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

June 2010



Home Economics Institute of Australia Inc.

Home Economics Institute of Australia (Qld) Inc.

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*If you have information, news or comments,
InForm would like to hear from you.*

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Nutritious

HEIA(Q) 2010 State Conference

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Mediterranean Breakfast Bruschetta



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Sandra Taylor retires

School profile: Mornington State School



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From the President

As the winter cold begins to roll in upon us, I am once again warmed with excitement as the Committee of Management of HEIA(Q) busily plans and prepares a range of stimulating professional development activities for our members across the state. Given the changes in teacher registration requirements this year, the demand for professional development has increased significantly and HEIA(Q) is proud to be offering such a diverse range of activities in 2010, all of which align with the professional standards for teachers set by the Queensland College of Teachers.

As in other years, in 2010 HEIA(Q) is offering individual regions the flexibility to select and package the workshops that best meet their local members' needs. We are excited to be collaborating with Nutrition Australia to deliver workshops on contemporary nutritional information, with Queensland Health being a Gold Sponsor for these workshops. This sponsorship certainly takes the pressure off the budget as HEIA(Q) continues its equity stance in offering quality

workshops across the state at the same cost to members, regardless of location. The other key component of the workshop program is the *Essentially curricula* workshop that has a focus on assessment. Feedback about the Brisbane South, Wide Bay and Brisbane West workshops has been very positive, so if you have not yet registered, contact Yve Rutch and be sure to make a booking.

Planning for the 2010 conference is in full swing, with conference convenor Michelle Nisbet guiding the conference organising committee as it tweaks the final touches. This year, delegates will be exposed to a myriad of evolving digital technologies as we examine their applications, and explore their impacts on the lives of young people, their families and the professional communities with which we engage. The exciting program has been made possible by great sponsorship in 2010 with Education Queensland being a Platinum Sponsor, Queensland Health and Xyris Software being Silver Sponsors, and Coles Online being a Bronze Sponsor. The day will offer delegates the opportunity to expand their knowledge, digitally interact, professionally network with colleagues, purchase trade exhibits, and fill their satchels full of strategies, ideas and tools for their professional and personal lives. Be sure to register early and make use of the early bird discount.

In order to maximise costs and time for those flying in from distant places, our newest Committee of Management members, Louise Borg, Erin Cleary and Fiona Gunthorpe are planning a pre-conference seminar and QUT graduate function for the evening of Friday 6 August at the Diana Plaza Hotel, Woolloongabba. An advanced felting post-workshop with Sue Going at Kelvin Grove SHS is planned for Sunday 8 August. And if you still have time on your hands that weekend, pop along to the Valentino Exhibition at the Gallery of Modern Art at South Bank.

Keep an eye out for details as they arise because there really is something for everyone in this year's suite of activities.

The Committee of Management has been giving serious consideration to what the Queensland Division can do to back the HEIA national strategy to advocate for home economics education in light of the upcoming Australian (national) curriculum. To this end, I have requested a meeting with the Director-General of Education and Training, Julie Grantham, to discuss this matter. I will keep you informed of the outcomes.

Remember in this digital era, all generations now demand X-cellent training at an X-celerated speed! So log on, connect and engage with HEIA(Q) in 2010.

Kylie King
President, HEIA(Q)



HEIA(Q)
Home Economics
Teacher
Excellence
Awards

HEIA(Q) Teacher Excellence Awards Nominations are now due.

Let us celebrate the excellent work done by home economics teachers across the state.

Nominate a colleague for the HEIA(Q) Excellence in Teaching Awards and promote the great work that home economics teachers do for their students, school and profession.

The nomination form can be found on the web site at www.heia.com.au/heiaq.

Nominations must be received no later than Friday 23 July, 2010.

Be proud to be a home economics teacher in Queensland.

Supporting beginning teachers

HEIA(Q) is pleased to offer support to beginning teachers by means of an online professional network accessed through the *Learning Place*. In this network, experienced teachers provide mentoring and guidance to assist and support the beginning teachers in their transition into the role of home economics teacher.

If you are interested in joining this support network please contact Vicki Potter on vpott3@eq.edu.au for details.

CALLING FOR EXPRESSIONS OF INTEREST

Home Economics Careers Expo/ Seminar for Year 11/12 students

Home economics education can lead to a diverse range of career paths. Career opportunities can be found with community health organisations such as government health departments, the food industry, hospitality fields, local councils, health promotion and nutrition agencies, consumer advocacy, textile and fashion design or production, counselling, or family and social work organisations. And, of course, teaching.

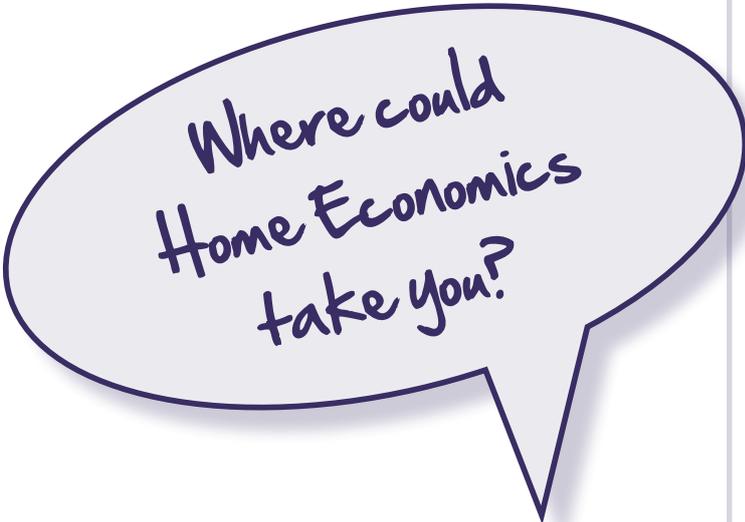
Many of our students show strong aptitudes towards these areas and are keen to pursue careers in these fields. Often though, while the title sounds appealing, many students are not really sure exactly what is involved in the position or the day-to-day operations of the occupation, where these pathways are available, and how to embark on the journey.

So what can HEIA(Q) do about this?

We are currently seeking expressions of interest from any members who might be interested in planning and running a student career expo/seminar for home economics students from schools across Queensland. Support would be forthcoming from the HEIA(Q) Committee of Management, so inexperience in event management need not be a problem.

If you have any creative ideas and suggestions regarding the format, focus, venue or time, and are willing to liaise with other passionate team members to promote and encourage rewarding and productive career pathways for our students, we would love to hear from you! Plus the team would need people who are prepared to track down appropriate speakers, video clips etc.

If you wish to be involved, simply send your contact details to heiaq@heia.com.au



Where could
Home Economics
take you?

Curricula

Digital

Nutritious

HEIA(Q) 2010 State Conference

Essentially digital—

Impacts and implications for Home Economics

Saturday 7 August • Brisbane Convention and Exhibition Centre

Earlybird registration deadline: Friday 2 July 2010

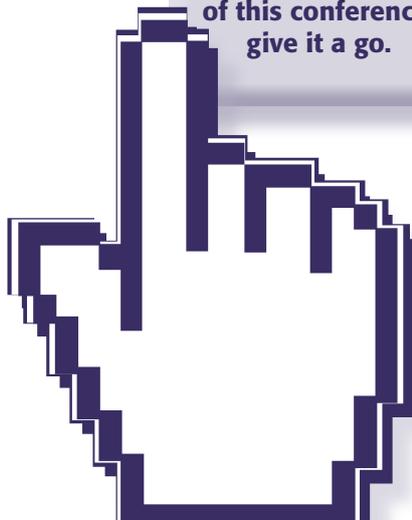
It is that time of the year again. Time to study the HEIA(Q) 2010 conference brochure and decide what to choose to make it a good day for you. As usual, there are plenty of choices.

There are informative discussion sessions that enable us to deepen our knowledge about the impacts of the digital world on contexts related to home economics. For example, Kristen Lyons will discuss food issues, Robin Cranston will discuss textiles of the future in light of digital technology, and Cory Schmidt will explore adolescent cyber safety.

There are practical IT sessions for all of us, including those of us who have heard the terminology (wikis, blogs, twitter etc.), but have not yet had the chance to build them into our own repertoires. Or you might want to make sure that you are getting the most out of your microwave oven in this contemporary environment. Hands-on sessions include practical textiles using the iPod Touch or digital fabric printing, using *MenuCoster* to cost out your recipes, and *FoodChoices* dietary software analysis. Or sit back and watch the art of using the digital world to create fabulous food photographs.

Enjoy!

Online registration is available now. As a way of getting into the digital spirit of this conference, give it a go.



Registration fees and payment

All prices are in Australian dollars and include 10% GST.

	Earlybird up to/including 2 July 2010	Standard after 2 July 2010
HEIA member registration	\$195	\$245
HEIA full-time student/retired member registration	\$115	\$165
Non-HEIA member registration	\$245	\$295
Non-member, full-time student/retired registration	\$165	\$215

To register

The conference brochure and registration form were sent to all HEIA(Q) members in June 2010. The brochure and form are also available on the HEIA(Q) website www.heia.com.au/heiaq. To register, complete the registration form and return with payment to the Conference Managers. Registration can be completed on-line at www.heia.com.au/heiaq, or sent by mail or fax. Payment can be made by cheque, money order or credit card if sent by mail, or with credit card only if registering on-line.

Conference Managers

ECHO Events Australia, PO Box 8138, Sunnybank QLD 4109
Tel: 07 3272 0950 Fax: 07 3711 2745 Mob: 0423 907 059
E-mail: heiaqconference@echoevents.com.au

Conference website and online registration

www.heia.com.au/heiaq

A reminder!

