

A Message from Poss



September/October 2020

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What's NEW?

See my photo on the
'Little Poss Club'
page in our updated
Epilepsy Queensland
Website!

[https://
www.epilepsyqueensland.com.au/
services/childrens-program/little-poss-
club](https://www.epilepsyqueensland.com.au/services/childrens-program/little-poss-club)



If you have a
question for

Doctor Dudley about your
epilepsy, you can send it to
Dr Dudley at:

drdudley@epilepsyqueensland.com.au

Hi everyone!

I trust you are all ok and keeping really well.

I am traveling along ok too, staying well, getting lots of good sleep and eating good food. The School holidays are coming up again, and we will be looking forward to Christmas soon.

What will you be doing these holidays? I'd love to hear your plans. I'm not sure yet what I will be doing, but it will be spent with my friends and family.

Epilepsy Queensland had a successful Seizure Smart September, raising lots of awareness about 'how to look after someone when they have a seizure'. There are some photos in this newsletter of my friends who came along to the iFly event and some of those who raised some great funds for awareness.

Lots of people took part in the '1 in 10' challenge, they raised awareness by doing 'something' to do with the number 10 for 10 days, it was very cool. Some people gave up ice-cream for 10 days would you believe!!

If you would be like to be the Christmas edition 'member profile', please let me know. I would love to tell your story in my newsletter. Or if you just want to write to me, please do. I'd love to hear from you and I promise I will write back!

Little Poss



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Spotlight On Eddie Emu

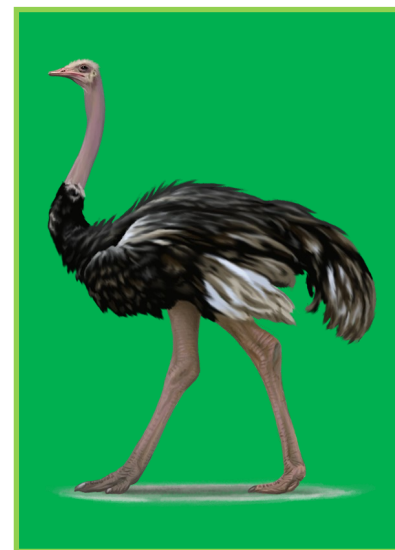
Little Poss Member of the Month!



Hi, my name is *Eddie Emu*,

I like to hang out with Little Poss. We go to school together in Ningaloo and we love our teacher Miss Red Roo! She teaches us lots of cool stuff like how to read and write. She also teaches us about our bodies and all the different parts.

We all look so different, however our bodies all do the same things, like inside our brains and our stomachs. For instance, my foot looks very different to Kerry Koala because I have three toes on my foot and he has five toes on each of his paws. But they both do the same thing, help us move around.



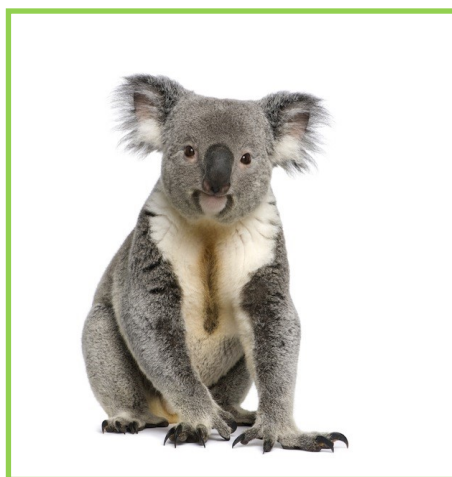
When we are not in school, Little Poss and myself, and along with Wally Wombat, Kerry Koala and Ruby Rosella, we like to run, climb and fly around our beautiful countryside.



We all like to help Little Poss share how to take of him and anyone of our friends who have seizures.

Little Poss tells us 'when I have a falling & shaking seizure' -

- ◇ Please move things out of the way so I don't get hurt
- ◇ Tell other animals and children not to be afraid
- ◇ Send someone for help
- ◇ Put something soft under my head
- ◇ And be a friend when I wake up.



