

# *inform*

Newsletter of the Home Economics  
Institute of Australia (Qld) Inc.  
**December 2015**



The final issue of *InForm* for 2015 brings a collection of articles related to the many happenings in the last quarter of the year and a sneak preview of what is to come in 2016. A number of fabulous student achievements take centre stage in this issue—congratulations to the students and their teachers alike! What a way to end the year.

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## From the President



As another year draws to a close, I reflect on the many ways that we have come together in 2015 as a professional learning community to learn, network and strengthen our profession by our collaborative endeavours. The profession can only continue to grow as we continue to work together in this way.

The distances covered during the year by members in order to enhance their professional learning has been most impressive—travelling to the state conference in August and/or to one or more of the many regional workshops. Many of you have attended professional development sessions linked to the Australian Curriculum, whether it was about assessment, Curriculum to Classroom (C2C) materials and/or multimodal presentations. Through participants' very positive feedback we have been able to shape the HEIA(Q) 2016 Regional Professional Development Program, details of which can be found on page 14.

The HEIA(Q) 2015 conference was at maximum capacity and planning for the 2016 conference on 6 August is already well under way. Please keep that date free for a program jam-packed with exciting presenters and a lot of professional dialogue.

Apart from our formal learning opportunities, this year as a profession we came together to celebrate World Home Economics Day and the 2015 Queensland King and Amy O'Malley Trust scholars and to acknowledge World Food Day. Let us know if you like the variety and we will endeavour to continue to provide many and varied professional development opportunities. Apart from good progress being made towards planning for the 2016 conference and regional workshop program, the 2016 World Home Economics Day celebration is also booked for the Queensland Club in Brisbane City on 19 March. We look forward to welcoming you at that event.

All of these events, along with production of HEIA(Q) newsletters and administrative matters, such as managing finances and attending to agendas and minutes of meetings, cannot be completed without the efforts of a hardworking Committee of Management (COM) and the support of the regional coordinators. There have been eleven COM members this year, each of whom worked tirelessly to facilitate the events you see on the HEIA(Q) calendar. We are always looking for new committee members and would welcome your contributions. It is not as daunting a task as I first thought when I became a committee member and it is very rewarding. Please give me a call to see how you can get involved.

On behalf of the committee, I wish you a very merry Christmas and a happy and prosperous new year. We look forward to providing you with many opportunities for professional learning in 2016. Thank you for your support of HEIA(Q) throughout the year.

### **Kay York**

President, HEIA(Q)

## Fashion

Over the week of Tuesday 29 September to Friday 2 October 2015, two high-school teachers and 12 very excited and nervous third-year CQUniversity (CQU) Home Economics education students engaged in the residential-school component of their Fashion Design discipline course. Run by lecturer Frances Murphy at Rockhampton State High School, this course involves a significant component of self-regulated online coursework and the completion of practical samples prior to attending the residential school for the major practical component.

The online part of the course allowed students to engage with a range of textile construction skills and embellishment techniques, all documented within a design portfolio. The techniques and skills developed within these learning activities broadened students' understanding and appreciation for textiles design and were subsequently used in their responses to the design challenge for their major items of assessment.

