

# HD CD NEWS



summer 2008

## ORIENTERRING SUCCESS

On Sunday June 1<sup>st</sup> HD CD held an orienteering event at the Carse in Ardersier. We were lucky to have the expertise of David Summers and Carol Taylor to organise this event which was attended by many families. We would like to thank David and Carol for their hard work on the day for arranging 3 different levels of routes for our eager orienteers.

Everyone had a fantastic time and it was good to see so many young people completing the course on their own (not one of them getting lost). All the children received a certificate for completing the course.

Our thanks go to Andy, Dave and Laura for the BBQ at the end of the event. We do hope to have another orienteering event next year.

For those of our members who remember last years event where Arlene got lost trying to find the place I am pleased to let you know that she found this place first time.

A happy bunch of young orienteer's with their well earned certificates



## TREASURE HUNT

HD CD will hold a car treasure hunt on 31<sup>st</sup> August (Sunday) at 2pm. We shall meet at the Inverness Royal Academy Car Park in Culduthel Avenue. Fantastic prize for the winning car. Tea, coffee and cold refreshments will be available afterwards at a secret location - if you can find your way back there!!!!



Contact Arlene for further information or to enter the Treasure Hunt

Could you please notify Arlene if you change your email address?

Email is the quickest, cheapest and easiest way to communicate with you.

HD CD receives most of its flyers for events by email and this information can be easily passed on to you.



# NATIONAL CHILDREN'S NUTRITION CONFERENCE

Arlene had the privilege to attend the 1<sup>st</sup> National children's Nutrition Conference in Cardiff on June 10<sup>th</sup> this year. This event was arranged by Professor Amanda Kirby who is well known to many of us at **HDCD**. The whole day was extremely informative with many renowned experts speaking about nutrition and what we feed our children, what we are doing to food in general and how times have changed towards our diet in the 21<sup>st</sup> century.

Professor Kirby's presentation was about:

**'TV or no TV' that is the Question?** It helped reiterate that progress is not necessarily good for us. Professor Kirby reminded us that family mealtimes play a huge role in the social development for our children by teaching them a positive attitude towards mealtimes, what we eat, and nutritional value.

Socially, it helps in the art of conversation that so many of our children find hard. It also helps with turn-taking in how and when to speak, teaches manners, etiquette and also self control. And that it requires attention, so we are aware of the conversation and what is being spoken about. It is also a learning tool as in how to use cutlery properly, cutting up of food, textures of different types food, and also stirring.

It is also important to allow our children to help us prepare a meal. It helps to carry out more learning skills e.g.. Maths, in weighing for more, less and fractions.

As our children progress into adolescence mealtimes become harder to schedule together. However, we as parents should try and carry on with this positive association between family support at mealtimes as it allows parents to observe for any concerning dietary problems e.g. eating disorders.

Please find a shortened version of Professor Kirby's presentation below and continued in the next column, which will help you in what I have said earlier.

## Social value

- ☞ Moral rules - justice, harm, prevention
- ☞ Social conventional rules - appropriateness v correctness
- ☞ What reactions follow on - agreement, resistance, negotiation

## DATES FOR YOUR DIARY

- ☞ August — Treasure Hunt — see front page for info
- ☞ September — Landmark
- ☞ October — Nothing Planned at the moment
- ☞ November — Rollerbowl
- ☞ December — No Activities in December

## Linguistic gains

- ☞ Joint conversation
- ☞ Inferences
- ☞ Rules
- ☞ Intergenerational gathering

## Adolescence and meal times

- ☞ Harder to get meals together
- ☞ Nutrition intake
- ☞ Protection against eating disorders
- ☞ Gender differences

Meal times need maintained despite changing age.

## Longer-term gains

- ☞ Family support
- ☞ Peer influence
- ☞ Less likely to be in dodgy activities

## Where do we eat?

- ☞ Growth in eating in front of TV
- ☞ Relationship with obesity
- ☞ Adverts influence
- ☞ Eating energy dense foods

## Implications for home and school

- ☞ School meals offer a time to model social behaviours that may be being missed at home.
- ☞ Preparation and cooking in schools can offer the support for social and educational gains.
- ☞ What do we need to do?
- ☞ Working with schools, school meal, nutrition training to GP and teachers.

For future reference:-

FAB research are staging a 1 day conference at the Newton Hotel in Nairn on 26<sup>th</sup> September. From 9.30 am until 4.30pm. This will be titled **Feeding young Minds Nutrition in Childhood - meeting the Challenge**.

Topics will be 'How can we explain children's worsening behaviour and the escalation of special need pupils?' 'Do fast foods and high lifestyles conflict with our genetic makeup?' 'The links between diet, brains and behavior and the implications for policy and practice?'

The keynote speaker is Dr Alex Richardson who is the Director of FAB Research, Dave Rex, Child and Health Dietitian for NHS Highland and Healthy Eating in schools Coordinator along with many others.

**HDCD will be providing an Information Stand on the day**



01463 709 907



[www.hdcd.org.uk](http://www.hdcd.org.uk)



[hdcd.org@tiscali.co.uk](mailto:hdcd.org@tiscali.co.uk)



HDCD Group, Unit 6,  
15 Lotland Street, Inverness, IV1 1ST