That's all you have to do and we are very proud to be Little Poss' friends.

Here are some pictures of all of us.

I hope you like my story!

From *Eddie Emu*



Ask Dr Dudley



Dear Dr. Dudley,

Will I be able to get a job when I grow up if I have epilepsy?

Joe

Dear Joe,

Lots of people with epilepsy can, and do live normal lives and can be exceptional professionals. Many footballers, athletes, authors, politicians, business people, doctors, nurses, mechanics, chefs, engineers, parents and artists have epilepsy. You might not be able to join the forces like the Army or be a pilot, however there are many other professions you might like to do. You will always need to consider your safety when considering a place of work, equally the workplace will need to know how to keep you safe in the event of a seizure as well.

If you have epilepsy, you can still become involved in other activities, go out on dates and enjoy your life as an adult. Your doctor and your parents will give you instructions about taking precautions to protect yourself in various situations. For example, children and teenagers with epilepsy can enjoy swimming, but should always swim with other people to be safe.

Aside from some safety precautions, though, you can enjoy all the stuff your friends and classmates do. As long as epilepsy is under medical control, people with epilepsy are able to drive providing they feel safe to do so. Tell the people close to you — friends, relatives, teachers, coaches — about your epilepsy and teach them what to do in case you have a seizure when they're with you.

Dr Dudley

Brain Teasers!

Find rhyming pairs. Unscramble the words below so that each pair of words rhymes.

- * RBAE & HREAS
- * WNROED & UTRHNDE
- * TUGHAT & HBTUGO
- * ODULC & ODOG

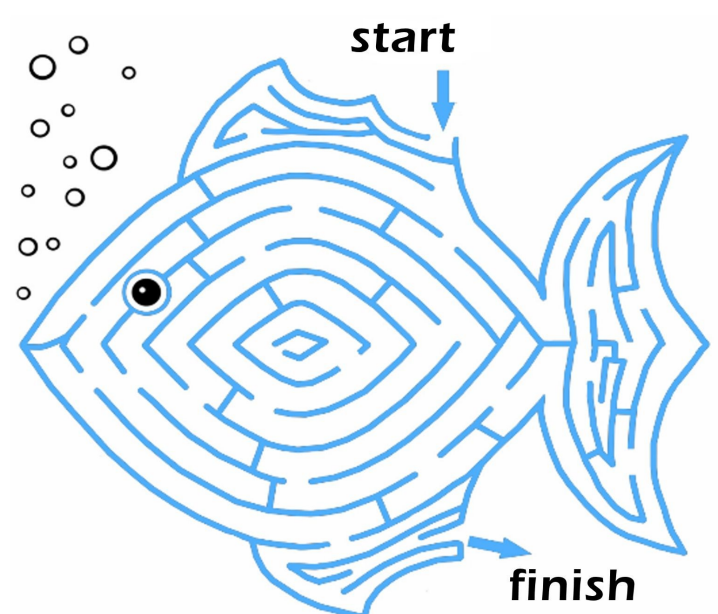
Word association: Find a word that associates with the following sets of words.

- * Cake, swiss, cottage
- * Glasses, screen, day
- * Cream, cube, cap
- * Knife, fly, cup

Brain teaser answers:
Rhyming pairs - Bear & Share, Wonder & Thunder, Taught & Bought, Could & Good
Word Association: Cheese, Sun, Ice, Butter

The fishy maze game

Find the correct way from start to finish.



