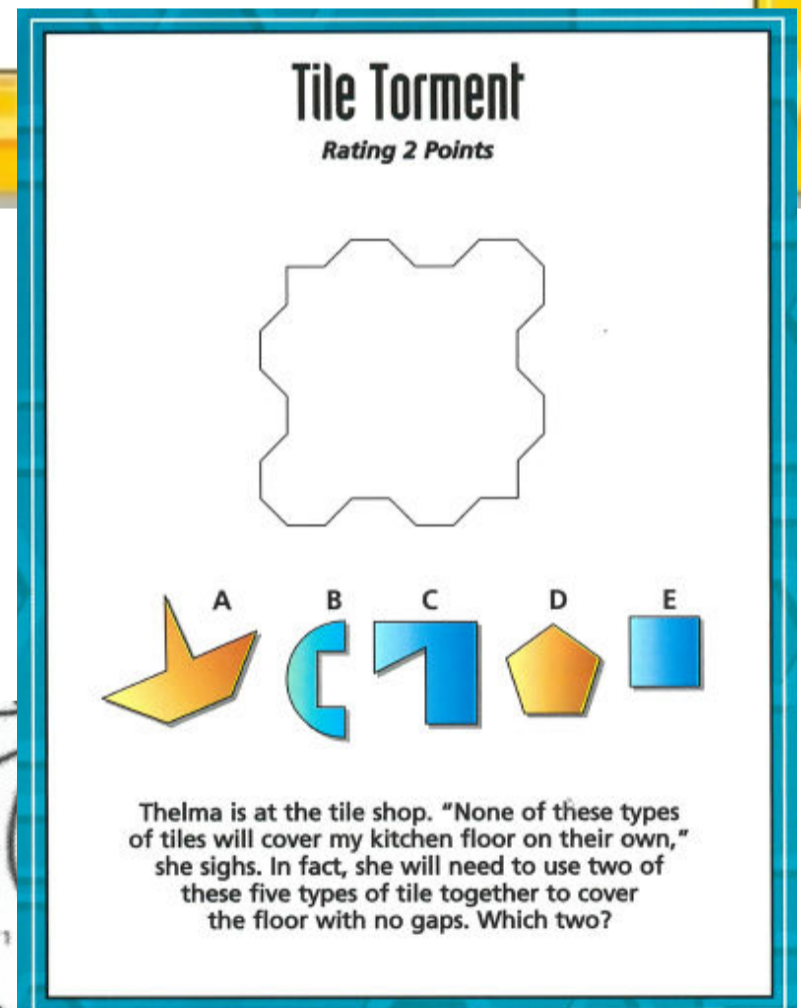
