



A Message from Poss

November / December 2018

Hi to all my friends!

You must all be getting ready for the school holidays and Christmas by now. Some of you will already be on school holidays. At Ningaloo, my school is nearly finished too. I am very excited about being with my friends and family for Christmas.

Wally Wombat and Ruby Rosella are my very dear friends and we will be

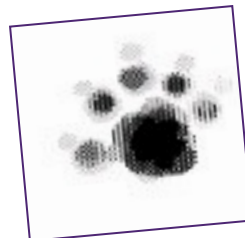
travelling to our special place in the bush. We may even make some new decorations for our tree while we're there. I hope Santa finds us out there!

Are you going away for the holidays? Maybe you are going to visit with family and friends. Whatever you are doing, I hope you enjoy it and stay safe. As I always say, don't forget to take your medication, to wear your sun screen and drink plenty of water if you are in the Queensland summer heat.

I have put a recipe in this newsletter for some yummy Christmas biscuits. Please make sure you ask Mum, Dad or a grown up friend to help you. I don't want you to hurt yourself when working in the kitchen!

I look forward to hearing all about your Christmas holiday stories next year. Don't forget to write to me please.

Your friend,
Little Poss



What's coming up!

Epilepsy training at Woolloongabba January 17
Epilepsy training on the Gold Coast February 13
School holidays! Yay!

Happy holidays everyone!

Merry Christmas!

Please contact Epilepsy Queensland on
services@epilepsyqueensland.com.au
Or call 1300 852 853 for more information



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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
or phone: 3435 5000 or 1300 852 853

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‘Spotlight On’

Little Poss ‘Member’

Sebastian

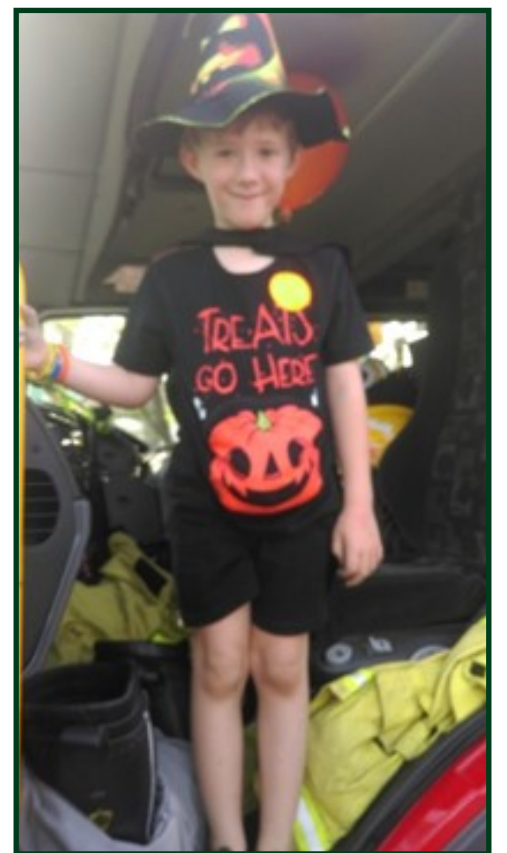
Hi, my name is Sebastian!

I am 4 years old and I love to jump on the trampoline. I love to pat and to pick up my pet chickens. I also love collecting their eggs. The favourite things I like to eat are sausages and chicken, and I do like milk too!

Playing Uno and other board games with my Mum makes me really happy.

I am learning chess at school and when my Nonno comes to visit I can show him what I've learnt. Nonno is a good chess player. Sometimes, when my Mum has bad dreams at night time, I know how to call Nonno, my grandad on the phone and he can come and help out.

If something really serious happens, I know how to call 000!



Even though I have just started Prep this year, each year at my school we have an Epilepsy

Awareness Day where we wear a purple ribbon to help people better understand Epilepsy and to hopefully erase any stigma surrounding it for both adults and children in years to come.

My principal is also a big Wally Lewis fan. I am looking forward to Christmas!