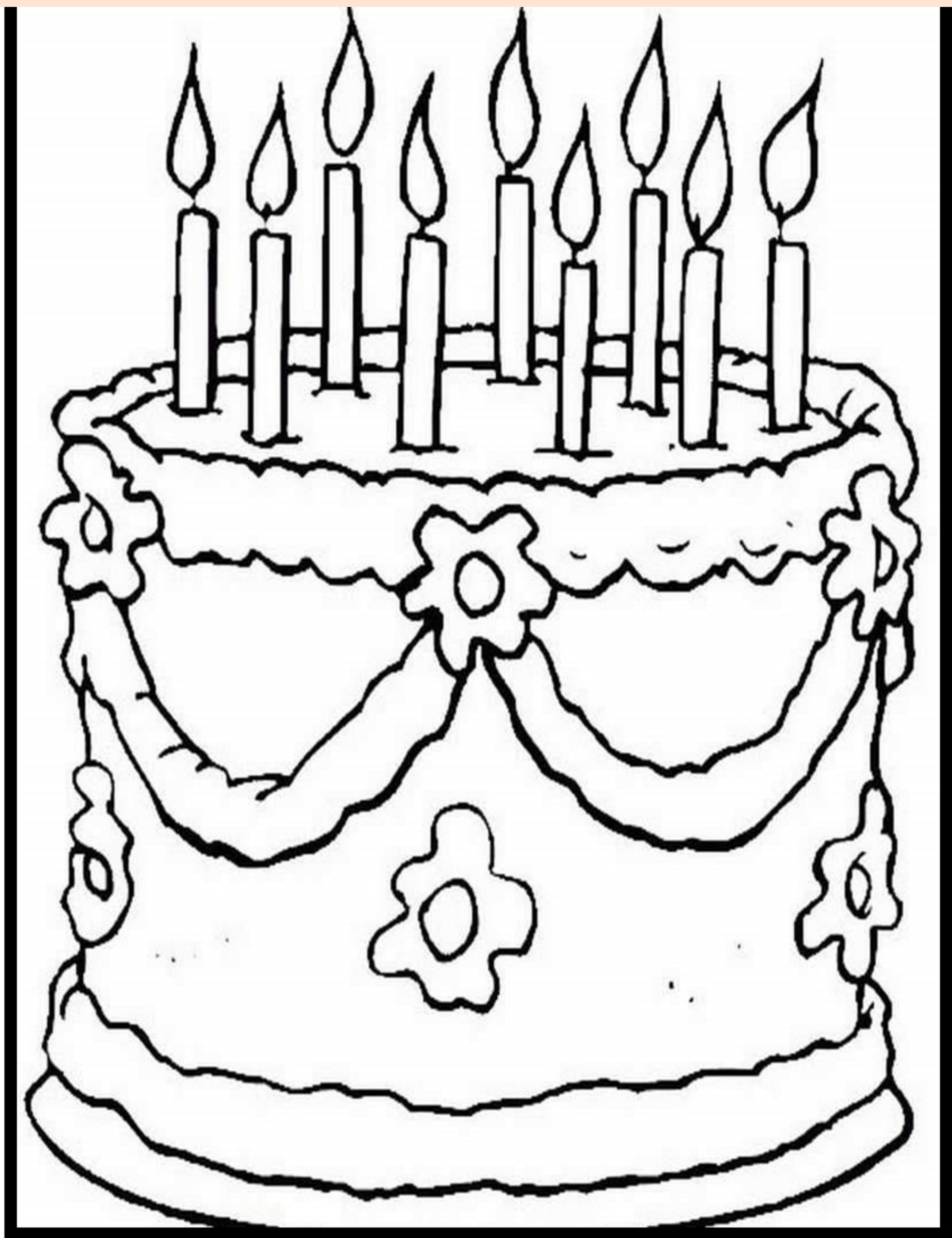
September



October

<i>Name</i>	<i>Suburb</i>	<i>Name</i>	<i>Suburb</i>
DAYNA	EMERALD	HANNAH	SALISBURY
YASMIN	POTTSVILLE	LIARNAH	THORNLANDS
KAYLEE	GOLDEN SQUARE	KEANU	EVERTON PARK
ADAM	REGENTS PARK	TAHLIYA	CALOUNDRA
LESLIE	KINGSTON	LUKE	DALBY
CHARLOTTE	MEDOWIE	MARK	BLUEWATER
WILLIAM	CLAYFIELD	SAXON	ALEXANDRA HILLS
KHYAN	VICTORIA POINT	SAMUEL	TWEED HEADS SOUTH
DARNELL	SPRINGFIELD	FELICITY	CARINA
CONNOR	SALISBURY	SAMUEL	CURRIMUNDI
BENJAMIN	DALBY	NED	CORINDA
CHLOE	COORPAROO	LINCOLN	WONDUNNA
MIKAYLA	SPRINGSURE	EBONY	TARA
COHWEN	MOUNT COTTON	JOSHUA	CHAPEL HILL
ELENA	MUNDUBBERA	KAI	ALEXANDRA
DALLAS	FLAGSTONE	SYLVIE	ASHMORE
ZACH	WHITFIELD	MAHLI	BELLBOWRIE
BAILEY	WURTULLA	CLAVER	LOGANLEA
WILLIAM	EATONS HILL	SAMANTHA	MOUNT SHERIDAN
LACHLAN	UPPER CABOOLTURE	OSKAR	STRATHPINE
AMELIA	TALLAI	CHARLOTTE	WARNER
CHARLIZE	NANANGO	BRENDAN	NERANG
LILI	ALBION	COOPER	ASHFIELD
CHARLIE	SILKSTONE	CHARLOTTE	NANANGO
MICHAEL	OXENFORD	RYAN	ARAMAC

Little Poss has a prize for the best
colouring in!



