

Morning Announcements

Below are 5 examples of morning announcements that you can provide to your school. Each day presents a new fact about epilepsy to help spread awareness and educate students and teachers about epilepsy. You can use these announcements each day leading up to Purple Day on March 26th.

DAY 1

Did you know that 1 in 100 people have epilepsy? That's a lot of people! In fact, there are probably students here at our school who are living with epilepsy or they have a family member who is living with epilepsy.

Do you know what epilepsy is? Well, March is Epilepsy Awareness Month and March 26th is Purple Day - a day celebrated around the world to help spread awareness and teach people about epilepsy.

This year, we're celebrating Purple Day at our school and we're going to teach you something about epilepsy every day leading up to Purple Day so that we can all learn more about it.

Today's epilepsy fact is: Did you know that our brains run on electricity!? People with epilepsy have trouble controlling the electricity in their brain. When their brains create too much electricity, they have something called a 'seizure'. We'll teach you more about seizures in our next morning announcements. Stay tuned!

DAY 2

It's Epilepsy Awareness Month and we're back with today's epilepsy fact!

Today's fact is: Did you know that there are MANY different kinds of seizures that people with epilepsy can have? Yesterday, we told you about what seizures are, and why people with epilepsy have them. But seizures can be different depending on the person.

Sometimes, when someone is having a seizure they can fall to the ground and shake. Sometimes, a seizure might look like they're staring into space or having a daydream. Sometimes, a seizure can be very fast and only last for a couple of seconds. If you think someone is having a seizure you should always let a teacher or an adult know. Next announcements, we'll teach you some basic facts about seizure first aid!

DAY 3

It's Epilepsy Awareness Month and we're back with today's epilepsy fact!

Today's fact is: Did you know there are 5 basic steps that you can follow if you see someone fall to the ground when they're having a seizure?

Step #1: Stay calm. Seizures can sometimes be scary but it's important that you don't panic and remember these steps.

Step #2: Keep them safe. If the person having a seizure falls to the ground and begins to shake, try to put something soft under their head. You should also move any tables, chairs, or dangerous objects away from them. Do not try to hold onto them or stop them from shaking.

Step #3: Find a nearby adult. It's always good to find a nearby teacher or adult to help you with seizure first aid.

Step #4: Don't put anything in their mouth. Some people think putting something in someone's mouth when they're having a seizure helps them, but it doesn't. In fact, putting something in their mouth can be dangerous so don't do it.

Step #5: Stay with them. They will feel tired and sometimes confused after their seizure is done. Make sure you stay with the person until the seizure is over and they feel okay.

DAY 4

It's Epilepsy Awareness Month and we're back with today's Epilepsy fact!

Today's fact is: Did you know that this Saturday, March 26th is Purple Day!? Purple Day happens every year near the end of Epilepsy Awareness Month on March 26th. People in countries around the world wear purple and host events to support epilepsy awareness in their communities!

Since Purple Day is on a Saturday this year and we won't be in class, we're challenging all teachers and students in our school to wear purple to school tomorrow, in support of Purple Day and people living with epilepsy! Are you up for the challenge? See you tomorrow and don't forget to wear something purple!

DAY 5

Did you remember to wear your purple today? We're back with today's Epilepsy fact!

Today's fact is: Did you know that a lot of people don't even know what epilepsy is? That's why it's so important that we share some of the information we learned this week with our friends and family. That way, people who are living with epilepsy, whether they're your classmates, family members, friends, or neighbours, can feel less alone!

Luckily, tomorrow is Purple Day! To celebrate and help people living with epilepsy, you can tell someone in your family, or one of your friends, a fact that you learned about epilepsy.

If you want to learn more about epilepsy or have any questions, you can ask your teacher or visit Epilepsy Toronto! Check out their website: www.epilepsytoronto.org.