Happy summer to you all! I hope that the past couple months have been filled with fun.

Thanks so much to everyone that joined us for the **Kids Crew Connect** event in June. We had a wonderful time connecting with you. Meeting other kids with epilepsy or who have a family member with epilepsy is something you said you wanted and we were happy that we could make it happen. It was great to hear your conversations, and hopefully it helped you to see that you are not alone!

For those who were not able to make it, the event helped Kids Crew members come together online and get to know each other better. We broke out into age groups and learned about one another. We look forward to holding more Connect events in the future.

Though it’s summer now, fall will be here soon. That means colorful leaves, returning to school, and the **Purple Pumpkin Project**! If you are going to have an event with family or friends to paint your pumpkins purple this year, make sure to work out a plan for how and when you will do it. Remember, painting your pumpkins is the way to earn your **Purple Pumpkin Project pin**, and will get you one step closer to becoming a World Changer!

Your friend,

**Hailey Scheinman**  
Chair of Kids Crew Leadership Council  
Epilepsy Foundation

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It’s nearing the end of summer and many kids will be returning to school soon! Did you know that **August is National Back to School Month**? To get ready for the school year, we wanted to give you some helpful tips:

- If you have epilepsy, update and share your Seizure Action Plan with your school
- Learn seizure first aid
- Take your medications regularly, as prescribed by your doctor
- Set goals for the new school year for what you want to do
- Stay strong and healthy by:  
  **Eating Healthy Foods**  
  Choose fruits, veggies, or other nutritious foods over junk food  
  Drink more water and avoid sugary drinks  
  **Getting Enough Sleep**  
  Set up a bedtime and stick to that schedule (even on the weekends!)  
  Turn off electronic devices an hour before bed  
  **Exercising Regularly**  
  Exercise in safe places and use the buddy system

Talk to your family and friends and involve them, too. You can all get ready for school together!
LEADERSHIP

The Kids Crew Leadership Council has been meeting monthly to talk about what parts of the Kids Crew they like and how to make things better. The group is made up of a number of 2020 World Changers who wanted to learn more about leadership. They have suggested ideas for how members can connect during events, reviewed what areas of the Kids Crew are the most important, and discussed what types of videos to have for members to watch in the future. If you want to join the council, the first step is to become a World Changer in 2021 and help make the world better!

KIDS CREW IS FOR ALL KIDS 14 AND UNDER

Do you have a brother or sister who would like to join the Kids Crew? How about a friend you think would like to learn more and support you and the epilepsy community? Then make sure you invite them to join the Kids Crew. Remember, the program is for ALL kids 14 and under.

KIDS CREW ITEMS

Visit epilepsy.com/shop with a parent, and search on Kids Crew.
be hosting in person (if it’s safe to do so) and virtual Purple Pumpkin Parties to spread awareness and raise funds. By participating, you will earn your Purple Pumpkin Project pin. For those of you who have never heard of the Purple Pumpkin Project, 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.

Autumn will be here soon and if you are like us, you are ready for cooler weather, falling leaves, and warm apple cider. It’s also a time when pumpkins will start appearing in stores and local pumpkin patches. That means Purple Pumpkin Project season is just around the corner! This fall, people all over the country will

Organize YOUR OWN PURPLE PUMPKIN PARTY

Here are some simple steps to follow:

1. Choose how you want to hold your party (in person or online using Zoom, FaceTime, or other).
2. Pick a date and time.
3. Invite your family and friends.
4. Make a list of all the things you will need including pumpkins, paints, paint brushes, decorations, and cleaning supplies (you can buy supplies for your guests or ask them to bring their own).
5. Make a list of epilepsy facts you want to talk about during your party.
6. Host your event and get painting!
7. Encourage your friends to have their parents share pictures of the pumpkins on social media along with an epilepsy fact.
8. Put your pumpkin in a place where others in your neighborhood can see it.

After you paint your pumpkins purple, make sure you have a parent complete the pin submission form at epilepsy.com/kids-crew-pins to let us know so we can send you your Purple Pumpkin Project pin.
MEMBERS CHANGING THE WORLD

MILLER, AGE 10

Miller is 10 years old and from Kansas. He enjoys playing basketball and golf, and spends his summers at the lake swimming, wakeboarding, knee boarding, and surfing. Miller was diagnosed with epilepsy in 2019. He was scared to have seizures and was worried something bad may happen. He joined the Kids Crew because he wanted to teach people about epilepsy. He believes it is important for people to learn about epilepsy so they know what to do if someone has a seizure. He is doing things to help others and knows that little things can make a big difference. For those just starting on their journey with seizures, Miller says, “Don’t forget to take your medication and don’t forget to enjoy your life!”

