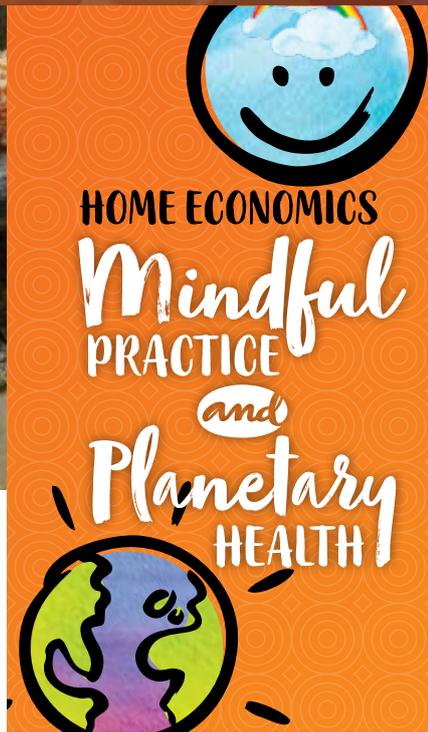


# *inform*

Newsletter of the Home Economics  
Institute of Australia (Qld) Inc.

**March 2018**



The March 2018 issue of *InForm* reports on the events that have already happened this year as well as the exciting events still to come in 2018. It reports on the HEIA(Q) Annual General Meeting and World Home Economics Day celebration, along with the presentation of the 2018 Queensland King & Amy O'Malley Trust scholars, all of which took place in March. We bring a number of home economics-related competitions to your attention as well as the HEIA(Q) 2018 state conference and regional professional development program. Be sure not to miss the Teacher Excellence Awards nomination form. There's so much happening! Please enjoy.

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# Contents

HEIA(Q)'s 2018 Annual General Meeting	2
Celebrating World Home Economics Day	3
Introducing the 2018 Queensland King & Amy O'Malley Trust scholars	3
Wool4School 2018 Competition	4
HEIA(Q) Membership as at 31 December 2017	5
Retirees' High Tea	5
HEIA(Q) members attend QUT's Design Teachers Studio 2018	6
Great News! HEIA(Q) 2018 conference exclusive: Scholarships are now available for HEIA members to undertake leadership development	8
NESLI Advanced Leadership Program A HEIA(Q) case report	10
HEIA(Q) 2018 State Conference	11
HEIA(Q) member profile—Lyn McErlan	19
HEIA(Q) 2018 Regional Professional Development Program	20
Australia Teenage Fashion & Arts Youth Festival	24
McCormick Foods and HEIA Years 9 and 10 Flavour Forecast® 2018 Student Recipe Challenge	26
HEIA(Q) 2018 Home Economics Teacher Excellence Awards	28
Diary Dates	Back cover

# HEIA(Q)'s 2018 Annual General Meeting

HEIA(Q)'s 2018 Annual General Meeting (AGM) was held 17 March 2018 at Room with Roses, as part of its World Home Economics Day celebrations. The AGM afforded the Committee of Management the opportunity to report to members with an overview of the work and priorities of HEIA(Q) over the past year and to celebrate the contributions of members in 2017.

President Kirsten McCahon chaired the AGM, with approximately 15 members present. The President, Secretary, Treasurer, Auditor, National Council Delegate, Newsletter Editor, Membership Secretary and Professional Development Manager all presented reports. Their reports celebrated the achievements and vast array of activities for 2017, identifying the successes and challenges for HEIA(Q) during the year and into the future. Highlights from the reports include financial stability, a solid membership base, strong advocacy in relation to home economics education in school and tertiary settings, a successful state conference, diversity of professional-development opportunities throughout the regions, and the successful use of technology—including Facebook, the website and email—to engage with members.

The Committee of Management experienced renewal again this year with the retirement of some of its members. We bid farewell to Delia Stecher after five years of service; to Belinda Ingram after three years; to Tessa Lund after three years; Tiarni Twyford, after three years; and to Amanda Robertson after one year of service. Their contributions to HEIA(Q) during their time on the Committee of Management were acknowledged. Belinda was presented with a small gift of appreciation. Delia, Tiarni, Tessa and Amanda will be presented with gifts at a later date. We thank each one of them for their support of the association and wish them all the best for their future endeavours.

This year, Kirsten McCahon continues in her role as President of the Committee of Management. Also continuing in their roles are Rosie Sciacca as Vice-President and Treasurer and Aileen Lockhart as Secretary. The National Delegate position is vacant at the time of writing. Sarah Brook was elected as a member of the Committee and we congratulate her. She joins continuing members Cheryl Conroy, Nicole Hiskins, Janet Reynolds and Kay York. The collective experience of its members sees the committee well placed to advocate for Home Economics and to fulfil the objectives of the HEIA(Q) Constitution.

The efficient operation of HEIA(Q) depends on its members taking on active roles on the Committee of Management and its sub-committees, such as those for professional development and the state conference. Active involvement in the HEIA(Q) provides an array of invaluable opportunities for networking, and for professional and personal growth. If you are interested in contributing in some capacity please contact HEIA(Q) to register your interest.

## Nicole Hiskins

Forest Lake State High School

# Celebrating World Home Economics Day



This year HEIA(Q) celebrated World Home Economics Day (WHED) at Room with Roses in the Brisbane Arcade in Brisbane City. The celebration was held in conjunction with the HEIA(Q) AGM on 17 March 2018. HEIA(Q) Committee of Management member Belinda Ingram welcomed everyone for a morning of high tea, an introduction of the 2017 Queensland King & Amy O'Malley Trust scholars, the HEIA(Q) Annual General Meeting and, of course, plenty of good collegial company.

Following the AGM, guests toasted World Home Economics Day, after which they enjoyed a beautifully presented and delicious high tea of pastries, mini desserts, tea and coffee.

The presentation of the 2018 King & Amy O'Malley Trust Scholarships was a highlight of the morning. This year's Queensland scholars are Phoebe Hanau, Lyn McErlean and Bronte Wills. Lyn McErlean responded on behalf of the scholars, when she encouraged members to embrace the changes to the senior curriculum, reminding us about the core of home economics and how this is still evident in the recent syllabi changes. Congratulations to all three scholars; we wish you well along your paths.

The international theme for the 2018 World Home Economics Day was 'Home economics literacy—Skills for healthy and sustainable cooking'. The HEIA(Q) celebration of World Home Economics Day reminded all those present that this is a great time to reflect on the importance of home economics literacy. The International Federation for Home Economics has provided a PowerPoint presentation by Karen Hjaelmeskog from Sweden on how home economics literacy can be developed in classrooms through a pluralistic approach to teaching and learning. The presentation can be viewed at <http://he.ifhe.org/1119/>. In the presentation, Hjaelmeskog asks:

- 'How can we plan the cooking lessons to include sustainability issues?'
- 'How can we meet the student's [sic] interests in sustainability and climate change in cooking lessons?'
- 'How can a pluralistic approach be favoured over a normative and instrumental approach?'

These key issues are already being addressed in many classrooms across Queensland, as evident in social media and in face-to-face discussions. There has been much talk and there have been many suggestions for good pedagogy related to: exploring and using local products and produce; teaching and learning about local traditions and cultures; engaging students through this inclusivity; and critically evaluating food production, transportation and disposal through a lens of sustainability and food-waste reduction. These topics are embedded in the 'Sustainability' general capability of the Australian Curriculum, encouraging teachers to provide opportunities for students to design sustainable solutions and to take a stand on the issue informed by real-world perspectives.

## Nicole Hiskins

Forest Lake State High School

# Introducing the 2018 Queensland King & Amy O'Malley Trust scholars



## Phoebe Hanau

As a proud King & Amy O'Malley Trust scholar for 2018 and a future home economics teacher, Phoebe's goal is to inspire students with the power of creativity and the possibilities in textiles and fashion. She is passionate about fashion and all things creative; she loves making her own clothes and being able to express her creativity in her designs. Over the past few years Phoebe has submitted her designs in fashion-design competitions, worked as a home economics teacher aide and facilitated fashion illustration and digital design workshops using Photoshop for senior Home Economics students. Phoebe believes that creativity is a powerful tool that, when released, provides limitless opportunities for greatness. She adds that the study of Home Economics enables students to think critically and creatively by developing their problem-solving capacities, skills that cannot be underestimated in importance. Phoebe is currently studying a Bachelor of Education (Secondary–Home Economics) at CQUniversity.



## Lyn McErlean

Lyn McErlean is a home economics teacher and former chef. She is currently the Curriculum Leader of Design Technologies at St Benedict's College at Mango Hill, just north of Brisbane. Lyn is passionate about teaching Home Economics and building capacity in a community of educators who are equally passionate about educating students. To this end, Lyn has created three Facebook pages as support platforms to help teachers engage in and discuss issues that concern them. Lyn's commitment to building a professional community is also evident in her involvement in the HEIA(Q) conference organising committee. This is her third consecutive year on the committee. In 2016 Lyn was awarded a scholarship to participate in the Advanced Leadership Program of the National Excellence in School Leadership Initiative. She is currently enrolled in a Master of Leadership at Monash University.

## Bronte Wills

Nineteen-year-old Bronte Wills grew up in Central Western Queensland, in small remote town called Barcaldine. In this tiny town she calls home, Bronte has grown into the passionate and creative person she believes she is today. She attributes her growth to the help of her family. Whilst at school, Bronte worked with diligence and care. Twelve years later, her hard work paid off when in 2016, her final year of high school, she was awarded Senior Dux, the Caltex Best All-Rounder, and the prestigious Country Women's Association Award for Home Economics—which she was also awarded in the two previous years. In 2016 Bronte was also selected to be a King & Amy O'Malley Trust scholar and received the Queensland Government's Aspiring Teachers Grant. She believes that her achievements have pushed her to work, to study and to practise harder to always strive for greatness.

In 2017 Bronte flew the nest and began her tertiary studies at CQUniversity, where she studies a Bachelor of Education (Secondary–Home Economics). Bronte is so very passionate about education as a career and specifically Home Economics education. It gives her immense satisfaction to know that she has been able to achieve the dream she has had to work in this field since she was an eight-year old. For Bronte, Home Economics is far more than cooking and sewing—it is the blueprint for life in the modern world. She takes much pleasure in pursuing a career where she can exercise not only her own creativity but also foster it in others. She believes that the creative nuances of the world are forever changing and that it is her moral duty as a home economics educator to create a platform where this creativity can be nurtured and guided so that it touches people far beyond the classroom. She will continue to uphold everything that Home Economics stands for—and, evidently, King O'Malley himself stood for—in an attempt to reignite the flames of passion for and increase global awareness of this industry.

# Wool4School 2018 Competition

There's still time to register ([www.wool4school.com/register/](http://www.wool4school.com/register/)) for this year's Wool4School Competition, with registrations closing 31 May. Don't miss your chance for students to design an innovative, multi-functional wool outfit—your students could win an internship with Australian fashion label Jac+Jack or a new Bernina sewing machine.

Teachers can also reap the rewards; by filling out the teacher questionnaire at [www.wool4school.com/globalassets/wool4school/about/teachers/w4s-2018-au-teacher-questionnaire.pdf/](http://www.wool4school.com/globalassets/wool4school/about/teachers/w4s-2018-au-teacher-questionnaire.pdf/) you could earn a \$1000 cash prize,

a Bernina sewing machine for your classroom and a one-day education workshop and mentoring session for students and teachers.

The teacher booklet for lesson plans and worksheets can be downloaded at [www.wool4school.com/globalassets/wool4school/about/teachers/w4s-2018-au-teacher-booklet.pdf/](http://www.wool4school.com/globalassets/wool4school/about/teachers/w4s-2018-au-teacher-booklet.pdf/) to bring Wool4School into the classroom.

With so many prizes up for grabs, there's no time like the present to register for Wool4School.





save the date

# HEIA(Q) Membership as at 31 December 2017

As at the end of December 2017 HEIA(Q) had 621 members. This was 44 more than at the end of 2016. (Note, however: The 2016 numbers were not meaningful because the secretariat did not record all online memberships.) As the table below shows, our current membership of 621 is at its highest since 2014.