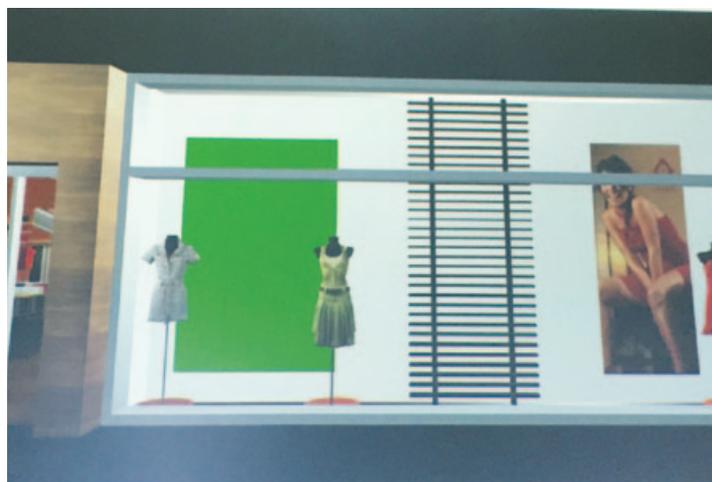
Students were given the design challenge on their first day at the residential setting. They were to design and construct a skirt reflective of indigenous culture, to be showcased at a fashion parade at Workshop Rockhampton. Students had three days to design their skirt patterns and fabrics, then construct and embellish their skirts to a high standard for presentation at the fashion parade—all this in addition to maintaining a fashion portfolio. During this time, students also engaged in various learning experiences regarding pattern design, fashion drawing (using both hand tools and digital technologies) and fashion portfolio construction. Despite being faced with many challenges along the way, the resulting products were diverse and inspiring. Not only was this valuable for developing textiles and fashion skills, it was also an invaluable learning experience for the textiles students. The experience allowed participants to gain an understanding of what it is like for students in the classroom—whether it be the patience needed to wait for teacher assistance or the frustration of waiting for a machine to become available or for the repair of the sole overlocker.

Held on the evening of Thursday 1 October 2015, the fashion parade was a wonderful way for students to showcase their designs and celebrate their week's work with drinks and tapas. It was great to see the event supported not only by CQU's Senior Lecturer Dr Bill Blayney but also by

# design at CQUniversity



L-R: Dr William Blayney and Frances Murphy with CQUniversity Fashion Design students



students' families and the wider Rockhampton community, including a local designer who spoke to the students about her work and paraded some of her designs. This intense week finished on Friday 2 October with an online conversation and demonstration with New Zealand Mockshop, who used the students' designs to fill a virtual shop, thus completing the full fashion cycle from design to distribution.

When talking with students at the end of the course, it was evident that no matter their experience or expertise in textiles and fashion, all had gained much from the course. Whilst this course is offered through CQU's Bachelor of Education (Secondary) Home Economics / Hospitality pathway, it should be noted that it is not limited to students within the pathway. It is an open course, like many of the discipline study courses, which are available to all who wish to study them. For those looking to update their food, textiles or fashion knowledge and skills, CQU's open courses are an ideal way to do so.

The courses are typically held during the school holidays and are set to be available in the Brisbane region or in Rockhampton. For more information about them, please contact CQU.

As has been communicated throughout this year, currently CQUniversity is the only Queensland university offering a home economics teacher education pathway. The pathway has been offered to students for quite some time, although it has undergone a review in consultation with HEIA(Q) in order to facilitate a relevant and flexible course that is available to all who wish to study Home Economics education in either a regional or a metropolitan setting. HEIA(Q) encourages members to promote this course to those wishing to pursue a career in Home Economics education.

## Rosie Sciacca

John Paul College, Logan City

# HEIA(Q)'s World Food Day tour



**WORLD  
FOOD  
DAY-OCT 16**

**The HEIA(Q) World Food Day tour at Sunnybank Plaza was a great morning for the 24 participants. It provided an insight into the ingredients used by the various Asian cultures and cuisines present in Australia. The tour was led by Tony Ching and Rob Claridge, who both shared their extensive knowledge and understanding of Asian cooking styles and the accompanying cultural backgrounds.**

During the tour, participants visited two Asian supermarkets within the complex and were shown the full range of the fresh and packaged ingredients used in the different styles of cuisine and how to utilise them to create delicious meals. The itinerary also included a butcher's shop, where participants tried a range of meats along with hearing great background information about the cooking processes that were used to enhance the products.

Following the exploration of Asian shops, Yum Cha at Landmark restaurant was next on the stop. During the meal, various Asian customs and etiquette were explained, including how to drink tea and share food. A chopstick lesson was also on hand for those who were less than talented at the art of using these instruments.

The tour concluded with the participants each receiving a bag filled with Asian sauces, vouchers and samples.

The tour was a great way to acknowledge World Food Day and celebrate the diverse food culture of South East Queensland. I am sure that all participants would have increased their knowledge of what is available at Sunnybank and that the teachers in the group will happily integrate this experience into their teaching practice.