Bye for now
Sebastian



Ask Dr Dudley

Dear Dr. Dudley,

Getting ready for my new school is scary. What do my Mum and I need to remember to tell them?

Maddie

Dear Maddie,

Yes, it can be scary going to a new school or even going back to school after the holidays.

Let me give you a list to tick off or maybe you can give it to your Mum.

- ◆ Does your new school need any help in understanding your epilepsy? Epilepsy Queensland can help you with that.
- ◆ Does your management plan need reviewing or updating?
- ◆ Do you have a plan for a rescue medication that needs reviewing? If so, you will need to see your doctor.
- ◆ Is your medication current and not out of date? If it is out of date, you will need a new script.
- ◆ Does your school teacher and friends know how to recognize your seizures? Do they know what to do to help you? You can teach them about seizure first aid so they can be helpful & friendly.
- ◆ Does your after-school care have all the information and support it needs to take care of you?
- ◆ Do they know how to take care of you when you go swimming or go on camp? There are resources available to help them.
- ◆ Epilepsy Queensland has a range of books that are available for purchase for school libraries too.

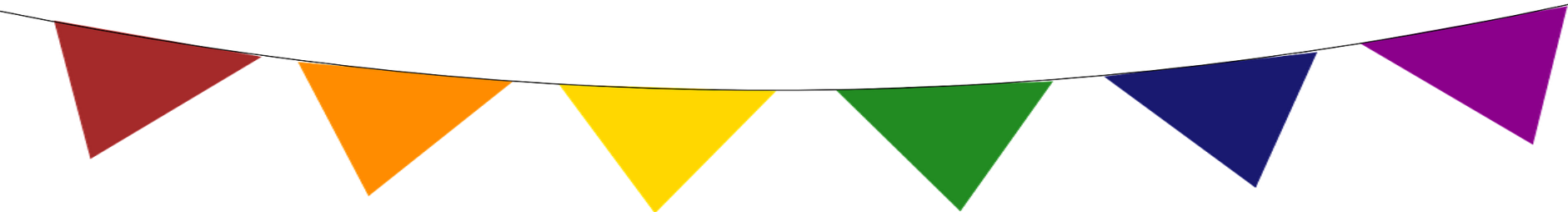
Please let Epilepsy QLD know if they can support you and your new school in anyway. Please have a wonderful new year and I hope you learn lots of great things next year!

Dr. Dudley





Name	Suburb	Name	Suburb
Jackson	BUDERIM	Pippa	MURRARIE
Roy	WARANA	Sebastian	FERNY HILLS
Chloe	SVENSSON HTS	Archie	GRIFFIN
Bridie	AVOCA	Henry	MCDOWALL
Emiliee	SOUTH LISMORE	Jasmine	ASHGROVE
Bonnie	KIPPA-RING	Lucah	FIG TREE POCKET
Amy	ALBANY CREEK	Audrey	MOUNT GRAVATT EAST
Leon	FERNY HILLS	Amy	ALEXANDRA HILLS
Cohen	STRATHPINE	Mathew	REDLAND BAY
Faith	ELIMBAH	Harvey	BRASSALL
Regan	SLACKS CREEK	Ainsley	HIGHLAND PARK
Jordan	WAKERLEY	Taleah	AUGATHELLA
Tayla	ORMEAU	Skyla	YEPPOON
Hannah	MIDDLE PARK	Kiara	KANIMBLA
Jayden	BORONIA HEIGHTS	Rachael	FRESHWATER
Meadow	MAUDSLAND	Alex	COORPAROO
Declan	GLENVALE	Gage	CORAL COVE
Gabby	BROOKSTEAD	Ben	URANGUN
Ethan	GARBUTT	Emjay	PARKINSON



Little Poss' Christmas Decorations

Colour them in and paste onto cardboard, cut them out and you have some decorations for your tree or your bedroom!



Easy Christmas Biscuits



Make Reindeer Biscuits:

Using the picture as a guide, attach pretzels, M&M's and candy eyes to Tim Tam biscuits using melted chocolate. Refrigerate until set.