Payment at the **earlybird rate** must be received with the registration form by **2 July 2010**, otherwise the next level of payment will be applied. Remember that this is in the school holiday period so if you are going away, remember to register ahead of time.

The keynote addresses



Keynote address:

Engaging the connected generation

Dr Michael Henderson, Monash University

Michael's keynote will explore strategies for engaging students with technologies from the humble PowerPoint to online forums, blogs, wikis, social bookmarks, tweets, mobile streaming and virtual worlds.



Keynote address:

Cybersafety, cyber relationships and the real world

Dr Michael Carr-Gregg

Michael will look at cybersafety, how digital technologies are impacting on the relationships young people form with each other, their parents and teachers, and the implications for practice of those relationships.

Lunch time!

coles.com.au

Coles Online is the Lunch sponsor. A guest from Coles will take a few minutes to outline the opportunities that Coles Online presents for home economics teachers—plus be there to have a chance to win the Coles Online prize.

Lunch at the 2009 conference was very successful—we trialed a sit-down buffet, where delegates shared from a range of gorgeous menu choices at each table. We plan to do this again in 2010. Word for the wise, the BCEC requires tables to be filled from the front, so if you want to sit with someone at lunch wait for them outside to avoid disappointment. Alternatively take the opportunity to meet and talk to some new colleagues.

Professional standards for teachers

Certificates will be issued noting 7.25 hours professional development that incorporates the following professional standards:

- Standard 3: Design and implement intellectually challenging learning experiences
- Standard 6: Support personal development and participation in society
- Standard 7: Create and maintain safe and supportive learning environments
- Standard 10: Commit to reflective practice and ongoing professional renewal



Brisbane Convention and Exhibition Centre

Sponsors

Platinum Sponsor:



HEIA(Q) is proud to be sponsored by the Queensland Government to present *Essentially digital—Impacts and implications for Home Economics*. Our common commitment to engaging critically with the digital world to enhance the health and wellbeing of individuals and families, and how this translates into education for young people, will be furthered by this conference.

Silver Sponsor:



Bronze Sponsor:

coles.com.au

Lunch sponsor:

coles.com.au

Morning Tea Sponsor:

BERNINA+

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HEIA(Q) 2010 State Conference

Concurrent sessions

The secret to menu costing and nutrition analysis—The easy way

Gareth Carden, Menu Solutions Pty Ltd

Learn how to write a recipe, cost it and establish its nutritional value in minutes using the technology being adopted by the commercial catering industry. This is an interactive session with delegates actively working on the *MenuCoster* program on the computers provided.

Futures textiles

Robin Cranston, CSIRO

This session will explore the current and future use of digital garments and other textiles and how these innovations could impact on society.

A cook's tour of virtual worlds and Web 2.0

Dr Michael Henderson, Monash University

This interactive session will demonstrate a variety of applications and trends, including *Facebook*, *Second Life*, podcasting, *Twitter*, social bookmarking, blogging and more. This session is for teachers who have heard of the words but just haven't had the time to look beyond the media hype.

Making the most of modern microwaves in the contemporary kitchen

Virginia Hill, Food specialist and author

Virginia Hill will demonstrate how to use the often under-utilised microwave oven to cook a range of foods that the microwave oven cooks best as part of a modern kitchen and a contemporary menu.

Digital textiles: Creating your own unique fabric

Susan Pietsch, Essential Textile Art

This workshop covers the ins and outs of using digital imagery to print onto fabric. Delegates will use the computer to manipulate images and print them onto fabric.

Assessment—Let's get digital (Well, sometimes)

Dr Jan Reynolds

This session will explore considerations when thinking about incorporating digital media into the home economics assessment program and some of the issues associated with their use.

The art of food photography in the digital age

Appetto Creative Agency

Learn how food photographs become fabulous food photographs with the team from Appetto Creative Agency. They will cover everything from food styling through to how technology is used to maximise results.

'C' into ICT: Communicating and collaborating with wikis

Leanne Compton, Victorian Department of Education

This hands-on session will explore how ICT can be easily incorporated into any home economics classroom, as participants will develop confidence and competence in creating an online community through the use of a wiki. All welcome, regardless of current ICT skill level—come and learn.

Using interactive whiteboards in your classroom

Denise Gerbitz, AV Media Systems

This session looks at the AV Media Interactive Whiteboard and InterACT, its exclusive Windows-based software. See how to use these tools and some ideas for creating activities for interactive whiteboards.

Essentially digital

—Impacts and implications for Home Economics

Concurrent sessions (cont.)

New technologies—Impacts for food and the environment

Dr Kristen Lyons, Griffith University

New technologies, including genetic engineering and nanotechnologies, are radically altering food systems. This session will overview some of the applications of these technologies across the food and agriculture sectors and explore some of the social and environmental impacts of these changes.

iPods and fashion design

Frances Murphy, Rockhampton State High School

Participants will explore how iPod Touch can be used in purposeful, curriculum-based learning activities and use *Blooms digital taxonomy* to produce digital portfolios for fashion design.

FoodChoices

Dr Jan Reynolds

In this hands-on session, participants will learn how to use the new features of the revised *FoodChoices* dietary software program, along with all the fabulous new resources that go with it.

Adolescent sex offenders and the Internet

Detective Sergeant Cory Schmidt, Queensland Police Service

This session explores the dangers of the Internet through an adolescent's eyes.

Register early

to secure your preferred choices of workshops

Registrations are logged in order of receipt, provided payment is included. Workshop selections are allocated on a first come, first served basis. Some workshops fill within a couple of days of release of the program as they have a maximum number of delegates to ensure the best learning environment. Every effort is made to accommodate your top preferences but due to the capped limits on some workshops, this is not always possible.

Q&A Forum:

Where are digital technologies taking us?

A panel of leading thinkers will engage the audience in participation in a Q&A Forum:

- Where are we headed in the 21st Century?
- How will emerging technologies affect our society?
- What will they offer education and training?

The forum will include leading psychologist Dr Michael Carr-Gregg, educational multi-media leader Dr Michael Henderson, CSIRO textiles researcher Robin Cranston, and Griffith University food researcher and advocate Dr Kristen Lyons, with respondent Dr Donna Pendergast providing the home economics perspective.



Q&A Forum

Start getting your questions ready now. Hand them in at registration. Include your name and workplace so that we can call on you in the session to pose your question.

What's happening in Queensland school kitchens?

Mediterranean Breakfast Bruschetta

Mt St Michael's College, Ashgrove

Submitted by Renae Bradbury

Ingredients

- ½ small capsicum, thickly sliced
- 1 baby eggplant, sliced to 1cm thickness
- ½ cup spinach leaves
- 2 button mushrooms or other vegetable e.g. 4 asparagus spears
- 1 Roma tomato **or** 3–4 cherry tomatoes
- 2 tablespoons basil pesto **or** hummus
- 1 tablespoon olive oil (for bread)*
- 1 tablespoon olive oil (for grilling vegetables)*
- 2 x 1.5cm-thick slices crusty white bread*
- 1 egg (to poach)*

+ 1 medium container to take leftover grilled vegetables home

* These items are supplied by the school. All other ingredients are provided by the students.

Method

1. Preheat oven to 180°C.
2. Preheat a skillet on medium heat. Prepare and slice capsicum, eggplant and tomatoes and cook with oil in the skillet (contact grill) for 6 to 8 minutes. Cover with foil to keep warm.
3. Meanwhile, make the pesto or hummus toast. Brush both sides of bread with oil. Place on a tray lined with baking paper. Grill in the oven for 1–2 minutes or until golden. Remove and spread untoasted side with pesto or hummus. Grill, spread-side up, for 1–2 minutes or until warm. Keep in the oven (turned off) whilst completing step 4.
4. Poach the egg: Place a small saucepan ¾ full of water on the stove and bring to a gentle boil. Add one tablespoon of vinegar. Break the egg carefully into water and simmer very gently for 4 minutes until the whites are firm and the yolk is still soft. While the egg is cooking, complete step 5.
5. Place pesto toast on plates. Top with spinach, eggplant, capsicum, mushrooms (or asparagus) and tomato.
6. Remove the egg carefully with a slotted spoon, drain and place on top of the vegetables. Garnish and serve.

Please share your good recipe ideas

With the widespread emphasis and political agendas related to healthy eating, it is timely to share and showcase healthy eating practices in Queensland school kitchens. HEIA(Q) would like to make this a regular feature. If you would like to share and showcase a recipe that is used at your school, please follow the format used for Mediterranean Breakfast Bruschetta and email to Jan Reynolds at janetrey@ozemail.com.au

Please attach photographs as separate jpeg files.



Learning context

Year 8

Unit name: *Kick Start Your Day*

Length of practical lessons: 90 minutes

Essential learnings for the unit:

Health and Physical Education

Knowledge and understanding

Health

- Adolescents can meet their specific nutritional needs through eating foods that reflect the dietary guidelines

Ways of Working

Students are able to:

- identify issues and plan investigations and activities
- research, analyse and evaluate information and evidence
- draw conclusions and make decisions
- propose, justify and implement plans or actions to achieve goals and promote health and wellbeing
- identify risks and devise and apply safe practices
- reflect on learning, apply new understandings and justify future applications.

Practical skills developed:

- Contact grilling
- Oven grilling
- Poaching
- Heat regulation

Our Mediterranean Breakfast Bruschetta is part of our 4-week Year 8 food unit *Kick Start Your Day*. This unit requires students to explore the importance of breakfast, the barriers to eating a 'healthy breakfast'

and appropriate breakfast serves in relation to *The Australian Guide to Healthy Eating*.

