HI EVERYONE!

You are doing some wonderful things in your communities to help others. You are completing acts of kindness, teaching others about epilepsy and seizures, spreading awareness, giving back, and more. You are proving that kids CAN change the world. Keep it up and let's show everyone what kids can really do!

Thank you so much to all of you who participated in Lemonade for Livy and helped us have another successful year. There were events registered in every state and the Kids Crew played a big part in making that happen.

If you ever doubt that you can make a difference, remember, age doesn’t matter. You are never too young to create change. Kids Crew members from coast to coast and outside the United States are completing activities and helping people living with epilepsy.

There are now close to 2,000 members and we are growing bigger every day. When we all work together to get something done, we can do it! It only takes one person in a community to help thousands of others. That person can be you!

Enjoy the rest of the newsletter and good luck when you head back to school!

Your friend,

Hailey Scheinman
President & CEO
Epilepsy Foundation
Kids Crew

IT’S TIME TO LEARN

Are you ready to head back to school? Probably not, since the summer is so much fun! But going back to the classroom is important so you can keep learning. It also means it’s time to make sure your new teachers and school nurses know about epilepsy. If you have seizures, adults you see regularly should know seizure first aid and when to call 911. Ask your parents, if they haven’t done so already, to call your school. It’s really important to have a plan in place if you have a seizure while at school.

If you don’t have epilepsy, it’s possible someone else in your class does. You can ask your teachers for some time to talk to your class about the brain and seizures. Let them know you are part of the Kids Crew and why teaching others is important. You can also tell your teacher or school nurse that you are willing to help other kids who have epilepsy feel safe. Ask them how you can help.

Remember, if you want to educate your class, we have tools you can use including a

• PowerPoint Presentation
• Presenter Guide
• Teacher Letter Explaining What You Want To Do
• Word Search Activity
• Video

Have a parent email us at Kids-Crew@efa.org to request the class education kit.
Lemonade for Livy was successful again this year because many of you hosted stands. Kids Crew members from coast to coast, like Isabella and Drayven, got involved to spread awareness and raise funds. Remember, to receive your Lemonade for Livy pin, have a parent send an email to Kids-Crew@efa.org with your fundraising page link. If you want to hold your event in September, you will still earn your pin. Lemonade tastes just as good during the fall as it does in the summer. Simply go to epilepsy.com/lemonadeforlivy, with a parent, and register.

As you’re getting ready to head back to school, check out our Kids Crew sports pack and lunch bag. They will let people know you are a proud member of the Crew. But more importantly, if you ever feel alone, we hope they remind you that there are thousands of other kids who are on your team. Always remember that you are part of the Crew, you are important, and you can change the world! Go to epilepsy.com/shop, with a parent, and search on Kids Crew.

Kids Crew Discussion Board

Over the next couple of months, we will start a Kids Crew online discussion board where you can connect with other kids to ask questions, answer questions, and learn. Our hope is that you will see that there are many other kids just like you who have epilepsy and are going through some of the same things you are going through. For those of you who may have a relative or friend with epilepsy, you can ask questions and also see some of the challenges that others have. Stay tuned for more information.
Organize your own Purple Pumpkin Party!

Here are some simple steps to follow:

- Pick a location and date.
- Invite your friends.
- Make a list of all the things you will need including pumpkins, paints, paint brushes, decorations, cleaning supplies, and snacks.
- Host your event and get painting! Make sure you share information about epilepsy with your guests.
- Each person can take home their pumpkin and help spread awareness when someone asks them, "Why is your pumpkin purple?".

For those of you who have never heard of the Purple Pumpkin Project, it’s an event held each year where people decorate their pumpkins with purple paint, stickers, masks, epilepsy facts, and more. Some get creative by themselves and others hold parties or fall festivals in their neighborhood or at a local business. Visit epilepsy.com/purple-pumpkin, with a parent, for more information. No registration is necessary to participate but if you do, you will receive a page to tell your story, raise funds, and download some tips and tricks about how to make your decorating party successful.

After you paint your pumpkins purple, make sure you have a parent email us at Kids-Crew@efa.org to let us know so we can send you your Purple Pumpkin Project pin.
KIDS JUST LIKE YOU...

DELILAH, AGE 10

Delilah is 10 and lives in Oregon. Her sister was diagnosed with epilepsy at 9 months old. Delilah was sitting at the table with her sister when she watched her have her first long absence seizure that caused her sister to be rushed to the hospital where she stayed for three days. Delilah was deeply affected by her sister’s experience. She has worked to learn all she can about epilepsy to keep her sister safe and to help educate others. She has also spent time spreading awareness and participated in a Walk to END EPILEPSY®.

JENEVIEVE, AGE 5

Jenevieve is 5 years old and is from Virginia. Her mom says she loves life more than anything and has been placed on this earth to show her smile, strength, hope, and happiness. She was diagnosed with epilepsy in 2015 but seizures have not stopped this strong warrior! She enjoys singing, coloring, playing basketball, and dancing. She also makes giving back a part of her life. Jenevieve did a wonderful job spreading awareness on National Epilepsy Awareness Day in March and has now participated in Lemonade for Livy two years in a row.