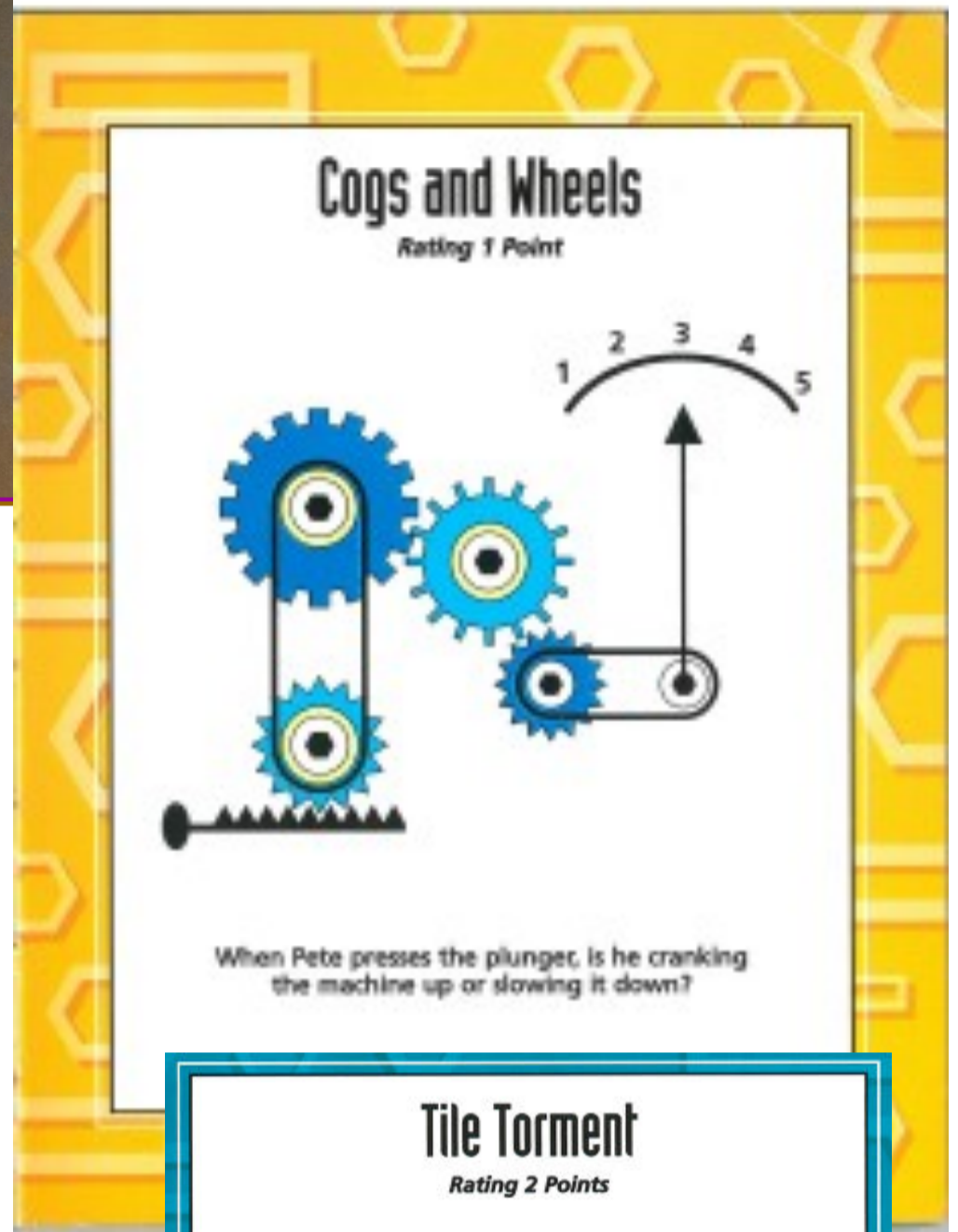
What to bring—some help from an adult!

