

PURPLE DAY 2013 – ASSEMBLY NOTES

Current: 1 March 2015

PRIMARY SCHOOLS	SECONDARY SCHOOLS
Purple day is all about Epilepsy Awareness	Purple day is all about Epilepsy Awareness
<p><b>Who can tell me what epilepsy is?</b></p> <ul style="list-style-type: none"> <li>◆ Epilepsy is when people have seizures</li> <li>◆ Seizures are all different</li> <li>◆ Sometimes it causes people to shake all over</li> <li>◆ Sometimes it makes people go still and quiet</li> <li>◆ Everybody's epilepsy is different</li> </ul>	<p><b>What is epilepsy?</b></p> <ul style="list-style-type: none"> <li>◆ World's most serious brain disorder</li> <li>◆ Tendency to recurring seizures</li> <li>◆ Seizures are all different</li> <li>◆ There are over 40 different kinds of seizures</li> <li>◆ Everybody's epilepsy is different</li> </ul>
<p><b>What happens in a seizure?</b></p> <ul style="list-style-type: none"> <li>◆ The electrical signals in the brain get mixed up</li> <li>◆ Sometimes there are too many messages</li> <li>◆ Sometimes there are not enough messages</li> <li>◆ Sometimes the person doesn't know this is happening</li> <li>◆ Sometimes the person falls and hurts themselves</li> </ul>	<p><b>What is a seizure?</b>            Sudden uncontrolled electrical activity causes disturbance in the brain – this can cause:</p> <ul style="list-style-type: none"> <li>◆ Strange sensations in the body</li> <li>◆ Uncharacteristic behaviour – wandering, confusion</li> <li>◆ Blank stare and unresponsive</li> <li>◆ Convulsions and spasms</li> <li>◆ Loss of consciousness</li> </ul>
<p>Some children <b>worry</b> about having a seizure at school, or how their friends will <b>react</b>. Or they worry that people around them won't know what to do.</p>	<p>Some people <b>worry</b> about having a seizure at school or work, or how their peers will <b>react</b>.</p> <p><i>How would you respond to someone having a seizure?</i></p>

<p><b>What can you do?</b></p> <ul style="list-style-type: none"> <li>◆ Stay with the person</li> <li>◆ Send someone to get a teacher</li> <li>◆ Learn about seizure first aid</li> </ul>	<p><b>What can you do?</b></p> <ul style="list-style-type: none"> <li>◆ Stay with the person</li> <li>◆ Protect from injury</li> <li>◆ Learn about seizure first aid</li> <li>◆ Any doubts, call <b>000</b></li> </ul>
<p><b>What else you can do!</b>  March is Epilepsy Awareness Month!  Help Epilepsy ACT celebrate  <b>Purple Day</b> on 26 March.  <b>Purple Day</b> was founded by a nine year old girl in Canada called <b>Cassidy Megan</b>, who wanted to get people talking about epilepsy. This year Epilepsy Queensland wants your help to bring epilepsy out of the shadows.</p>	<p><b>What else you can do!</b>  March is Epilepsy Awareness Month!  Help Epilepsy ACT celebrate <b>Purple Day</b> on 26 March.  <b>Purple Day</b> was founded by a nine year old girl in Canada called <b>Cassidy Megan</b>, who wanted to get people talking about epilepsy. And this year Epilepsy Queensland wants your help to bring epilepsy out of the shadows.</p>
<p><b>Purple Day suggestions</b></p> <ul style="list-style-type: none"> <li>◆ Log onto Epilepsy ACT website  <a href="http://www.epilepsyact.org.au/">http://www.epilepsyact.org.au/</a></li> <li>◆ Download information sheets about <b>Purple Day</b></li> <li>◆ Wear something <b>purple</b> on <b>26 March</b></li> <li>◆ Host a <b>purple</b> themed event</li> <li>◆ Hold a <b>purple</b> face painting party</li> <li>◆ Buy or sell – ribbons, badges, pens, bracelets, wristbands, key rings and bears are available during March</li> </ul>	<p><b>Purple Day suggestions</b></p> <ul style="list-style-type: none"> <li>◆ Log onto Epilepsy ACT website at  <a href="http://www.epilepsyact.org.au/">http://www.epilepsyact.org.au/</a></li> <li>◆ Download information sheets about <b>Purple Day</b></li> <li>◆ Wear something <b>purple</b> on <b>26 March</b></li> <li>◆ Host a <b>purple</b> themed event</li> <li>◆ Hold a <b>purple</b> face painting party</li> <li>◆ Buy or sell – ribbons, badges, pens, bracelets, wristbands, key rings and bears are available during March</li> </ul>
<p><i>A note will be going home in the newsletter which will have all the details you need. Go purple ... have fun and good luck!</i></p>	<p><i>A note will be going home in the newsletter which will have all the details you need. Go purple ... have fun and good luck!</i></p>

Epilepsy ACT would like to thank Epilepsy Queensland for their kind permission to use and adapt this resource.