Sincere thanks to HEIA(Q) for organising this acknowledgement of World Food Day, in particular to Tessa Lund, the student representative on the committee who organised the tour.

**Cate Lund**

HEIA(Q) member





# HEIA(Q)'s 2016 celebration of World Home Economics Day

Date:	Saturday 19 March 2016
Time:	10.00 am - 12.00 pm
Venue:	The Gold Room, Queensland Club, 19 George Street, Brisbane

Come along and celebrate World Home Economics Day at the heritage-listed Queensland Club. During the morning, participants will enjoy a delicious high tea and have the opportunity to meet the Queensland 2016 recipients of the prestigious King and Amy O'Malley Trust scholarships. Plus of course it will be an opportunity to network and maybe reflect on how times have changed, with members of a predominantly female profession celebrating their profession in a building built for the exclusive use of men.

## About the Queensland Club

(Adapted from the article [www.en.wikipedia.org/wiki/Queensland\\_Club](http://www.en.wikipedia.org/wiki/Queensland_Club), which was originally based on "The Queensland heritage register" published by the State of Queensland under CC-BY 3.0 AU license [accessed on 7 July 2014, archived on 8 October 2014])

The Queensland Club was established in December 1859, coinciding with the establishment of Queensland as a separate colony. Adopting the British tradition of private clubs for influential members of the community, it provided a recreational venue and accommodation for men of common interests and socio-economic backgrounds. Its members were mainly pastoralists, politicians, and business and professional men.

The Queensland Club building was designed by a member of the club, Francis Drummond Greville Stanley. Proximity to the seat of government made its locale appropriate for the new club premises. Stanley's plans were modified by the members and finally approved in March 1882. It was built from 1882 to 1884 by J Smith & Sons. The building was opened in June 1884 and contained 41 members' bedrooms, eight bathrooms, a clubroom, dining room, billiard room, smoking room, visitors' room, offices and the necessary kitchens, servants' rooms and toilets, providing a 'home away from home' for society's male elite.



It was added to the Queensland Heritage Register on 21 October 1992, having satisfied the following criteria:

- *The place is important in demonstrating the evolution or pattern of Queensland's history.* The Queensland Club is important in demonstrating the pattern of Queensland's history as an example of the transposition of a British, class-oriented gentlemen's club to Brisbane society.
- *The place is important in demonstrating the principal characteristics of a particular class of cultural places.* The building demonstrates the principal characteristics of a nineteenth-century,

purpose-built, exclusive men's club based on British tradition.

- *The place is important because of its aesthetic significance.* The Queensland Club exhibits particular aesthetic characteristics valued by the community through its contribution to the streetscape at Alice and George Streets, and to Parliament House and the Botanic Gardens.
- *The place has a special association with the life or work of a particular person, group or organisation of importance in Queensland's history.* The Queensland Club is significant for its special association with the work of architect FDG Stanley, a member of the Queensland Club.

## Queensland winners of the

# McCormick/HEIA 2015 Flavour Forecast Recipe Challenge

**On 17 November 2015, the state and national winners of the McCormick/HEIA 2015 Flavour Forecast Recipe Challenge were announced. St John Fisher College Year 9 students Tarren Carter, Vicki Burton, Monique Vonhoff and Lauryn Plichta were announced as the Queensland winners.**

Congratulations to St John Fisher College teachers Kirst Kingston and Michelle Tillack and all the many students from the college who participated in the Challenge.

Congratulations also to the many other Queensland schools that took on the Challenge. The standard of entries was amazing and provides evidence of the excellent teaching going on in home economics classrooms. The judges were amazed at the creativity and passion for fabulous, unique and healthy food displayed by such young students. On behalf of the judges, congratulations to all teachers whose students entered the Challenge on all that you did to help your students achieve the high standards that were witnessed.

Now in its third year, participating in the McCormick/HEIA Recipe Challenge is recognised as a high-quality experience for students, with students challenged to design new dishes using ingredients that are often unfamiliar to them—in accordance with the design brief, they create dishes to match the upcoming trends as forecast by the McCormick Flavour Forecast. The Challenge involved students interrogating flavour themes and creating dishes to meet four of the five 2015 flavour themes. The winning students' teachers, Kirsty Kingston and Michelle Tillack, used the competition as part of their classwork and assessment. The students were delighted to have won the prize and are very proud of their achievement.

