



# A Message from Poss

May / June  
2016

Hi everyone!

School holidays are coming, yay! That means I can play with my friends more, and be outside in the outdoors instead of the classroom. I love being in the outdoors, climbing trees and having fun. I look forward to catching up with Ruby Rosella, Eddie Emu, Gertie Goanna, Kerry Koala and Wally Wombat. Even Miss Red Roo likes to play with us sometimes. What are the names of your favourite animal friends?

Winter is coming too. Do you like winter? What sort of things do you like to do in winter? Go skiing? Stay inside? Go surfing? Go walking in the rain? Watch movies? There is a new movie called 'Finding Dory' in the theatre this holiday, I'd love to see it. Do you think you might see it too?

In Brisbane we don't get too much really cold weather do we? I would love to know what you like to do. Why don't you write me a letter and tell me what you like to do? I'd really like to hear from you.

I've added a colouring-in this time to my newsletter. I hope you find time to do it and send it in to me over the school holidays. There is a prize for the best one! I look forward to getting some mail.

Don't forget to take care of yourself over the holidays. I know you know what's important—like wearing sunscreen and hats. Try to stay 'cool' and get enough rest, that is always important. Playing outside in the holidays is fun but sometimes we forget to rest. My mother always reminds me to watch out for friends too, and we always try to do that for each other. See you after the holidays.

Bye from



*Little Poss!*



Inside this issue:

A message from Little Poss! What's coming up!	1
Spotlight on!	2
Ask Dr. Dudley	3
Members birthdays	4
Birthdays continued	5
Little Poss's puzzles and word find!	6
Colouring Competition!	7
Recipe from Poss	8

### In case you get bored, there are some sums for you!

1. Can you write this number using words? 37
2. Which of the following numbers are even? 49, 52, 37, 34
3. Arrange these number largest to smallest. 46, 61, 69, 20, 65
4. Count forward by 3s. 6 \_ \_ \_ \_ \_ 24
5. Which of the following number are odd? 60, 83, 12, 1



## What's coming up!

School holidays! Yay!	24 June
In-house epilepsy training (EQI Office, Woolloongabba)	16 June 14 July
Gold Coast epilepsy training (Gold Coast Neurology, Benowa)	7 September
Regional visits	Longreach 4 August Charleville 18 October



To register for any of these events please phone the office - 07 3435 5000

If you have a question for Doctor Dudley about your epilepsy, you can send it to:  
PO Box 1457  
Coorparoo BC Q 4151  
or email Dr Dudley at [drdudley@epilepsyqueensland.com.au](mailto:drdudley@epilepsyqueensland.com.au)

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

# ‘Spotlight On’ Little Poss ‘Member of the Month’



Hello - my name is **Charlotte** and I am 11 years of age.

I was diagnosed with Benign Partial Epilepsy of Childhood with Centrotemporal Spikes (BECTS) at the start of school term 1 this year.

I was 10 years old when I had my first seizure. I felt scared and confused. My type of epilepsy means that I only have seizures throughout the night which can be caused by

being too tired, not drinking enough water and stress.

Having epilepsy doesn't stop me from doing the things that I love like ballet, tennis, music and school work.

Generally I am not the kind of person who will tell everyone about my condition. I'm fine with people at school knowing only if they don't make fun of me. You just have to be brave and stand up and show them you are not afraid.

I thank Little Poss and all the other people who have supported me though this.

Your work will not be forgotten!



Charlotte



# Ask Dr Dudley

Dear **Dr Dudley,**

Do all seizures look the same? When my friend has a seizure he falls to the ground but my other friend just stares straight ahead when he has a seizure.

**Eloise**

Dear **Eloise,**

That's an important question to answer because there are many different types of seizures and they can look very different on the outside.

Some people have a tonic clonic seizure where they might fall to the ground and not wake up for a few minutes. There are seizures called absences where the person may just stare straight ahead for a few seconds.

They might look like they are daydreaming. There are also some seizures where the person may wander around looking confused and may fiddle with their clothes, these seizures are called focal seizures. So there are many different types of seizures people can have when they have epilepsy.

The most important thing we can do for someone when they are having a seizure is to keep them safe. We can call out for an adult, we can notice what time the seizure started, we can move anything away from the person so they don't hurt themselves. If they have fallen to the ground, we can roll them on their side so they can keep breathing while we wait for help because you will need to call an ambulance if the seizure lasts longer than 5 minutes. We can also talk to the person so they know they have a friend close by. You sound like a good friend Eloise.

**Dr Dudley**

**H**ow many words can you make out of this word?

**R  
E  
L  
A  
T  
I  
O  
N  
S  
H  
I  
P**

## LITTLE POSS'S BRAIN TEASERS!

1. What is the only word in the English language that has 6 letters, all in alphabetical order?
2. In the dark they are found without being fetched, in the light they are lost without being stolen. What are they?
3. What force from the sun keeps pulls on the earth and keeps it in orbit?
4. What do you call a frog with no legs?
5. What can you keep but cannot share and once you share it, you can't keep it anymore?
6. I am small as an ant and big as a whale,  
I can soar through the air like a bird with a tail.  
I can be seen by day and not by night,  
I can be seen with a big flash of light.  
I follow whoever controls me by the sun but I fade away when dark fell like a ton.  
What am I?
7. I have four wings, but cannot fly,  
I never laugh and never cry;  
On the same spot I'm always found, toiling away with little sound.