Little Poss' Puzzles and Jokes



What is Little Joey whispering into Miss Roo's ear??

If you can guess, send me an email or a letter and the best story will receive a special prize from Little Poss!

Little Poss' Aussie Jokes!

Q. What's a crocodile's favourite game?
A. Snap!

Q. What's small, furry and bright purple?
A. A koala holding its breath!

Q. What do you call a boomerang that doesn't come back?
A. A stick!

Q. Why did the emu cross the road?
A. To prove he wasn't a chicken!

Q. What do you get if you cross a kangaroo with an alien?
A. Mars-upial

Q. What's a koala's favourite drink?
A. Coca Koala!

Q. What do you get when you cross a kangaroo with sheep?
A. A woolly jumper!

Q. What animal can jump higher than the Sydney Harbour Bridge?
A. All animals, because bridges can't jump!

Q. Why do kangaroo mums hate bad weather?
A. Their joeys have to play inside!

Little Poss' Fun and Games

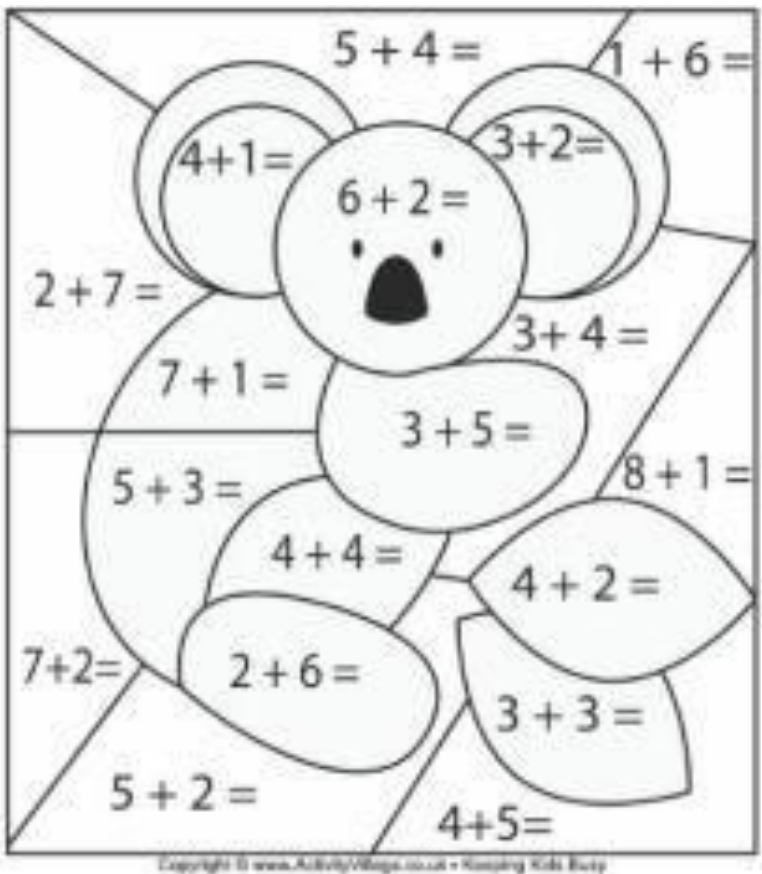
My Australian Animal word search!
See how many you can find in here....

