

# A Message from Poss



Jan—March 2021

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Hi **everyone!**

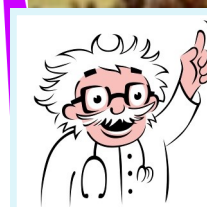
Each March the world turns purple in support of the 50 million people living with epilepsy. In 2021 Epilepsy Queensland invites you to join the movement happening in over 130 countries around the world and make March purple for epilepsy!

We need your support to celebrate and promote Purple Day a worldwide event aimed at increasing people's awareness and understanding of epilepsy. On 26 March each year, people are encouraged to wear purple to show their support of those living with epilepsy - like those within your own school community.

Thousands of individuals, schools and workplaces have joined the campaign, wearing purple and hosting Purple Day events and promotions throughout the month of March.

This year its even more exciting with the school that raises the most funds receiving a Wally Lewis biography and both Little Poss publications for your resources. What are you waiting for? Contact us today to go purple for epilepsy!

How your school can get



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 Little Poss Member of the Month!



Hello, my name is **Holly!**

I am 6 and a half years old and I'm in year 1 at school. My favourite food is smoked oysters, seaweed and chicken nuggets.

My favourite thing to do is going Ten Pin Bowling. I love swimming and playing on my iPad too.

This is a photo of me and my Mum. My mum Melony climbed the Story Bridge for Purple Day in 2019.

She also did iFLY in 2020 to raise awareness of epilepsy on Purple Day. I always like to be there for my Mum to support her.



My Uncle Shawn has epilepsy and my Mum supports him. I like to help out there too.

I don't like it when my uncle has seizures. They are scary to see. My Uncle Shawn is the best uncle out there though!

Have a good day! **Holly**





# Ask Dr Dudley



Dear Dr. Dudley,

How do I support my friend who is living with epilepsy?

Cordelia

Dear Cordelia,

When you discover that someone you know or care about has epilepsy, you might not know what to do.

As their friend, there are lots of ways you can be supportive, it's really just a matter of understanding how this condition impacts their lives. Seizures are different for everyone. Some people's seizures are obvious with convulsions, and some are more subtle lasting not much more than seconds. People with epilepsy are more than capable of doing most things anyone else can do. They can get along with day-to-day living without many so many interruptions. When supporting your friend with epilepsy, remember that they're not helpless. They can manage their condition, but they do need the same love, friendship, and support as everyone else.

- \* Don't be a stranger — your friend needs your support more than ever.
- \* Get to know your friend's condition and seizures - Ask questions about their condition and what you can do for them. Showing your concern and interest shows that you're willing to listen.
- \* Get to know what to do if a seizure occurs:

- ⇒ Time the seizure
- ⇒ Protect from injury
- ⇒ Roll onto side if unconscious
- ⇒ Support the head if seated
- ⇒ Re-direct if confused
- ⇒ Stay with them
- ⇒ Call 000 if seizure last more than 5 minutes, or if you are worried.

- \* Listen Learn and Share - One of the most important things you can do for a friend with epilepsy is to learn as much as you can and share as much as you can with others.

There is so much we can all do to raise epilepsy awareness and improve their quality of life.

Dr Dudley





# Happy Birthday!

<i>Name</i>	<i>Suburb</i>	<i>Name</i>	<i>Suburb</i>
KAITLIN	BROWN PLAINS	NOA	KENMORE
ZACH	PACIFIC PINES	JAYDEN	MOUNT COTTON
WYLIE	PEREGIAN BEACH	JASPER	REDBANK PLAINS
JASON	JONDARYAN	FLETCHER	ROCHEDALE SOUTH
HARRY	REDLAND BAY	EMITY	PIMPAMA
SOPHIE	PACIFIC PINES	MADISON	HOLLYWELL
JOSEPH	BIRKDALE	SCARLETT	BURPENGARY EAST
JOHN	HOLLAND PARK	SEBASTIAN	SHAILER PARK
MARKELLO	MANSFIELD	COOPER	PARK RIDGE
OLIVIA	SEVEN HILLS	BRAYDON	SUNSHONE PLAZA
IVY	HOLLAND PARK WEST	TAYLOR	PALMWOODS
LILY	CORNUBIA	ELLA	FRESHWATER
TAYLOR	ASPLEY	JASMINE	GOODNA
NATE	OAKEY	MADELEINE	BURBANK
ANTON	BELMONT	CHELSEA	NANANGO
LISA	REDLYNCH	DANA	CAMP HILL
LACHLAN	KEPERRA	TARQUIN	KARANA DOWNS
NAKYIAH	GOODNA	AMBER	KEDRON
TOMMY	WURTULLA	TOM	FAIRFIELD