Practically, we focus on tasty breakfasts that students can cook for themselves and their family, especially on weekends. With regard to skills, we find this recipe to be an all-round winner. Students have to multi-skill, mastering three quick cooking techniques: oven grill, contact grill and poaching. Teachers use this learning experience to ensure students understand the concept of regulating heat. There are usually a few examples of under- and over-cooked (burnt and raw!!) food. The breakfast bruschetta allows teachers to explore with the students the notion of healthy cooking methods as well as eating vegetables for breakfast.

Students identify that we have many preconceived ideas as to what constitutes a 'breakfast' meal. There is also scope to consider breakfasts from around the world. During the lesson students have time to present and eat their meal.

The school provides all the foods with the asterisks; the eggs, spray oils and the bread. We also have available to students a variety of vegetables and the different toppings so that the students can taste or try something their family may not have purchased for them. Students provide all the other ingredients.

While some classes are open to the challenge, we also find that we face the usual 'I'm not eating that' mentality. More often than not, students are ultimately surprised at how tasty this recipe is and also how fabulous it looks when plated up. We encourage them to have an open mind and to 'develop their palette'!



What our members are doing

A Chinchilla experience

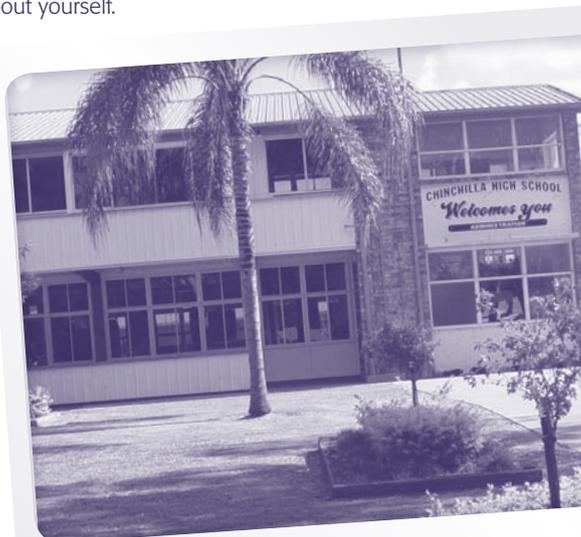
I recently undertook my third practicum at Chinchilla State High School. The decision to take on a country practicum was very much about wanting to experience life as a teacher in a rural/remote setting. I am very much a city girl so I had to dig deep to find the courage to actually request the placement, but now that I have completed the placement I know the decision was the right one. The opportunity to be part of this country community has broadened my perspective around the importance of developing community, as well as my understanding of just how powerful this can be in furthering the interests of our students.

One thing that stood out was the genuine and warm welcome pre-service teachers received. In terms of professional opportunities, there was an abundance of chances to engage and contribute to the school program as well as with the broader community. From day one it was clear that I would be experiencing teaching from the grass roots—the expectation was that I would be required to participate and contribute as if I were a paid teacher. I took up the challenge with enthusiasm as I immersed myself in as many activities and events as were humanly possible—staff meetings, professional development, playground duty and supervising teacher to a local school musical to name but a few.

On reflection, all of these experiences collectively made for a rewarding and valuable overall experience. It gave me the motivation to get in and teach, to experiment with styles, to put theory into practice, and to experience success and failure. And while there were many days that did not go to plan, there were equally as many that strengthened my confidence and determination to develop as a teacher with excellence as a goal. Thus, this practicum was scary, exciting, challenging but most of all, empowering.

I hope that sharing my Chinchilla experience (which is only just a snippet) through HEIA(Q) will inspire more home economics pre-service teachers to explore and trial rural and/or remote placements and options. You never know what you might find and learn about yourself.

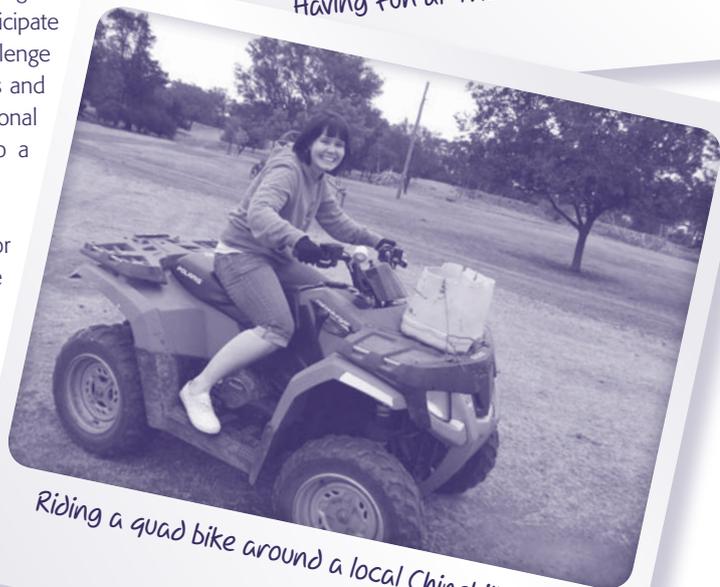
Erin Cleary
QUT student



Chinchilla State High School



Having fun at the annual Chinchilla Show



Riding a quad bike around a local Chinchilla farm



My room mates at the Bush Dance in Warra
left to right—Myself, Anna Guscott, Carleigh Kopp

What our members are doing

Sandra Taylor retires

The recent retirement of Sandra Taylor has left a great hole in Palm Beach Currumbin High School's staffing of its Home Economics Department. Sandra has made a great contribution to the lives of many students here, and staff will miss, in particular, her great enthusiasm, wit and professional capacity.

Sandra has many stories. Some she has shared, imparting them with robust gusto to our great amusement and delight. Others she has kept to savour just for herself. No doubt there are colleagues and students in Education Queensland schools who have had the privilege of knowing and working with Sandra and who could tell a few colourful ones of their own.

A rich and varied career in education first started for Sandra at a 'high top' in Calen near Proserpine. The experience of cane fields, frogs in coppers, toads and insects appears to have encouraged a hastened return back to the city lights. Sandra taught in a variety of state high schools including North Mackay, Salisbury and Miami. Her promotion to Head of Department (Home Economics) at Springwood State High School was followed by two years in 'Head Office' generating stock lists, equipment and resources for schools and organising workshops for teacher support. She worked alongside Inspectors of Schools Audrey Lawrie, Jan Hannant, and Shirley Weir and, for some time, was chair of the Home Economics Subject Advisory Committee at the (then) Board of Senior Secondary School Studies. Sandra was promoted to Deputy Principal at Mackay State High School and then moved to Wavell State High School. When Sandra took up the appointment as inaugural Principal of Capella State High School, she became the first home economics teacher promoted to Principal. Sandra was later moved to Elanora State High School in its third year of development. After the challenges and excitement of developing two new schools, Sandra chose early retirement but, with teaching still in her blood, she later returned first as a contract teacher working in different Gold Coast schools and finally settled into Palm Beach Currumbin High School (PBC). Whilst the measure of a person's contribution to education seems somewhat diminished by an abbreviated list of where they have been and what they have done, we at PBC will always be conscious of Sandra's generous spirit and her absolute belief that 'it all happens in the classroom'.

Whilst times have changed, Sandra has learned to relax more. She thinks it is important to let the students know who you are and what you stand for. Even though Sandra says 'it's time', we know that Sandra will still miss 'the kids'. Sandra is currently on the Board of Toogoolawa School, a school for boys at Ormeau, and she will continue her involvement as she finds this kind of work very satisfying. Sandra will also keep up her charity work, raising money for YES House, a women's refuge from domestic violence. The ultimate is to have your feet massaged by Sandra at one of her fund raising 'pampering days'. Currently Sandra is busy organising a conference and a spiritual retreat as well as completing a pattern styling course. So really, she is not retiring. She has so much energy that she is also contemplating offering her own course in textile embellishments. Retirement for Sandra is just another phase in which she is 'making a difference'.

Dianne Stamp

Head of Department
Palm Beach Currumbin State High School



Sandra was always losing her glasses but not at her farewell dinner



Sandra Taylor, Louise Dodds, Jenny Bignell, Tracey James, and Anna Wyatt.



Di Stamp telling tales out of school about Sandra's exploits

PD workshop news

Term 2 2010

The 2010 workshop program comprises three workshops: *Essentially curricula*, *Essentially nutritious* and *FoodChoices*. Dates have been scheduled for all regions for *Essentially curricula* and *Essentially nutritious*. *FoodChoices* is available on demand (see page 15). A professional development brochure was sent to all HEIA(Q) members and to all Queensland schools with secondary students. It is also available on the HEIA(Q) website at www.heia.com.au/heiaq

The program has started well, with all workshops planned for Term 2 going ahead. HEIA(Q) aims for 12 participants at each workshop, except in remote or less-densely populated areas. Six workshops have been run to date in Brisbane South, Gold Coast, Brisbane West, Sunshine Coast and two at Wide Bay. The final workshop for this term is scheduled for Roma, where we already have sufficient registrations to confirm this workshop. Regions have opted for a variety of formats with three regions electing to offer both workshops on the one day (Saturday in both instances), and three choosing to split the program and offer after-school workshops.

This year we are very proud that the *Essentially nutritious* workshops have been sponsored by Queensland Health, the Gold Sponsors for the program.

Brisbane South hosted the first 2010 workshop on Saturday 8 May at Clairvaux MacKillop College. Sue Smith hosted the day with Jan Reynolds presenting the *Essentially curricula* workshop in the morning and Kellie Hogan from Nutrition Australia presenting the *Essentially nutritious* workshop in the afternoon. Feedback from the 25 delegates was very good, with teachers feeling confident that they could and would utilise the theory and skills learnt in the classroom and within the curriculum. Those who attended loved the availability of resources to be able to implement their new-found knowledge and attendees were very grateful to Sue Smith and the team for their hospitality and ensuring the day ran smoothly.