Ingredients -

- 1/2 cup nonfat vanilla yogurt
- 1/2 cup sliced strawberries
- 1/2 cup water
- 1/2 cup nonfat powdered milk
- 1 banana, cut in chunks
- 1/4 cup blueberries, or to taste
- 1/4 cup raspberries, or to taste
- 1/4 cup blackberries, or to taste
- 2 scoops vanilla whey protein powder
- 1 cup crushed ice

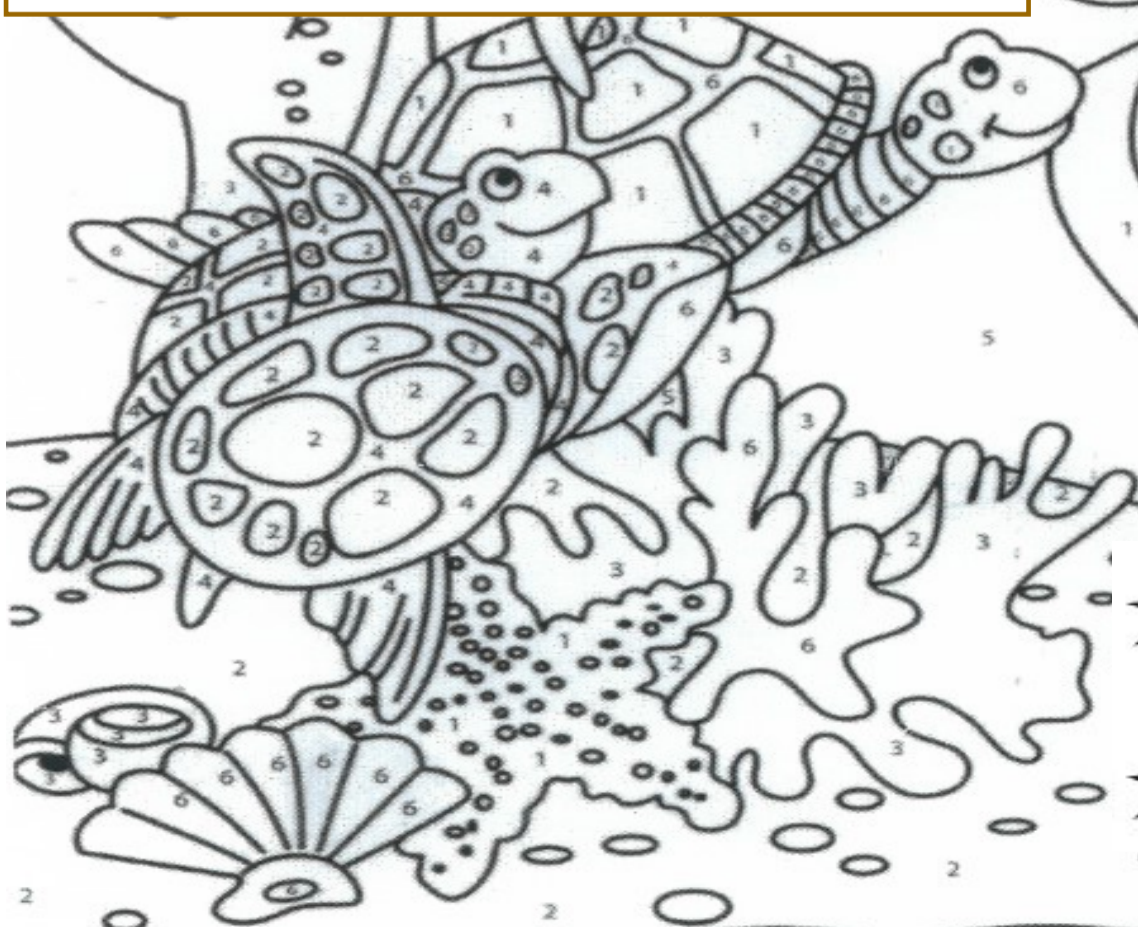
Method—

Pulse yogurt, strawberries, water, powdered milk, banana, blueberries, raspberries, blackberries, and protein powder together in a blender until well-mixed. Add ice, sugar, and honey and blend until smooth. Enjoy!!



Rogue Word

Work out which one of these words does not belong in this group



Little Poss' Word Search

What's your favourite shade of purple?