HEIA(Q) President Kay York had the pleasure of visiting St John Fisher College to present the prizes.

The national winner was Naracoorte High School from South Australia. Naracoorte had previously been the state winner and this year really shone to take out the national prize.

### About the Challenge

Reflecting the rapidly increasing demand for bolder, more intense flavour experiences, the McCormick Flavour Forecast 2015 pinpointed adventurous global tastes on the rise—for



St John Fisher College winning student team with their teachers (L and R) and HEIA(Q) President, Kay York (3rd from left)

example, Middle Eastern blends—and showcased new ways to elevate pantry essentials to starring roles, for example, smoking spices and herbs or pairing sour with coarse salt. Working in teams, students were presented with five trends and were required to develop original dishes for four of the trends as outlined below:

#### Sour + salt

Students were to develop their own 'Sour + salt' blend and deliver a dish that contained this Sour + salt blend along with an additional sour ingredient from the choices outlined in the detailed brief. Students were allowed to add any other ingredients, provided they were within the budgetary constraints of the Challenge.

#### Liquid revolution

Students were to deliver a vegan dish that used a fruit or vegetable puree blended with bold herbs or spices as a sauce or dressing. While the focus of the dish was to be the spiced puree, the dish also had to include at least one serve of protein-rich food and at least one serve of a calcium-rich food.

#### Cookies reimagined

Students were to deliver a dessert that used a spiced cookie or biscuit within the dish. Students had to make their own original cookie or biscuit. They also had to include a dairy milk alternative within the dish, in addition to any milk used to make the cookie.

#### Middle Eastern mezze

Students were to deliver three small mezze plates (with no more than one of the three dishes being a dip). At least two of the following spice blends had to be used in the dishes presented: Ras el hanout, Shawarma and Harissa.

#### Smoked spices

Students were to deliver a savoury or sweet dish that used all of the following:

- 1) a smoked spice, e.g., ground or quill cinnamon
- 2) a smoked herb, e.g., bay leaves, rosemary leaves
- 3) a smoked seed, e.g., fennel seeds, coriander seeds)  
or alternatively a smoked blend that contained at least one herb, one spice and one seed.

#### What did the winning team produce?

The St John Fisher College students produced the following four dishes, with the related flavour forecast shown alongside:

- Smoked spices: Shepherd's pie
- Liquid revolution: Chai pudding with vibrant berry mint puree
- Cookies re-imagined: Crushed ginger cookies with almond milk custard
- Middle eastern mezze: Chicken chunks, hummus and sweet potato fingers



**St John Fisher College winning dishes (L-R)** Appetising Middle Eastern Mezze, Spicy homemade shepherd's pie, Crushed Ginger cookies with Almond milk custard and Chia Pudding.

# Wool4School 2015 Australia Student Design Competition—

It was another successful year for the 2015 Wool4School Student Design Competition, with over 1100 entries submitted nationwide. The competition is open to students studying Textiles and Design and Visual Arts in Years 7-11. This year, two Queensland students took out the top prizes with their entries to win their respective year levels. A number of Queensland students also made it to the final selection, which is also an outstanding achievement. Now in its fourth year, the Wool4School Student Design Competition, which is sponsored and supported by the Australian Woolmark Company, has become an integral part of teaching programs in many schools.

## 2015 Design Brief

### Live Life, Love Wool

The challenge for entrants this year was to design an outfit with a maximum of four pieces that not only reflected their own personal styles but also the perfect winter outfit suitable to wear in New York City, Tokyo, Paris, Moscow or New Delhi. The outfit needed to be made from at least 80% Australian merino wool and include one accessory.