The format of the Brisbane South workshop was used for the Sunshine Coast full-day program, attended by 16 delegates. However, there was some streamlining of the program, with the foods prepared by Kellie for the *Essentially nutritious* component of the day being served as part of lunch.

After school on Thursday 13 May, eleven teachers attended the *Essentially nutritious* workshop at Urangan State High School. Kellie Hogan from Nutrition Australia impressed delegates at the workshop with her clear presentation and wealth of knowledge. This proved to be inspiring for a lot of teachers. One participant said that the major strength was the '*Excellent unpacking of the new nutritive value system—easy to teach and easy to re-teach to our students*'.

A similar *Essentially nutritious* workshop was held at Trinity Lutheran College on Tuesday 18 May, convened and hosted by Lorraine Eldridge. This time the presenter was Aloysa Hourigan from Nutrition Australia.

Sue Booth from Ipswich State High School hosted 16 teachers from the Independent, Catholic and State sectors at the *Essentially curricula* workshop in Brisbane's West on Thursday 20 May. Jan Reynolds presented a thought-provoking workshop to some very enthusiastic teachers on the issues of curricula as they relate to home economics. All feedback given was extremely positive and all participants really appreciated the useful tasks and resources available to them.

New for 2010 has been the introduction of the number of hours of professional development accrued at the workshops, along with a list of the relevant professional standards for teachers, as set by the Queensland College of Teachers.

Delegates at the Brisbane South and Sunshine Coast workshops



From the Convenors/hosts of the workshops

From Sue Smith, Convenor and host of the workshop held 8 May 2010 at Clairvaux Mackillop College, Mt Gravatt

On the 8th May, Clairvaux Mackillop College was host to a full day of professional development with workshops for *Essentially curricula* and *Essentially nutritious*.

First up in the morning, Dr Jan Reynolds inspired us with her deep understanding of all things home economics, providing information on developments in the Australian Curriculum and the place of home economics education in that curriculum. A clear advocacy plan was presented, giving attendees a thorough understanding of where HEIA sits in the debate.

Jan then provided us with excellent insight into aligning Essential Learnings, Assessable Elements and Descriptors of Quality. The process was modelled and exemplars were provided so that we can modify and work on them to suit the individual needs of our students and the context of specific units of work. There is no doubt the PowerPoint notes of the morning session will be well utilised in future unit planning.

Following a delicious curry lunch, Kellie Hogan from Nutrition Australia filled us in with her expert knowledge of up-to-date nutrition information. Kellie began with nutrient reference values and associated terms and jargon, following through with excellent data on core foods, foundation and total diets, mandatory food fortification, organic foods and facts on fats—all thoroughly relevant and informative.

Kellie had cooked up a storm for us, presenting us with a beautiful range of very tasty but very healthy alternatives for in-class cooking with students. The fish curry and healthy chicken Waldorf salad were sensational!

Sharing of resources between attendees was also a highlight of the day.

Clairvaux Mackillop College staff would like to sincerely thank our expert presenters and all who attended on the day. We hope you enjoyed it and found it a valuable professional development opportunity.

Susan Smith
Clairvaux Mackillop College

From Sue Booth, Convenor and host of the *Essentially curricula* workshop held Thursday 20 May 2010 at Ipswich SHS

Sometimes, as teachers, we operate on automatic pilot when it comes to planning, teaching and assessing; doing what we have always done because of the various restraints placed on our busy lives. But, every so often it can be beneficial to look at our practices and review how well we are performing to see if there is room for improvement.

The *Essentially curricula* workshop run by Dr Janet Reynolds for HEIA(Q) focussed on deepening our understandings about quality assessment and aimed to help teachers hone their skills in designing quality assessment tasks and guides. It was a workshop designed to help us put some of our practice into perspective and give us an opportunity to increase the quality of our teaching, which in turn will hopefully increase the outcomes for our students.

As an introduction to set the scene, we briefly looked at the Australian National Curriculum and where home economics education fits in. We then moved on to the focus of the workshop and looked at assessment and how it can be developed to accurately reflect student learning and achievement. Workshop participants went back to basics and re-learned how to develop assessment items step by step to reflect the curriculum intent (currently the Essential Learnings from either the Technology or Health and Physical Education KLA). Some time was spent on how to develop detailed and descriptive matrices based on the assessable elements. When these matrix guides use appropriate and task-specific standard descriptors, they can not only help teachers to make sound judgements but also help students understand the task better.

It was an affirming experience for some of us as we were reassured that our current assessment tasks were on the right track and needed only a small amount of editing. For some of us, however, there may be a bit more work needed to produce assessment items that assess what we want to assess. The workshop was useful as it helped teachers to focus on the important aspect of our work—that of improving student learning.

The workshop was a valuable full-on two-hour session where participants worked through the process with Jan. An additional follow-up session where we could work to develop our own items would be an ideal way to consolidate the worthwhile workshop presented.

From the delegates who attended the workshops

The evaluations received for three of the six workshops run this far have rated them, on average, 4.7 on a five-point scale. The following comments are reflective of the feedback.

Strengths of the workshops

- Very knowledgeable presenters, great explanations
- Excellent take-home resources
- Discussions
- Practical, linking strongly to the current curriculum trends
- Relevant
- Passion of both presenters
- Will definitely be able to use all information
- Great to have the food tastings (*Essentially nutritious*)
- Great curriculum and assessment work, bringing it all together (*Essentially curricula*)

How the workshops could have been improved

- More time

Terms 3/4 Workshop Program

Mackay

Monday 12 July, 9.00am – 3.00pm

*Essentially curricula and
Essentially nutritious Workshops*

Mackay North SHS
Valley Street, Mackay North

**Cost: Members \$108.00
Non members \$152.00**

Morning tea & lunch included

Rockhampton

Wednesday 21 July, 9.00am – 3.00pm

*Essentially curricula and
Essentially nutritious Workshops*

The Cathedral College
William Street, Rockhampton

**Cost: Members \$108.00
Non members \$152.00**

Morning tea & lunch included

Gold Coast

Tuesday 27 July, 4.00pm – 6.00pm

Essentially curricula Workshop

Trinity Lutheran College
Ashmore Road, Ashmore

**Cost: Members \$44.00
Non members \$66.00**

Brisbane West

Thursday 29 July, 4.00pm – 6.00pm

Essentially nutritious Workshop

Ipswich State High School
1 Hunter Street, Brassall

**Cost: Members \$44.00
Non members \$66.00**

Brisbane North

Saturday 21 August, 9.00am – 3.00pm

*Essentially curricula and
Essentially nutritious Workshops*

Mt Alvernia College
82 Cremorne Road, Kedron

**Cost: Members \$108.00
Non members \$152.00**

Morning tea & lunch included

Darling Downs

Saturday 28 August,
9.00am – 3.00pm

*Essentially curricula and
Essentially nutritious Workshops*

Location to be advised

**Cost: Members \$108.00
Non members \$152.00**

Morning tea & lunch included

Townsville

Saturday 4 September,
9.00am – 3.00pm

*Essentially curricula and
Essentially nutritious Workshops*

St Margaret Mary's College
1-9 Crowle Street, Hyde Park

**Cost: Members \$108.00
Non members \$152.00**

Morning tea & lunch included

TERM 4

Cairns

Date to be advised

*Essentially curricula and
Essentially nutritious Workshops*

Cairns (school to be advised)

**Cost: Members \$108.00
Non members \$152.00**

Morning tea & lunch included



For questions regarding registration, contact Denise McManus on telephone 07 3865 1401 or email: zzdmcman@westnet.com.au

HEIA(Q) Invitation to pre-conference seminar

Friday 6 August 2010
Diana Plaza Hotel, Woolloongabba

HEIA(Q) would like to invite all members to attend the annual pre-conference seminar to be held on Friday 6 August 2010.

This year it is with great pleasure that we can inform you we have secured Masayo Yasuki—the creative force behind Brisbane's edgy and innovative design brand Dogstar—as our guest speaker.

So be sure to get in quick to secure your place, as seating will be limited!

DETAILS

When: 6 August 2010 Where: Diana Plaza, 12 Annerley Rd, Woolloongabba
Time: 4.30 pm – 6.30 pm, including drinks and networking Cost: Free

To book, go to: <http://www.trybooking.com/FUO>



Queries may be directed to Erin Cleary: erinc2@gmail.com

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Post-conference workshop

Resist the felt bag



One of the techniques used in felt making, is using a material to resist wool penetration, thus creating a three-dimensional shape. This workshop will enable participants to use this technique to create a tote-size bag. Various surface embellishments will be used to craft a unique functional product.

To register

You may register for this workshop when you register for the conference.

However, if you are not attending the conference and still wish to attend this post-conference workshop, please email Denise McManus at zzdmcmman@westnet.com.au or telephone Denise at 07 3865 1401.

Details

Presenter:	Sue Going
Date:	Sunday 8 August 2010
Time:	9 am–3 pm
Venue:	Kelvin Grove State College Lestrange Terrace Kelvin Grove QLD 4059
Cost:	HEIA members: \$40 incl. GST Non-HEIA members: \$60 incl. GST

Cost includes materials—please bring your own lace, threads and wool for decoration. Wool for the felting process will be provided.

FoodChoices workshops

FoodChoices workshops were offered in 2009 in five regions around the state. They are again available to regions in 2010, if there is sufficient demand in any one region or area.

If you are interested in hosting or attending such a workshop, either contact your regional coordinator or contact Denise McManus by email at zzdmcmman@westnet.com.au or by telephoning Denise at 3865 1401.