Member type	HEIA(Q) members 31/12/17	HEIA(Q) members 31/12/16	HEIA(Q) members 31/12/15	HEIA(Q) members 31/12/14	Nationally 31/12/17
Associate	1	4	0	1	10
Full	108	110	116	137	318
School contact	109	99	100	111	212
School non-contact	370	328	335	353	752
Student with journal	11	12	18	15	40
Student no journal	7	4	9	4	17
NIPE	16	20	20	17	57
<b>TOTAL</b>	<b>621</b>	<b>577</b>	<b>598</b>	<b>638</b>	<b>1406</b>

**plus online renewals**

Nationally, HEIA had 1406 members at 31 December 2017, of which 44.2% were in the Queensland Division (compared with 43.4% in 2016). By comparison, at the end of 1994 (the first full year of HEIA's operation), there were 650 members nationally and 87 members (13.4%) in the Queensland Division.

Compared with the national profile, HEIA(Q) has more School members but fewer Full members:

Member type	HEIA(Q) % as at 31/12/2017	Nationally % as at 31/12/2017
Associate	0.2%	0.7%
Full	17.5%	22.6%
School contact + non-contact	77.1%	68.6%
Students	2.9%	4.1%
NIPE	2.5%	4.0%

The strong HEIA(Q) membership reflects the value its members place on the Institute and positions the Division well for advocating on their behalf. All members are encouraged to renew their membership in 2018 to ensure that the home economics profession in Queensland continues to have a strong voice advocating for it.

There have been no changes in the distribution of HEIA(Q)'s membership across the various categories. School memberships remain strong – of the 621 members, 479 were School members. This was financially beneficial as HEIA(Q) receives a capitation of \$242.42 per annum for each school membership.

As at the end of December 2017, of the 621 members, HEIA(Q) had email addresses for all but one member (who does not have an email address). This provides an efficient and cost-effective means of contacting members.

**Dr Janet Reynolds**  
HEIA(Q) Committee of Management

## Retirees' High Tea

This much-enjoyed event will be held again in 2018. The venue is the ever-popular Keri Craig Emporium, with a central position and easy access to transport. It is also quiet (until the retirees get there) and private.

The ambience seems to fit the occasion. If you are in contact with any retired colleagues, please alert them to this event and urge them to contact Denise McManus so they can be added to the database and receive information.

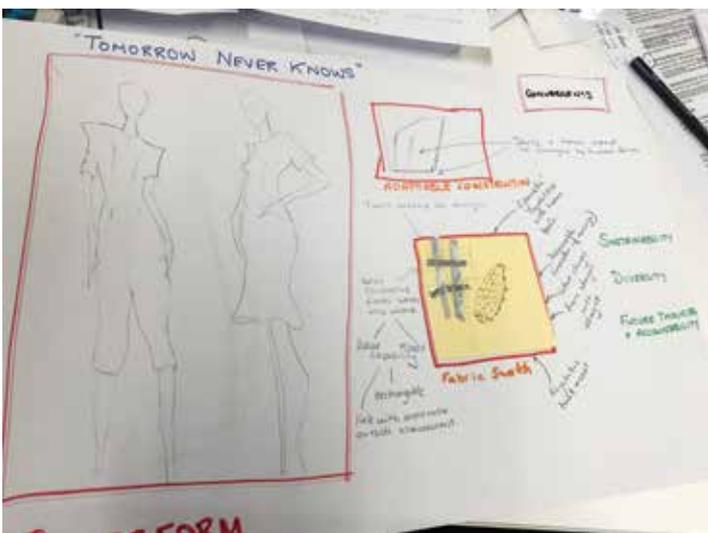


- Date: **Tuesday 28 August 2018**
  - Time: **11.30 am**
  - Venue: **Keri Craig Emporium  
Brisbane Arcade, Brisbane City**
  - Cost: **\$40 approx.  
(final cost to be advised),  
including high tea, with a glass of  
sparkling wine on arrival**
  - RSVP: **Tuesday 14 August  
to Denise McManus**
  - Tel: **07 3865 1401**
  - Email: **zzdmcman@westnet.com.au**
- Please advise any dietary requirements when replying.**

Hope to see you there

# HEIA(Q) members attend QUT's Design Teachers Studio 2018

On Friday and Saturday, 9 and 10 February 2018, Queensland University of Technology (QUT) hosted a professional-development opportunity for teachers in design learning. The QUT Design Teachers Studio two-day workshop offered participants the chance to not only engage in elements of the new Queensland Curriculum and Assessment Authority (QCAA) *Design 2019 General Senior Syllabus* from both student and teacher perspectives, but also afforded teachers the chance to collaborate with and to network with each other. This valuable learning opportunity was organised by QUT lecturers Dr Nick Kelly, Andrew Scott and Natalie Wright and was facilitated by numerous lecturers, tutors and researchers from across the QUT School of Design. This wide scope broadened participants' understanding of design and highlighted the potential of the new QCAA *Design 2019* syllabus and the opportunities it can provide.



## Day 1

The first day was focused on engaging delegates in the design process, from unpacking the brief through to pitching the design proposal. Participants were split into teams to work on the design brief provided, which required teams to develop the 'school of tomorrow', considering the requirements of one of the philanthropists. The importance of teamwork and collaboration was established early on, with explicit discussions about team roles and procedures, and the use of team critiques enforced throughout the day. Teams worked together to understand the design brief, to establish criteria for success, to generate ideas, and to critique those to refine and synthesise them so that they could prototype and pitch two key designed solutions at the end of the day. The designed solutions included interior and exterior places, wearables, services, technologies and products. Within these categories, the possibilities were endless. This was evident in the variety of solutions pitched at the end of the day by the teams that had all started with the same design brief.

The key learning from this day was that the focus of Design must be on the process rather than on the product. We need to emphasise both the divergent and convergent thinking in which students need to engage and the way that they explore problems and refine, represent and communicate their ideas and solutions. Whilst it may be easy to lament this shift from a focus on the product to one on the process, because the former has been empowering for students for so long, it is impossible to deny the possibilities that are facilitated through a process-and-prototyping focus. It was through engaging in the design process and exploring the different ideas—that would not have come to fruition in the current Home Economics course—that we realised the appeal and potential of Design. Design is an exciting subject!

## Day 2

The second day was split between learning about QUT's design courses and their requirements, and unpacking some of the elements of QCAA *Design 2019* syllabus. Participants spent most of the day exploring how to develop a design brief suited to one of the Design units, in addition to the implications that the *Design 2019* syllabus has for students, teachers and schools. When charged with developing a task and design brief to be used for either Unit 1 or Unit 2 of the *Design 2019* syllabus, it became apparent that everyone approached the task with different expectations and experiences, which in turn influenced the parameters of the design brief. It was evident that the narrow scope and product focus of previous syllabi are not appropriate for *Design 2019*. Design tasks need to provide adequate scope for students to explore and develop ideas and concepts, rather than be guided towards a particular product, environment or service. This experience initiated discussion about the opportunities and challenges that *Design 2019* presents. There was much discussion about the developing identities of a design teacher and a design student, the resourcing requirements of *Design 2019*, and the need for collaboration and participating in professional networks for best practice.

## Key messages

### Who is a Design teacher?—YOU are!

*Design 2019* is a new senior subject that sits broadly within the Technologies suite. All technology teachers should be capable of teaching this subject well. It was disappointing that only a small handful of the participants in the QUT Design Studio workshops identified as home economics teachers. At its core,



Home Economics has the health and wellbeing of individuals, families and communities. This human-centred approach is key to the successful study of design and makes the backgrounds of home economics teachers an asset in this stakeholder-focused subject. Additionally, the iterative inquiry and design processes that underpin the study of Home Economics across the curriculum directly align to the design process that forms the foundation for the study of *Design 2019*. Home Economics teachers are well equipped to deliver engaging and innovative design courses. It is imperative that teachers involve themselves in developing and teaching *Design 2019*. The identity of a design teacher is currently being formed and the perspectives and experiences of home economics teachers are invaluable in shaping the possibilities within *Design 2019*.

**Design is fun! Design is engaging! Design provides endless potential!**

The infinite possibilities created through an emphasis on the process rather than the product render Design an exciting and empowering subject for students. Effective design contexts and briefs allow students to explore problems and to develop their own solutions—solutions that may not have been possible had limitations such as a defined product and the requirement to produce that product been specified. Design affords students the opportunity to explore and to play with conservative, innovative and radical ideas and to refine them through prototyping with different materials and techniques including plasticine, styrofoam, fabric and 3D printing—the list is endless. Learning experiences that engage students in the process of generating, synthesising and refining ideas involve high levels of critical and creative thinking in addition to collaboration. Design is by no means a linear subject—every learning experience has the potential to shift perspectives, to challenge, to engage and to excite!

**Professional networks are essential**

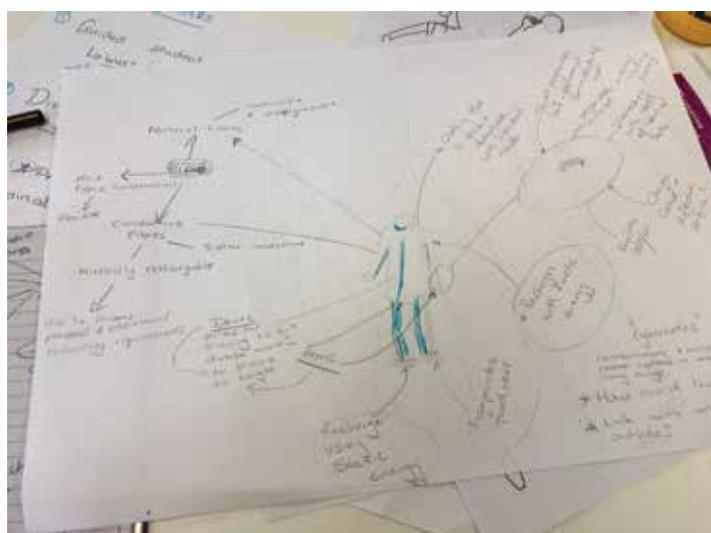
One key need highlighted throughout the QUT Design Studio sessions was for teachers to network, collaborate and engage in professional development. Workshops such as the QUT Design Studio provide an ideal forum in which to meet and engage with other design teachers. To support teachers online, QUT has developed the 'Design Teachers Forum', where questions can be posed, and answers and resources shared through discussion threads. The site is full of useful information and resources, particularly those pertaining to developing sketching skills, which have not previously been emphasised in Home Economics. To access this invaluable resource, head to <[www.designteachersqld.org](http://www.designteachersqld.org)>.

Numerous resources are available within the home economics professional community through the Facebook pages for HEIA(Q) and Qld Design Technologies Support Page. Additionally, some regions have established cluster groups that meet each term to share their practices, ideas and challenges. Cluster-group meetings are an ideal environment in which to open discussions about *Design 2019* and what schools are doing to prepare for and implement this innovative syllabus. At the HEIA(Q) state conference later in the year delegates will have the opportunity to engage in concurrent sessions that explore the new syllabus and its implementation.

**Seize the opportunity to engage fully in teaching *Design 2019* and to experience how this empowering subject can develop students' creative problem-solving capabilities!**

**Rosemarie Sciacca**

John Paul College



# Great News!

Great news! One again, the HEIA(Q) conference organising committee has partnered with the National Excellence in School Leadership Initiative (NESLI) to offer leadership scholarships for HEIA members. One full (\$5950) and eight partial (\$4000) scholarships are available for HEIA members to undertake leadership development through Women & Leadership Australia's Advanced Leadership Program. These nine scholarships are available only to HEIA members.

All HEIA members are invited to apply for scholarships to participate in the accredited Advanced Leadership Program (ALP), a six-month part-time program specifically designed for female schoolteachers. The grants are allocated with the specific intent of providing powerful and effective development opportunities for HEIA women members. Successful scholarship recipients will be announced at the 2018 HEIA(Q) state conference on Saturday 18 August 2018 at the Brisbane Convention & Exhibition Centre.

HEIA(Q) Committee of Management urges members to apply for these scholarships. When the scholarships were awarded in 2016, nine HEIA(Q) members were offered scholarships. Another four HEIA(Q) members were awarded scholarships at the HEIA national conference in 2017. The nine 2018 scholarships are only for HEIA members. Members are urged not to miss this opportunity to strengthen your professional standing, develop skills and enhance your profession.

## EXPRESSION OF INTEREST

Scholarship funding is strictly limited and Expressions of Interest close Friday 27 April 2018. More information is available at <http://www.nesli.org/heia.html>, where you can complete your details to register your interest and receive the application form.

## Program information

Through broad consultation across many geographical and industrial boundaries, Women & Leadership Australia (WLA) has uncovered a significant need for a developmental program that enables high-potential female school leaders to engage in an intensive, peer-oriented leadership-development experience. In response to this need, WLA engaged a wide range of stakeholders across a number of key industries to assist in the development of the Advanced Leadership Program. In addition to delivering exceptional professional development, the program sets out to create powerful role models for future female leaders.