### 2015 Year 7 winner: Isabelle Ingram, Tamborine Mountain State High School, Queensland

Isabelle's chosen destination was New Delhi and her outfit was designed for sightseeing around the city. "I really enjoyed this competition because it allowed me to be creative. It was fun having to use aspects of New Delhi such as architecture and their culture and incorporate it into my design. I like to wear lots of bright colours. When I was researching New Delhi, I was inspired by the Holi festival that is held each year, when they throw colourful powders up in the air creating an explosion of colour. India is also known for its bright colours through the cooking spices they use and their traditional wear. This also inspired my design along with the shapes and lines of the Indian architecture."

### 2015 Year 11 winner: Mikaela Fewster, Noosa District High School, Queensland

"The architecture and the patinas of Paris were the inspiration and backdrop for my design. The Wool4School Student Design Competition provided me with a platform to design with purpose. Engaging in the design process allowed me to become more confident when designing. Creative classroom exercises, including paint application studies and peer feedback sessions where we experienced 'speed critiquing' were essential to the progression of my design ideas. Furthermore, extracting elements from the mood board and engaging in the SCAMPER process was a valuable exercise that kept my design alive".

As part of Mikaela's prize, she will fly to Sydney for a one-week internship in January 2016. "This has inspired me to investigate further into relocating and studying design courses post high school", Mikaela said.

As part of the design submission, students were required to include annotated sketches of their design. In Years 9 and 10, mood boards that reflected their inspirations and creative statements were also required to support their entries; technical sketches were additional for Year 11 students.

Congratulations to both Isabelle and Mikaela for their outstanding achievements.

The design brief for the 2016 Wool4School Student Design Competition is now available on the Wool4School website [www.wool4school.com](http://www.wool4school.com).

### Belinda Ingram

Canterbury College, Waterford



**WOOL4SCHOOL™**  
Student Design Competition



# Winning entries in the 2015 Queensland Junior and Senior Secondary Schools Culinary Challenges

The relocation of the Secondary Schools Culinary Challenges to TAFE Brisbane at Southbank this year proved to be a great success. Whilst initially overwhelmed by the first-class facilities, the students enjoyed the experience of cooking at such a well-equipped venue.

The standard this year for both the Junior and Senior challenges was very high and all students who competed are to be congratulated for their great efforts.

The Culinary Challenges are organised by the Australian Culinary Federation and sponsored and supported by Chefs of the Future. The competitions are open to all Years 10-12 Hospitality and Home Economics students. The purpose of the Challenges is to develop closer links between industry and education and to give students the opportunity to explore possible career paths.

## Junior Secondary Schools Culinary Challenge

Canterbury College at Waterford claimed a gold medal and first place with their winning dish prepared by Year 10 students Jessica Lord and Alex Noney. This was the culmination of many hours of practice for these students, learning new techniques and refining their culinary skills to be able to prepare their dish within the 90-minute timeframe.

Second place went to Stanthorpe State High School and third place to Canterbury College, Waterford.

## Senior Schools Culinary Challenge

Grace Morton and Hailey Quiazon from Trinity Lutheran College on the Gold Coast reigned supreme, receiving a gold medal and taking out the Senior Secondary Schools challenge for the second year running. The girls worked against the clock to prepare their winning entrée and main dishes in the 60-minute timeframe.

Second and third places both went to Helensvale State High School.

This win gave Grace and Hailey the opportunity to represent Queensland at the International Senior Schools Secondary Challenge in Tahiti in October. It was an extraordinary experience for the girls, both from culinary and cultural perspectives, and they have many wonderful memories as a result, including a bronze medal for their dish.

Of course these culinary challenges would not be possible without the support of the chef mentors who work alongside the hospitality teachers in schools guiding the students to develop dishes and preparing them for competition. Their dedication and support is admirable and very much appreciated.

Competing in culinary challenges such as these has so many positive benefits. Thank you to the Australian Culinary Federation for recognising the need to nurture and support young people whilst they are still at school.

