



# A Message from Poss

July / August 2019

Hi everyone!  
I hope you are all keeping well and healthy. Spring is coming, I'm getting excited. I love the warmer weather. What is your most favourite time of year? Mine is Spring and Summer, but especially when all the flowers are blooming and the sun is out and shining.

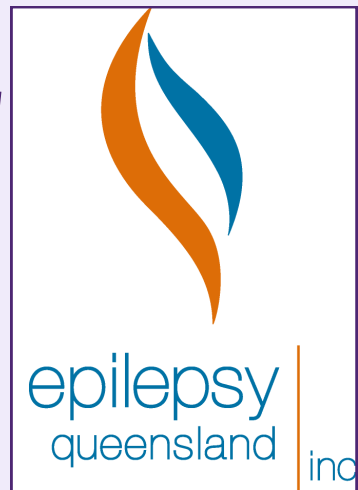
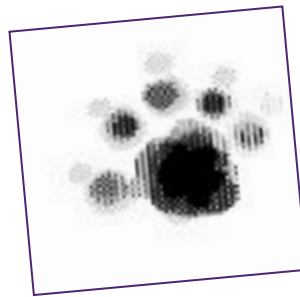
Did those of you who live in Brisbane go to the ekka (our show day?) I didn't go this year. Mum said it was too windy and she didn't want me to get sick. So we went to the beach and climbed some trees and met up with Ruby Rosella and her family. It was fun.

It's coming up to the school holidays, and lots of my friends go away on holidays because it's nice and warm at that time of year. If you and your family are going on holidays, don't forget to take your hats and sunscreen. My Mum always reminds me! I will be going to North Queensland. There are lots of my family who live there and we are going to visit them. I will share my holiday photos with you when I come home.



*Little Poss*

Do you know anything about North Queensland? There are crocodiles that live there in the waterways, and there are Cassowaries and Ulysses butterflies too. I hope I can get to see them. Enjoy your holidays too.



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## Did you know?

- ◆ You can ask Dr Dudley anything 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](mailto:littleposs@epilepsyqueensland.com.au)  
or phone: 3435 5000 or 1300 852

## What's coming up!

### September Seizure First Aid Campaign

Workshops at Woolloongabba - 12 September  
- 17 October

Gold Coast training @ GC hospital - 13 November

Please contact Epilepsy Queensland on  
[services@epilepsyqueensland.com.au](mailto:services@epilepsyqueensland.com.au)

Or call 1300 852 853 for more information.