Created to provide tailored development and support to the growing pool of senior female school leaders, the Advanced Leadership Program is enabling the advancement of high-potential women across all school sectors.

During a career-defining six-month journey, participants accelerate their career potential and become part of an exclusive cohort of exceptional female leaders.

During the program participants engage in a deep exploration of their own strengths, weaknesses and opportunities as they relate to building and maintaining highly effective school teams. Regularly engaging in highly interactive learning experiences, participants share their journey with like-minded colleagues across the country. In addition to delivering high-impact professional development, the program sets out to create powerful, life-long professional networks.

## Program snapshot

Program duration: 6 months  
Weekly commitment: 2 hours

**WOMEN & LEADERSHIP  
AUSTRALIA**

**heia(Q)**

ADVANCED  
LEADERSHIP  
PROGRAM

*Supporting the development of  
exceptional female school teachers*



# HEIA(Q) 2018 conference exclusive: NESLI Scholarships are now available for HEIA members to undertake leadership development

## Delivery format

The program employs an integrated learning methodology based around self-analysis, peer knowledge-sharing, experiential exercises, practical workplace application and reflection. Throughout the program, learnings are related back to each participant's day-to-day realities and challenges. This process is enhanced through participant-generated discussions and adaptive leadership challenges that unlock the existing skills and experience within the group.



### **CAPABILITY ASSESSMENT** / One

At the beginning of the program, participants undertake a capability assessment to evaluate their abilities and confidence in key areas. Results from this simple assessment support each participant to develop a personal action plan to help them to achieve their developmental objectives.



### **INTERACTIVE WEBINAR SESSIONS** / Seven

During the program participants attend seven interactive online sessions. These sessions can be accessed from any desktop computer or mobile device, allowing for minimal disruption to participants' workdays. The live online sessions allow participants to interact directly and to engage in meaningful discussion pertinent to the respective module.



### **ADAPTIVE LEADERSHIP CHALLENGERS** / Five

Throughout the program, participants take part in a number of adaptive leadership challenges. By contextualising major themes within real-world situations, the challenges reinforce key learning and equip participants to put new approaches into operation.



### **PEER COACHING SESSION** / Five

During the program participants enter into a peer-coaching partnership with a co-participant. The peer-coaching process is fundamental to the program and greatly enhances the learning process.



### **SELF DIRECTED LEARNING**

Throughout the program, content and media for each module is accessible 24/7 via a state-of-the-art online learning-management system that allows participants to engage with it any time from any device.



### **INTERACTIVE ONLINE COMMUNITY**

During the program, participants have 24/7 access to the interactive online portal, which connects them with their fellow participants and a broader network of school leaders across the country.

## Program themes

### **Mindful and authentic leadership**

The first theme introduces participants to a values-based operational framework as they explore the relationship between personal authenticity and effective performance. Participants take a deep dive into the traits and behaviours that define exceptional leaders in today's society; and consider how to synthesise their personal aims and objectives with that of their roles to optimise their impact and stay focused on their goals.

### **Conflict and feedback—the DNA of performance**

When handled effectively, conflict leads to a better awareness of other people's feelings and can be highly productive. The second theme approaches conflict and feedback as proactive performance-management tools and fundamental ingredients in effective communication.

### **Mastering influencing and negotiation**

Our ability to effectively influence and negotiate with others is fundamental to success in all areas of life. As leaders we use these skills every day to settle differences and to achieve optimal outcomes for our schools. The second theme will explore the psychology involved in influencing others and negotiating for a particular outcome.

### **Leading innovation and change**

This theme focuses on the leadership qualities involved in driving innovation and change. Using a case-study approach, participants explore the way in which innovation and change are inextricably intertwined. Participants then examine leadership challenges during times of crisis, gaining an understanding of the way in which they can help to build a flexible, agile organisation.

### **Creating my pathway**

As our everyday environments increase in complexity it is easy to become distracted by the immediate at the expense of what's truly important. The final theme centres on developing a coherent and dynamic game plan for career and life fulfilment. Within the context and expectations of their own workplaces, participants consider the steps required to fully realise their career potential.

### **Credit towards a Masters degree**

HEIA(Q) members are urged to apply for scholarships. It is a wonderful opportunity for our profession, especially as it includes credits towards a Masters qualification. An academic partnership between NESLI and Monash University enables credit towards the Master of Education and Master of Leadership to graduates of the Advanced Leadership Program. Under the partnership, graduates can apply for 12 credit points via specified credit for the Leadership studies unit (EDF5670) towards the internationally recognised Master of Leadership, equating to 25% of the qualification. Alternatively, graduates may apply for credit in the Master of Education course, for which 12 points of unspecified credit will apply. Importantly, both the Master of Education and Master of Leadership include options available entirely online, enabling teaching professionals from anywhere in Australia to achieve world-standard advanced-degree qualifications.

# NESLI Advanced Leadership Program

## A HEIA(Q) case report

When I applied for a scholarship for the Advanced Leadership Program, I was not sure what I was going to learn and if leadership was a path that I wanted to venture down. However, my mind was soon made up! The course was so welcoming from the onset—it was well designed, student focused and very communal. The weekly webinars kept me on track to do the readings and helped me to be ready for each topic. We were then able to meet other course participants online to discuss the implications of our readings. This was helpful, as we all felt a sense of community and shared goals.

From doing the course, I feel more confident in making decisions and taking control of the direction in which I am heading professionally. In the future, I will be more discerning when I change positions and think about the culture of the school, as I have learnt that this is possibly the hardest thing to change. This course has really resonated with me in so many ways and has assisted me to navigate in my role as a leader. I have found the content to be powerful, effective and always seemed to come at the right time for me. Every day, both at work and personally, I have intentionally put into practice the many strategies I have learnt during the course.

Part of the program is to implement some change or growth and to track that using the strategies learnt. I made a list of my goals and was able to tick off more of those than I had planned to. I have found that my time-management skills and ability to make decisions and set the course has improved, which has meant getting more things done as well as making more time for me to lead.

The course has also given me the tools for short- and long-term planning, enabling me to see the big-vision goals of my department and to work towards those goals in manageable steps. The course has helped me to work better with other members of staff, to discern what the real issues are, and not to worry about the small day-to-day things. I feel that participating in the program has enabled me to become a better version of myself and has given me direction. I know that other participants feel similarly. During the course, some participants received awards and gained promotions. I feel that the course gave them the confidence to work towards those goals.

I can highly recommend the Advanced Leadership Program. It is a great course for those who would like to step up to lead or to be better leaders. While a worthwhile course in its own right, it is also a great pathway to a Leadership Masters at Monash University, for which you can be credited a unit of study.

This year HEIA(Q) is proud to be working in partnership with Women & Leadership Australia to provide full and part scholarships for our members to undertake the NESLI Advanced Leadership Program.

### **Lyn McErlean**

St Benedict's College, Mango Hill





# HOME ECONOMICS Mindful PRACTICE and Planetary HEALTH



## 2018 STATE CONFERENCE

18 August · Brisbane Convention & Exhibition Centre

### Invitation to attend

On behalf of the Queensland division of the Home Economics Institute of Australia (HEIA(Q)), I invite you to attend the HEIA(Q) 2018 state conference at the Brisbane Convention & Exhibition Centre on Saturday 18 August 2018.

The 2018 HEIA(Q) state conference '*Home economics, mindful practice and planetary health*' is designed to inspire home economics professionals to embrace and proactively promote mindful ideas, attitudes and behaviours that contribute to personal and planetary health. At a personal level, living mindfully means thinking more deeply, more critically and more creatively about our decisions so that our actions enhance not only the way we live and how we feel but also the health of our planet. At a professional level, mindful teaching nurtures learning communities in which students flourish—academically, emotionally and socially—and in which teachers thrive, both professionally and personally.

The aim of the HEIA(Q) 2018 state conference is to inspire delegates not only to improve personal and planetary health through mindful practice but also for those in education roles to take the young people in our classrooms on similar journeys towards preferred and sustainable futures.

Three internationally acclaimed keynote speakers will address mindful practice from their own specialty areas—health presenter Rob Edwards will challenge delegates to be more effective personally and professionally through mindful decision-making; and consumer psychologist Adam Ferrier and co chair of the Policy and Prevention Section of the World Obesity Federation Professor Boyd Swinburn will team up to explore mindful practice in the context of an obesogenic environment.

The keynote speakers will be supported by a team of concurrent presenters who will stimulate mindful decision-making across a range of home economics contexts and also provide insights into new curriculum and pedagogic directions that will provide a platform for teachers to engender mindful practices in their students.

I look forward to welcoming you to Brisbane for *Home economics, mindful practice and planetary health*.

**Susan Smith**  
Convenor, Conference Organising Committee

Program  
sponsor



Teacher  
education  
sponsor



Earlybird registration deadline: **Friday 22 June 2018**

Home Economics Institute of Australia (Qld)  
W [www.heiaq.com.au](http://www.heiaq.com.au) · E [heiaq@heia.com.au](mailto:heiaq@heia.com.au)

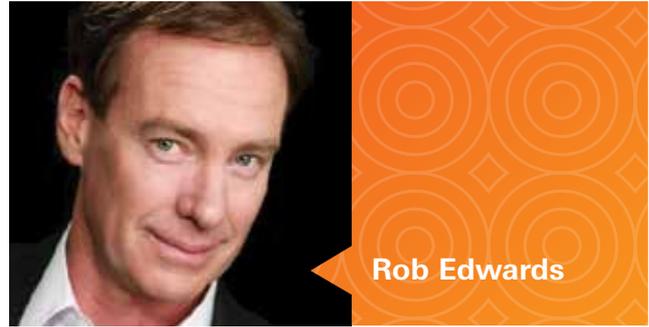
# Program

7.30 am– 8.20 am	Registration
8.00 am– 8.20 am	Welcome refreshments Opportunity to visit trade tables
8.30 am– 9.00 am	Welcome and opening Introduction of the 2018 Home Economics graduands HEIA(Q) Teacher Excellence Awards NESLI Advanced Leadership Program scholarship recipients
9.00 am– 10.15 am	Opening keynote address <b>Live well—It's all about you, Rob Edwards</b> Whether it's family, colleagues or students, educators more than other professions tend to put the needs of others in front of their own needs. Sure, we need to do that on occasions, but to lead others well we need to look after ourselves first. And that usually means being mindful of and doing the little day-to-day stuff that really matters—stuff that is easy to forget in our busy lives. This high-energy and fun session is called 'Live well—It's all about you' because You are your most important asset.
10.15 am– 10.40 am	Morning tea Opportunity to visit trade tables
10.45 am– 11.50 am	Concurrent session 1
11.55 am– 1.00 pm	Concurrent session 2
1.00 pm– 2.10 pm	Lunch Opportunity to visit trade tables
2.10 pm– 3.15 pm	Concurrent session 3
3.20 pm– 4.35 pm	Closing keynote addresses <b>Mindful practice in the context of an obesogenic environment: Adam Ferrier and Professor Boyd Swinburn</b> Adam Ferrier has had two careers with behaviour change at their core—psychology and advertising. Adam's keynote address will pick the eyes out of both industries to highlight the creativity and science required to create and deliver successful behaviour change programs. Adams will show how today's consumer is living in a marketing-saturated environment and how behaviour change strategies around food need to address not only underlying motivations but making it easier for people to participate. Adam's model is simple and applicable for all health practitioners. Boyd Swinburn has been working in obesity prevention research and action for 30 years with a particular focus on community-based interventions, healthy food policies and reducing what he coined, the obesogenic environment. He will talk about the successes and failures from the community to the global levels. What do we need to do to reverse obesity, why is it so difficult to achieve, and what can we do differently in the future to overcome the commercial drivers of obesity, the policy resistance, and the lack of public pressure for healthy food policies?
3.35 pm– 4.45 pm	Close
4.45 pm– 5.30 pm	Closing drinks



# Keynote speakers

In order of appearance



Rob Edwards

With a background in health and wellbeing, the focus of Rob's work is to encourage people to take a brief time out in their busy lives to consider their most important asset—themselves. He encourages people to take sustainable actions that lead to long and high-quality lives. Rob has designed wellbeing programs for hundreds of organisations, including seminars to more than 100 education groups. He has worked with people in business, cardiac patients, young offenders, elite athletes and remote island communities.



