



A Message from Poss

November / December

Dear friend,

And a big hello to all my friends!
It's nearly Christmas time, that means holidays and I am really excited. I get to spend time with all my friends and we do all sorts of fun things.

What are you doing on the holidays?

Are you going away somewhere special? I do hope you remember to look after yourself during summer. You know - wear sunscreen, take your medication, drink lots of fluid and rest when you need to! I would like all my friends to stay well over the holidays. It's been a long time since I've had a letter from you, so please let me know how you are doing and what you are getting up to over the holidays.

My friend Kerry the Koala is going to visit her friends in the Dubbo Zoo for the holidays. It's a wonderful place to visit, with lots of animals, all sorts, large and small. I look forward to hearing all about it when she comes back!

Do you know what my favourite Christmas treat is?

Fruit of course. I like all the red ones when it's Christmas, like cherries and raspberries! What are your favourites?

Have a happy, super holiday wherever you are!

Little Poss



epilepsy
queensland inc

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Did you know?

- ◆ You can ask Dr Dudley about your epilepsy!
- ◆ You can nominate someone to 'spotlight' in the newsletter!
- ◆ You can let us know if you don't want to receive this newsletter anymore!

Just email:
littleposs@epilepsyqueensland.com.au
or phone: 3435 5000 or 1300 852 853

What's coming up!

In-house Epilepsy & Midazolam training
at Woolloongabba x 2 sessions February 15

Gold Coast Epilepsy & Midazolam training
(Gold Coast Neurology, Benowa) February 7

Purple Day March 26

To register for any events please phone the EQI office -
07 3435 5000 or 1300 852 853

P: 07 3435 5000 or 1300 852 853
E: services@epilepsyqueensland.com.au

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



‘Spotlight On’

Little Poss ‘Member’

Miss Red Roo



Hi, I'm **Miss Red Roo!**

I'm Little Poss's school teacher and I am a Red Kangaroo. I love teaching the pupils who come to school in Ningaloo, in fact we all love coming to school. Kerry

Koala, Eddie Emu, Ruby Rosella, Wally Wombat and Gertie Goanna are all excellent students.

We had our break up day last week and we went swimming down by the pool. We are all excited about finishing school and just as excited about starting the new year with new friends.

I like it when I teach the students about their bodies, especially their brains. They all like to share their knowledge. Little Poss has a lot of knowledge about his brain and some of others have knowledge about their lungs and their hearts. We can all learn a lot by sharing our stories.

My story is about being a red kangaroo. I'm red in colour and I can grow very big. I have pointed ears and a square jaw and I have red/brown fur that keeps me warm and keeps me look cool!

I have strong legs that help my bounce a long way. I love to teach! And I love all my animal friends.

Bye
Miss Roo.





Ask Dr Dudley

Dear Dr. Dudley

I know you have told me before but can you please remind me about swimming? Is it safe for my sister to go swimming when she has epilepsy?

Mary

Dear Mary,

Thank you Mary for asking, it is a good time of year to have a reminder. Everyone with epilepsy should take part in sports and other activities but we need to make sure people with epilepsy are safe. Here are some points to remember -

- ◆ Even if your seizures are well controlled, you should never swim alone
- ◆ Make sure the person you're with knows what your seizures look like and that they stay close to you at all times in the water
- ◆ Make sure that person is a strong swimmer
- ◆ Make sure they know what to do if you have a seizure in or out of the water
- ◆ If you have uncontrolled seizures, wearing a safety vest is a good idea
- ◆ If you are not feeling well on the day, maybe don't go swimming
- ◆ And if the person has a seizure in water, always make sure an ambulance is called!

Happy and safe holidays!

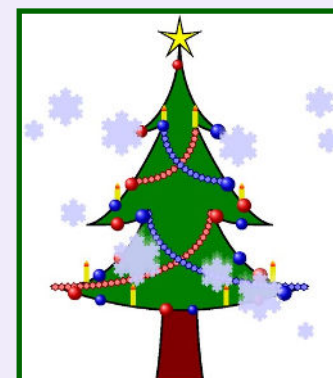
Dr Dudley

Christmas Trivia!

- ◆ **Name of all Santa's reindeer?**
Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen and Rudolph.
- ◆ **Who wrote 'How the Grinch stole Christmas'?**
Dr Suess
- ◆ **Which city did Kevin get lost in, in Home Alone 2?**
New York!
- ◆ **What is Scrooge's first name?**
Ebenezer
- ◆ **What is the French name for Christmas?**
Noel

Did you know?