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





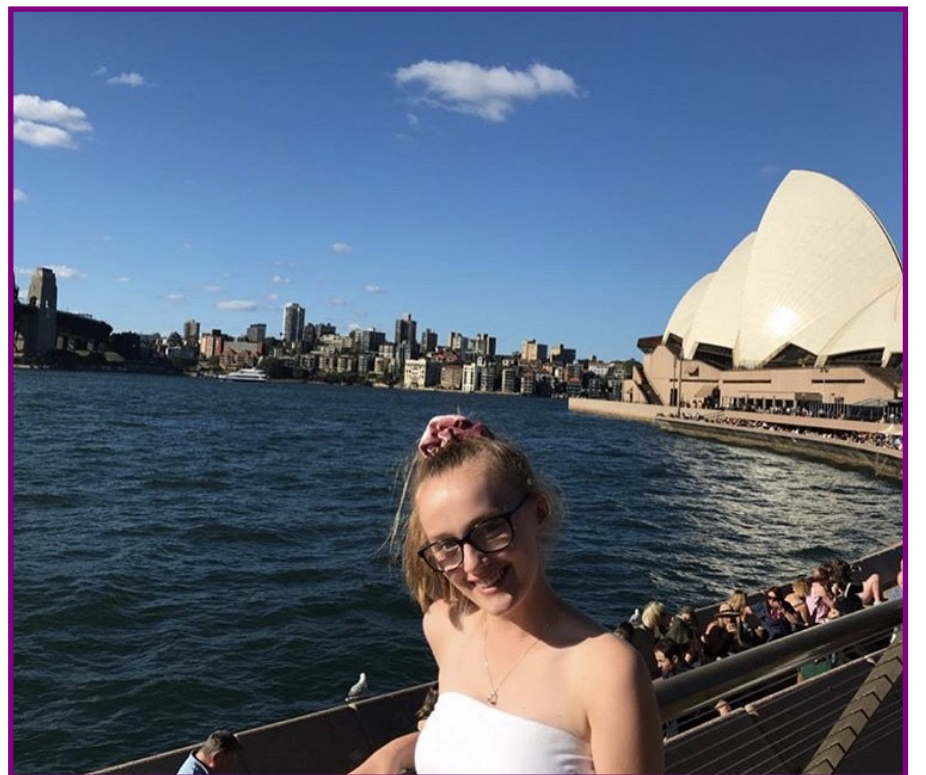
# **‘Spotlight On’**

## **Little Poss ‘Member’**

# **Lucy**

Hello!

My name is Lucy and I am 14 years old. I live in Brisbane with my parents and older sister. I was diagnosed with epilepsy when I was 4 years old. I have absence epilepsy, which means I blank out and seem to daydream.



Like other types of epilepsy, I

can't control this, although it hasn't ever stopped me from doing anything I want except riding a bike which is no big deal.



I love playing netball and I dance three times a week. Even though my epilepsy can sometimes be annoying and embarrassing, over the years I've learnt that most people don't care. I'm studying hard at school and I hope to become a teacher once I finish school.

These are a couple of photos of me and my friends - one is when we went to

Sydney for a weekend and the other is while on holidays in Sapa, Vietnam with the family last September.

**Bye for now!**



# Ask Dr Dudley

**Dear Dr. Dudley,**

What do I need to know about taking medicine? I now have epilepsy and need to take medicine to make my seizures stop.

**Sam**

**Dear Sam,**

When you have epilepsy, it's very important that you remember to take your medication. Taking your medication helps to control your seizures. You should take your medication at the same time every day. A good way to help you remember to take your medication is to get a piece of bright coloured cardboard. Write a reminder on the cardboard with extra thick felt pen. It might be something like this:

**REMEMBER TO TAKE YOUR MEDICATION  
AT 6 O'CLOCK  
or  
MAKE SURE YOU TAKE YOUR TABLETS!**

Stick the cardboard somewhere you'll see it all the time, like on your bedroom door or the fridge. This helps train your brain to remember what time you need to take your medication. I hope this helps!

**Dr. Dudley**

**How many smaller words can  
you make out of the word -**

**M E D I C A T I O N**

**Send them to me and win a prize! Little Poss**







Name	Suburb	Name	Suburb
Paris	West End	Kelcee	Roma
Nina	Deagon	Riley	Wodonga
Ashleigh	Wilsonton	Riley	Mount Isa DC
Holly	Nerang	Jessica	Williamstown
Tayler	Wights Mountain	Noah	Garbutt
Mikayla	Fyshwick	Ferris	Peregian Beach
Jett-Tio	Manly West	Asta	Kuranda
Olivia	Ferny Grove	Alisha	Mackenzie
Harrison	Grasstree Beach	Gabriella	Alexandra Hills
Brock	Burpengary	Levi	Gayendah
Darcy	Tolga	William	Dicky Beach
Rori	Scarborough	Majella	Gordon Park
Travis	Marsden	Ethan	Parkwood
Owen	Mooloolah Valley	Daniel	Point Vernon
Elle-May	Mount Cotton	Lily	Beenleigh
Lachlan	Bald Hills	Taytum	Caboolture
Collette	Jimboomba	Bailey	Victoria Point
Zac	Reedy Creek	Faith	Sherwood
Hamish	Wavell Heights	Cooper	Benowa
Indi	Lutwyche	Olivia	Ferny Grove
Nelson	Glenwood	Travish	Marsden