Adam Ferrier

Adam Ferrier is the founder of THINKERBELL, an agency that creates 'measured magic'. Adam is one of the leading consumer psychologists in Australia, a brand strategist and an authority on behavioural economics. He's also the author of 'The Advertising Effect' and part of The Australian Creatives' 'Power 20'. A regular on the Gruen Transfer and featured on The Project, Celebrity Apprentice and ABC Radio, Adam doesn't just think outside the square—he's **blown the square up**. Adam hands delegates the keys to sky rocketed motivation—whether to buy, perform or change—through cognitive behavioural psychology and a deep understanding of behavioural economics.



Boyd Swinburn

Boyd Swinburn is Professor of Population Nutrition and Global Health at the University of Auckland and Alfred Deakin Professor with the Global Obesity Centre, Deakin University, Melbourne. He is also co-chair of World Obesity Policy & Prevention (formerly International Obesity Task Force). He trained as an endocrinologist and has conducted research in metabolic, clinical and public health aspects of obesity. His major research interests are centred on community and policy actions to prevent childhood and adolescent obesity, and reduce what he has coined, 'obesogenic' environments. He is currently leading an initiative ([www.informas.org](http://www.informas.org)) to monitor and benchmark food environments internationally.

# Presenters of concurrent sessions



Amelia Webster



Anne Mitchell



Anne Weaver



Bhesh Bhandari



Chef Bowyo



Dr Dean Brough



Dr Lauren Solomon



Dr Nidhi Bansal



Ehud Joseph



Ira van der Steenstraten



Jane Milburn



Dr Joel Gilmore



Cameron Turner



Kay York



Kirsten McCahon



Louise Pamment



Louise Pamment



Lynette Skeers



Associate Professor  
Mark Turner



Natalie Billing



Ngaire Mayo



Phil Marchant



Professor Mark Morrison



Sofie van Kempen Cooking



Catherine Stickland

# Concurrent session 1

(10.45 am–11.50 am)

## 1.1 Thai cooking demonstration with the Venzin Group

**Head Chef Bowyo, Venzin Group**

In this cooking demonstration, Venzin Group's executive chef Bowyo will teach the traditional and popular Pad Thai recipe. Highlighting the key ingredients and the role each play, Bowyo will also profile modern cooking techniques and illustrate ways to enhance the presentation of the dish by adding contemporary flair to a traditional favourite. The audience will receive a sample bag at the end of the cooking demonstration and a copy of the latest Venzin Magazine, which is full of recipes to try at home.

## 1.2 How science is changing the way we cook

**Dr Joel Gilmore, The University of Queensland**

We are approaching a revolution in the way we cook. Food scientists are now able to tell us not just what works in the kitchen but why it works, identifying the underlying (horrendously complicated!) chemical processes. Even better, equipped with the latest technology, science can help us cook in better, or even completely new ways. Armed with the twin tools of knowledge and technology, the world's leading chefs are creating new flavours, textures and experiences that are making their way into the home kitchen. Dr Joel Gilmore will discuss the science and demonstrate the methods of manipulating the proteins in our food to give the perfect taste and texture: from cooking the perfect steak in a plastic bag to custom-designed boiled eggs, and finally using interesting chemicals to create entirely new dishes. And all of this can be reproduced in your own kitchen for less than the price of a microwave oven. Delicious science indeed! **Please note this is a repeat of Joel's 2016 conference session.**

## 1.3 Future food innovation

**Professor Bhesh Bhandari, Mr Cameron Turner and Assoc Prof Mark Turner, The University of Queensland**

In this session new innovative products/technologies that are in the research or early release phase of development will be presented. This includes designer foods made using 3D food printing and new biocontrol preservation methods for safer foods. In addition the session will provide insight into the various drivers for new foods being developed and discuss some recent successful new products hitting the shelves.

## 1.4 Creating a slow clothing culture

**Jane Milburn, Textile Beat**

Australian social entrepreneur Jane Milburn has spent five years studying the need to transform a culture of excess to a more thoughtful and engaged approach to what we wear. In an era dominated by passive consumption of cheap and synthetic fashion, Jane believes slow clothing is the antidote to fast fashion. She makes a compelling case for wearers to become informed, re-skilled and autonomous so they can live lightly on Earth and be independent of fashion cycles.

## 1.5 Textiles and fashion—Building capacity and creativity in Years 10, 11 and 12

**Jill Shehab, All Saints Anglican School and Phoebe Hanau, CQUniversity**

The benefits of creative activities, including sewing, is gaining traction with the latest waves of educational research. Building capacity and creativity in the classroom through practical activities is an important part of our programs. Including some hands-on activities, this ideas exchange will share how to create a virtual teacher, create digital fabric designs, use moodboards as design inspiration, represent design ideas through trade and fashion illustration by hand, write design challenges that engage learners and respond to trends and sustainability, and use Photoshop tools to exemplify options for displaying student work.

## 1.6 Setting goals that really matter

**Rob Edwards**

This workshop introduces the 'Am I? Can I? Will I?' tool for setting and achieving sustainable personal and professional goals. While the workshop can be applied to big goals, the context is largely around getting the little but important stuff embedded in our day-to-day lives. It's a quick, any-time 'pull out of my back pocket (not literally)' method for that. It is not a deep-dive process such as the SMART goals program that many in education will have been exposed to in the past. The workshop is designed as a direct follow on from the 'It's all about you' keynote session.

## 1.7 A real-life design challenge for Year 7/8 students

**Home economics teachers at St Benedict's College**

In 2017, home economics teachers at St Benedict's College developed a term-long unit of work to align with the Australian Curriculum Design and Technologies (Food specialisations), band Years 7/8. Their inspiration was the real-world context of a Brisbane-based, healthy, fast-food vending machine. In this session, delegates will examine the unit of work and explore options for design challenges with a view to understanding how to align pedagogy and assessment and how to make small changes that can prepare students for the senior curriculum.

## 1.8 Unpacking the Queensland Curriculum and Assessment Authority *Food & Nutrition 2019 General Senior Syllabus*

**Queensland Curriculum and Assessment Authority (QCAA)**

Do you want more information on the QCAA *Food & Nutrition 2019 General Senior Syllabus*? This session is for you! Review the resources available on the QCAA website. Explore the problem-based learning framework that forms the basis for pedagogy in *Food & Nutrition*. Review a teaching, learning and assessment plan to check out the alignment among the syllabus, the unit and assessment objectives and the subject matter in the units. Workshop an assessment task that will be marked using an instrument-specific marking guide.

## 1.9 Queensland Curriculum and Assessment Authority Subject Area Syllabus 2019 redevelopments and directions

**Queensland Curriculum and Assessment Authority (QCAA)**

Will 60 to 70% of students in your school engage with the Applied Syllabuses? The Applied Syllabuses Hospitality Practices, Early Childhood Studies and Fashion are ready for implementation in 2019. Unpack how the Applied Syllabuses will sit in the Queensland Certificate of Education system and the changes in the documents; learn how to upload a study plan into the new study plan builder (available September 2018); and take a look at how to align the assessment to the dimensions of the courses.



# Concurrent session 2

(11.55 am–1.00 pm)

## 2.1 Food styling and presentation—Today's current trends

**Phil Marchant, Head Chef, Gauge Brisbane and Sourced Grocer**

Phil Marchant will present how to style a plate with today's current trends plus how he and his teams at Gauge Brisbane and Sourced Grocer are always dreaming up new ideas that are different to other restaurants. He will also show how to use the products on the plate to make the dish appealing and develop an understanding of why plate styling and presentation are important in industry.

## 2.2 Sweet science

**Dr Joel Gilmore, The University of Queensland**

If there's one cuisine where science really matters, it's dessert. Whether you're melting and tempering chocolate, cooking luscious but delicate custards, or turning sugar into everything from hard candy to fudge to fairy floss, this is chemistry at its finest. Dr Joel Gilmore, physicist and co-host of SBS Food Lab, will use live demonstrations to explain the key principles behind a range of desserts. Most importantly, he'll talk about how new technologies plus a good understanding of science(!) can help you produce sweet treats that would rival any French patisserie!

## 2.3 Your health and your microbiome: When it's OK to have a gut full.

**Professor Mark Morrison, Microbial Biology and Metagenomics, The University of Queensland Diamantina Institute**

The public is constantly being flooded with information on how to improve their general health and wellbeing. But could it be that the real secret to a healthier self is actually already within us? This presentation will present an introduction to the technological advances unlocking the secrets of the gut microbiome, the new frontier in biomedical research, and how it may play a role in affecting health and quality of life.

## 2.4 Drawing for fashion: Experimental drawing tools for creative development

**Ehud Joseph, TAFE Queensland Brisbane campus**

Drawing is a fundamental communication tool for fashion designers. This session will examine some of the key tools that fashion design students utilise to develop their ideas while developing the communication skills required for their education and careers. The session will touch on how students can use drawing and how they can develop original drawing bases and the technical drawing skills required for precise and useful designs. Through a hand-on approach, delegates will try a range of experimental drawing tools; they will also examine how students can challenge their preconceived ideas and explore the full potential of their designs. **Please note this is a repeat of the 2017 conference session.**

## 2.5 Fast fashion, ethics and development in a globalised world

**Dr Lauren Solomon, Queensland University of Technology**

As fashion moves around the world at an unprecedented speed, exploitative labour practices have become a fundamental part of the fashion industry. In this session, Dr Lauren Solomon will discuss fast fashion in the context of globalisation and offshoring. Drawing on her experiences from researching and working in developing countries, Lauren will discuss the ethical implications of fashion production. She will introduce her work in Cambodia, where she has partnered with local trade unions to empower garment workers.

## 2.6 Empowerment through mindfulness practices

**Dr Ira van der Steenstraten, Breeze Life Coaching**

In this session, the general principles of mindfulness will be explained, including how it can be used to build resilience, especially in teachers, young children and teenagers. Examples will be given how teachers can become more mindfully aware, enabling them to empower themselves and teach their students mindfulness techniques. A recent review of the literature on the impact of mindfulness concluded that schools where staff and students are engaging in mindfulness are likely to have beneficial results in emotional wellbeing, mental health, ability to learn and even the physical health of their students and staff.

## 2.7 McCormick Flavour Forecast

**McCormick Culinary Team and Ngaire Mayo, Innisfail State College**

The annual McCormick Flavour Forecast food trend report acts as a catalyst for innovation among food manufacturers and foodservice professionals alike. It is a year-long process of culinary exploration, data discovery and insight development. In this session, the McCormick Culinary Team will outline the 2018 McCormick Flavour Forecast predictions and discuss how the trends impact McCormick product development around the globe. Ngaire Mayo from Innisfail State College will then provide an overview of the HEIA/Flavour Forecast Recipe Design Challenge and outline how she approached the critical and creative thinking challenges in her Year 10 Hospitality classroom.

## 2.8 Introduction to *Nelson Food & Nutrition for QCE Units 1–4*

**Kirsten McCahon, Ferny Grove State High School, Louise Pamment, NSW Department of Education, and Kay York, Park Ridge State High School**

In this session the authors of *Nelson Food & Nutrition for QCE Units 1–4* will offer invaluable insights into how they approached the writing of the textbook for the new high-definition Queensland senior syllabus and share what they learned from the writing process. This session is focused on providing participants with strategies for teaching the new syllabus and advice on preparing students for assessment. A brief overview of the textbook will also be provided, page proofs will be made available to review and all participants of this session will be sent one complimentary copy of *Nelson Food & Nutrition for QCE Units 1–4* upon publication in term 4 2018.

## 2.9 Insights into the QCAA *Design 2019 General Senior Syllabus* (Queensland Curriculum and Assessment Authority [QCAA])

**Queensland Curriculum and Assessment Authority**

Wow! This syllabus is exciting. The presentation will provide an overview of the *Design 2019* syllabus. The overview will include how the design process is used in response to identified needs, wants and opportunities in each unit of the syllabus and how students will learn to design in response to open-ended design problems and engage in commercial design, human-centred design and sustainable design. Come along and explore the syllabus and become familiar with the four units, the subject matter and the assessment.

# Concurrent session 3

(2.10 pm–3.15 pm)

## 3.1 Fermenting and gut health

**Sofie van Kempen, Nutritionist**

Sofie van Kempen believes that the gut is the powerhouse that runs everything in the body. Sofie will discuss the importance of gut health and the benefits fermented foods have on the gut microbiome. She will also demonstrate how to make a number of fermented foods such as kombucha, coconut yoghurt, fermented vegetables and aloe vera water.