SHADES OF PURPLE FREE WORD SEARCH PUZZLE

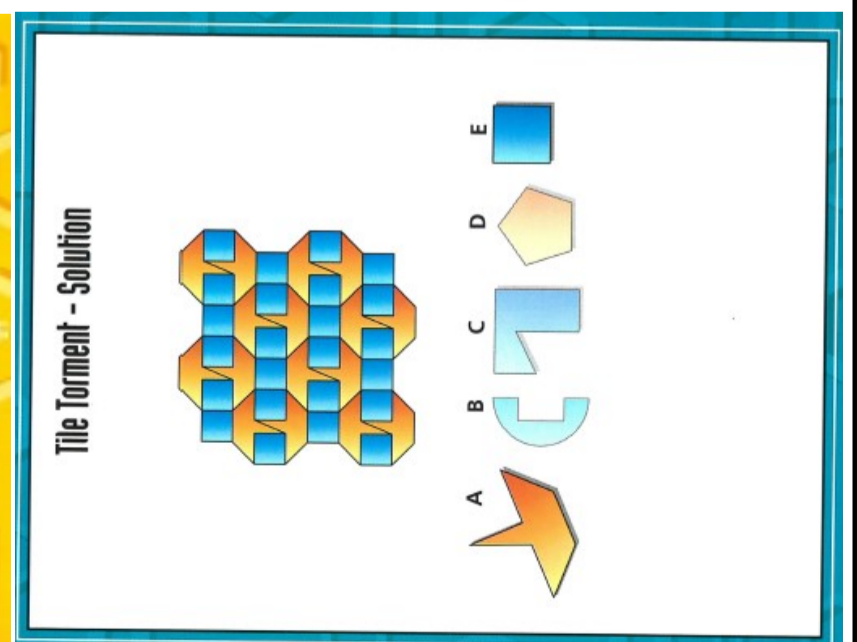
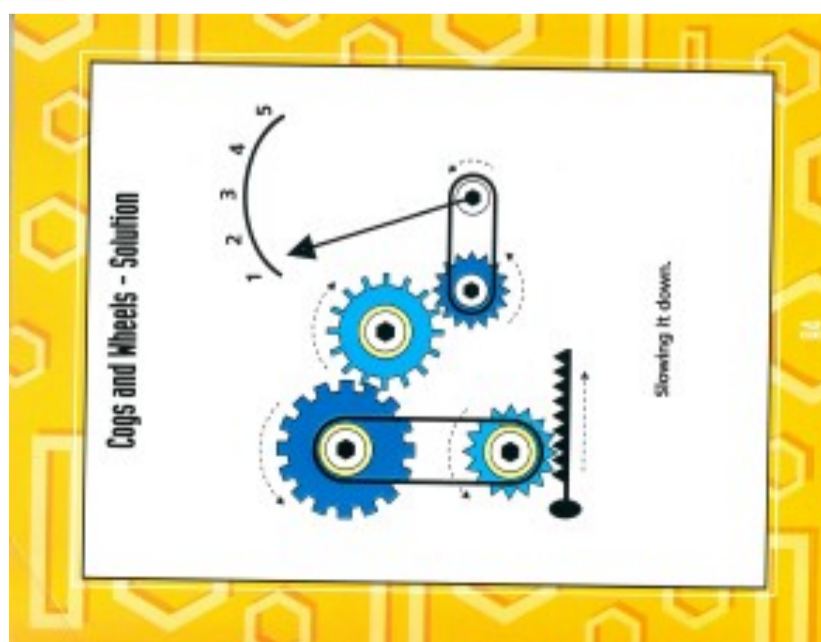
H	E	L	I	O	T	R	O	P	E	L	D	P	U	T	T	W	C	R	A
L	L	G	C	M	P	A	R	A	M	A	A	U	L	R	U	I	O	U	M
I	E	R	O	A	U	M	C	L	I	V	R	R	T	U	R	L	N	S	E
L	C	A	B	N	R	U	H	A	N	E	K	P	R	E	N	D	C	S	T
A	T	P	A	U	P	L	I	T	E	N	V	L	A	P	I	V	O	I	H
C	R	E	L	E	L	P	D	I	N	D	I	E	M	U	P	I	R	A	Y
S	I	S	T	V	E	S	S	N	C	E	O	R	A	R	E	O	D	N	S
T	C	T	V	E	R	D	A	A	E	R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

- BLUE VIOLET
- PURPLE
- ORCHIDS
- VIOLET
- LAVENDER
- PALATINATE
- BYZANTIUM
- GRAPE
- PLUM
- PURPLE RAIN
- TYRIAN PURPLE
- ROYAL PURPLE

