

Healthy Development Adelaide

A Research & Innovation Cluster in South Australia



Children's Wellbeing: Are we doing enough?



Date: Thursday 10 April 2008

Time: 4.30 - 7.00pm

Venue: State Library of South Australia
Institute Building Lecture Theatre
(Corner of Kintore Ave & North Terrace)

Arrivals at 4.15pm for a 4.30pm start

Food & drink provided after conclusion of talks

All welcome - Free admission

RSVP by Monday 7 April

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SPEAKERS

Ms Leigh Burrows

Learner Wellbeing in DECS - connecting policy with practice

Department of Education & Children's Services (*seconded to School of Education, Flinders University*)

Dr Natalie Sinn

Nutritional influences on children's learning and behaviour

Nutritional Physiology Research Centre, University of South Australia

Dr Sarah Blunden

Sleep: the under recognised impact of poor sleep on children's wellbeing

Centre for Sleep Research, University of South Australia

Dr Rebecca Golley

Children's diet and lifestyle patterns - influence of parental attitudes

CSIRO Human Nutrition

CHAIR

A/Professor Claire Roberts

Discipline of Obstetrics & Gynaecology, University of Adelaide

This event supported by



Speaker Profiles



Ms Leigh Burrows has a longstanding interest in the connections between education, health and wellbeing. She has held positions in a domestic violence service, Steiner education, secondary schooling and centrally in the SA education department developing policy, programs and resources in relation to learning and wellbeing. She is currently seconded to Flinders University to work on a federally funded research project that is inquiring into how school communities can build the capacity for wellbeing. Leigh has published papers in the areas of parent-teacher communication; special education teacher training in Macau; personalized planning and student voice; spiritual wellbeing in mainstream education; and holistic approaches to working with children and families at risk. She has a particular interest in supporting teachers and other professionals to work with vulnerable children in connected and collaborative ways that can help to reduce stress, and build self regulation skills.



Dr Natalie Sinn currently works in the Nutritional Physiology Research Centre within the School of Health Sciences at the University of South Australia. With a psychology background, Natalie's PhD research investigated effects of micronutrients and omega-3 fatty acids on learning and behaviour problems associated with child Attention Deficit Hyperactivity Disorder (ADHD). Natalie is continuing her research on cognitive and behavioural effects of nutrition as well as behavioural and environmental factors associated with nutritional choices. Natalie is the recipient of an Australian Research Council Post Doctoral Fellowship for a 3-year project investigating the mental health benefits of omega-3 fatty acids across the lifespan.



Dr Sarah Blunden is a Paediatric Sleep Research Fellow within the Centre for Sleep Research at the University of South Australia. Sarah's sleep research interests include, sleep and daytime performance and behaviour, obesity and sleep, restless legs, maternal depression and sleep, objectifying self-reported sleep problems and sleep education and awareness. In addition to her research activities, Sarah heads the University based 'Paediatric Sleep Clinic'. This is an extension of her 'Child and Adolescent Sleep Psychology Clinic' established in 2003 out of an obvious need for specialist paediatric sleep services for diagnosing and treating families with children and adolescents who are experiencing sleep problems.



Dr Rebecca Golley has recently joined CSIRO Human Nutrition as part of its Healthy Weight and Wellbeing for Children initiative. Rebecca completed a PhD at Flinders University (Department of Nutrition and Dietetics) investigating the effectiveness of incorporating parenting skills training as part of a child weight management program. She then spent time as a Research Associate in the UK with the School Food Trust researching children's nutrition, mood and learning behaviours in relation to new school food policy. From May 2008, Rebecca will commence a NHMRC Public Health Training Fellowship with CSIRO Human Nutrition. Her research interests focus on developing effective dietary and lifestyle interventions for the prevention and management of child obesity. A particular focus is informing strategies to support parents to develop healthy family eating and activity habits. She also has research experience looking at how the home environment can influence development of overweight in pre-school children and profiling food patterns associated with child obesity risk factors.