## Belinda Ingram

Canterbury College, Waterford



Year 10 Canterbury College students



Senior winning entry from Trinity Lutheran College



Trinity Lutheran College students



Junior winning entry from Canterbury College, Waterford: Rolled Chicken Maryland wrapped with Beechwood Cured Streaky Bacon, Fondant Potato, Smashed Peas, Smoked Parsnip Puree, turned Manuka Honey Glazed Carrots with a warm Bush Tomato Vinaigrette and fresh Sugar Snap Pea Tendrils

# Home Economics



## A Defining Time?



# Professional learning for 2016

Throughout its history there have been many defining times for home economics in Queensland. Consider, for example, the introduction of Senior Home Economics, of hospitality subjects, of key learning areas as the organisers of curriculum and of a learning area called Design and Technologies. It could also be argued that the formation of the Home Economics Institute of Australia was another defining time. So, retrospectively, will 2016 be considered a defining time for Queensland home economics? There is great potential for it to be so, with the implementation of the endorsed Australian Curriculum, the planned release of the national home economics curriculum document from the Australian

Curriculum, Assessment and Reporting Authority, and the shift to CQUniversity of home economics teacher education. Will the 2015 Paris plan for climate change provide impetus for 2016 to be a defining time during which all Queensland home economics teachers fully embrace the impact of everyday living on climate change?

HEIA(Q)'s 2016 professional development program, including its state conference, will provide an opportunity for Queensland home economics professionals to consider these various events that may well cause 2016 to be another defining time for home economics. Delegates will be able to consider not only the potential impact of these events, but also what we are doing as professionals and what action we can take to make 2016 a positive defining time for the profession. The conference invites an exchange of views around these events and the practices that will take us forward, including how we communicate what we do for greatest effect.



## Home Economics



## A Defining Time?

Date: **Saturday 6 August 2016**

Venue: Brisbane Convention and Exhibition Centre

Planning is well under way for the 2016 conference, and in particular, the keynote speakers are in place. The Conference Organising Committee is thrilled to announce that delegates will again have the opportunity to engage with two keynote speakers who are new to the HEIA(Q) stage and, as in past years, promise to be very exciting. Dr Joanna McMillan and Dr Helena Popovic have confirmed that they will be presenting. There is one more keynote speaker still to be confirmed.

### Keynote speakers

#### Dr Joanna McMillan

Dr Joanna McMillan is one of Australia's favourite and most trusted health and wellbeing experts. She is a PhD-qualified nutrition scientist and Accredited Practising Dietitian, and a former fitness instructor, giving her sound credentials to help us all make heads or tails of the increasingly confusing nutrition and health messages in the media. Joanna is a regular on television, radio and in print media, and is the founder of Get Lean, an online lifestyle change program. She is a proud ambassador for Diabetes Australia, the Skin and Cancer Foundation, and Foodbank.

#### Dr Helena Popovic

Dr Helena Popovic is a medical doctor, leading authority on how to improve brain function, international speaker and best-selling author. Since graduating from the University of Sydney in 1995 she has been paving the way for a new paradigm in peak health for peak performance. Helena is the founder and CEO of *Winning at Slimming—thinking the light way*, a ground breaking weight loss program based on the principles of neuroplasticity: changing the brain to change the body. Helena is unique in bringing the latest discoveries in brain science to the field of weight management. She is also unique in that promoting optimal physical and mental health is not only her profession, it is her passion, her purpose and her personal way of life.

### Plan now for the HEIA(Q) 2016 conference Saturday 6 August 2016

Mark it in your diary, set aside your budget or apply for funding, book your flights—and look forward to an exciting day of professional learning and sharing.

We look forward to seeing you there!

Helena's philosophy is that *education* is more powerful than *medication* and she believes in slow ageing despite fast living. She is exceptional in teaching individuals, businesses and organisations the Neuroscience of Success and empowering people to live longer, stronger, healthier and happier.

Helena is the author of two books. Her first best-selling book *In Search of My Father—Dementia is no match for a daughter's determination* is a warm and humorous account of how we can build a better brain at any age or stage of life. Her second book *NeuroSlimming—Let your brain change your body* provides the missing piece in the weight loss puzzle by giving readers a Mind Plan, not a meal plan.

Helena's dynamic presentations produce measurable results in terms of enhanced performance, increased productivity, sharper thinking, incisive problem solving, effective stress management and greater life satisfaction. She enables people to discover the power of their moment-by-moment choices in reigniting their zest and vitality for life and work.



