Hi Everyone!

2019 has come to a close and a new decade is here! I hope that everyone had a great holiday season and New Year. 2020 can be the year that you change the world! You can start by making a plan for the year of how you will learn, teach others, and give back.

The Kids Crew now has over 2,300 members, and the number keeps growing! Every member can do something good in the community. It doesn’t matter who you are or if you need some help, you just have to go out and do it! I am so excited to see all of the wonderful things that you get done over the coming months.

We have some news about the Kids Crew themed pins. We’re making a change so you can now earn the pins each year and show others how much you have been doing. Do you really want to make a big difference and set an example for others? Turn the page and see what happens now when you earn all 8 pins by the end of the year.

I am also happy to announce that Kids Crew members will soon be able to connect with other members online (with a parent)! Keep reading to see more about the Kids Crew group page. I hope that it helps every member to know that you are truly not alone!

Your friend,

Hailey Scheinman
President & CEO
Epilepsy Foundation
Kids Crew

International Epilepsy Day is coming up on February 10th. It’s a day when people around the world spread awareness about epilepsy and share what it’s like to live with seizures. Many people in the community don’t know what epilepsy is or what a seizure is. A lot of them are likely in your classroom. So on International Epilepsy Day, we are asking you to teach your classmates about epilepsy.

To help you better prepare, have a parent download the Kids Crew education tools including:
- Teacher Letter
- PowerPoint Presentation
- Presenter Guide
- Epilepsy Video
- Word Search

Please email us at Kids-Crew@efa.org and we will send you the link for the files. After you look at them, we suggest you practice with your family to get used to presenting in front of people. Remember, the Kids Crew goal is to help 1,000 more kids learn about epilepsy. You have a chance to make a big difference in the lives of others! If you teach your class, you will earn your Educated Others pin for 2020.
HOT TOPICS

KIDS CREW GROUP PAGE

The new Kids Crew group page is nearly ready to launch! The online page will be a safe place for you to ask questions, see what other kids are going through, message other members, and discuss what you are doing in your community. The goal is to make sure you know you are not alone and to help you meet other kids who are also affected by epilepsy.

NATIONAL WALK

The National Walk to END EPILEPSY® is coming up on April 18th. Have you ever been to Washington, D.C., to be a part of the National Walk? It is an amazing event that is both inspiring and full of hope. Thousands of people from around the country will come together to be a part of this special day in our nation’s capital. If you are planning on making the trip, be sure to have a parent help you and sign up for the walk at http://do.nr/hvxcu.

UPDATE EMAIL ADDRESS FOR MONTHLY EMAILS

Are you getting our monthly Kids Crew email updates? If you are not seeing them, ask your parent if they have changed their email address or if they have checked their junk mail folder. If they changed their email, have them send us a message at Kids-Crew@efa.org with their new address. We don’t want you to miss anything!

KIDS CREW ITEMS

Do you want to show your Kids Crew spirit? Do you want an easy way to start talking to your friends about making a difference? Then take a look at the Kids Crew items you can use. Have a parent help and go to epilepsy.com/shop and type “Kids Crew” into the search area.
We have a new look for the Kids Crew themed pins! Starting in 2020, we are printing the year on the pins so you can easily show how many times you have completed an activity. Now, you can earn pins every year and show others all that you have done.

With the start of the new year, we also have a challenge for you. **If you collect all 8 themed pins in 2020, you will earn the “World Changer” award.** This is a very special recognition and means you have done a lot to learn about epilepsy, help your community, and give back. We look forward to seeing how many World Changers we will have at the end of the year.

**How to tell us you have finished an activity**

When you are done with an activity, have a parent send an email to us at Kids-Crew@efa.org to tell us what you have done. When they send the email, have them include:

- What pin you have earned
- The date you earned it
- Two to three sentences about what you have done
- Pictures if you would like to send them
- How many people you spoke to or were at an event you held, such as, if you educated your class, the number of classmates and teachers that were there

*This information is very important so we can show how the Kids Crew is making a big difference all over the country.*

**REMEmber, only one pin can be earned per activity.** For example, if you paint your pumpkins purple with a group of friends and also create awareness while you paint, only the Purple Pumpkin Project pin will be awarded. The same pin can only be earned once per year.

**If you think you have what it takes to earn all 8 pins in 2020, here are some tips:**

- Visit the Kids Crew themed pin page at epilepsy.com/kids-crew to make sure you know how to earn each pin
- Look at a calendar and pick the month for each activity (you can download a Kids Crew pin calendar from the webpage)
- Write down your ideas for how to earn each pin
- Talk to your parents and see how they can help
- Ask other family members and friends to help
IZZY, AGE 2

Izzy is 2 and is from Texas. She was diagnosed with epilepsy when she was 1. Izzy loves to dance, sing, play nurse, and be outside. She is very happy and brave, and likes to do things on her own. She always has a smile on her face and dances to her own beat. She doesn’t let seizures stop her from having fun.

When Izzy started her journey, her mom thought it would be a good idea for Izzy to join the Kids Crew so she could see that she wasn’t alone and so the whole family could help teach others about epilepsy. Completing the activities to earn her pins has helped her to meet new people in the community. Izzy may be young but she is making a big difference. She enjoyed the Walk to END EPILEPSY®, holding a Lemonade for Livy lemonade stand, and painting mini pumpkins purple and handing them out for the Purple Pumpkin Project. During the holidays, she and her mom held a cookies and hot cocoa gathering for some other families dealing with epilepsy. Izzy and her family have found hope in participating and helping others.

If Izzy could give some advice to kids living with seizures, her mom thinks she would say, “You are not alone and you are loved. We are all a little different but that’s what makes our world a beautiful place. You can make a difference no matter how little you are!”