## 3.2 Teaching product development: From idea generation to product launch

**Dr Nidhi Bansal, The University of Queensland**

This session will explore the fundamental stages involved in developing a new food product, discussing product development processes from idea generation to product launch. The session will also develop an understanding of various triggers/ drivers for product development. Categories of new foods will also be discussed. The session will include interactive activities about how to run laboratory sessions in product development and how to engage students with stages of product development. **This workshop will draw on concepts explored in the HEIA(Q) November 2017 workshop run by Dr Bansal at The University of Queensland.**

## 3.3 Nutrition hot topics

**Amelia Webster, Nutrition Australia Queensland**

Join Nutrition Australia Qld's Amelia Webster to explore the latest food and nutrition topical and controversial issues that are dominating headlines this year—for example, alkaline and keto diets, the non-diet approach, the fat vs sugar debate, gut health, changes to the NRVs, emerging allergens, 'natural' sweeteners, and much more besides. This will be an evidence-based session to bring the latest in food and nutrition hot topics.

## 3.4 Fabric designing: Simple, safe and sustainable

**Anne Mitchell, Genesis Creations**

Suitable for any ability and year level, this hands-on workshop will give delegates skills that are immediately transferable to the classroom. Using non-toxic colours, delegates will create a range of stunning fabrics, exploring a variety of techniques to prepare one-colour and multi-colour samples to inspire individuality. Anne will discuss classroom set-up and simple equipment that students can bring from home. A handbook of support notes will be provided. Nothing to bring except a pen and an active mind. **Please note this is a repeat of the 2017 conference session.**

## 3.5 Eco dyeing—Prints and dyes from natural materials

**Natalie Billing, artist**

In this session, Natalie Billing will provide an introduction to eco dyeing, the process of extracting colour from leaves using heat and pressure. Topics covered will include: how to sustainably source dye materials, what fabrics and papers to use, how to set colours without chemicals and how to make a brew. There will be demonstrations of different wrapping techniques, how to use fabrics and how to repurpose existing items and fabric scraps in the push towards zero waste.

## 3.6 LED wearables: 3D printed LED pendant

**Lynette Skeers and Anne Weaver, All Hallows' School**

Learn how to wire up a simple circuit using an LED sequin (no soldering required). Participants will create a piece of wearable glowing 3D printed jewellery with added personal touches. Lynette and Anne will demonstrate a simple online CAD program that is available to everyone and provide some tips and tricks for its use. There will also be examples of other LED circuit pendants and information on incorporating this technique into the classroom.

## 3.7 Pecha Kucha: The effective home economics classroom

Pecha Kucha is a concise and fast-paced means of sharing ideas, strategies and/or information. In this pecha kucha, six Queensland home economics teachers will share their ideas about: design thinking, the design process and design learning experiences; a Year 7/8 sustainable textiles unit of work linked to the Australian Curriculum; a Year 8 food and nutrition structured sensory profiling for developing success criteria and generating ideas; developing evaluation skills in the textiles classroom across Years 7–10; a Year 10 (or beginning of Year 11) learning activity to think deeply and critically in order to consolidate or revise nutritional knowledge; and a practical project/ structured work placement over two terms for Certificate II in Hospitality.

## 3.8 Assessment in the *Food & Nutrition 2019 General Senior Syllabus* (Queensland Curriculum and Assessment Authority)

**Queensland Curriculum and Assessment Authority (QCAA)**

Take a fresh look at the assessment requirements in the new *Food & Nutrition 2019 General Senior Syllabus*. In this session, participants will get a head start on formulating assessment. Review the syllabus objectives and subject matter for Units 1 and 2 to construct assessment aligned to the assessment objectives. Explore quality assurance processes to ensure these are appropriate for use with students. Bring a laptop to use to begin the process of constructing assessment for 2019.

## 3.9 Creating creative creatives, the 101s

**Dr Dean Brough and Natalie Wright, Queensland University of Technology**

For many people, there is an assumption that creativity is innate, something akin to a mysterious talent. For our youth, not all are equally scholarly and likewise not all are equally creative. However, just like academic skills that can be enhanced, creativity can also be fostered and grown to encourage young people to open up their minds, letting go so they can be creative. This interactive workshop will provide concrete strategies to heighten your awareness of approaches to bolster creativity in our youth.

## Closing drinks

Saturday 18 August, 4.45 pm – 5.30 pm  
Plaza level, Brisbane Convention & Exhibition Centre

**Complimentary for delegates; \$20 for additional guests (please register if attending)**

After a full day of stimulating and inspiring presentations, take time to relax with new and established acquaintances at the conference farewell function. This function is complimentary for conference delegates; however, to assist with catering, please ensure you register if you will be attending.

# Registration information

Please go to [www.heiaq.com.au/registration](http://www.heiaq.com.au/registration) for full details.

## Registration fees (per person)

Registration fees are based on date of receipt of payment (not on date of registration). All prices quoted are in Australian dollars and include 10% GST.

Registration type	Earlybird (up until 22 June 2018)	Standard (after 22 June 2018)
HEIA member	\$255	\$305
HEIA full-time student/ not in paid employment	\$170	\$220
Non-HEIA member	\$345	\$395
Non-HEIA member full-time student/ not in paid employment*	\$230	\$280

\* Please also fax or scan proof of concession entitlement (pensioner, healthcare, full-time student card, etc.) in order to claim concession rate.

Payment at the **Earlybird rate** must be received by **22 June 2018**, otherwise standard fees will apply.

## Entitlements

All registration categories include:

- ✓ attendance at all plenary sessions and a choice of three concurrent sessions
- ✓ refreshments upon arrival, morning tea and lunch
- ✓ closing drinks.

Additional tickets for closing drinks may be purchased for guests at a cost of \$20 per person.

## To register

Complete the online registration form at [www.heiaq.com.au/registration](http://www.heiaq.com.au/registration).

Online registration enables payment of your registration fees via MasterCard or Visa. Alternatively, delegates may choose to forward payment via cheque or EFT.

## Registration acknowledgment

When you submit your registration details online, a confirmation letter and tax invoice/receipt will be emailed to you instantly. If you do not receive a copy of your registration confirmation at this time, please email [heiaq2018@expertevents.com.au](mailto:heiaq2018@expertevents.com.au) or telephone the conference secretariat Expert Events on **07 3848 2100**. All acknowledgements and communications will be sent via email.

## Payment of registration fees

Please note that registrations will not be finalised until payment in full has been received.

**Cheque payments**—please make cheques payable to **HEIA(Q)-PD**.

**Credit card payments**—may be made by MasterCard or Visa.

Payments will appear as Expert Events on your credit card statement.

**EFT payments**—banking details for payment by direct deposit will be shown on your invoice.

## Changes to your registration

Once you are registered, if you wish to make changes to your concurrent session selections, you may sign in to your 2018 conference account with your email address and password (which you will create when you set up your registration profile). On the summary page select the 'Edit' button corresponding to the session you wish to update. If you have any difficulty with this process, please advise your requests for changes in writing to [heiaq2018@expertevents.com.au](mailto:heiaq2018@expertevents.com.au).

## Registration desk

The conference registration desk, where delegates will receive their name badges and satchels, will operate from 7.30 am until 8.20 am on the Plaza level of the Brisbane Convention & Exhibition Centre.

## Cancellations and refund policy

Cancellations must be advised in writing to

[heiaq2018@expertevents.com.au](mailto:heiaq2018@expertevents.com.au). Registration cancellations received up to **Monday 16 July 2018** will receive a refund of registration fees, less an administrative charge of \$55. Registration fees will not be refunded after **Monday 16 July 2018** unless extenuating circumstances apply and will be at the discretion of the Conference Organising Committee. Eligible refunds will be issued after the conclusion of the conference. Registrations are transferable to a colleague at any time prior to the conference provided the conference secretariat is advised in writing.



HOME ECONOMICS

Mindful and Planetary  
PRACTICE HEALTH



2018 STATE CONFERENCE · 18 August · Brisbane Convention & Exhibition Centre

# General information

## Disclaimer of liability

The HEIA(Q) conference reserves the right to amend the conference program. The Conference Organising Committee, the HEIA(Q) and the conference secretariat will not accept responsibility for any act or omission of speakers from the program. No liability will be accepted by the Conference Organising Committee, the HEIA(Q) or the conference secretariat, howsoever sustained by delegates or accompanying persons, for loss or damage caused to delegates' personal property as a result of the conference or related events, or in the event of industrial disputes.

## Privacy policy

Upon registering to attend this conference, some of your personal details may be used to generate a delegate list (i.e., name, organisation, address and email address). This list will be distributed to other organisations directly related to the conference, such as sponsors and trade exhibitors. Please indicate on the registration form if you **do not** want your details to appear on the delegate list. In providing your email address, you agree to receive email correspondence in relation to this conference.

Please advise the photographer if you do not wish photographs that include you to be published in HEIA(Q) publications or on its website.

## Conference venue

The conference will be conducted on the Mezzanine and Plaza levels of the **Brisbane Convention & Exhibition Centre**, at the intersection of Merivale and Glenelg streets, South Brisbane. Entry can be gained via the main foyer off Merivale Street. Undercover parking is available under the centre (see rates below, correct at time of publication). Parking, which may be metered, is also available in the streets nearby.

Parking rates: 2–4 hours \$20; 4–9 hours \$30; maximum daily rate \$30.

## Dietary and other requirements

If you have any special dietary, mobility or other requirements, please indicate your needs on your registration form. The conference rooms are accessible by stairs, escalators and lifts.

## Program sponsor



Blueprint Career Development has a 15-year working history with Queensland schools, so we understand the complexities and unique needs of students and teachers.

We offer VETIS funded qualifications in hospitality and tourism and are the only RTO approved to offer Certificate II in Self Awareness and Development. We are proudly the first RTO in Australia to receive approval to deliver TAE40116 Certificate IV in Training and Assessment and our Accelerated Teacher Program is highly regarded in hundreds of schools.

## Airport/hotel transfers

Brisbane Airport is approximately 20 km north-east of the city centre (a 20–25-minute drive) with easy access to the city from the domestic and international terminals:

- **Bus** Con-x-ion Airport Transfers [www.con-x-ion.com](http://www.con-x-ion.com) go from the airport to the CBD and major hotels, from \$20 per person one way.
- **Airtrain** [www.airtrain.com.au](http://www.airtrain.com.au) goes to the CBD and South Bank Station, a short walk to the conference venue, seven days per week. A one-way single adult ticket is \$18.50 (return \$35).
- **Car hire** Avis, Hertz, Europcar and Budget have representatives at Brisbane Airport. Bookings can be made online through their respective websites: [www.avis.com.au](http://www.avis.com.au), [www.hertz.com.au](http://www.hertz.com.au), [www.europcar.com.au](http://www.europcar.com.au), [www.budget.com.au](http://www.budget.com.au)
- **Taxi** Transfers are approximately \$50.
- **Uber** Transfers are approximately \$35.

See also the Brisbane Airport website [www.bne.com.au/to-from-airport/transport-options](http://www.bne.com.au/to-from-airport/transport-options).

## Trade exhibition

There will be a trade exhibition in the foyer on the Plaza level of the centre. Morning tea and dessert will be served in this area to enable participants to view the exhibition.

## Conference secretariat

For further information or assistance with your conference registration, please contact:



**E:** [heiaq2018@expertevents.com.au](mailto:heiaq2018@expertevents.com.au)  
**T:** 07 3848 2100  
**P:** PO Box 351, Hamilton Central Qld 4007



**W:** [www.heiaq.com.au](http://www.heiaq.com.au)  
**E:** [heiaq@heia.com.au](mailto:heiaq@heia.com.au)  
 Conference website and online registration is available at [www.heiaq.com.au/events/conference](http://www.heiaq.com.au/events/conference).

## Teacher education sponsor



## Keynote speaker sponsor



## Trade exhibitors



## BERNINA

made to create



## Supporter



# HEIA(Q) member profile

## Lyn McErlean



Hi, I am Lyn McErlean, a proud home economics teacher, or whatever you would like to call that in 2018! I am one of you—passionate about Home Economics, passionate that we pass on the skills required for everyone to live the fullest, healthiest lives possible with minimum impact on the environment.

I am suffering from an identity crisis and so I'm not sure if people will understand who and what I am when I say I am a home economics educator. Do I now need to be a food technology teacher or a design technology teacher? These are questions I grapple with as, like many others, I find my way in a new world. I don't mind what I am called, so long as I am called.