Name	Suburb	Name	Suburb
Elle-May	Mount Cotton	William	Albany Creek
Noah	Stafford Heights	Hugo	Ascot
Cailey	Capalaba	Carmen	Pimpama
Owen	Waterford	Ryder	Tiaro
Cezanna	Slacks Creek	Rory	Bunya
Lillian	Bongaree	Lochlainn	Depot Hill
Harley	Warwick	Bree	Home Hill
Henry	Herston	Mackenzie	Jensen
Kara	Mooloolah Valley	Payten	Mount Gravatt East
Shauna	Drewvale	Tiffany	Hay Point
Jack	Fig Tree Pocket	Olivia	Cloncurry
Jack	Banks Pocket	Leo	Kelvin Grove
Madison	South Gladstone	James	Coombabah
Kristy	Wandoan	Jasper	Greenslopes
Tayla	Brisbane	Sebastian	Caloundra West
Charlotte	Forest Lake	Benjamin	Coorparoo
Ethan	Bushland Beach	Callam	Coorparoo
Mitchell	Gordon Park	Pippa-Jean	Mount Cotton
Ella	Coorparoo	Holly	Alexandra Hills
Brydee	Moorang	Eli	Gracemere
Addison	Shorncliffe	Tyler	Tugun
Jacob	Casino	Finn	Chelmer
Daniel	Brookfield	Joshua	Robina Town Centre



# Little Poss' Puzzles

Can you find all my friends here?

## ANIMALS

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

- |          |          |           |       |
|----------|----------|-----------|-------|
| CAT      | HIPPO    | MOUSE     | TIGER |
| DOG      | SQUIRREL | MONKEY    |       |
| BIRD     | GIRAFFE  | ALLIGATOR |       |
| ELEPHANT | FISH     | LION      |       |



# Little Poss' tricky brain teasers!

## See how you go...

1. Troy has more than two dogs at home. All of them are corgis, except for two. All of them are pugs, except for two. All of them are labs, except for two. What kinds of dogs and how many of each kind does Troy have?

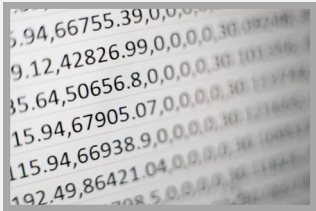


2. I am a three-digit number. My tens digit is six more than my ones digit. My hundreds digit is eight less than my tens digit. What number am I?

3. A grandmother, two mothers, and two daughters went to a baseball game together and bought one ticket each. How many tickets did they buy in total?



4. When Miguel was 6 years old, his little sister, Leila, was half his age. If Miguel is 40 years old today, how old is Leila?



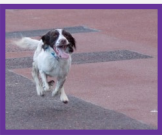
5. What can you put between a 7 and an 8 so that the result is greater than a seven, but less than an eight?



6. The total cost for a new pair of headphones and a new pair of sunglasses is \$140. The headphones cost \$100 more than the sunglasses. How much do the headphones cost?

7. Leon works at the aquarium. When he tries to put each turtle in its own tank, he has one turtle too many. But if he puts two turtles per tank, he has one tank too many. How many turtles and how many tanks does Leon have?

8. How far can a dog run into the woods?



9. Alvin spent half as much as Lorie did on holiday presents this year and Chris spent 3 times more than Alvin did. The total spent between the three of them was \$720. How much money did each person spend?

1. Troy has 3 dogs: one corgi, one pug, and one lab  
2. 193  
3. 3 tickets (the grandmother is also a mother and the mother is also a daughter)  
4. She is 37 years old.  
5. A decimal point. 7.8 is greater than 7, but less than 8  
6. The headphones cost \$120 and the sunglasses cost \$20.  
7. He has 3 tanks and 4 turtles  
8. Half way (after that, the dog would be running out of the woods)  
9. Alvin spent \$120, Lorie spent \$240, and Chris spent \$360



# Little Poss' Colouring In!

*Did you go to the Brisbane Show last week?*

*Can you give this picture a title and send it in to me please?  
The best one will **WIN** a movie ticket for the next school holidays.*