BELLA, AGE 9

Bella is 9 years old and from West Virginia. She likes doing math and art, and playing basketball with friends. She also enjoys singing the songs from “Frozen.” She had her first seizure at 8 months old, but wasn’t diagnosed with epilepsy until March of 2020. When Bella learned about the Kids Crew, she thought it sounded fun. She has earned a lot of pins as a member. Her favorite activity so far has been the Purple Pumpkin Project. She thinks it’s important for others to learn about epilepsy so they know what to do if she has a seizure. Meeting kids with seizures is important to Bella and she says, “Make friends with other kids who have epilepsy. It is easier to go through this with others who really understand you.”

SONNY, AGE 12

Sonny is 12 years old and from Texas. He likes spending time outdoors doing archery, four-wheeling, going for walks, playing ball, and watching the sunset. He was just a baby when he started having seizures and wasn’t diagnosed with epilepsy until four years later. Sonny got involved with the Kids Crew because he wanted to learn more and connect with other kids like him. He has fun earning his Kids Crew pins and believes it shows that even though he has epilepsy, he can still do the things that other kids can do. Sonny’s favorite activity was educating his class. He is making a difference in his community and has plans to do even more. Sonny wants kids just starting on their journey with epilepsy to know, “Just keep your head up. Have hope. You can move mountains if you believe in yourself.”
CELEBRATING MEMBERS

**ADDISON AGE 11, Oklahoma**
Spoke to 140 classmates at her school about epilepsy.

**KAYLA & HANNAH AGE 13, New York**
Partnered with the Epilepsy Foundation of North Eastern NY and the school's health teacher to educate all 85 eighth grade students in their school about epilepsy and seizure first aid.

**EVA & ANNE AGE 11, Alabama**
Participated in Lemonade for Livy to spread awareness and raise funds to make a difference for the epilepsy community across the country.

**MAX AGE 10, Michigan**
As he was going through his EEG test, he took the opportunity to virtually educate 25 of his classmates about epilepsy.

**PRUE AGE 12, North Carolina**
Recently led her family in the Walk To END EPILEPSY.

**MARSHALL AGE 9, Tennessee**
His teacher allowed him to educate his class about epilepsy and to tell them about his experience. Talking to his entire class was the first time he told anyone that he has epilepsy.

**HALEY AGE 4 & LUCAS AGE 6, Nebraska**
Participated in Lemonade for Livy by hosting a virtual lemonade stand. They created a lemonade and epilepsy themed basket that they delivered to each donor.

While we would like to celebrate all of our members, we can only select a small number for each newsletter. For a chance to be highlighted, please have a parent include a high quality photo along with a description of what you have done to earn your pin at epilepsy.com/kids-crew-pins.
EDUCATION

Who gets epilepsy?
Epilepsy and seizures can develop in any person at any age. More than 3.4 million people, or about 1 in 100 people, in the U.S. have been diagnosed with epilepsy. 1 in 26 people will develop epilepsy in their lifetime. New cases of epilepsy are most common among children, especially during the first year of life, and in adults who are 55 and older. What happens in a seizure may look different from one person to another.

CONNECTING WITH OTHERS

HELLO!
It’s important to connect with other kids and families who are affected by epilepsy. Talking about the challenges you face can help you see that you are not alone. Do you want to speak to other kids and see what they are going through? Make sure to attend the Kids Crew events so you can share stories, ask other members questions, and learn more about one another.

SUPPORTING PEOPLE WITH EPILEPSY

Advocating is one of the best ways to support people with epilepsy. When you are an advocate, it means you speak or write in support of others. Using your voice to advocate can make a big difference. Lawmakers need to hear from you. You can send e-mails and letters, and make calls to your state and federal elected officials at important points - like when a bill is about to be voted on or if a bill is about to be signed into law!

Has a seizure safe school bill been passed in your state? Check bit.ly/seizure-safe-schools with a parent and see if you can help. Please contact your local Epilepsy Foundation or our national Advocacy team at publicpolicy@efa.org for more information.

“WHATEVER GOOD WE GIVE OUT COMPLETES THE CIRCLE AND COMES BACK TO US.” - FLORA EDWARDS

“Whatever good we give out completes the circle and comes back to us.” - Flora Edwards
Q: Why did the kid eat his homework?
A: Because his teacher said it was a piece of cake.

Q: Why isn’t there a clock in the library?
A: Because it tocks too much.

Q: Why can’t a nose be 12 inches long?
A: Because then it would be a foot.
With a parent, check the Kids Crew webpage to make sure you follow the guidelines to earn your pins. Remember, to receive your pin when you finish an activity, you must tell us what you did. With a parent, visit epilepsy.com/kids-crew-pins to find the pin submission form. When you complete the form, you can tell us who you are, what you did, and include a picture if you want to. After we review your submission, you’ll receive your pin in 2 - 3 weeks. **Earn them all in 2021 and become a World Changer!**