Make Bauble Biscuits:

Place melted chocolate in a small snap-lock bag. Snip off 1 corner. Using picture as a guide, fold sour strap pieces into small bows, securing with a little chocolate. Pipe chocolate onto biscuits. Attach bows, M&M's and mini M&M's to the biscuits. Refrigerate until set.

Make Pudding Biscuits:

Place melted chocolate into a small snap-lock bag. Snip off 1 corner. Using picture as a guide, pipe chocolate over top of each biscuit to form 'custard'. Decorate with mini M&M's and cloud lollies. Refrigerate until set.

To gift, pack biscuits into boxes or cellophane bags and secure with ribbon.

Allow additional time for refrigeration.

Tip: Place the Tim Tam biscuits and chocolate digestives in the fridge before decorating, this will help the chocolate set quicker.

What you will need: -
A grown up to help you!

REINDEER BISCUITS

20 mini star-shaped pretzels
10 red M&M's
20 candy eyes
10 Tim Tam biscuits
50g dark chocolate, melted, cooled.

BAUBLE BISCUITS

90g dark chocolate, melted, cooled
3 rainbow sour straps, cut lengthways into thin strips
10 Venetian biscuits
M&M's and M&M's minis, to decorate.

PUDDING BISCUITS

90g white chocolate, melted, cooled
10 milk chocolate digestive biscuits
20 mini red M&M's
2 watermelon cloud lollies, thinly sliced.

Did you know that Santa initially wore clothes that were in green, purple or even blue?

For many years, this was the common theme for the jolly old man at the North Pole. However, Coca Cola decided to dress him up in colours that match their brand and now he is forever in red clothes!

Have you ever wondered why the holidays are also referred to as the 12 days of Christmas? Legend has it that the three kings took twelve days to travel to the birthplace of baby Jesus.

Everyone has heard of Rudolph the red nose reindeer. But it would be impossible for Rudolph to pull Santa's sled alone since it is filled to the brim with gifts for every good child in the world. This is why there are eight other reindeer to help him. They are called Cupid, Dancer, Vixen, Donner, Comet, Dasher, Prancer, and Blixem.

Do you know which is the biggest Christmas gift ever presented? The Statue of Liberty was gifted by France to the USA as a Christmas gift in 1886.

Little Poss' Christmas Word Search

Do you know who my favourite reindeer is?