**Answers**  
1. almost  
2. stars  
3. gravity  
4. tadpole  
5. a secret  
6. a shadow  
7. windmill



# Happy Birthday!

Name	Suburb	Name	Suburb
LIBBY	BUDERIM	AIDEN DEAN	SHERWOOD
SAM	BUDERIM	CHARLIE	ANNERLEY
JESSICA	DIDDILLIBAH	ABIGAIL	GREENBANK
CLAUDIA	TOOGOOM	BENJAMIN	COLLINGWOOD PARK
JASMINE	KEPNOCK	NOAH	BUNDAMBA
COOPER	BELMONT	LOUIS	BRASSALL
COHEN	CLONTARF	JORDAN	WILLOWBANK
JAI	BRAY PARK	JESSIE	MINDEN
JESSICA	CLEAR MOUNTAIN	PETA	GILSTON
ANABELLE	PETRIE	DYLAN	MUDGEERABA
HARLYM	KALLANGUR	BRODIE	ELANORA
BREEANNA	MORAYFIELD	DYLAN	WILSONTON HEIGHTS
LESTER	CABOOLTURE	KATELYN	CENTENARY HEIGHTS
NEIHARA	STAFFORD HEIGHTS	EMMA	GOONDIWINDI
ISABELLE	CHELMER	HAYDEN	SOUTH MACKAY
CHARLIE	INDOOROOPILLY	CHARLOTTE	HAY POINT
ELEANOR	CHAPEL HILL	TAHLIA	BUCASIA
CARLOS	TARRAGINDI	NADIA	WALKERSTON
ROCHELLE	SPRINGWOOD	TEDDY	TOWNSVILLE
MATTHEW	CAPALABA	MADELEINE	TOWNSVILLE
BOBBY	ORMISTON	TRISTAN	GORDONVALE
HAYLEY	REDLAND BAY	TROY	WOREE
SETH	BUCCAN	LYENNETTE	MANOORA
AMBER	UPPER COOMERA	HARRY	BRINSMEAD