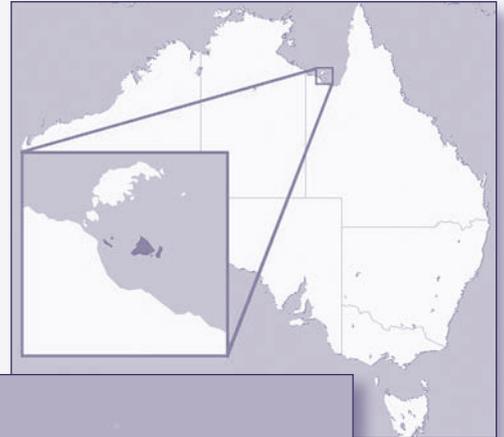
My island home

SCHOOL PROFILE: Mornington State School

About the island

Mornington Island is the largest of the 22 islands that make up the Wellesley Island group in the south-east of the Gulf of Carpentaria, Queensland, Australia. It is estimated to be 700 square kilometres in area and approximately 125 km north-west of Burketown, 200 km west of Karumba, 444 km north of Mt Isa and 2300 km north-west of Brisbane. The Wellesley Islands are home to three main tribal groups—Lardil, Yangkal and Kaiadilt. Mornington Island itself is one of the traditional homelands of the Lardil people. Before the 1900s the Lardil people had limited contact with the outside world due to isolation.

The main township is Gununa, which houses the majority of the population. The population is estimated to be 1200 and the majority of the citizens live within the township.



Mornington Island sunset

The major facilities in the township include:

- general store
- church
- post office
- power plant
- water plant
- Police Citizens' Youth Club (PCYC)
- police station
- cultural arts centre
- and of course the school.

About the school

Mornington Island State School is situated in the centre of the township and is a part of the Mornington Island community. There are currently 250–300 students enrolled with 16 classes from Prep to Year 10. The population is 99% indigenous with the only non-indigenous students being children of the school administrators.

The classes are named using Lardil language for various creatures found locally:

- Kungul means Mosquito and the students are in Prep.
- Kendabal means Dugong and the students are in Year 1.
- Juwan means Dolphin and the students are in Year 2.
- Dangka means Person and the students are in Year 3.
- Maali means Swamp turtle and the students are in Year 4.
- Balibal means Stingray and the students are in Year 5.
- Wirri wirri means Curlew and the students are in Year 6.
- Thuwathu means Rainbow Serpent and the students are in Year 7.
- Wardun means Dingo and the students are in Year 8.
- Yarraman means Horse and the students are in Years 9 & 10.

The school offers a transition program into boarding school, where students have the opportunity to attend other state and non-state schools on the mainland.



My big catch

The school has a *Linking Industry to Enhance Community* Program in the Senior Phase of Learning. The program provides work experience and work placement for Year 8–10 students, with students accessing flexible pathways and TAFE courses. Hospitality is included in the program.

A subsidised lunch program operates within the school so students at first break receive a sandwich. Free fruit is also available at second break.

My responsibilities

After graduating from university last year, Mornington Island State School was my first teaching position. Teaching in a small school means I am the only home economics teacher at the school.

The subjects and Year levels that I teach include:

- Home Economics for High School Years 8–10
- Home Economics for Upper Primary School Years 6–7

- Hospitality/Cottage Industry for High School, a VET Elective subject
 - School lunches
 - Cottage management—cleaning, stocktaking, making meals
- * Health for 2 classes in the Primary School Year 1
- * Health for 2 classes in the Primary School Year 2
- * Health for 1 class in the Primary School Year 3
- * Health for 1 class in the Primary School Year 4
- * Health for 1 class in the Primary School Year 5
- * Health for 1 class in the Primary School Composite Years 5,6,7.

* The primary school Health classes are run in my non-contact time.

The Home Economics course that is offered focuses on nutrition and food studies. The high school students are on a rotation for terms 2/3/4 where they study Home Economics, Industrial Arts or ICT for a term each. There are approximately 15–20 students enrolled but on a 'good' day, there are on average eight students in attendance. The program enables the students to learn important life-long skills; it is enjoyable and has important links to health, wellbeing and self-improvement. The students LOVE the practical, cooking side of Home Economics—anything that they can touch and feel and make themselves. They love no-bake chocolate slice, chocolate balls (like rum balls minus the rum) thumb-print butter biscuits, muffins, fried rice—generally anything they can get their hands on.

The Hospitality/Cottage industry VET elective is a subject that has great links to students' own lives, their community and future career opportunities. The Hospitality program is based around skills needed for the future and conjoins with the Cottage program, where students maintain, clean and cook for the school cottage located at the back of the school grounds. Any visitors that come to the island and are associated with the school generally stay in the cottage.

My challenges

The main challenges have been around feeling unprepared and under-resourced, coping with living in a remote community, understanding a different culture, learning new customs, teaching a range of students from Years 1–10, managing a budget and adapting the curriculum to differentiate for the variety of needs, abilities, dispositions and interests of the students. As a result, I am learning to be resourceful and innovative, which includes building a network of friends from whom to learn.

Teaching Home Economics is my passion and my motto is *Home Economics for life* because it gives students skills they can use and build on for the rest of their lives. It has been a highlight to see the joy that some of my lessons bring to the students. They love cooking and are curious to taste different foods and recipes from different parts of the world as well as their own island and indigenous culture.

The island provides many unique experiences, including catching an 8 kg tuna fish, the opportunity to get involved with the community by helping out at the PCYC, assisting with morning teas at the local church on Sundays, visiting the beautiful water holes, fishing spots, coral reefs, waterfalls, and four-wheel driving. I am currently learning to scuba drive.

Mornington Island has indeed become 'My island home'.

Rebecca Walker

Mornington Island State School



Students at Mornington State School



Garth, a hospitality student cleaning the cottage



Home economics kitchen

NEWS FROM OTHER ORGANISATIONS

The nation's favourite chocolate: Now Fairtrade certified™ and on shelves throughout Australia

Fairtrade Media Release 1 April 2010 accessed from www.fta.org.au

Cadbury® Dairy Milk™ milk chocolate, the nation's favourite chocolate in Australia is now Fairtrade Certified™ and on sale throughout the country.

As the number one selling chocolate block in both Australia and New Zealand, Cadbury Dairy Milk becoming Fairtrade Certified™ is expected to increase Fairtrade chocolate sales by up to 20 fold, and double last year's total sales of Fairtrade Certified™ products in Australia.

In Ghana, one of the main countries from where Cadbury globally sources its cocoa beans, **45 thousand farmers** and their communities have already benefited from Cadbury's global commitment to Fairtrade, a figure which is expected to increase to up to **one million** farmers within the next ten years through the work of Fairtrade and the Cadbury Cocoa Partnership.

Fairtrade provides farmers with the security of fair and stable prices for their produce and social premiums for investment in economic and local community development. Fairtrade helps these communities through trade not aid.

Speaking on this announcement, the Executive Director of Fairtrade Labelling ANZ, Steve Knapp, said *'From today, lovers of Cadbury Dairy Milk milk chocolate will be able to make their purchase in the knowledge that they are supporting a brighter future for very small scale cocoa farmers, their families and their villages. This is a real milestone for Fairtrade and for cocoa growers in Ghana. While Fairtrade Certified™ Cadbury Dairy Milk milk chocolate will create a step-change in awareness of Fairtrade in Australia, the real impacts will be in Ghana where it will potentially transform the lives and opportunities for thousands of people in cocoa-growing communities. Cadbury is leading the way, listening to consumers and demonstrating that major chocolate manufacturers can make a real difference by helping to tackle poverty and empowering poor and disadvantaged cocoa farmers. We actively encourage other manufacturers in Australia and New Zealand to follow Cadbury's lead.'*

Aussie Olympic hero, Libby Trickett, has joined forces with Fairtrade and Cadbury and is helping educate the nation about the benefits of buying Fairtrade Certified™ products. As a Cadbury Fairtrade ambassador, Libby recently travelled more than 15,000 km to Ghana to learn first-hand about the difference Fairtrade Certification™ can make.

Speaking about the trip Libby said: *'Experiencing first-hand the difference Fairtrade makes was both inspiring and overwhelming. Something as simple as having a well built in a village means for the children of that community, instead of walking for hours every day to collect water, they can go to school. Fairtrade empowers these communities and for the first time they can plan for a future. Choosing which chocolate to treat yourself with has a direct impact on these people's lives.'*

In research released today by Fairtrade Labelling Australia and New Zealand, the Fairtrade movement in Australia is shown to be growing rapidly with awareness and engagement on the rise for the sixth year running.

Sales of Fairtrade Certified™ products have risen by 50 per cent with a 30 per cent increase in Australian businesses now licensed to trade in Fairtrade Certified™ products. This has contributed to 2009 retail sales in Australia exceeding \$36 million, up from \$23 million in 2008.

Research released by Cadbury shows that three quarters (75 per cent) of Australians polled said they would buy a product which helped to provide clean drinking water, build schools and buy essential farming tools for farmers and workers in developing countries. On understanding more about the positive difference Fairtrade makes, the number of Australians polled who stated they would, or would consider, changing their purchasing decisions jumped to 93 per cent.

Amanda Banfield, Director of Marketing for Cadbury said: *'Cadbury has been committed to ethical sourcing for over a century. By securing Fairtrade certification for Cadbury Dairy Milk milk chocolate products, we honour that heritage and are now making it much easier for consumers to choose Fairtrade. They can now enjoy the taste of the Cadbury Dairy Milk milk chocolate they've always loved, knowing they are also helping improve the lives of cocoa farming communities in developing countries.'*



About Cadbury

Cadbury is Australia's leading and most popular confectionery maker with an outstanding portfolio of chocolate and lolly brands. Famous Cadbury brands include Cadbury® Dairy Milk™, Old Gold®, Cherry Ripe®, Crunchie®, Freddo®, Caramello® Koala, Pascall® and The Natural Confectionery Company®. Fairtrade Certified™ Cadbury Dairy Milk milk chocolate is made at the Claremont factory in Tasmania and the Ringwood factory in Melbourne. In 2009, Cadbury was named *Reader's Digest* Most Trusted Brand for the sixth successive year, and also named Australia's Top Brand in the 2010 Nielsen Top Brands report. Cadbury became part of Kraft Foods in February of this year.

