

Maria, the epilepsy advisor, meets Room 1

On Wednesday, 9th April 2014, Maria visited the children in Room 1. She came to talk about epilepsy.



Firstly, she talked about the brain and how important it was to look after it. You decided that you needed to wear a helmet when you rode a bike, a scooter or your skate board. That was a really sensible suggestion.



Maria talked about how the brain controls everything that you do. The brain is like a computer, and it is the most important organ in our body. Without our brain we would not be able to live.

Maria played 'Simon Says' with you, to show you how wonderful your brain is at following messages.



When someone has epilepsy, his or her brain is not able to follow messages and a person can fall to the ground unconscious.

The person can violently shake, turn blue, his/her eyes can roll back and sometimes he or she can wet himself/herself. The person does not know that this is happening to him/her and the seizure may take a while to stop.



Maria talked about an epilepsy action plan, and what you would do if you saw someone having a seizure in your classroom.

Maria's epilepsy action plan

You would:

1. Make the person safe. Remove obstacles around that person so that he or she didn't hurt himself/herself whilst having a seizure.
2. Put something soft under the person's head.
2. Ask someone to run and fetch a teacher for help.
3. Time the seizure using a kitchen timer. You would set the timer for 5 minutes. Most seizures last less than 5 minutes.
4. Talk quietly to the person until the seizure has finished.
5. Then roll the person into the recovery position.
6. All stay calm!



You can't tell who has epilepsy just by looking at them. Anyone can develop it and you discovered that even dogs can have epilepsy.

Good work, Room 1, for a job well done in understanding epilepsy.

Maria was very impressed with you all and she thanks you for inviting her into your classroom.



Maria represents *Epilepsy Waikato Charitable Trust* (www.ewct.org.nz).