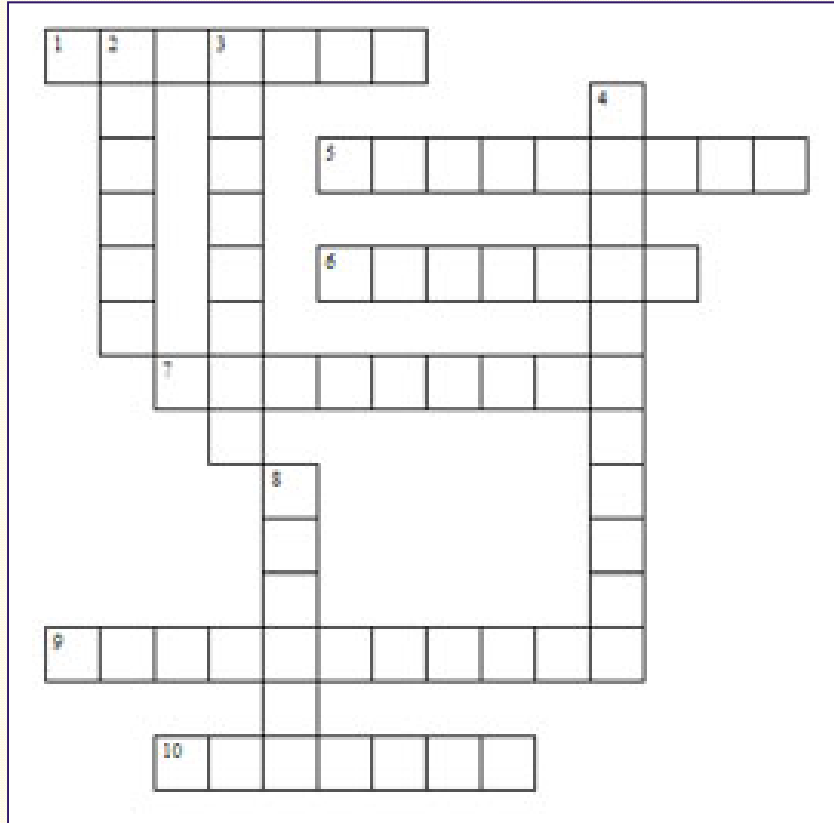


# Happy Birthday!

Name	Suburb	Name	Suburb
KADE	MOOLOOLAH VALLEY	CALEB	EAGLEBY
SOPHIE	PEREGIAN SPRINGS	JALYN	BEENLEIGH
MICHAEL	MARYBOROUGH	XAVIER	BEENLEIGH
SHANNIA	BOORAL	ROHAN	MOUNT OMMANEY
ANGUS	NORTH LISMORE	SASHA	JAMBOREE HEIGHTS
WILLIAM	EAST BRISBANE	ZIGGI	RICHLANDS
EMMA	TINGALPA	ELIJAH	REGENTS PARK
CAMERON	WYNNUM	GRACIE	REGENTS PARK
EVA	NEWPORT	ELEXIS	BELLBIRD PARK
ELLA	ZILLMERE	MADALINE	REDBANK PLAINS
BILLY	FERNY HILLS	MITCHELL	NORTH IPSWICH
SOPHIE	CASHMERE	SETH	BRASSALL
LINZY	WARNER	INDI	BANORA POINT
LIAM	TOORBUL	CALEB	WORONGARY
JACK	DEAGON	CONNOR	MOLENDINAR
ANNABEL	WINDSOR	ARALI	VARSITY LAKES
GABRIELLA	GORDON PARK	LAYLA	RANGEVILLE
JACOB	KELVIN GROVE	CRISTAL	HARRISTOWN
MACKA	PADDINGTON	JACK	DALBY
LUCY	TARRAGINDI	ZACHARY	TARA
JACOB	WELLERS HILL	BREE	ROMA
ETHAN	UPPER MOUNT GRAVATT	MARYANN	CLOYNA
KASEY	CAMP HILL	PYPER	KINGAROY
TAYAH	SHELDON	CHASE	KURANDA
SEBASTIAN	ORMISTON	ELIZABETH	GILLEN
BRODIE	WELLINGTON POINT	HANNAH	MERIDIAN PLAINS
KNOX	REDLAND BAY	KEELY	CURRIMUNDI

# Little Poss's Crossword, Word Find & Puzzles!

## Occupations Crossword



### Across

- 5. Helps people learn things
- 7. Can help your car if it isn't working
- 8. Helps people find the books they are looking for
- 9. Helping animals when they are sick
- 10. Catches the bad guys

### Down

- 1. Spends a lot of time in a court room
- 2. Can help you with your pipes
- 3. Puts out fires
- 4. Helps people when they are sick
- 6. Can fix the lights if they go out



- 1. lawyer
- 2. plumber
- 3. fireman
- 4. doctor
- 5. teacher
- 6. electrician
- 7. mechanic
- 8. librarian
- 9. veterinarian
- 10. policeman

## Winter Word Find

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

- |         |          |              |
|---------|----------|--------------|
| COATS   | COLD     | FROST        |
| GLOVES  | HATS     | HOTCHOCOLATE |
| ICICLES | MITTENS  | SCARF        |
| SKATING | SLEDDING | SNOW         |



### What's the missing letter?

- O S - S U -
- K - - G - - O O
- R - S - L L -
- W - M - A -
- C - C K A - T - O
- N - N G A L - -
- G - O A N - -

**Do you want to be part of our 'Spotlight On'?**

**Or would you like someone you know to be in the Spotlight?**

**Let me know who it is!**



Every Little Poss newsletter features one of our talented Little Poss members! So if you'd like to see yourself in the next newsletter, please send an email consisting of a photograph of you and a bit about you! Please send entries to: [littleposs@epilepsyqueensland.com.au](mailto:littleposs@epilepsyqueensland.com.au)

*Can you find the snowman and make him more colourful??*

LITTLE POSS'S COLOURING COMPETITION  
BEST ENTRY WINS A PRIZE!



# Little Poss's Winter recipe!



## Pork Lettuce Cups



### Ingredients:

*Some help from an adult!*

- 1 tablespoon sunflower oil
- 1 brown onion, finely chopped
- 1 garlic clove, finely chopped
- 500g extra lean pork mince
- 8 button mushrooms, thinly sliced
- 1 carrot, peeled, coarsely grated
- 1 zucchini, ends trimmed, coarsely grated
- 2 tablespoons hoisin sauce
- 8 iceberg lettuce leaves

**What to do:** Heat the oil in a large frying pan over medium to high heat.

Add the onion and garlic and cook, stirring, for 5 minutes or until the onion softens. Add the pork and cook, stirring with a wooden spoon to break up any lumps, for 5 minutes or until the mince changes colour and is cooked through.

Add the mushroom, carrot and zucchini, and cook for 2 minutes or until the carrot is tender. Add the hoisin sauce and cook for 2 minutes or until the mixture is heated through.

Spoon the pork mixture evenly among lettuce cups!  
Enjoy!

### WE RESPECT YOUR PRIVACY

We hope you enjoy reading our Little Poss Newsletter. However, if you do not wish to receive the Little Poss newsletter anymore, please let me know by calling 07 3435 5000 / 1300 852 853 (regional Queensland) or emailing [services@epilepsyqueensland.com.au](mailto:services@epilepsyqueensland.com.au).

We would also greatly appreciate being advised if you have received multiple copies at the same household, so we can update our records accordingly. Thank you!