For more information on Cadbury Australia please visit: www.cadbury.com.au

NEWS FROM OTHER ORGANISATIONS

Kylie Kwong & Oxfam's recipe to stop hunger

Oxfam Australia Media Release 31 May 2010 accessed from www.oxfam.org.au

Acclaimed chef, author and Oxfam Ambassador Kylie Kwong is challenging Australians to imagine life cooking recipes with only one vegetable, as part of her support of the international aid agency's new 'Stop Hunger' Appeal. *'Many poor communities around the world are surviving on only one type of vegetable and are at severe risk of hunger and malnutrition because they do not have access to the diverse range of produce that we take for granted in Australia,'* Ms Kwong said. *'I passionately believe that by providing people with the skills and knowledge to grow and prepare nutritious food, we can stop hunger.'*

She went on to say *'Oxfam Australia is helping children eat a healthy balanced diet, and helping local farmers and fishermen generate an income so that they can provide for their families. As a proud supporter of Oxfam, I encourage people to donate to the Stop Hunger Appeal and help end poverty.'*

Oxfam Australia Executive Director Andrew Hewett said the Stop Hunger Appeal aimed to raise almost \$2 million that will help Oxfam ensure that people in poor countries such as Timor-Leste have enough to eat. *'Before Oxfam started working in Lontale, a village in Timor-Leste, people in the community relied on a single source of food, often just having the choice between rice, maize or pumpkin,'* Mr Hewett said. *'Oxfam has been training people in gardening and nutrition and how to sell their produce at local markets, so that they can now grow a variety of vegetables which they can eat or sell allowing them to escape the poverty cycle.'*

In Timor-Leste, over one-third of the population regularly experience food shortages at a time of the year known as the 'hungry season'. While this period typically lasts two to three months before communities harvest maize and rice in March and April, late and insufficient rainfalls, locusts, and environmental degradation are making periods of food shortage even longer.

According to the World Food Program, in Timor-Leste approximately 47 per cent of children under the age of five are chronically malnourished.

As part of her support for the appeal, Kylie has released on the Oxfam Australia website www.oxfam.org.au a delicious and nutritious recipe from her upcoming book *It tastes better* to celebrate the diverse range of produce that we take for granted in Australia. The recipe is for Cambodian-style fish poached in coconut milk.

Go to www.oxfam.org.au to access Kylie's recipe for Cambodian-style fish poached in coconut milk.

Australian and NZ consumers purchase more Fairtrade products than ever before

Disadvantaged farmers & workers benefit as worldwide Fairtrade sales hit AU\$5.4 billion

Fairtrade Media Release 27 May 2010 accessed from www.fta.org.au

In one of the most difficult economic years on record, consumers around the world spent an estimated AU\$5.4 billion on Fairtrade products in 2009—a 15% increase over the previous year. Australian and New Zealand consumers helped lead the way increasing their Fairtrade shopping by more than half (58%).

Steve Knapp, Executive Director of Fairtrade Labelling Australia and New Zealand said that as 2009 began in the midst of the worst global recession in 70 years there was concern that Fairtrade producers could lose sales. *'Instead, consumers in Australia and New Zealand joined the rest of the world bucking the trend and proving their deep commitment to giving developing world producers a fair deal,'* he said. *'This has helped make a huge impact for the 1.2 million farmers and workers now selling through Fairtrade,'* Mr Knapp said.

Fairtrade producers benefited from stable, higher-than-market income including Fairtrade Premium funds for development projects. As a result Fairtrade coffee farmers have been able to invest AU\$23.4 million into community and business development while Fairtrade banana producers assign AU\$19.3 million to such improvements.

There are more than 827 Fairtrade producer organisations in 60 countries worldwide.

Fairtrade also gained new customers outside of its traditional markets. Sales grew exponentially in Eastern Europe, South Africa, and many countries in the global south.

Fairtrade cocoa and sugar farmers experienced some of the strongest leaps in sales globally, 35% and 57% respectively, thanks in part to 100% commitments by global chocolate and confectionery brands. This has been reflected in Australia and New Zealand with Scarborough Fair extending their 100% Fairtrade Certified range and Whittaker's and Cadbury entering the Fairtrade market for the first time in 2010.

Globally Fairtrade Certified coffee, the pioneering Fairtrade product, grew steadily at 12%.

For further information on Fairtrade please contact Laura Wise, tel. 03 9662 2919, email. laura@fairtrade.com.au
www.fairtrade.com.au

NEWS FROM OTHER ORGANISATIONS

Tackling child labour in the chocolate industry— what role can Fairtrade play?

Latest news from Fairtrade Association Australia New Zealand, 6 June 2010
Reproduced from www.fta.org.au with permission.

As sales of chocolate increase in Australia and New Zealand, so does concern about the ongoing problem of child labour in the cocoa industry. Recent television programmes in New Zealand, Australia, UK, Switzerland, Germany and Denmark have taken a closer look at the cocoa industry and where our chocolate comes from. In light of this recent media attention, which has included some positive coverage of Fairtrade, we would like to take the opportunity to address the ongoing reality of child labour in the cocoa industry and explain what we in the Fairtrade movement have been doing to increase our own efforts to combat it.

Scope of the problem

We agree that there has not been enough progress towards the eradication of child labour in the past ten years. It is an unacceptable fact that children around the world are being employed and exploited, forced to work in abusive and dangerous conditions when they should be at school or on playgrounds. Children are bought, sold and traded within and across national borders. Those who live in abject poverty are especially vulnerable.

- An estimated 218 million children are involved in work around the world¹.
- 126 million work under the worst forms of child labour².
- More than one million children are employed in the cocoa farming sector in West Africa³.
- Between 200,000 and 800,000 children under the age of 18 are trafficked each year in West Africa alone⁴.

Fairtrade is aware of and concerned about the continued vast scale of child labour and child trafficking. We believe everyone has the responsibility to work to eradicate child labour: governments, NGOs, UN bodies, trade unions, child welfare organisations, chocolate manufacturers and traders, farmers' groups and consumers. We take our own responsibility very seriously and believe there is still much to be done within Fairtrade and we are working to strengthen our system regarding this issue.

Fairtrade helps to detect problems, and take action on them

The Fairtrade standards for producer organisations prohibit child labour—work that is hazardous, exploitive or that undermines a child's education or emotional and physical health. We follow the ILO Conventions, including Convention 182 on the Worst Forms of Child Labour, and our audits check compliance against this. Qualified auditors inspect Fairtrade producer organisations on a regular basis to monitor for child labour.

In the past year, a small number of suspected cases of the worst forms of child labour were found during Fairtrade audits. We reported these to the relevant child protection authorities, then followed up to ensure the wellbeing of the impacted children. Fairtrade's first and utmost concern is the safety and well-being of individual children.

In cases of unconditional worst forms of child labour, Fairtrade also suspends or decertifies the Fairtrade producer organisation where these worst forms of labour are found, until protective and corrective measures are put in place. Producer organisations must set up internal systems to identify and eliminate child labour within their own communities. Fairtrade works with producer organisations to address issues on a progressive basis rather than simply de-certifying them as a first response to findings of non-conformities. The goal is to assist in solving the problem instead of imposing harsh punitive measures that push farmers into deeper poverty, and could put even more children at risk.

Beyond audits to community support programs

Whilst auditing can help identify and uncover cases of child labour, auditors cannot be on every small farm every minute of every day of every year. Instead, Fairtrade believes we must support local communities to help them tackle child labour themselves. Through Fairtrade, farmers groups are able to earn additional Premium of US\$150/tonne that they can use to improve their business and build community programs, from awareness-raising on issues of child labour to helping increase the availability and quality of local schooling. Paying farmers a fairer price for their cocoa is crucial for moving away from a reliance on child labour in the long term.

Child labour is understood in the Fairtrade system not only as problems faced by individual children and their families, but also as problems perpetuated by poverty and unfair terms of trade. That's why the focus of Fairtrade is to strengthen the position of farmers and workers in international supply chains, help them to become organised within their communities as well as to earn a better deal from the sale of their produce.

Fairtrade is committed to doing more. Over the last year we have:

- sharpened our audit tools
- improved our producer support on this issue
- started a child labour task force
- published child labour position paper
- provided input for producer organisations on developing of an Internal Control System, so that they can better track the activity of their members
- developed a child protection policy and procedures which are being implemented
- engaged local NGOs for partnerships on joint projects
- provided extra visits to train and support producers
- commenced training on child labour and child protection in FLO and FLO-CERT.



NEWS FROM OTHER ORGANISATIONS

United effort to eradicate child labour

Fairtrade is doing its part to alleviate poverty and prevent child labour through a strategy that enables producers to empower themselves, long-term trade relations and partner engagement. Our plan of action for the future now includes:

- Building more training, tools and partnerships with expert organisations
- Improving our ongoing on-site support to co-operatives and their members, awareness raising
- Support in building partnerships between co-ops and experts and NGOs
- Training Fairtrade local liaison officers on child labour and child protection
- Scaling up our programme of visits to Ivory Coast for child labour and child protection training at all Fairtrade co-ops
- Organising multi-stakeholder discussion to inform FLO future direction and policy
- Publishing a new and improved child labour policy
- FLO-Cert training for auditors and staff

What does Fairtrade guarantee?