SANTA'S REINDEER'S NAMES

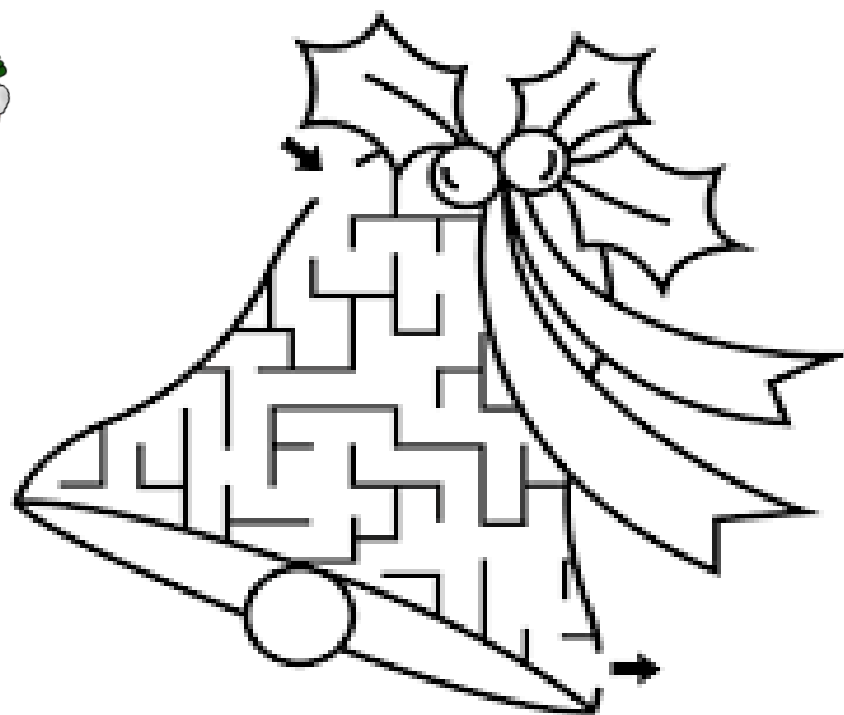
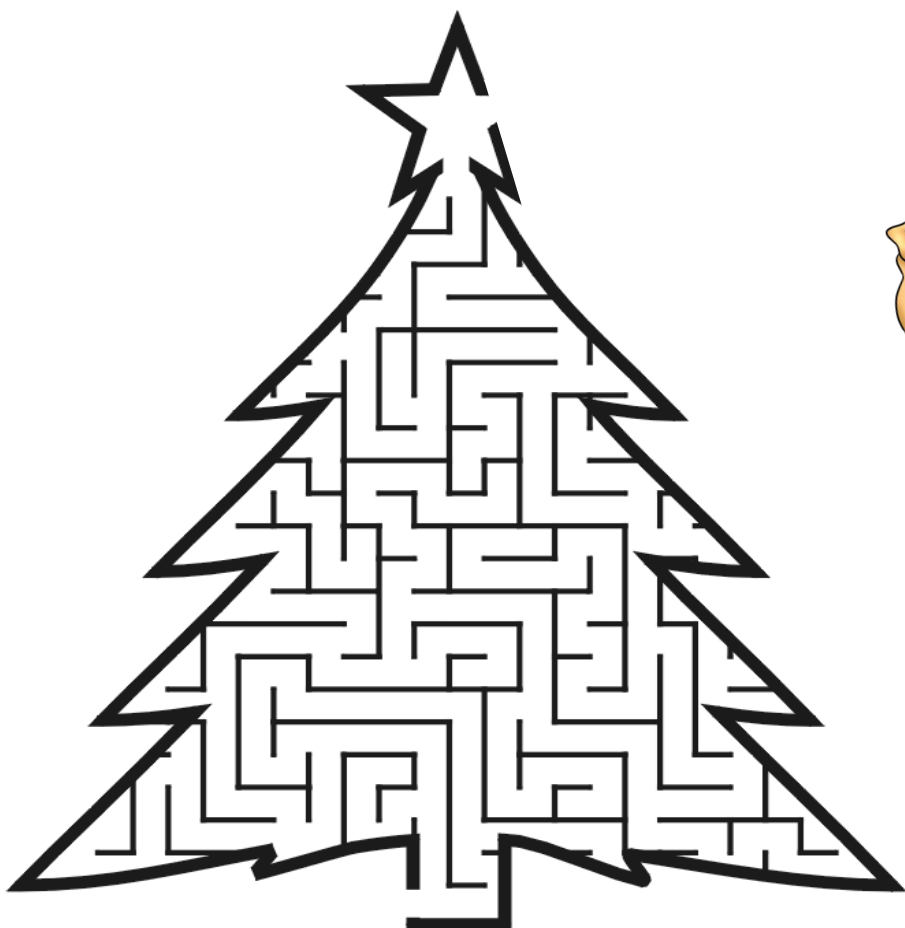


U S N C H N M A G I C A N A G
R N L B L I T Z E N B S X T T
V E E E X G Q E P K D G M J S
W X C S I B M R N E H X D L P
A I U N J G E E C H P J I B W
T V E O A S H C C S L Y P B Y
E O Q W E D T N H C O L U Q H
M L W N G D U A R A D F C S A
O A T K R O R R I Y U B Y N T
C S Z A K Y E P S H R V B K N
S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

DASHER PRESENTS
DANCER CHIMNEY
PRANCER STOCKING
VIXEN
COMET
CUPID
DONNER
BLITZEN
RUDOLPH
SANTA
SNOW
FLY
MAGIC
SLEIGH
CHRISTMAS



Can you find your way through these Christmas mazes?



EQI AWARDS



Merry
Christmas