# Happy Birthday!

<i>Name</i>	<i>Suburb</i>	<i>Name</i>	<i>Suburb</i>
ADDISON	NANANGO	TAMAZIM	EAGLEBY
PIPPA	PITTSWORTH	NICHOLAS	DALBY
BENJAMIN	NORVILLE	EADIE	BURLEIGH WATERS
SHADAYE	CLEVELAND	LAYLA	GREENSLOPES
RYAN	BARCALDINE	CHARLOTTE	WAKERLEY
RYAN	BILOELA	KYE	WISHART
REMI	ROMA	JHETT	FLINDERS VIEW
AMALIE	EIGHT MILE PLAINS	RYAN	EVERTON PARK
BENJAMIN	ANNERLEY	LEILANI	ORMEAU
MILES	LOGANHOLME	LIAM	BURPENGARY
LUCY	GREENMOUNT	KALEB	MOGGILL
MASON	ACACIA RIDGE	ASHTON	MALENY
CHLOE	SPRINGFIELD	CHLOE	BRACKEN RIDGE
DAELLE	KARANA DOWNS	EVELYN	ZILLMERE
MATTHEW	JACKSON NORTH	BLAKE	MORAYFIELD
GENEVIEVE	KALLANGUR	JACKSON	NORTH LAKES
BIANCA	SHAILER PARK	ZARLIA	HOLLAND PARK
GENEVIEVE	ASHGROVE	ZAHLIA	MOOLOOLAH VALLEY
ISABELLA	CAPALABA	JETT	ALEXANDRA HILLS
JASMIN	TEWANTIN	NOAH	GRACEMERE
SAMANTHA	VICTORIA POINT	LOCHLANN HORATIO	DALBY
AMBER	HEATLEY	ELLIOT	GORDON PARK
BAILEY	NINGI	RYAN	KURABY
MARY	SOUTHPORT	COHEN	WARANA



# Some Brain Teasers for you ...



## Word association:

Find a word that associates with the following sets of words.

1. Cake, swiss, cottage
2. Glasses, screen, day
3. Cream, cube, cap
4. Knife, fly, cup

Why is it unwise to share your secrets with a clock?  
Well, time will tell.

For some reason, I've never yet won a game of scrabble...

I asked an eight-year-old girl I know how school was going. She told me a boy in her class had told her she needed to change her attitude. "Why do you think he would say a thing like that?" I asked. "I have no idea," she replied,

Why does a tiger have stripes?  
So he won't be spotted.

## Find the mystery word.

Replace the third letter of each word with a new letter to create a different word. When read vertically, the new letters will reveal the mystery word. Eg. the word MAKE could become MARE, MALE, MATE and so on. It's your job to figure out which one works to create the mystery word.

SAME

POKE

BOAT

NEAT

STOP

BAKE

Hint: It's something you'll find outside!

## Find rhyming pairs

Unscramble the words below so that each pair of words rhymes.

1. RBAE & HREAS
2. WNROED & UTRHNDE
3. TUGHAT & HBTUGO
4. ODULC & ODOG

Did you hear about the actor who fell through the floorboards? He was just going through a stage.

There is a Purple Prize for the best colouring,  
making Poss Purple and March Purple for Epilepsy!

Little Poss loves to paint to Make March Purple for epilepsy!



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**MAKE MARCH**

**PURPLE**

**FOR EPILEPSY**

[www.epilepsyqueensland.com.au](http://www.epilepsyqueensland.com.au)

Share with your School!

# MAKE MARCH PURPLE FOR EPILEPSY

**Everyone**, we need your support to celebrate and promote **Purple Day** a worldwide event aimed at increasing people's awareness and understanding of epilepsy.

On **26 March** each year, people are encouraged to wear purple to show their support of those living with epilepsy - like those within your own school community.

Thousands of individuals, schools and workplaces have joined the campaign, wearing **purple** and hosting **Purple Day events** and promotions throughout the month of **March**.

**Register your school to Make March Purple for epilepsy!**

An estimated 12,000 children in Queensland are currently living with epilepsy. For kids with epilepsy getting through the school day can be challenging. Not only can seizures impact on a child's education but the side effects of anti-seizure medication can cause fatigue and changes in behaviour.

**How can you show kids with epilepsy that you care and Make March Purple for epilepsy?**

Turn your school purple for a day, a week or a month!

**Register your school today** to receive your **FREE** schools kit. Including, stickers, posters, balloons and a storybook for your library about a possum with epilepsy.

**You could host a morning tea, purple shirt day or crazy hair competition.**



Share your purple images on social media with #makemarchpurple #purpleday #epilepsyqueensland

**Or email us your images to [fundraising@epilepsyqueensland.com.au](mailto:fundraising@epilepsyqueensland.com.au)**

**\*\* The first 25 schools to register will receive 10 pairs of purple shoe laces to give away!**

<https://myimpact.epilepsyqueensland.com.au/make-march-purple/register-my-school>



Your registration will create an online fundraising page for your school, you can share this with your school community through email and social media keeping everyone up to date of your event plans, and also giving them an online place to donate directly to your fundraiser.



**At the end of your event, you can donate any money raised by students directly to your online page!**

Thanks from **Little Poss!**