At present, no one person or system can provide a 100% guarantee that chocolate is free of child labour. What the Fairtrade system guarantees is that if we find breaches of our standards, we will take immediate action. We will act to protect children. We will act to prevent cocoa from farms proved to be using child labour from entering the Fairtrade system. And we will act to support farming communities in tackling problems so that they can continue to trade their way out of poverty.

Fairtrade is committed to combating child labour.

- Fairtrade guarantees standards for producer prohibiting child labour.
- Fairtrade guarantees a rigorous certification and audit system designed to detect cases of child labour
- Fairtrade guarantees that we act immediately when cases are found to protect the children involved and secure their safety.
- Fairtrade guarantees that farmers receive additional premiums that they can use to improve life in their own communities, and to develop their own programs

Fairtrade invites all companies, NGOs and individuals to work with us to combat child labour and join us in projects for awareness raising, training and education.

To see FLO's response to the full unedited Panorama program 'Chocolate—The Bitter Truth' broadcast on BBC on March 24th in the UK go to <http://www.fta.org.au/news/470>

To view Fairtrade Australia and New Zealand's response to the edited version broadcast on TVNZ's Sunday programme on 6th June, go to <http://www.fta.org.au/news/470>

Quotes

Rob Cameron, FLO CEO:

'It is globally shaming that children around the world continue to be exploited in dangerous and abusive work conditions. In this day and age and with such widespread knowledge of the issue, it is simply unacceptable. We at Fairtrade recognise the need to continually strengthen our system to combat child labour and protect vulnerable children.'

Over the past year we have implemented new tools and procedures to help us detect and prevent child labour in the Fairtrade system. We have further improvements planned. Meanwhile, Fairtrade producers continue to invest the benefits of Fairtrade in creating a better future for their children via countless community and business development projects, including many directly oriented to preventing child labour. We must all— governments, NGOs, child welfare organisations, the chocolate industry, farmers' groups and consumers—work together to fulfill our duty: to eliminate child labour.'

Esther Guluma, former UNICEF Regional Director for West and Central Africa and current FLO Board Member:

'Children work for many reasons, yet the most important among them is extreme poverty, which creates the need for children to contribute to the family economy. My seventeen years with UNICEF, including as UNICEF's Regional Director for West and Central Africa, provided me with ample evidence that poverty is indeed the underlying cause, resulting in a large number of children being vulnerable to abuse. A lot needs to be done by Governments to tackle the issue, including access to education and enforcement of legislation. Fairtrade further assists these actions through social programmes which strengthen the capacity of families and communities and ensure that farmers receive adequate income.'

The UN Convention on the Rights of the Child states the right of the child to be protected from economic exploitation and from performing any work that is likely to be hazardous. UNICEF has taken a lead in ensuring that these rights are respected and has always supported positive approaches to changing labour practices, including approaches applied by Fairtrade. When tackling issues of child labour found in Fairtrade certified farms, I believe Fairtrade will continue to cooperate with UNICEF and other organisations that have expertise on social development and child rights.

The bottom line for me is the recognition that Fairtrade fights poverty. In the long run, it is this effort, in partnership with others, which will naturally lead to the elimination of child labour.'

Further reading

The following readings are available on the Fairtrade website www.fta.org.au
 FLO's Position Paper on Child Labour
 Fact Sheet on Child Labour
 Standards for small-scale producers
 Producer standards for hired labour

References

- 1 United Nations
- 2 United Nations
- 3 International Institute of Tropical Agriculture 2002
- 4 International Labor Organization ILO 200

NEWS FROM OTHER ORGANISATIONS

Fathers spend less time with their children

Australian Institute of Family Studies Media Release, 20 May 2010 accessed from www.aifs.gov.au

Children are spending considerably less time with their fathers than their mothers, according to research released today by the Australian Institute of Family Studies. Australian children spend relatively small amounts of time with their fathers, without their mothers also present, the research found.

On weekdays children may spend as little as half an hour alone with their fathers. Even on weekends, children spend only a relatively small number of hours with their father when their mother isn't there—varying from 0.8 hours a day for infants to 1.4 hours for two to three year olds and 1.5 hours for eight to nine year olds. *'Children spent considerably more time with their mother than their father, in fact they spent relatively small amounts of time with their fathers without their mothers, whether that be during the week or on weekends,'* said Institute Research Fellow Dr Jennifer Baxter. *'What's interesting about this is that 74 per cent of eight and nine year old children say they definitely like spending time with their father and their mother. Another 23 per cent say that it was mostly true that they like spending time with their father and their mother. Not surprisingly parents enjoy spending time with their children. But fathers are a little more inclined than mothers to say that they only sometimes enjoyed spending time with their children,'* Dr Baxter said.

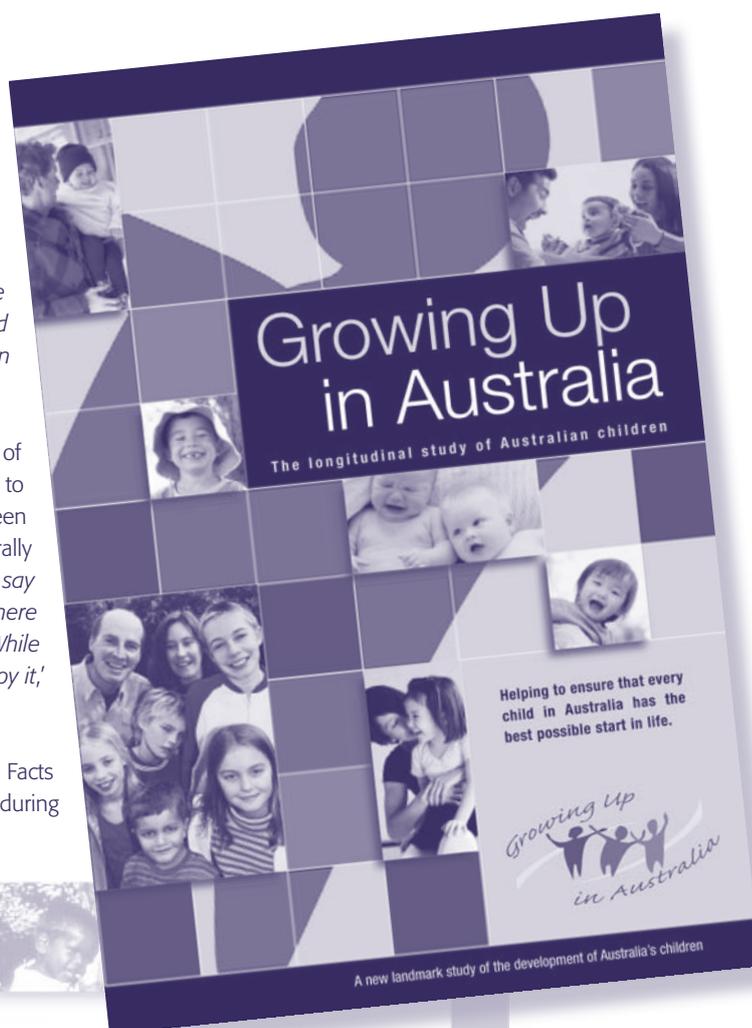
The research found that when fathers were asked if they enjoyed spending time with their children:

- 28 per cent said they always or almost always did
- 51 per cent said they often did
- 21 per cent said they sometimes or less often did.

By contrast, 40 per cent of mothers said they always or almost always enjoyed spending time with their children, with 49 per cent saying they often did and 11 per cent saying they sometimes did. *'What does this say about fathers' involvement in families? It can certainly vary from family to family but what we do know is that children report that they like to be with their parents, with 75 percent of children also saying they have fun with their families lots of times,'* Dr Baxter said. *'But while fathers spend small amounts of time alone with their children, they do spend time with them, with their wives and partners there, especially on weekends, when children spend between 5 and 6 hours with both parents,'* she said.

The data is part of *Growing Up in Australia: The Longitudinal Study of Australian Children*, that collects information about children from birth to the beginning of middle childhood and drew on data collected between 2004 and 2008. The research also reveals that children are generally happy in school. *'Sixty-four per cent of Australian school children say they're happy at school and given that children spend many hours there it's good that for most young children this is a happy experience. While not all are very enthusiastic about going, once there the majority enjoy it,'* Dr Baxter said.

The research is published in the Australian Institute of Family Studies Facts Sheet, *The best start: Supporting happy, healthy childhoods*, released during National Families Week 2010.



NEWS FROM OTHER ORGANISATIONS

Neighbourhood perceptions influence children's development

Australian Institute of Family Studies Media Release, 6 May 2010 accessed from www.aifs.gov.au

Residents' perceptions of their neighbourhood, including facilities, safety, cleanliness and a sense of belonging, influenced their children's emotional and behavioural development, a new study by the Australian Institute of Family Studies has found. The study, which examined data collected from nearly 5,000 children aged four to five years old living in 330 postcodes across Australia, confirmed higher levels of hyperactivity, emotional and peer problems among children from disadvantaged neighbourhoods.

Institute Director Professor Alan Hayes said the findings demonstrate the extent to which parents' perceptions of their neighbourhood can influence the wellbeing of their young children. *'Children living in areas with high levels of disadvantage have significantly worse levels of concentration, are likely to feel sad, worried or fearful, and have significantly more problems with their peers than children living in more affluent neighbourhoods,'* he said. *'However, where parents felt a sense of belonging, trusted their neighbours and knew where to find local services, the impact on children of living in a low socio-economic area was reduced.'*

Lead author and Institute Senior Research Fellow Dr Ben Edwards said the key findings of the study included:

- Children living in the most disadvantaged neighbourhoods had significantly worse hyperactivity, emotional and peer problems.
- The largest difference between children from disadvantaged and affluent neighbourhoods was with peer problems, such as not having friends, being picked on or playing alone, or preferring adult company.
- Emotional symptoms, such as the child's tendency to display sadness, fear or worry, were much greater for children living in the most disadvantaged areas compared to the most advantaged areas.
- Differences in socio-economic status of neighbourhoods had less impact on a child's hyperactivity, although the differences in hyperactivity of children living in disadvantaged areas was still worse than for children from the most advantaged areas.