ISABELLA, AGE 11

Isabella is 11 and is from Florida. She was diagnosed with epilepsy in 2019. She loves spending time with her family, she goes to dance school, and she really enjoys coloring. When she was first told she had epilepsy, she was scared. Isabella says that even though epilepsy hasn’t limited her abilities, she still feels a bit different. She needs to be a little more careful in places where she could get hurt.

Isabella has become more confident after learning about epilepsy. She joined the Kids Crew so she can teach people and they can then help others with epilepsy. She said that her friends had no idea what to do if she had a seizure. She is now working to change that. She has shared her story through a video as well as educated others. She also attended a local Walk to END EPILEPSY. She thinks it is important that other kids with epilepsy know that they are not alone.
Drea, 14, and Charlotte, 10, are sisters who live in West Virginia. They joined the Kids Crew to support their friend, Carlie, who has epilepsy and is also a member. Drea is on the varsity volleyball and basketball teams. She also participates in student council and competes in LEGO® and rockets in STEM (science, technology, engineering, and math) club. She thinks it’s important to support Carlie in her journey with epilepsy to make sure she is not alone and to let her know she will always have a friend by her side. Drea has learned a lot about epilepsy along the way, such as what to do if someone has a seizure. She thinks it’s important for the community to learn about epilepsy so they can keep people who have seizures safe.

While Drea has been a Kids Crew member, she has educated others, attended a Walk to END EPILEPSY, participated in Lemonade for Livy, and painted pumpkins purple for the Purple Pumpkin Project. Even though she or a family member doesn’t have epilepsy, she thinks it’s really important to help friends that do. She says to other kids who are supporting their friends, “Don’t be afraid. I was afraid at first, but it’s not scary. There’s nothing to be afraid of. I was probably afraid of the unknown, but the more I have learned, the less scary it has been.”

Charlotte’s favorite sport is soccer and she plays in the spring and fall. She is on student council at school. She volunteers at the Humane Society where she helps take care of the animals and does anything else that’s needed. Charlotte thinks it’s important to be there for Carlie because one day, she may need help when having a seizure. She has learned many facts about epilepsy as well as seizure first aid. She thinks it’s important for others to learn about epilepsy because it is a common disorder people have. Eventually, they could meet someone that has it. Then they would know the information to help if needed.

Since joining the Kids Crew, Charlotte has been an active member. She went to a Walk to END EPILEPSY, served lemonade at a Lemonade for Livy event, and participated in the Purple Pumpkin Project. She is doing what she can to help her community. She believes it is important to show friends, like Carlie, that they have someone to count on. She says, “Always stay by your friend. Let them know you’re there and that you’ll stay with them.”
Get More Confident Talking About Epilepsy
Many kids have a hard time telling others about seizures, especially if they have just been told they have epilepsy. It can also be hard to talk about if you aren’t the one who has seizures. Here are some ideas for how you can get used to sharing more about epilepsy.

- Learn, learn, learn! Read the Kids Crew newsletter and monthly email. Visit epilepsy.com with a parent.
- Practice talking to your family.
- Hold a Lemonade for Livy or Purple Pumpkin Project event and share the facts with people that attend.
- When you are ready, teach your class about the brain and seizures.

The more you talk about it, the easier it will get!

Epilepsy Awareness Day
Epilepsy Awareness Day is on March 26th. It’s a great day to spread awareness in your community. Get creative and come up with an idea of how to use purple and facts about epilepsy to share with your family and friends. Some examples are:

- Organize a day when your school wears purple
- Hold a purple cupcake bake sale and hand out epilepsy fact sheets and first aid information
- Have an epilepsy awareness sports game where both teams wear something purple and you share epilepsy information during the game

There are lots of other ideas, too. Talk about it with your family and friends and get everyone involved. When you complete your activity, make sure to have a parent tell us what you did so you can earn your Created Awareness pin for 2020.

Epilepsy Facts

Bullying and Seizures
Not all kids know about or understand seizures. Sometimes when kids are unsure about something, they feel uncomfortable and make poor choices like bullying. Bullies are usually scared and make others feel bad to hide their own fears. No matter the reason, bullying is not okay. If someone bullies you or you see another classmate getting bullied, here are some things you can do.

- Always tell a grown-up if bullying happens. They can help!
- Teaching others about seizures will help them learn it is not okay to laugh at or bully someone who has seizures.

"Throw kindness around like confetti!" – Kid President
**JOKES & RIDDLES**

**Q:** How did Jack Frost get to work?

**A:** By icicle!

**Q:** How does a penguin build a house?

**A:** Igloos it together!

**Q:** What do you get if you cross a snowman and a shark?

**A:** Frost Bite!

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**SNOWMEN MANDALA COLORING**

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**WINTER WORD SCRAMBLE**

1. LCOD
2. ISK
3. ATOC
4. AOESNS
5. WONS
6. LKNEFSAWO
7. CEI
8. SRAFC
9. IDALZRZB
10. EZRFE

**SNOWBALL MAZE**

Help roll the snowball to the snowman!
With a new year comes a new themed pin! The Shared My Story pin is now the **Advocated For Change pin**. Advocacy means the act or process of supporting a cause or plan. To earn this new pin, we are asking that you contact your state or federal legislators. Legislators are the people who pass laws in your state and across the country. You can write them a letter, call them, or visit them or one of their staff members in person.

When you reach out to them, you can write or talk about the government giving more money to epilepsy research and programs, or passing laws that will help the epilepsy community. This is a great way to stand up for many other kids and adults who are dealing with seizures. After you have contacted your legislator, have your parent email us at Kids-Crew@efa.org to tell us what you have done.

**NEW ADVOCACY PIN**

Earn all 8 pins in one calendar year and become a World Changer!