I always wanted to be a home economics teacher. In the 1980s my teachers at Brigidine College, Indooroopilly inspired me. They were progressive and their example of how to live was what I hoped I could inspire in others when I started my university studies. I firmly believe that when we educate we do it for the whole person and that Home Economics is about food, nutrition, textiles, waste and sustainability. The nature of Home Economics means that it provides opportunities to work together, to problem solve and to be part of a community. When I left school I wasn't sure about further studies so I did an apprenticeship as a chef. A few years later I returned to study only to drop out after one week in the classroom of my first school placement. It took another eight years for me to return to my teaching studies, but this time I knew my calling was in Home Economics.

For the first few years in my new profession my goal was to understand the drivers of the curriculum, to improve my pedagogy and to

develop resources. Now I am committed to sharing the resources and practices I have developed. They always come with a disclaimer, as there is always room for improvement and other ways of resolving issues that another set of eyes can notice! It can be deflating to work with others who don't share and I would ask that you consider sharing a bit more openly. I have found that the rewards in the opportunities to refine my work based on feedback from others outweigh the risks. I have set up a few Facebook pages and you are welcome to contribute to them and/or to seek advice or assistance through them. Being an only teacher or one of only two teachers can be incredibly isolating, so Facebook has become a source of inspiration and support for many who do not have immediate supportive environments. My professional goal now is to keep supporting Home Economics, to help you, wherever you are, to access support via the Facebook pages or by connecting with others. Terasa Wedley, Catherine Stickland and I have formed a Brisbane North Cluster group with the aim of meeting and discussing all things Home Economics once a term. If you are in that area and would like to get involved, please get in touch with one of us

I have been on the HEIA(Q) conference organising committee since January 2016 after I ticked the box in the 2015 conference evaluation to say that I was interested in working with the committee. When I received an email about the first meeting I thought, 'Well I had better go'. Two conferences later and with another one in the planning stage, I have not regretted my decision to step up and give it a go. I have made valuable friends through this work and feel very much supported by the home economics professionals I have met. It's a small team and we are constantly looking at the changes ahead of us as professionals and as educators. The program we are putting together for the 2018 conference excites me; I think it will be a great source of inspiration, information and support as we move into a new phase of senior schooling in Queensland. Home economics professionals form a fabulous, welcoming community and I have been inspired by so many that I have studied and worked with. I have had generous support from the HEIA(Q) conference committee and from the workshop presenters. I feel so blessed by the broader home economics community that I have never felt alone or lost.

In 2016 I applied through an initiative of the HEIA(Q) 2016 state conference for a scholarship to participate in the Advanced Leadership Program for women in leadership as part of the National Excellence in School Leadership Initiative

(NESLI). Through this course I have learnt so much about leading and inspiring others and I have been fortunate to make new friends who have also contributed to my professional growth. In 2018 HEIA(Q) is partnering with NESLI again to offer further scholarships for this program. I encourage you to consider applying. The program has helped me to refine some of my skills and has taught me to manage my time better. My next endeavour will be to study for my Masters of Leadership, with the help of a scholarship from the King & Amy O'Malley Trust.

I don't need to tell you that our greatest weapons in combating the health, waste and obesity crisis of modern times are to understand where our food comes from and how to safely store and prepare it; and to give it the respect it deserves. With this knowledge there is no subject other than Home Economics that can meet the needs of the community in this growing problem area. Stand tall! The small efforts we make will have ripple effects and those small efforts and our voices will ensure that we are valued in the future. One of the things I do to keep relevant is to connect with businesses and organisations involved in food design or nutrition education. For example, St Benedict's College recently offered Diabetes Queensland's Need for Feed program, which was very worthwhile for our school community.

So, what does our future hold? I am not sure, but I do know that I want to maintain our profile in the larger world, to make sure that Home Economics is alive and well, and to support each other through the name changes and rebrands or whatever it takes to keep us supporting individuals, families and communities. I find it easy to go to work each day knowing that I will make a difference to the life of a student or of a colleague. Let 2018 be your year to shine, to reach out, to take risks, to develop your network, or to join a group—trust me, the rewards are bountiful.

### Lyn McErlean

Design Technologies Curriculum Leader  
St Benedict's College Mango Hill

### Connect with me:

LinkedIn and email:  
lemcerlean@bne.catholic.edu.au

### Facebook:

Fashion Educators Networking SEQ  
Food & Nutrition Qld Style  
Qld Design Technologies Support Page



**2018**  
**PROFESSIONAL**  
**DEVELOPMENT**

**HOME ECONOMICS**  
**Mindful**  
**PRACTICE**  
*and*  
**Planetary**  
**HEALTH**



The HEIA(Q) 2018 *Home economics, mindful practice and planetary health* regional professional-development program aims to inspire home economics professionals to proactively embrace and promote mindful behaviours, attitudes and ideas that contribute to personal and planetary health. Delegates will be encouraged to engage in mindful teaching and to nurture learning communities in which students can flourish academically, emotionally and socially—and in which teachers thrive professionally and personally. The program provides opportunities for professional learning that will enhance understanding of the demands of the new curriculum and what they might look like in the classroom.

### Workshop registration

Please register online at the HEIA(Q) website:  
[www.heiaq.com.au/events/workshops](http://www.heiaq.com.au/events/workshops).

**To assist HEIA(Q) in streamlining the booking process, this year registration fees must be paid by MasterCard or Visa online during the registration process.**

**The final date for registration is seven days prior to the workshop date. You will be notified via email if a session is cancelled.**

### Cancellation and refund policy

Workshop cancellations must be made in writing to the HEIA(Q) workshop secretariat, Expert Events. A full refund will be made for cancellations received up to seven days before a workshop. No refund is available for cancellations received less than seven days before a workshop. Provided you advise the secretariat in writing, you may transfer your registration to a colleague at any time prior to a workshop.

### Workshop registration and general enquiries

Please contact Expert Events:

**T** 07 3848 2100  
**E** [heiaqpd@expertevents.com.au](mailto:heiaqpd@expertevents.com.au)  
**P** PO Box 351, Hamilton Central QLD 4007

### Workshop 1: Fabric designing—Safe, simple and sustainable techniques and ideas for the classroom

**Presenter:** Anne Mitchell, Genesis Creations  
**Duration:** 2.5 hours  
**Hours of professional development:** 2.5 hours  
**Session overview**

Suitable for any Year level and ability, this hands-on workshop will give participants skills immediately transferrable to the classroom. Using non-toxic colours, we will create a range of stunning fabrics, exploring a wide range of techniques to prepare one-colour and multi-colour samples to inspire your students' individuality—heliography, air exclusion, resists, marbles, and poles to name just a few. We will discuss classroom set-up, and simple equipment that your students can bring from home. A handbook of support notes will be provided.

Please note: This is an extension of a similar workshop offered at the HEIA(Q) 2017 state conference.

#### What to bring:

- Notebook and pen
- Old hand towel
- A piece of strong cardboard approximately 30 cm x 40 cm (for example, the side of a carton) to help carry your creations home

### Please wear:

- comfortable dark-coloured or black clothing, preferably not your best—or bring a large old T-shirt or fabric (not plastic) apron to wear over your clothing.
- comfy shoes or joggers.

### FREE extension workshops

For those attending Workshop 1, there will be FREE extension workshops at the presenter's accommodation to explore more ideas and techniques. A \$20 materials fee will apply. You will learn heaps during the planned workshop, but there is a lot more to inspire you too and it's impossible to fit everything into our 2.5-hour program! Let's make the most of her time while Anne is in town. The extension workshops are only available to those who attend the regular scheduled regional workshop.

The extension workshops for Toowoomba, Mackay, Townsville and Rockhampton can be booked and paid for online when booking into the regular workshops. Dates are as follows:

Toowoomba: Sunday 13 May (9am – 12 noon) at Anne's home  
Studio in Centenary Heights

Mackay: Tuesday 5 June (3:45 – 6:15pm)

Townsville: Saturday 30 June (9am – 12 noon)

Rockhampton: Saturday 4 August (9am – 12 noon)

Dates and venues for extension workshops for SE Queensland participants are yet to be determined; participants will be asked at the regular scheduled workshop to indicate their preferred dates and venues.

### Professional standards

The workshop will focus on the following Australian Professional Standards for Teachers:

- Standard 2 Know the content and how to teach it
- Standard 6 Engage in professional learning
- Standard 7 Engage professionally with colleagues, parents/carers and the community.

## Workshop 2: Food product development

**Presenter:** Dr Nidhi Bansal, The University of Queensland

**Duration:** 2.5 hours

**Hours of professional development:** 2.5 hours

### Session overview:

Develop your understanding of various stages of food product development from idea generation to lab-scale prototype manufacture in this 2.5-hour laboratory-based workshop. You will explore the fundamental stages involved in developing a new food product while applying these techniques to develop a satay sauce through guided formulation. The session will include formulation of a product using selected ingredients, lab equipment and testing equipment and sensory analysis and cost formulation on the product.

Please note that the content of this session repeats that of the similar HEIA(O) workshop offered at the University of Queensland in November 2017.

### What to bring

- Covered shoes
- Apron or lab coat

### Professional standards

The workshop will focus on the following Australian Professional Standards for Teachers:

- Standard 2 Know the content and how to teach it
- Standard 3 Plan for and implement effective teaching and learning
- Standard 6 Engage in professional learning
- Standard 7 Engage professionally with colleagues, parents/carers and the community.

## Workshop 3: Developing excellence in teaching and learning for Years 7–10

**Presenter:** Margaret Duncan, Loreto College, Coorparoo

**Duration:** 2.5 hours

**Hours of professional development:** 2.5 hours

### Session overview:

This workshop will focus on foundation teaching and learning for the Australian Curriculum to develop valuable knowledge and skills to prepare our students for the variety of pathways in Years 11 and 12. Topics covered in this workshop include understanding Marzano and Kendall's Taxonomy of Learning; Marzano and Hattie's strategies for effective teaching by incorporating cognitive verbs into teaching, learning and assessment; how to develop learning goals and success criteria; effective design of assessment; and problem-based learning. Samples of learning activities, assessment and other resources will be included in this workshop to improve teaching practice and to help maximise students' engagement in their own learning.

### What to bring

- USB drive on which to save resources made available by the presenter.

### Professional standards

The workshop will focus on the following Australian Professional Standards for Teachers:

- Standard 3 Plan for and implement effective teaching and learning
- Standard 5 Assess, provide feedback and report on student learning
- Standard 6 Engage in professional learning
- Standard 7 Engage professionally with colleagues, parents/carers and the community.

## Workshop 4: Food science in the Years 11/12 classroom

**Presenter:** Paula Starr, Queensland Curriculum and Assessment Authority

**Duration:** 2.5 hours

**Hours of professional development:** 2.5 hours

### Session overview

The new Senior Food and Nutrition syllabus uses the problem-based learning framework that requires students to learn through four interconnected and iterative phases—exploring, developing, generating and evaluating. In this workshop participants will explore through experimenting with protein's chemical and functional properties to discover how these properties can contribute to food formulation. They will experience how students can build knowledge and skills to develop innovative prototypes using the Food and Nutrition problem-solving model.

### What to bring

- Covered shoes
- Apron or lab coat

### Professional standards

The workshop will focus on the following Australian Professional Standards for Teachers:

- Standard 2 Know the content and how to teach it
- Standard 3 Plan for and implement effective teaching and learning
- Standard 6 Engage in professional learning
- Standard 7 Engage professionally with colleagues, parents/carers and the community.

## ABOUT THE PRESENTERS



### Dr Nidhi Bansal

Dr Nidhi Bansal is a senior lecturer in Food Science and Technology at The University of Queensland (UQ). Dr Bansal completed her PhD in Food and Nutritional Sciences in December 2007 from the University College Cork in Ireland. After finishing her PhD, she worked as a postdoctoral fellow at Dairy Products Technology Centre of

the California Polytechnic State University. In 2010 Nidhi joined UQ, where she teaches courses such as principles of food preservation, food science and food product development. She leads a research group in the areas of texture and flavour modification, non-thermal processing and shelf-life extension of dairy products.



### Margaret Duncan

Dr Nidhi Bansal is a senior lecturer in Food Science and Technology at The University of Queensland (UQ). Dr Bansal completed her PhD in Food and Nutritional Sciences in December 2007 from the University College Cork in Ireland. After finishing her PhD, she worked as a postdoctoral fellow at Dairy Products Technology Centre of the California Polytechnic State University. In 2010 Nidhi joined UQ, where she teaches courses such as principles of food preservation, food science and food product development. She leads a research group in the areas of texture and flavour modification, non-thermal processing and shelf-life extension of dairy products.