- EMINENCE
- EGG PLANT
- CONCORD GRAPE
- COBALT VIOLET DEEP
- LAVENDER FIELD
- ULTRAMARINE VIOLET
- WILD VIOLET
- PURPLE ROSE
- TRUE PURPLE
- DARK PURPLE
- WISTERIA
- MARDI GRAS

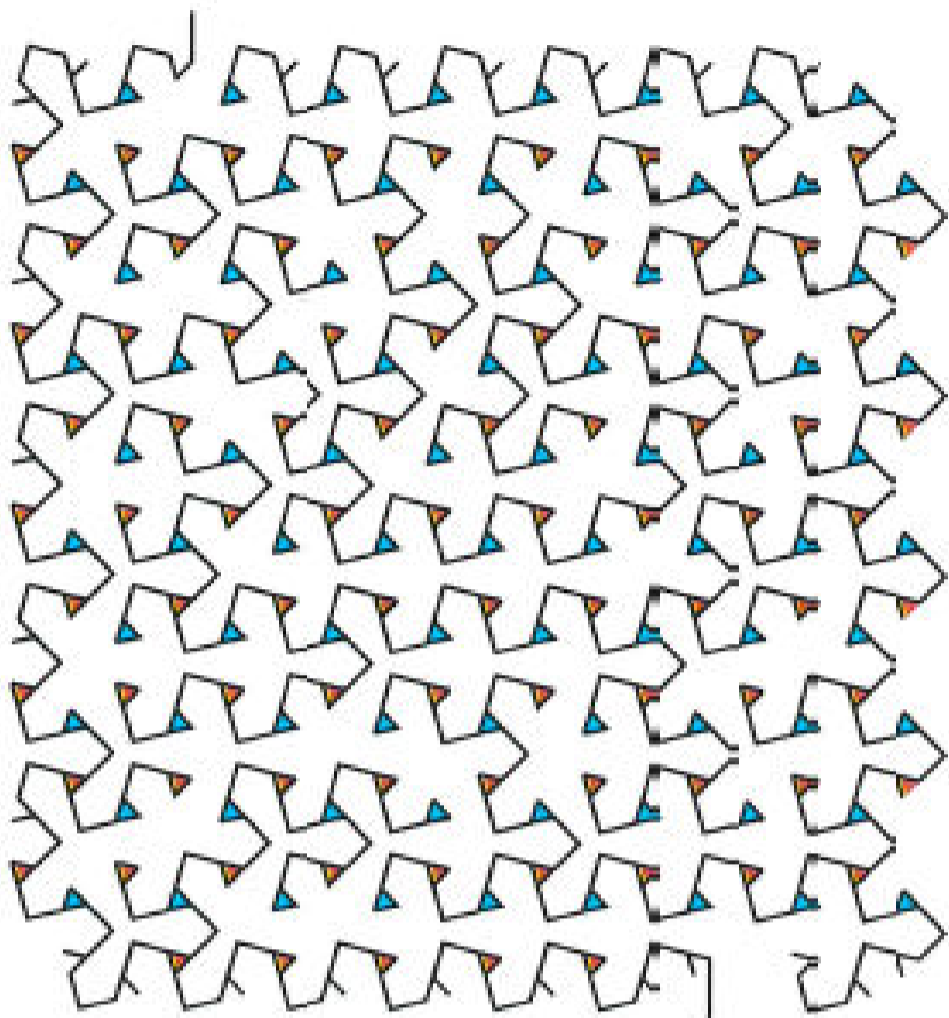
- TURNIP
- INDIGO
- VIVID VIOLET
- DARK VIOLET
- ELECTRIC VIOLET
- LILAC
- MAUVE MALLOW
- AFRICAN VIOLET
- CHINESE VIOLET
- RUSSIAN VIOLET
- ENGLISH VIOLET
- AMETHYST
- HELIOTROPE

Answers



Star Maze

Rating 1 Point



Travel through the space between the lines to find a path from the top of this maze to the bottom.

Some past purple day pictures!