Dr Joanna McMillan



Dr Helena Popovic



# 2016 Regional Professional Development Program

## Home Economics



## A Defining Time?

The HEIA(Q) 2016 Regional Professional Development Program will build on the 2014 and 2015 programs that focused on the Australian Curriculum. However, the 2016 program will also include a statewide opportunity for professional learning related to textiles and fashion, especially as it relates to sustainability.

The workshop options have been selected by regional coordinators and dates are currently being negotiated. Remember that members can always travel to other regions to participate in workshops that are not on offer in their own regions.



## Workshop 1

### Refashioning

**Time** 2.5 hours

**Presenter** Jane Milburn

#### What to bring:

- Basic sewing kit (scissors, needle and thread, pins, safety pins etc.)
- Materials for the desired options from those shown below

#### Session overview

This workshop will spark creative thinking about ways to extend the life of clothing by upcycling. Garments refashioned during the Sew it Again project will be shown for inspiration and ideas. The following three refashioning techniques will be demonstrated and delegates will be given the opportunity to apply one or more of those techniques in the session:

1. Adapting tops—replace collars/turtlenecks with rolled collar necklines
2. Refashioning jumpers—turning discarded jumpers into jumper skirts and beanies
3. Repurposing t-shirts—turning an unwanted t-shirt into an eco-necklace or infinity scarf (no sewing machine skills are needed for this one).

Based on the above options, please bring along one or more garments you wish to refashion:

For 1: A top or dress with a problem neckline along with approximately 30 cm of stretch or woven fabric, suitable for fashioning into a replacement collar

For 2: A jumper (which needs to fit over your hips) and a waist-length piece of elastic 1 cm wide

For 3: Several old t-shirts and a couple of safety pins.

The number of items you refashion will depend on your own way of working.

This is a stand-alone workshop for all those interested in refashioning as a means of contributing to sustainable environments. It will also provide loads of ideas for exploring the topic of sustainable textiles with high-school students. The discussion surrounding the practical work will explore issues related to sustainability as it relates to textiles and fashion. The practical component will necessitate some basic machine sewing skills.

Note: The host school will provide sewing machines but feel free to bring your own if you prefer.



Dr Janet Reynolds



Kay York

## Workshop 2

Improved engagement and learning through inquiry-based learning  
Getting practical

**Time** 2.5 hours

**Presenter** Dr Jennifer Nayler

### Session overview

This professional learning and planning session will focus on practical classroom strategies to support active student engagement and achievement through inquiry-based learning (IBL) approaches.

The workshop will clarify what constitutes IBL and the evidence base for such an approach. The focus, however, will be on supporting participants to expand their own repertoires of teaching strategies. The workshop will draw on four key approaches to structured teaching: indirect (such as IBL), direct (or explicit teaching), collaborative and experiential approaches.

‘The IBL 5’ (Nayler, 2014) will form the basis of the workshop content. This will involve the explicit use of the following to drive teaching and student learning in a specific unit:

1. BIG questions and sub-Qs, with BIG Qs being conceptual or higher-order and connected (to students’ lives, the world and the required curriculum)  
Note: Examples appropriate for the Home Economics subject area will be included with a focus on collecting and sharing further examples during the workshop series.
2. A model of inquiry (such as TELSTAR) to scope and sequence the student investigation and teaching planning and enactment
3. Thinking skills taxonomies
4. Questioning skills frameworks
5. A repertoire of IBL teaching strategies with a focus on the use of digital pedagogies.

In this highly interactive session the four structured teaching approaches (direct, indirect, collaborative and experiential) will be modelled and resources will be provided in the program guide to illustrate the practical application of ‘The IBL 5’.

## Workshop 3

Working with the revised and endorsed Australian Curriculum HPE and Design & Technologies

**Time** 2.5 hours

**Presenter** Dr Janet Reynolds and/or Kay York

### Session overview

This session will build on the Australian Curriculum workshops offered by HEIA(Q) in 2014 and 2015. Its focus will be designing stand-alone (HPE or D&T) and integrated units (HPE and D&T), and identifying instances when these options will work well.