y	t	w	p	l	p	o	s	s	u	m	f
d	i	n	g	o	y	a	p	q	m	e	d
a	g	a	w	o	m	b	a	t	l	h	b
f	k	n	k	a	v	i	l	i	s	j	a
w	a	d	r	g	e	p	d	u	o	v	n
b	n	i	c	t	h	o	p	y	l	o	d
n	g	h	w	u	c	y	p	e	a	d	i
e	a	c	e	o	t	m	m	k	o	o	c
s	r	e	r	a	q	u	r	k	k	o	o
o	o	c	l	t	y	f	k	s	r	k	o
u	o	p	w	a	l	l	a	b	y	r	t
e	m	a	r	r	u	b	a	k	o	o	k

Wallaby
Kangaroo
Kookaburra
Echidna
Crocodile
Possum
Wombat
Bandicoot
Dingo
Koala
Platypus



Koala Maths!



Solve the simple sums, then Colour it in, using the key below!

- 5 Pink
- 6 Green
- 7 Brown
- 8 Gray
- 9 Blue

Halloween Drink!

- * A plastic cup
- * Some purple soft drink
- * A scoop of ice-cream



For a yummy drink add those ingredients together. Stick on some pipe cleaners to make the mouth and eyebrows, and stick on some eyes!

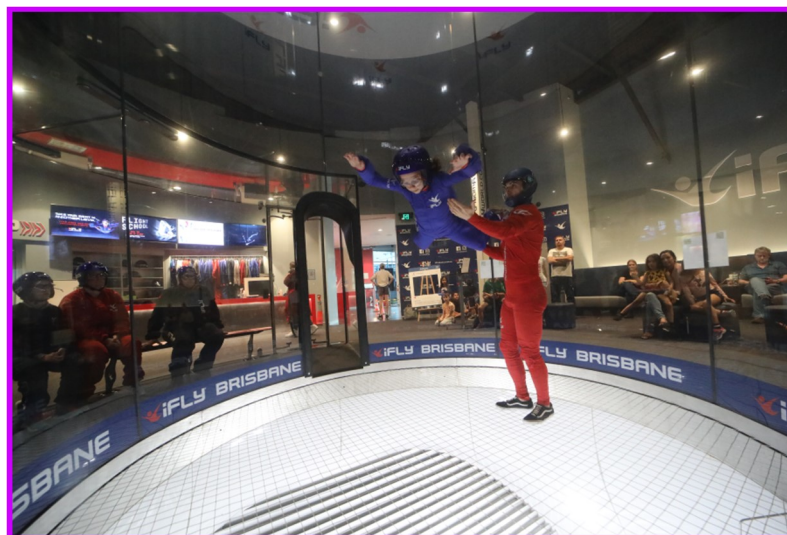
Enjoy!!

Some fun from Seizure Smart September

Mia doing iFly!



Bonnie doing iFly too!



Amie and Lucy



Nickayla and her Mum and Dad at iFly



Mason doing his bit in the Pharmacy for Seizure Smart September



Just a bunch of amazing Inclusive Ed Senior students from Bray Park State High School who raised funds for Epilepsy Queensland recently via a cooking and cookbook fundraiser.