LEVI, AGE 10, & HENRY, AGE 6

Levi is 10 years old and is from Washington. He had his first seizure in 2018. It changed his life forever but has not broken his spirit! Levi is full of joy and truly has a gift for making everyone around him feel special including his little brother, Henry, who is 6. Henry is always there to help his big brother who he considers his best friend. Together, they have walked to support the epilepsy community, raised money and spread awareness with Lemonade for Livy, and completed an act of kindness by making cards to send to kids in the hospital.
Kyla, age 14

Kyla is 14 and from Kentucky. She was diagnosed with epilepsy when she was 2. For years, she struggled with uncontrolled seizures. When she was 13, she had brain surgery to try to help. Even after all she has been through, Kyla stays positive and shows her lively personality. When she gets older, she wants to be a model, fashion designer, and makeup artist. Her experience has taught her about the importance of giving back. As a member of the Kids Crew, she has attended a walk, educated others, and spread awareness.

Keith, age 10, & Shawn, age 7

Keith is almost 10 and is from Florida. He was diagnosed with epilepsy when he was 4 months old. Every day is hard for Keith and his family because of all that comes with epilepsy. But Keith stays strong and is a warrior with a loving heart. Shawn is 7 and Keith’s younger brother. Even though he is 2 and a half years younger, he helps Keith stay safe, learn, and make friends when their mom and dad are not around. He makes Keith’s life full of laughter, joy and tender care. Both are active members of the Kids Crew and have attended a walk, educated others, finished their Athletes vs Epilepsy 10-Day Challenge, done something kind, and spread awareness.

Nicole, age 8

Nicole is 8 years old and from Delaware. Her older brother, who is 21, has epilepsy, as well as autism. She is her brother’s biggest advocate and supporter. Nicole joined the Kids Crew so she could know more about epilepsy and learn what to do when her brother has a seizure. With more knowledge, she will be able to educate her family, friends, and community. She has already shared her story in a video, spread awareness, and participated in Lemonade for Livy.
EPILEPSY FACTS

There are three basic steps for seizure first aid.

1. **STAY** with the person and start timing the seizure.
2. Keep the person **SAFE**.
3. Turn the person onto their **SIDE** if they are not awake and aware.

Sometimes, seizures can be more serious and help should be called.

**When to call 911:**
- Seizure lasts longer than 5 minutes
- Repeated seizures
- Difficulty breathing
- Seizure occurs in water
- Person is hurt, pregnant, or sick
- Person does not return to acting like they usually do
- First time seizure
- The person asks for medical help

Sharing seizure first aid with others is important to keep the community safe!

HOW-TO TIPS ★

Would you like to start a Kids Crew group in your town? You can! It’s a great way to bring kids together. Here are some tips to get things going:

- Ask a parent to be the leader.
- Pick a date, time, and location to hold your first meeting.
- Invite your friends and other kids you know who may be interested.
- Create a plan for the meeting (we can help).
- Pick up any supplies you need.
- Hold your meeting and talk about how often everyone wants to get together.

**Remember,** the kids Crew is for ALL kids 14 and under with or without **epilepsy**. The goal is to meet new friends, learn, help others, and have fun! If you have questions or decide to start a group, have a parent email us at Kids-Crew@efa.org. We can send you a sample meeting plan and give you some other tips and tricks.

**“NEVER STOP LEARNING; FOR WHEN WE STOP LEARNING, WE STOP GROWING.”** - LOYAL ‘JACK’ LEWMAN

LIGHTS, CAMERA, ACTION!

We are going to create a few videos about the Kids Crew that will be used on social media and on epilepsy.com to tell others how the Kids Crew has affected your lives. If you want to be involved and earn your Shared My Story pin, have a parent use a phone (please hold the phone sideways) or a video camera, make sure there is good lighting, and say this short script:

“My name is [your first name] and I am [your age]. The Kids Crew is important to me because...”

You can make your answer as long or as short as you want. We can’t guarantee that each video will be selected, but we plan to use as many as we can. To submit your video, please have your parent send an email to Kids-Crew@efa.org and we will give them more instructions.

"Never stop learning; for when we stop learning, we stop growing." - Loyal ‘Jack’ Lewman
**JOKES & RIDDLES**

**Q:** What’s the king of all school supplies?
**A:** The ruler.

**Q:** Why did the children eat their homework?
**A:** Because their teacher said it was a piece of cake.

**Q:** Why was the broom late for school?
**A:** Because he overswept.

**COLOR BY NUMBER**

11. Blue
12. Light Blue
13. Purple
14. Light Green
15. Green
16. Orange
17. Red
18. Yellow
19. Pink
20. Black
The fall is a popular time for epilepsy walks around the country. To see if there is a Walk To END EPILEPSY® near you, visit WalkToEndEpilepsy.org with a parent. You can also check with your local Epilepsy Foundation to see if they have a walk planned.

Have you ever thought about organizing your own walk? It may seem like a lot of work but it doesn’t have to be. You can start by getting some family and friends together and walking around your neighborhood or a park. If that goes well, you can think about something bigger for next year. When you attend a walk or hold your own, you will earn your Walked Together pin. Have a parent send an email to Kids-Crew@efa.org and let us know what you have done.

There are now 8 different activities you can complete to earn pins for your lanyard.