



TO: Principal, Fourth Grade Teachers, and Art Teachers
RE: Poster Contest and School Alert Program
DATE: January 20, 2010

We would like to invite your fourth graders to participate in our 17th annual Poster Contest – “Use a Helmet. Prevent Epilepsy.” The purpose of the contest is to raise awareness about epilepsy, how it impacts children and to dispel many of the myths surrounding this common condition. This is a fun and educational activity and we hope you will encourage your fourth grade art classes to participate. This packet contains everything you will need.

Winners of the contest will be invited to spend a day in Richmond. Events will include a breakfast honoring the winners, a special reception with Senators and members of the House of Delegates and a tour of the State Capitol building. The chosen artwork will become EFVA's calendar for 2010-2011 and copies will be sent to the teachers and winning children.

Here are some important facts about epilepsy to share with your students and teachers:

- ✚ Head injury is the largest known cause of epilepsy, especially among young adults.
- ✚ Approximately one child in every hundred has epilepsy.
- ✚ Although epilepsy can begin at any age, 75% of all seizures begin before age 21.
- ✚ Medical research shows that 85% of head injuries to bicyclists can be *prevented* by helmets.
- ✚ Each year in the United States about 150 children are killed in bicycle accidents, and about 40,000 children between the ages of 5 and 14 sustain head, face and scalp injuries.
- ✚ In 1998 there were more than 16,000 head injuries associated with skiing and skateboarding. We estimate more than 7,000 could have been prevented by helmet use.
- ✚ A growing interest in extreme sports has resulted in significantly more injuries in the last five years.

Our hope is that this poster contest will create a greater awareness of the importance of wearing a helmet during recreational activities. Together we can educate children and teachers about the importance of wearing helmets. Please ask your fourth grade teacher and art teacher to look for mail and e-mails from our office.

Thank you in advance for helping to make this a successful project.

Sincerely,

Suzanne Bischoff, PhD.
Executive Director
Epilepsy Foundation of Virginia

EPILEPSY PREVENTION POSTER CONTEST RULES and INSTRUCTIONS

- 🚲 Poster drawings must pertain to the theme of: USE A HELMET..... PREVENT EPILEPSY
- 🚲 Each entry must be on an 8 ½” x 11” piece of white paper.
- 🚲 Paint, crayons, pencils, or markers may be used.
- 🚲 **ON BACK OF DRAWING, please write clearly**
 - Name participating 4th grader**
 - Age**
 - School**
 - Teacher’s name and email address**
 - Parent/guardian name and email address or phone number if e-mail not available**

Directions for Teachers:

- 🚲 Send completed posters to: Epilepsy Foundation of Virginia, P.O. Box 800659 UVA Medical Center Charlottesville, VA 22908.
- 🚲 The Epilepsy Foundation of Virginia must receive the completed posters no later March 19,2010
- 🚲 Posters will be judged and winners announced by April 15, 2010 All participants will be acknowledged.
- 🚲 Posters remain the property of the Epilepsy Foundation of Virginia.
- 🚲 12 statewide winners will be invited to a winner’s event in Richmond in May 2010. Each winner will choose a teacher or parents to accompany them.
- 🚲 Winners of the contest will be asked to participate in publicity efforts including photographs and use of the winners’ names.
- 🚲 For more information, call Suzanne Bischoff at 434 924-8669 or e-mail srb3m@virignia.edu or Gina Washington 540-908-3400 or e-mail gina1216@comcast.net.

IMPORTANT INFORMATION ABOUT EPILEPSY FOR TEACHERS AND ADMINISTRATORS:

- Seizures produce psychological and social effects, as well as physical ones. Teachers and other personnel have an important role to play in minimizing the damage and re-establishing the child's position in class.
- In the event of a classroom seizure, it is important to talk to other students about what has happened, giving them an opportunity to ask questions. If possible, involve the student who had the seizure as an expert resource. Reassure the others that the condition is not contagious and the student was not in danger.
- Students with seizure disorders should be encouraged to participate fully in school life, including recreational and sports activities. Vigorous activity does not usually increase seizure frequency. Even swimming and climbing are possible with extra supervision. In most cases, overprotection is more of a danger than participation.
- Students with severe and frequent seizures, or other disabilities, can and should be fully included in school activities.
- Medications, seizures, and missed class time because of medical tests and treatment can all affect school performance. If tutoring and changes in medicine don't help, a full battery of tests should be given to identify any attendant learning disabilities or need for special services.
- Seizure disorders are a part of life for thousands of youngsters at school. With understanding, acceptance and encouragement, these young people can achieve and participate fully in school life.

There are many types of seizures that need appropriate first aid. The Epilepsy Foundation of Virginia (EFVA) is happy to offer such training at no cost to your school.