- ◆ That Christmas Eve is the entire day or the evening before Christmas Day?
- ◆ That to fall asleep on Christmas Eve is really hard? Here are some tips for you -
Tell yourself that tonight is not Christmas Eve. ...
Play a quiet game with someone. ...
Exercise a little....
Take a slightly warm bath....
Don't peek at the Christmas tree....
Drink some warm milk....
Relax.





Happy Birthday!

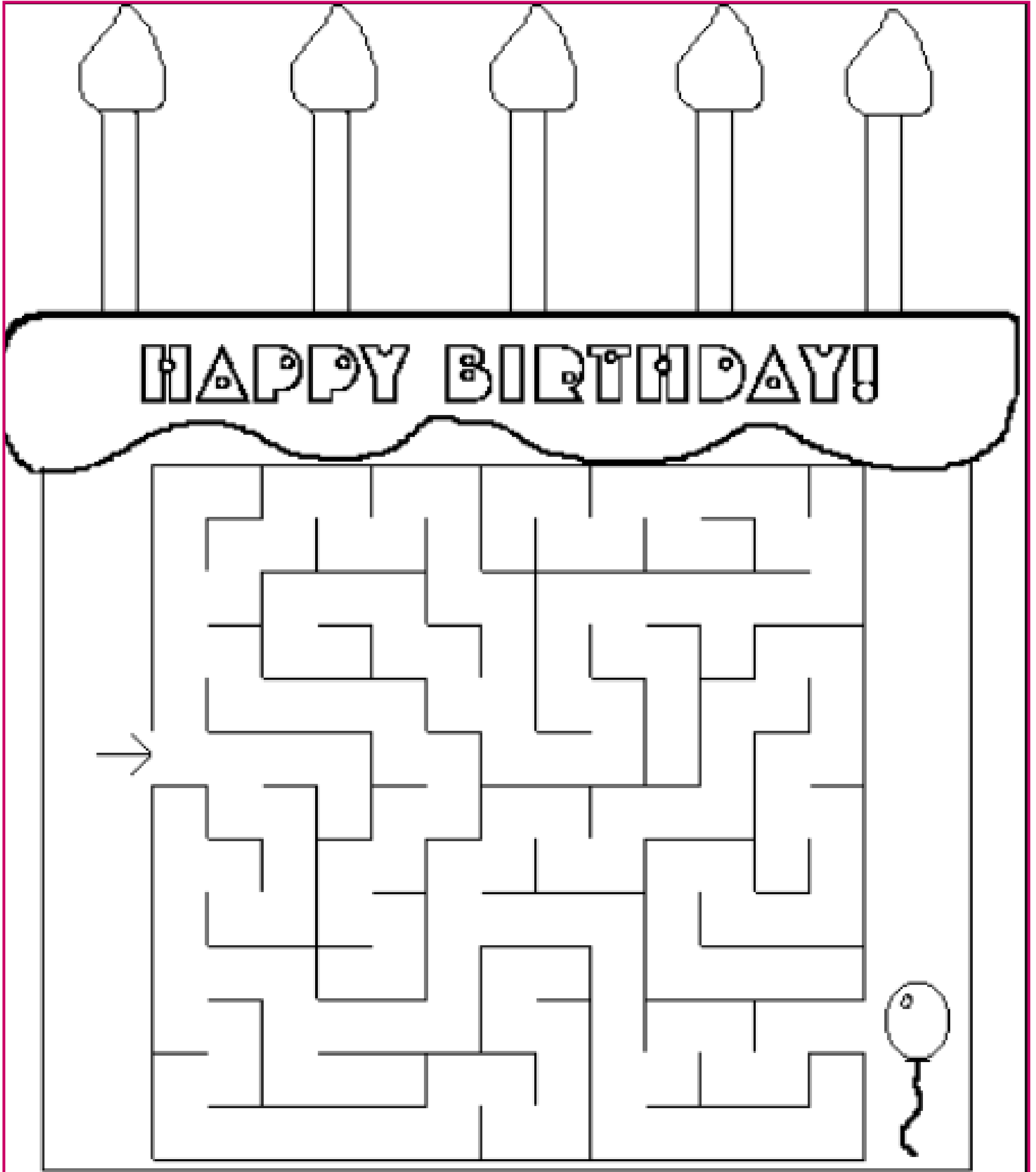
Name	Suburb	Name	Suburb
Amy	ALBANY CREEK	Ainsley	HIGHLAND PARK
Bonnie	SCARBOROUGH	Alex	COORPAROO
Bridie	AVOCA	Amy	ALEXANDRA HILLS
Chloe	SVENSSON HEIGHTS	Archie	GRIFFIN
Cohen	STRATHPINE	Audrey	MOUNT GRAVATT EAST
Declan	GLENVALE	Dallas	CABOOLTURE
Emilee	SOUTH LISMORE	Harvey	BRASSALL
Emjay	PARKINSON	Henry	MCDOWALL
Ethan	GARBUTT	Jasmine	ASHGROVE
Faith	ELIMBAH	Kiara	KANIMBLA
Gabby	BROOKSTEAD	Lucah	FIG TREE POCKET
Hannah	MIDDLE PARK	Mathew	REDLAND BAY
Jackson	BUDERIM	Pippa	MURARRIE
Jayden	BORONIA HEIGHTS	Rachael	FRESHWATER
Jordan	WAKERLEY	Siobhan	FOREST LAKE
Jorge	JIMBOOMBA	Skyla	YEPPOON
Leon	FERNY HILLS	Taleah	AUGATHELLA
Mason	BURLEIGH WATERS	Tristan	TARRAGINDI
Meadow	MAUDSLAND	Trevor	TOOWOOMBA
Regan	SLACKS CREEK	Thalia	FIG TREET POCKET
Roy	WARANA	Thomas	ZILLEMRE
Tayla	ORMEAU	Ted	ASPLEY