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### Anne Mitchell

Anne is the owner and operator of Genesis Creations and has been teaching fabric and silk painting in Australia for over 40 years. Genesis Creations is a direct-sales business based in Toowoomba, Queensland. A former high school teacher, Anne also held teaching and management positions with Hobbytex before starting her own business in 1999. Anne has travelled extensively throughout Australia hosting fabric-painting workshops and product demonstrations.

Anne is the owner and operator of Genesis Creations and has been teaching fabric and silk painting in Australia for over 40 years. Genesis Creations is a direct-sales business based in Toowoomba, Queensland. A former high school teacher, Anne also held teaching and management positions with Hobbytex before starting her own business in 1999. Anne has travelled extensively throughout Australia hosting fabric-painting workshops and product demonstrations.



### Paula Starr

Paula has over 20 years' experience teaching home economics related curriculum in regional and urban Queensland state schools. At a systemic level she has assisted teachers across Queensland to develop curriculum and assessment. Paula is passionate about developing knowledge and skills in food science and uses practical experimental experiences related to food to develop an understanding of the physical and chemical properties of food for food formulations.

Paula has over 20 years' experience teaching home economics related curriculum in regional and urban Queensland state schools. At a systemic level she has assisted teachers across Queensland to develop curriculum and assessment. Paula is passionate about developing knowledge and skills in food science and uses practical experimental experiences related to food to develop an understanding of the physical and chemical properties of food for food formulations.

## REGIONAL WORKSHOP COSTS, VENUES AND DATES

### Costs

For a 2.5-hour afternoon program including afternoon tea:

- Members: \$60
- Non-members: \$85
- Student members: \$40

For a full-day program including morning tea and lunch:

- Members: \$135
- Non-members: \$185
- Student members: \$95

## TERM 2

### Sunshine Coast

#### Workshop 1:

#### **Fabric designing—Safe, simple and sustainable techniques and ideas for the classroom**

Wednesday 9 May 4.00–6.30 pm

Siena Catholic College

60 Sippy Downs Drive, Sippy Downs

### Toowoomba

#### Workshop 3:

#### **Developing excellence in teaching and learning for Years 7–10 and**

#### Workshop 1:

#### **Fabric designing—Safe, simple and sustainable techniques and ideas for the classroom**

Saturday 12 May, 9.00 am–3.30 pm

Fairholme College

Wirra Wirra Street, Toowoomba

### Brisbane West

#### Workshop 2:

#### **Food product development**

Thursday 17 May, 3.45–6.15 pm

Ipswich State High School

1 Hunter Street, Brassall

### Gold Coast

#### Workshop 1:

#### **Fabric designing—Safe, simple and sustainable techniques and ideas for the classroom**

Monday 28 May, 4.00–6.30 pm

All Saints Anglican School

Highfield Drive, Merrimac

### Brisbane North

#### Workshop 3:

#### **Developing excellence in teaching and learning for Years 7–10**

Tuesday 29 May, 3.45–6.15 pm

Hillbrook Anglican School

45 Hurdcote Street, Enoggera

### Mackay

#### Workshop 2:

#### **Food product development**

and

#### Workshop 1:

#### **Fabric designing—Safe, simple and sustainable techniques and ideas for the classroom**

Monday 4 June, 9.00 am–3.30 pm

Mackay North State High School

Valley Street, North Mackay

## Brisbane South

### Workshop 2:

#### Food product development

Thursday 14 June, 3.45–6.15 pm  
Clairvaux MacKillop College  
Klumpp Road, Upper Mt Gravatt

## Brisbane West

### Workshop 1:

#### Fabric designing—Safe, simple and sustainable techniques and ideas for the classroom

Thursday 14 June, 3.45–6.15 pm  
Ipswich State High School  
1 Hunter Street, Brassall

## Townsville

### Workshop 2:

#### Food product development

and

### Workshop 1:

#### Fabric designing—Safe, simple and sustainable techniques and ideas for the classroom

Friday 29 June, 9.00 am–3.30 pm  
St Margaret Mary's College  
1–9 Crowle Street, Hyde Park

## TERM 3

### Gold Coast

### Workshop 3:

#### Developing excellence in teaching and learning for Years 7–10

Monday 23 July, 4.00–6.30 pm  
All Saints Anglican School  
Highfield Drive, Merrimac

### Wide Bay

### Workshop 4:

#### Food science in the Years 11/12 classroom

and

### Workshop 3:

#### Developing excellence in teaching and learning for Years 7–10

Saturday 28 July, 8.30 am–2.45 pm  
(NOTE: Times to be confirmed in accordance with flights.)  
Isis District State High School

## Childers

### Brisbane North

### Workshop 1:

#### Fabric designing—Safe, simple and sustainable techniques and ideas for the classroom

Tuesday 31 July, 3.45–6.15 pm  
Hillbrook Anglican School  
45 Hurdcotte Street, Enoggera

## Rockhampton

### Workshop 4:

#### Food science in the Years 11/12 classroom

and

### Workshop 1:

#### Fabric designing—Safe, simple and sustainable techniques and ideas for the classroom

Friday 3 August, 9.00 am–3.30 pm  
2nd floor, Maud Bendall Arts Building  
Rockhampton Girls' Grammar School  
Corner of Agnes and Denham Streets  
Rockhampton

## Cairns

### Workshop 2:

#### Food product development

and

### Workshop 4:

#### Food science in the Years 11/12 classroom

Saturday 11 August, 9.00 am–3.30 pm  
St Andrew's Catholic College  
Intake Road, Redlynch, Cairns

## Sunshine Coast

### Workshop 3:

#### Developing excellence in teaching and learning for Years 7–10

Wednesday 15 August, 4.15–6.45 pm  
Siena Catholic College  
60 Sippy Downs Drive, Sippy Downs

## TERM 4

### Brisbane South

### Workshop 3:

#### Developing excellence in teaching and learning for Years 7–10

Thursday 25 October, 3.45–6.15 pm  
Clairvaux MacKillop College  
Klumpp Road, Upper Mt Gravatt



HOME ECONOMICS  
**Mindful**  
PRACTICE  
*and*  
**Planetary**  
HEALTH

**2018** STATE  
CONFERENCE

# Calling All Creative Students!

Australia Teenage Fashion & Arts (AATFA) Youth Festival is a unique opportunity for 12-19 year old students interested in the fashion or design industries to demonstrate their skill and flair through a friendly competition. AATFA is an extraordinary co-curricular activity, which offers students the opportunity and encouragement to explore their creativity in the fields of fashion, design and textiles.

To some participants the AATFA Youth Festival is a boost to their confidence and self-esteem, as well as providing inspiration and the chance to grow. To others, it has been a stepping-stone into the world of fashion and design. Many past winners and finalists have progressed into the fashion industry, some to great heights, creating their own fashion labels while others have won scholarships to work in large fashion houses around the world.

## MAKE AATFA YOUR CLASS PROJECT!



## Why should your students participate in AATFA?

AATFA is a fantastic program set up by Apex to encourage youth and build self-esteem and confidence using the medium of design through the use of fashion and textiles.

It has been my great privilege to provide mentorship and advice to the secondary students who participate as entrants, especially those talented individuals who graciously progress through to the pinnacle of the event – the prestigious National Final.

Many students that I have met have grown in confidence and stature following their participation in this opportunity.

Accordingly, I fully support and endorse AATFA as an exceptional youth program that delivers real outcomes for the youth involved in addition to the volunteers who work together across the country to plan an amazing student festival of fashion.

Students often pursue further studies in fashion, art, and design related fields, and I applaud Apex for its continued investment in the youth of today.



*Henry Roth*  
Speaker. Presenter. Mentor. Host.  
[www.henryrothpresents.com](http://www.henryrothpresents.com)



# Where Art

# How do Students participate?

The competition comprises of four key categories:

## Casual Wear

This category covers all general daywear including sportswear, beachwear, and leisure wear.

## Formal Wear

This section covers all types of clothing worn to Balls or Gala events and includes garments suitable for after 5pm, graduation ceremonies or evening wear.

## Wearable Art

This section allows the entrant's full creative talents to be paraded. Construction and material is left to the imagination of the entrant.

## Society & Environment

This category allows the entrants to portray a garment depicting a civilization, a background or surrounding. This garment could be an opportunity for the student to make a statement on an issue that they are passionate about.



[www.aatfa.org.au/enter](http://www.aatfa.org.au/enter)



## Queensland State Final



The AATFA Queensland Final is the preliminary event prior to the AATFA National Final, which is this year taking place for the first time in Adelaide.

The Queensland Final will take place on the weekend of 7-9 September at the Mt Gravatt TAFE Campus (Brisbane). Please note that this is a ticketed event with all proceeds delivering AATFA Queensland's leading designers to the AATFA National event weekend on October 4-7.

Students are required to enter via online at [aatfa.org.au](http://aatfa.org.au). Once entry is completed the Student and Parent will be contacted with further information about their participation.

Entrants are encouraged to self-model their own designs; however garments are able to be modelled by persons other than the designer – please see the AATFA rule book for further details ([aatfa.org.au/enter](http://aatfa.org.au/enter))



Hair & Makeup Artists



Studio Photography



Self Modelling Opportunity

# Meets Fashion!

# McCormick Foods and HEIA Years 9 and 10 Flavour Forecast® 2018 Student Recipe Challenge



McCormick Foods Australia and the Home Economics Institute Australia Inc. (HEIA) are excited to announce the launch of the Years 9 and 10 Flavour Forecast® 2018 Student Recipe Challenge.

Each year, McCormick releases its Flavour Forecast report, a highly anticipated look at the emerging culinary trends expected to drive flavour innovation over the next several years. A team of McCormick chefs, home economists, sensory scientists, dietitians, trend trackers, marketing experts and food technologists from

around the world creates this report. The global report showcases trends and flavours taking root in Asia, Australia, Europe, Africa, Latin America and North America.

Now in its sixth year, the McCormick/HEIA Student Recipe Challenge provides an opportunity for Years 9 and 10 home economics students in Australian schools to explore these flavours in more depth and to develop a series of recipes based around the trending themes for 2018.

## The Challenge

The challenge is for students, individually or in teams, to develop three original recipes that support the McCormick® Flavour Forecast® 2018. Entrants are required to submit:

- three original recipes inspired by the Flavour Forecast 2018 report (see the table below)
- two or three supporting images of each dish
- a costings breakdown for each recipe
- for each recipe, a justification of and reflection on the resolution to the recipe challenge.

McCormick Flavour Trends	Instructions	Set ingredients
<p><b>A bite of East Africa</b></p> <p>East Africa is a treasure trove of flavour. At last, the signature seasonings, BBQ marinades and sauces of Tanzania and Ethiopia are being discovered across the globe. The berbere spice blend is Ethiopia's most popular seasoning. It contains an array of spices like paprika, allspice, coriander, cardamom, ginger, cinnamon and cayenne pepper. It's hot, sweet, citrusy flavour lends richness wherever it's used, whether rubbed on meats, stirred into soups and stews, or sprinkled on lentils and veggies.</p>	<p>Students are to develop a savoury dish that includes:</p> <ul style="list-style-type: none"> <li>• a berbere spice blend as a hero ingredient in one component of the dish</li> <li>• grilling or barbecuing as a cooking technique in one component of the dish</li> <li>• a flatbread and/or grain as a side.</li> </ul>	<p>The dish must have:</p> <ul style="list-style-type: none"> <li>• berbere spice blend (refer to recipe provided in the Competition Entry Pack)</li> <li>• a side of flatbread (made from scratch) or a grain.</li> </ul>
<p><b>Drink to your wellness</b></p> <p>Wellness never tasted so good. Breakfast boosts, snacking soups and end-of-day sips feature the robust flavours of cucumbers, dandelion greens, ginger, turmeric and cayenne pepper. Awaken, stay energised, rebalance and, above all, enjoy.</p>	<p>Students are to create a liquid that can be consumed from a glass or a mug. It can be served hot or cold.</p> <p>The liquid must:</p> <ul style="list-style-type: none"> <li>• be suitable for a vegan</li> <li>• be between 250 mL and 300 mL per serve (i.e., recipe is no more than 600 mL)</li> <li>• contain at least: <ul style="list-style-type: none"> <li>- one fruit</li> <li>- one vegetable</li> <li>- one herb</li> <li>- one spice.</li> </ul> </li> </ul>	<p>The drink must have:</p> <ul style="list-style-type: none"> <li>• at least one of the following fruits: apple, grapefruit, lemon, lime, mango, orange, passionfruit and pineapple</li> <li>• at least one of the following vegetables: avocado, beetroot, capsicum, cucumber, dandelion greens, kale, silverbeet and spinach</li> <li>• at least one of the following herbs (fresh or dried): basil, fennel, thyme, oregano, parsley and sage</li> <li>• at least one of the following spices (fresh or dried): cayenne pepper, ginger, nutmeg, sumac and turmeric.</li> </ul>

