



"From the Nurse's Office"



New Paltz Middle School

November/December 2018

Hello NPMS Families:

November is epilepsy awareness month. Epilepsy is the fourth most common neurological disorder and affects people of all ages. Many people ask what the difference is between epilepsy and a seizure. Simply put, a seizure is an event and epilepsy is the disease involving recurrent unprovoked seizures.

A person is considered to have epilepsy if they meet any of the following conditions.

- At least two unprovoked (or reflex) seizures occurring greater than 24 hours apart.
- One unprovoked (or reflex) seizure and a probability of further seizures similar to the general recurrence risk (at least 60%) after two unprovoked seizures, occurring over the next 10 years.
- Epilepsy is considered to be resolved for individuals who had an age-dependent epilepsy syndrome but are now past the applicable age or those who have remained seizure-free for the last 10 years, with no seizure medicines for the last 5 years.

If you notice a person having a seizure, do the following:

- Watch how long the seizure lasts – call for emergency medical help if a generalized seizure lasts 5 minutes or longer.
- Protect the person from injury but don't restrain their movements.
- Watch their breathing – turn them on the side to help keep the airway open. If breathing problems occur, call 911.
- Don't put anything in their mouth.
- Know when to call for emergency help.

Stay with the person after the seizure until they are aware and safe.

As always, please call with any questions or concerns that you may have.

All my best,
Nurse Erin

EPILEPSY
AWARENESS



SPORTS

Modified Winter sports begin on November 13. This year the athletics department started using a new software called **Final Forms**, which allows all students and parents to sign up for sports electronically. If your child would like to tryout, please be sure to sign up **prior** to Nov 13.

The signup link is listed below. Please direct any technical questions to Ms. Jenna Manning at the NP Athletics Office.

Please register at:

<https://newpaltz-ny.finalforms.com/> and follow the prompts to create your account, add your students and sign your forms.