Happy Birthday!

*Can you find your way around this Maze for
your birthday?*

Can you colour it in too?



Can you colour-in my friend Randy the Reindeer?



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

Little Poss' Christmas Recipe

Little Cookie Houses

What to bring, *besides an adult to help you* -

- 2 cup icing sugar
- 2 tabs milk
- 1 packet Arnott's Nice biscuits
- 1 handful lollies
- 1 handful M&M's
- 1 handful sprinkles



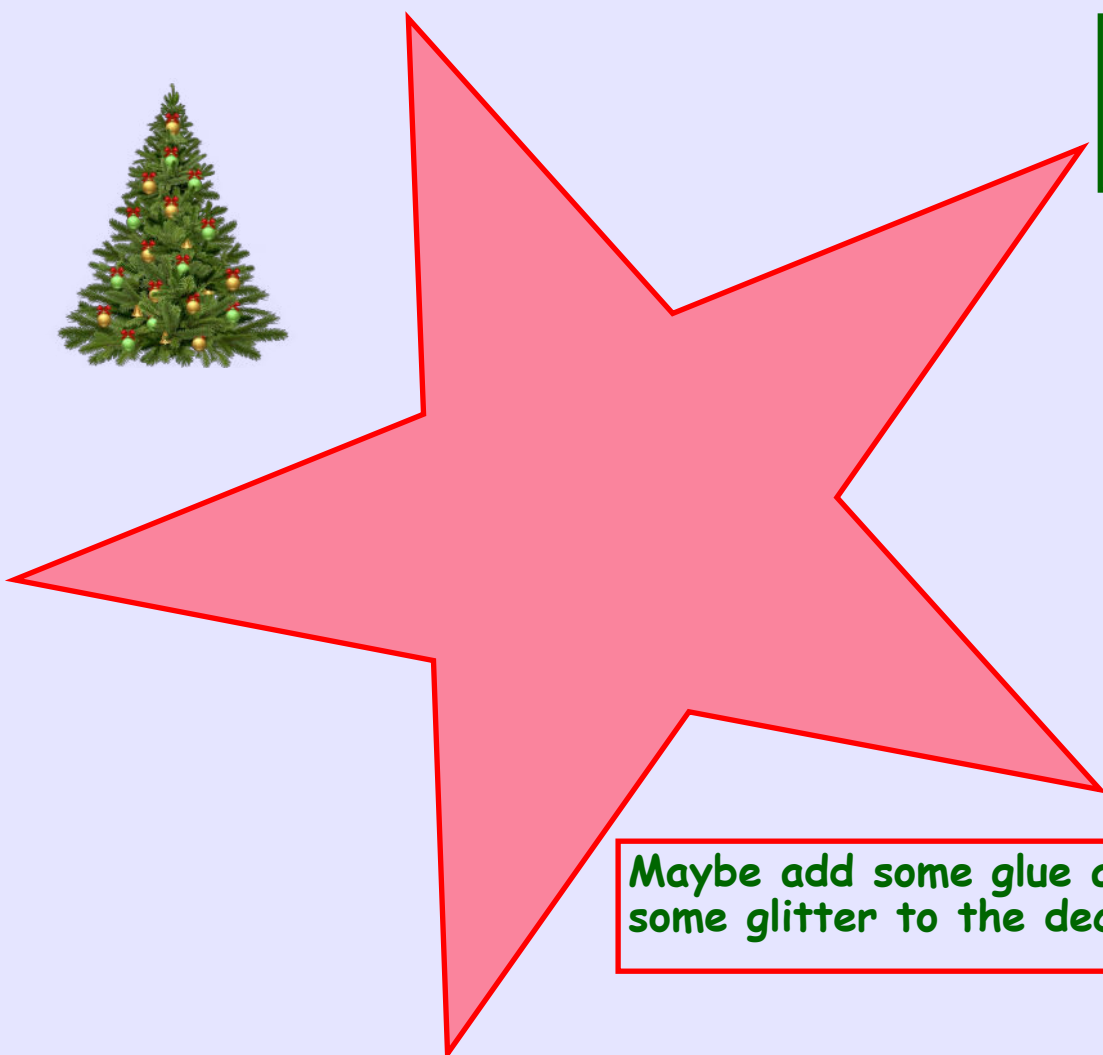
What to do -

- Sift icing sugar into a large bowl. Add milk a little at a time and stir until you have a thick, paste-like icing.
- Spread a little icing onto one biscuit and top with another to form the base of a house. Spread icing onto this top biscuit as well. Repeat to make six bases.
- Spread some more icing along the long edge of one biscuit and press it against another to create a V shape. Place this upside down onto a base, using icing to adhere. Repeat to make six houses.
- Decorate the houses with lollies using icing to stick them to the roof and base.