McCormick Flavour Trends	Instructions	Set ingredients
<p><b>Japanese Izakaya eats</b></p> <p>Sushi isn't the only bite-sized food Japan has to offer. Izakayas serve up casual tasting plates similar to Spanish tapas. Featuring bold glazes, tangy sauces and seaweed seasonings, these dishes deliver explosions of flavour.</p>	<p>Students are to prepare three different types of Japanese savoury, bite-sized snacks or appetisers that can be served as part of a tasting plate. The tasting plate must present:</p> <ul style="list-style-type: none"> <li>at least one dish served hot or warm</li> <li>at least one dish served cold</li> <li>at least one vegetarian dish</li> <li>at least one dish with a dipping sauce.</li> </ul> <p>Note, this sauce is considered to be part of the dish and is not categorised as a separate item.</p> <p>Sushi cannot be included.</p>	<p>The dish must have:</p> <ul style="list-style-type: none"> <li>furikake seasoning (refer to recipe) in at least one of the three snack options</li> </ul>
<p><b>Handheld flavour fusion</b></p> <p>Take to the streets for the latest fusion of global cuisines. Carts, trucks and food halls are combining high-flavour fillings with unique crepes, buns and breads for loaded street fare that you eat with your hands.</p>	<p>Students are to develop a handheld food item. A crepe, bun or bread must be the holder of the filling. The dish must:</p> <ul style="list-style-type: none"> <li>be eaten in one's hands (i.e., does not require the use of cutlery or other utensils to be consumed)</li> <li>reflect a fusion of the cuisines from two of the following continents: Asia, Africa, Europe and America.</li> </ul>	<p>The dish must have:</p> <ul style="list-style-type: none"> <li>a crepe, bread or bun (made from scratch).</li> </ul>

HEIA has worked closely with McCormick Foods Australia to develop a design brief that is grounded in the curriculum. As a result, the recipe challenge has a real-world context, modelling some of the key features of the Australian Curriculum, including critical and creative thinking, and ICT (Information and Communication Technology) capability. This is a great opportunity for students to learn about the demands of the real-world food industry, to have some fun whilst being creative and, potentially, to win some fabulous prizes.

## Judging

The judges will be looking for:

- adherence to the design brief
- the appeal of the recipes
- points of difference
- justification of and reflection on the resolution to the recipe challenge
- presentation of the final food product.

## Registering your interest

The competition closes on Friday 19 October 2018 and winners will be announced on Wednesday 7 November 2018. To register your interest, please email Neredith at <neredith@marketmaker.com.au> to request your Competition Entry Pack, which contains the full entry requirements.



## McCormick/HEIA Student Recipe Challenge Webinar Tuesday 8 May 2018

This year, HEIA is again offering a free webinar to provide some additional hints and tips for successful submissions. Throughout the webinar, participants will hear:

- from a teacher who has successfully entered and engaged their Year 9 and Year 10 students in the challenge; the planning involved; scheduling lessons around the challenge; and the top-five tips for a successful entry
- what judges are looking for
- a brief outline of the Flavour Forecast trends from a McCormick representative.

This webinar is for all teachers—those whose classes have entered previously; those who are thinking that their classes should enter and those who just want to know more about the Challenge.

Join the webinar to find out how your classes can address the curriculum by entering the Challenge, potentially win fabulous prizes, and receive the added benefit of a certificate for each student who participates in the Challenge.

Two repeat webinar sessions will be offered on Tuesday 8 May, so you can choose the time that suits you best.

Session 1: 4.00-5.00 pm (AEST) (2.00 pm in WA)

Session 2: 6.00-7.00 pm (AEST) (4.00 pm in WA)

There is no charge to participate in the webinar. Register at <https://register.gotowebinar.com/rt/3303955865544253185> to reserve your place, being sure to select your preferred session time from the dropdown menu. Contact Peta Craig at <webconference@heia.com.au> if you have any specific queries about the webinar.





# Home Economics Teacher Excellence Awards

**HEIA(Q) would like to acknowledge high quality teachers within our profession, but we need your help. It's time to share with others the exemplary work done by home economics teachers. Please tell us about their activities and achievements by nominating them for a teacher excellence award.**

## Closing Date

**Nominations must be received no later than**

**Friday  
22 June 2018**

The Queensland Division of the Home Economics Institute of Australia invites nominations for the **HEIA(Q) 2018 Home Economics Teacher Excellence Awards**. This is an invaluable opportunity to recognise and celebrate the outstanding work done by home economics practitioners. Home economics teachers contribute much to education in Queensland and this is one way the profession can acknowledge practitioners who excel in the field.

The Excellence Awards will be presented at the HEIA(Q) state conference on Saturday 18 August 2018. Regional functions may be arranged to celebrate awardees from regional centres.

## Who are you going to nominate?

HEIA(Q) would like to acknowledge high-quality teachers within our profession, but we need your help. It's time to share with others the exemplary work done by home economics teachers. Please tell us about their activities and achievements by nominating them for a teacher excellence award.

Nominations are invited for practising teachers who have, in recent times, **demonstrated excellence** consistently across **several facets of home economics education**, such as teaching practice, curriculum development, student success and professional activities. Primary focus should be given to activities relating directly to **home economics** but may also include activities relating to, for example, hospitality and early childhood.

- Nominees must be financial (individual or school) members of HEIA Inc.
- A member who has received an HEIA(Q) Home Economics Teacher Excellence Award is eligible for renomination three years after receiving the award.
- A maximum of three awards will be presented annually. A panel will review the nominations.
- Nominations must address at least two of the three criteria comprehensively but be clear and concise, occupying no more than two A4 pages.
- You may nominate a colleague or yourself.
- Each nomination must be seconded by another member or a school representative such as the principal.

## Selection criteria

1. **Demonstrated** ability of the nominee to implement **high-quality and/or innovative teaching practice** to ensure maximum learning outcomes within a context of home economics
2. **Development** of a **high-quality and/or innovative curriculum** within a school-based environment—this could include the development of programs that relate to syllabus documents, work programs, or a contribution to syllabus development
3. **Contribution** to **professional activities** by **developing, facilitating or being involved in the implementation** of professional development opportunities for colleagues

To nominate a colleague, please forward the completed nomination form and response to the selection criteria to:

Teacher Excellence Awards  
Home Economics Institute of Australia (Qld)  
PO Box 629  
Kallangur QLD 4503

or scan and email to [heiaq@heia.com.au](mailto:heiaq@heia.com.au)

# Home Economics Teacher Excellence Awards

## Nomination Form

### Nominee >

(person being nominated for the award – the nominee must be a member of HEIA(Q).)

Name: \_\_\_\_\_

Tel (H) \_\_\_\_\_ Tel (W) \_\_\_\_\_ Mobile \_\_\_\_\_

Email: \_\_\_\_\_

School: \_\_\_\_\_

School Address: \_\_\_\_\_

Number of years of home economics teaching experience: \_\_\_\_\_

### Nominator >

Please note that the person proposing the nomination must be a financial member (individual or school) of HEIA Inc. The nomination must be seconded by another member or a school representative such as the principal. Members may nominate themselves.

**Proposed by:** \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

**Seconded by:** \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

### Response to selection criteria

Please provide details of how the nominee has demonstrated excellence in home economics teaching in recent years (1-3 years). Include details of the activities undertaken by the nominee and his/her professional characteristics that indicate excellence. Where appropriate, please include the year of the activity.

Details of the nominee's activities/characteristics must address a minimum of two of the following selection criteria:

1. **Demonstrated** ability of the nominee to implement **high-quality and/or innovative teaching practice** to ensure maximum learning outcomes within a context of home economics
2. **Development** of a **high-quality and/or innovative curriculum** within a school-based environment–this could include the development of programs that relate to syllabus documents, work programs, or a contribution to syllabus development
3. **Contribution to professional activities** by **developing, facilitating or being involved in the implementation** of professional development opportunities for colleagues

The primary focus should be given to activities relating directly to home economics, but may also include activities relating to, for example, hospitality and early childhood. Nominations should be comprehensive but clear and concise, occupying no more than two A4 pages.

# heia(Q) Diary Dates

00  
9 May 2018

## HEIA(Q) REGIONAL WORKSHOP Sunshine Coast

### WORKSHOP 1

4:00–6:30 pm  
Siena Catholic College  
Sippy Downs

00  
12 May 2018

## HEIA(Q) REGIONAL WORKSHOP Toowoomba

### WORKSHOP 3 and WORKSHOP 1

9:00 am–3:30 pm  
Fairholme College  
Toowoomba

00  
15 May 2018

## INTERNATIONAL DAY OF FAMILIES

<http://www.un.org/en/events/familyday/>

00  
17 May 2018

## HEIA(Q) REGIONAL WORKSHOP Brisbane West

### WORKSHOP 2

3:45–6:15 pm  
Ipswich State High School  
Brassall

00  
28 May 2018

## HEIA(Q) REGIONAL WORKSHOP Gold Coast

### WORKSHOP 1

4:00–6:30 pm  
All Saints Anglican School  
Merrimac

00  
29 May 2018

## HEIA(Q) REGIONAL WORKSHOP Brisbane North

### WORKSHOP 3

3:45–6:15 pm  
Hillbrook Anglican School  
Enoggera

00  
4 June 2018

## HEIA(Q) REGIONAL WORKSHOP Mackay

### WORKSHOP 2 and WORKSHOP 1

9:00 am–3:30 pm  
Mackay North State High School  
North Mackay

00  
14 June 2018

## HEIA(Q) REGIONAL WORKSHOP Brisbane South

### WORKSHOP 2

Clairvaux MacKillop College  
Upper Mt Gravatt

00  
14 June 2018

## HEIA(Q) REGIONAL WORKSHOP Brisbane West

### WORKSHOP 1

3:45–6:15 pm  
Ipswich State High School  
Brassall

00  
29 June 2018

## HEIA(Q) REGIONAL WORKSHOP Townsville

### WORKSHOP 2 and WORKSHOP 1

9:00 am–3:30 pm  
St Margaret Mary's College  
Hyde Park

00  
23 July 2018

## HEIA(Q) REGIONAL WORKSHOP Gold Coast

### WORKSHOP 3

4:00–6:30 pm  
All Saints Anglican School  
Merrimac

00  
28 July 2018

## HEIA(Q) REGIONAL WORKSHOP Wide Bay

### WORKSHOP 4 and WORKSHOP 3

8:30 am–2:45 pm  
Isis District State High School  
Childers

00  
31 July 2018

## HEIA(Q) REGIONAL WORKSHOP Brisbane North

### WORKSHOP 1

3:45–6:15 pm  
Hillbrook Anglican School  
Enoggera

00  
3 August 2018

## HEIA(Q) REGIONAL WORKSHOP Rockhampton

### WORKSHOP 4 and WORKSHOP 1

9:00 am–3:30 pm  
Rockhampton Girls' Grammar School  
Rockhampton

00  
11 August 2018

## HEIA(Q) REGIONAL WORKSHOP Cairns

### WORKSHOP 2 and WORKSHOP 4

9:00 am–3:30 pm  
St Andrew's Catholic College  
Cairns

00  
15 August 2018

## HEIA(Q) REGIONAL WORKSHOP Sunshine Coast

### WORKSHOP 3

4:15–6:45 pm  
Siena Catholic College  
Sippy Downs

00  
18 August 2018

## HEIA(Q) STATE CONFERENCE

Brisbane Convention and Exhibition Centre

00  
16 October 2018

## WORLD FOOD DAY

[www.fao.org/world-food-day/home/en/](http://www.fao.org/world-food-day/home/en/)

00  
25 October 2018

## HEIA(Q) REGIONAL WORKSHOP Brisbane South

### WORKSHOP 3

Clairvaux MacKillop College  
Upper Mt Gravatt

## 2018 Professional Development Program Workshops

### WORKSHOP 1:

*Fabric designing—Safe, simple and sustainable techniques and ideas for the classroom*

### WORKSHOP 2:

*Food product development*

### WORKSHOP 3:

*Developing excellence in teaching and learning for Years 7–10*

### WORKSHOP 4:

*Food science in the Years 11/12 classroom*