The session will complement the 2014/15 workshops by addressing the Design & Technologies curriculum in more detail. For both HPE and Design and Technologies, examples will be provided of how to link planning documents to the content descriptions and the achievement standards of the now-endorsed Australian curriculum.

It is suggested that delegates attend with a view to working on a specific unit of work for Years 7/8 or Years 9/10.



## 2016 Annual General Meeting

**Saturday  
19 March  
2016**

**10am-12pm**  
QUEENSLAND  
CLUB

**19 George Street,  
Brisbane, 4000**

The Annual General Meeting will be part of the celebratory  
**World Home Economics Day function**

### Agenda

1. Welcome and apologies
2. Correspondence
3. Confirmation of minutes of previous Annual General Meeting
4. Business arising from minutes
5. President's Report
6. Secretary's Report
7. Treasurer's Report
8. Auditor's Report
9. Appointment of Auditor
10. Reports from Committees
11. Appointment of Committee of Management

If you are not attending the World Home Economics Day and AGM function and you wish to appoint a proxy, please complete the proxy form below and forward to the Secretary at the address below. Proxy forms must be in the hands of the Secretary before the meeting commences.

### Nomination of Proxy

I, \_\_\_\_\_ *(print name in full)*

of \_\_\_\_\_ *(print full address)*

being a financial member of the Home Economics Institute of Australia Inc., am not able to be present at the HEIA(Q) Annual General Meeting to be held 19 March 2016. I hereby appoint

\_\_\_\_\_ *(print full name)*

also a financial member of HEIA Inc. as my proxy to vote on my behalf at the Annual General Meeting to be held on 19 March 2016, and at any adjournment of that meeting.

\_\_\_\_\_  
Signature of member appointing proxy

\_\_\_\_\_  
Date

### Please return to

**Secretary, HEIA(Q), PO Box 629, KALLANGUR 4503  
or email [heiaq@heia.com.au](mailto:heiaq@heia.com.au)**



# 2016 Annual General Meeting

**Saturday  
19 March  
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## Nomination Form

Nominations for the following positions can be made on the form below. Nominations may be submitted before or at the Annual General Meeting.

### Committee of Management

- President
- Vice President
- Secretary
- Treasurer
- Delegate to National Council
- Member of the Committee of Management

I, \_\_\_\_\_ being a financial member of the Home Economics Institute of Australia Inc., wish to nominate \_\_\_\_\_ *(print full name of nominee)* for the position of \_\_\_\_\_ *(print position to be filled)*

Signature of Nominator \_\_\_\_\_ Signature of Seconder \_\_\_\_\_  
I, \_\_\_\_\_ being a financial member of the Home Economics Institute of Australia Inc., wish to accept nomination for the position of \_\_\_\_\_

Signature of Nominee \_\_\_\_\_ Date \_\_\_\_\_

## Subcommittees

Subcommittees include: Newsletter, Professional Development, Conference, Website and Student Liaison. It is not necessary to be a member of the Committee of Management to participate in a subcommittee and there is no need to be nominated, just express your interest.

I, \_\_\_\_\_ *(please print name)* being a financial member of the Home Economics Institute of Australia Inc., wish to express an interest in being a member of the \_\_\_\_\_

Subcommittee and can be contacted by telephone on \_\_\_\_\_

Email on \_\_\_\_\_

## Please return to

**Secretary, HEIA(Q), PO Box 629, KALLANGUR 4503  
or email [heiaq@heia.com.au](mailto:heiaq@heia.com.au)**



# heia(Q) Diary Dates

 19 MARCH 2016

**HEIA(Q) WORLD HOME ECONOMICS DAY  
CELEBRATION**

10am - 12pm  
The Queensland Club  
19 George Street  
Brisbane, 4000

 6 AUGUST 2016

**HEIA(Q) STATE CONFERENCE:  
HOME ECONOMICS 2016:  
A DEFINING TIME?**

Brisbane Convention and Exhibition Centre

 19 MARCH 2016

**HEIA(Q) ANNUAL GENERAL MEETING**

10am - 12pm  
The Queensland Club  
19 George Street  
Brisbane, 4000

 21 MARCH 2016

**WORLD HOME ECONOMICS DAY**