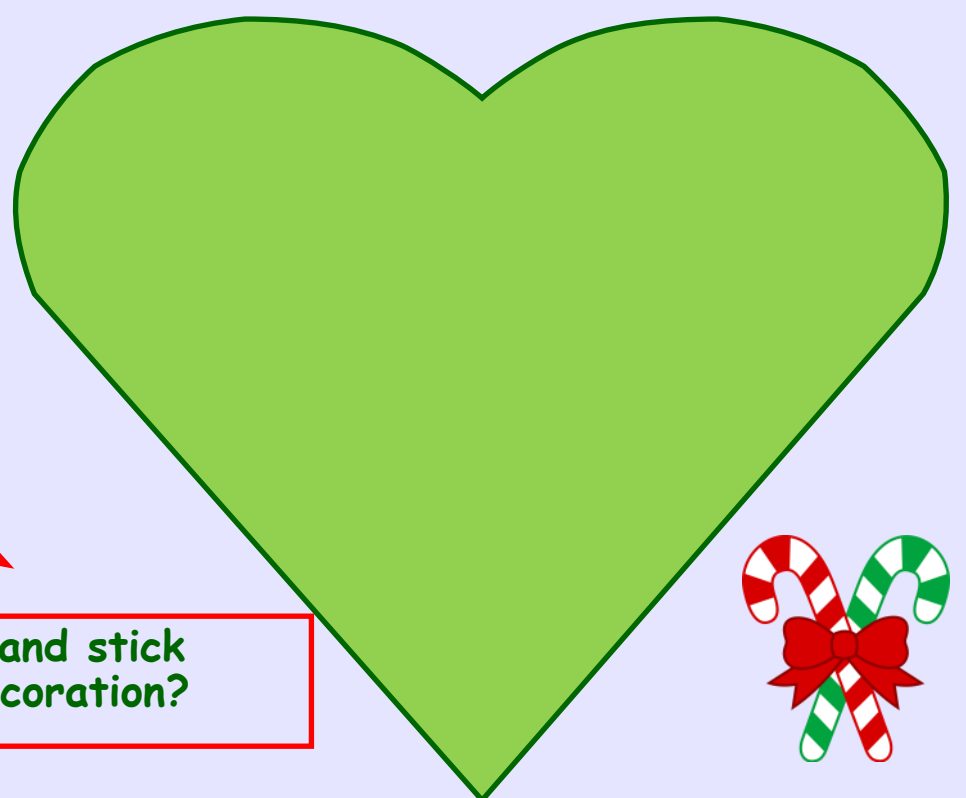
Enjoy!



Can you cut this STAR & BELL out, stick to cardboard, punch a hole in the corner and hang it from your Christmas tree?



Maybe add some glue and stick some glitter to the decoration?



Little Poss reminder -

Are you ready for school next year?



For your safety..... Ask your parent or carer

Has your epilepsy management plan been updated and reviewed?
Has your Midazolam Administration plan been updated and reviewed if needed?
Is your midazolam kit up to date? Is the medication out of date?
Has your school/kindy or day care had training in epilepsy?

How can Epilepsy Queensland Assist?

- ♦ complete your Epilepsy Management Plan
- ♦ make sure all the important information is clear
- ♦ providing training
- ♦ resources & fact sheets including:
 - Educational implications
 - Epilepsy & Swimming
- ♦ children's books are available for purchase for school libraries etc.

For more information or help with any of the above, please contact
Epilepsy Queensland on 07 3435 5000