'This study shows initiatives that build social cohesion in a community can play a role in closing the gap between children living in advantaged and disadvantaged postcodes,' Dr Edwards said. *'However, to address geographic disadvantage, there also needs to be a comprehensive strategy to address services, employment and enhance parenting skills for people living in disadvantaged areas.'*

For further information, see the Australian Institute of Family Studies' *Family Matters* No. 84, 2010 - Family and place

Heart Foundation sets the record straight on antioxidants

Heart Foundation Media Release, 11 May 2010 accessed from www.heartfoundation.org.au

The National Heart Foundation of Australia has released a summary of research on antioxidants which warns that drinking red wine or coffee and eating chocolate to prevent heart disease will not achieve expected results.

The Heart Foundation reviewed over 100 studies to confirm that eating fruit and vegetables and drinking tea helps lower your risk of heart disease.

To prevent or treat cardiovascular disease the Heart Foundation's clear stance is not to eat chocolate (milk or dark), drink coffee, red wine or other types of alcoholic drinks or use antioxidant supplements, such as vitamins E and C.

The Heart Foundation's detailed findings are being circulated to nutritionists, doctors and other health professionals to help them provide accurate advice to their patients.

National Director of Healthy Weight at the Heart Foundation, Ms Susan Anderson said that there was no need to avoid these foods and drinks completely. Chocolate, coffee and red wine are okay as part of a balanced diet but these findings confirm that if you are consuming them thinking you are reducing your risk of heart disease then think again, she said.

The best way to get enough antioxidants is to eat a variety of plant-based foods, such as vegetables, fruit, legumes, wholegrain breads and cereals, nuts and seeds every day. Specifically, the Heart Foundation recommends:

- Eat at least two serves of fruit and five serves of vegetables every day.
- Drink black or green tea, and if you add milk, use reduced, low or no fat milk.
- Use raw cocoa powder in drinks and cooking as most commercial cocoa and chocolate will be poor sources of antioxidants.
- If you drink alcohol, drink no more than two standard drinks a day.
- If you drink coffee, drink less than five cups of paper-filtered, percolated, café style or instant coffee a day.

To access the summary of evidence, position statement and supporting documents, visit www.heartfoundation.org.au/antioxidants.

NEWS FROM OTHER ORGANISATIONS

Teen magazines targeted in Chlamydia fight

QUT Press Release, 6 May 2010 accessed from www.qut.edu.au

Soap operas and teen magazines, alongside cutting edge technology and vaccine research, will help fight the spread of Chlamydia, with a grant awarded to Queensland University of Technology (QUT).

The Chlamydia Research Alliance project at QUT has been awarded a \$1.88 million Queensland Government National and International Research Alliances Program grant to work with Indian and Canadian researchers to develop effective treatment and infection control for the sexually transmitted disease.

In a novel approach, the project will also include QUT creative industries researchers to develop a sex education program targeted at teens and young adults in Australia to help them develop healthy sexual behaviours.

Project leader Professor Peter Timms, from QUT's Institute of Health and Biomedical Innovation (IHBI), said Chlamydia was on the rise with more than 60,000 Australians becoming infected in the last year, and 16,500 of those cases in Queensland. *"Unfortunately, the disease has a high incidence rate in the 18 to 25 age group,"* Professor Timms said. *"We need to get the message across that this disease is prevalent and that they need to take precautions to prevent infection and to stop the spread of the disease in the community."*

Chlamydia is a sexually transmitted infection that affects humans and some animals, including koalas, and can cause infertility, urinary tract infections and blindness.

Professor Alan McKee, from QUT's Creative Industries Faculty, is one of the chief investigators on the project, and said entertainment could play an important role in helping young people avoid contracting Chlamydia and other sexually transmitted diseases. *"Entertainment is a valuable source of information,"* Professor McKee said. *"Out in the real world, people rarely read text books. One of the ways they learn about the world around them is through the entertainment they consume, alongside school, family and friends."* He said magazines such as *Girlfriend* and *Dolly* and TV shows like *Home and Away* could provide essential information about healthy sexual behaviour.

Professor McKee said parents also played an invaluable role in helping their children to avoid sexually transmitted diseases. *"A normal, healthy child will start to ask questions about sex, such as 'where did I come from', from about the ages of four or five,"* he said. *"If parents don't answer those questions, that's a huge problem. We will explore the best ways to support parents and help them to explain to their children what healthy sexual behaviour is."*

Professor Peter Timms, who leads the project with Professor Ken Beagley, said the project would also improve treatment of the infection and include the development of an effective vaccine for humans and animals, with initial tests of a vaccine for koalas showing positive results. *"Chlamydia is major problem for Australia's koala population and when combined with habitat destruction threatens their very existence,"* Professor Timms said.



CONSUMERS' FEDERATION OF AUSTRALIA

New product safety website

The following extract is from the newsletter of the Consumers' Federation of Australia Issue No. 39, May 2010.

Australia now has a new national portal for product safety information, the Product Safety Australia website www.productsafety.gov.au. This website provides a single point of entry to product safety information and includes details of products subject to mandatory safety standards and bans, as well as product safety tips, myths and FAQs. Consumers and suppliers can sign up to be automatically notified via email when information in a product category they are interested in, such as children's products, is updated. The site also makes it easier for consumers and suppliers to contact the relevant consumer product safety regulator and make inquiries or complaints about potentially unsafe products.

According to the ACCC, the launch of this new website is a positive step towards the streamlining of national product safety laws. A single set of national laws will be in place from 1 January 2011.

Visit www.productsafety.gov.au to find out about product safety and to sign up for automatic product safety updates.

Consumers' Federation of Australia
GPO Box 5359
Melbourne 3001
www.consumersfederation.org.au
Ph: (03) 9670 5088

The Consumers' Federation of Australia (CFA) is the national peak body for consumer organisations in Australia. Its role is to put the view of our member organisations to government and industry, and to advocate on behalf of consumers. HEIA(Q) is a member of CFA.

HEIA(Q) Professional Development Tour

SOUTHERN INDIA

January 2011

Food, Textiles, Wildlife and Culture

The tour will leave late December 2010 and will be approximately 15 days.

We will fly into Hyderabad where we will visit a sustainable village project and experience life in a larger city. Then on to Mysore, the silk capital of India. The hill stations of Ooty and Coonor will take us through the tea plantations of India to a cooler climate with a visit to a wildlife sanctuary. We return to Cochin on the coast, a town full of history steeped in the spice routes of Asia where we will visit spice markets and plantations. Here we will visit the Nimmy Paul's Cooking School as featured in the *Weekend Australian* Travel section (24–25 April, 2010). The trip will finish with time on the famous houseboats in the Kerala backwaters, where we will cruise through paddy fields and see village life, temples and churches against a backdrop of palm trees.

All this will be entwined with great food experiences, cooking classes, textile time, great shopping and an explosion of colour in the daily life of the people.

Cost: Approx. \$4,000.00 dependent upon airfares.

This includes :

- return airfare, Brisbane–Hyderabad
- all accommodation in good hotels
- internal travel, mainly by air-conditioned bus
- English speaking guide
- meals (breakfast and dinner)
- tips

Optional Tour: For those who would like to visit the Taj Mahal, a group can leave three days earlier, fly into Delhi, go to Agra to visit the Taj Mahal and then fly to Hyderabad to meet the rest of the group. This will be approximately \$500 extra.

A deposit for this tour is required by 31 August so that the best airfares can be obtained

For a full itinerary and details please contact Helen Keith

Email: hkeith1540@bigpond.com

Tel: 07 4098 7429



2010 Diary Dates

JUNE

- 26 **Conference of the Early Childhood Teachers Association (Qld)**
John Paul College, Daisy Hill, Brisbane
Website: www.ecta.org.au

JULY

- 12 **HEIA(Q) Regional Workshop**
Workshop 1 Essentially nutritious
Workshop 2 Essentially curricula
9am–3pm
Mackay North State High School
Mackay
Email: heiaq@heia.com.au
Tel: 07 3865 1401

- 21 **HEIA(Q) Regional Workshop**
Essentially curricula and
Essentially nutritious Workshops
9am–3pm
The Cathedral College
William Street, Rockhampton

- 27 **HEIA(Q) Regional Workshop**
Essentially curricula
4pm–6pm
Trinity Lutheran College
Ashmore, Gold Coast
Email: heiaq@heia.com.au
Tel: 07 3865 1401

- 29 **HEIA(Q) Regional Workshop**
4pm – 6pm
Essentially nutritious Workshop
Ipswich State High School
1 Hunter Street, Brassall

AUGUST

- 1-7 **National Healthy Bones Week**

- 6 **Pre-conference seminar**
Diana Plaza Hotel
12 Annerley Rd, Woolloongabba
Registration 4.30 pm
Cost: Free
To book, go to: <http://www.trybooking.com/FUO>
Erin Cleary: erinc2@gmail.com

- 7 **HEIA(Q) State Conference**
Essentially digital—Impacts and imperatives for
Home Economics
Brisbane Convention and Exhibition Centre,
South Bank, Brisbane
Web: www.heia.com.au/heiaq
Lyn Greenfield at Echo Events Australia
Tel: 07 3272 0950; Mobile: 0423 907 059
Email: lyn@echoevents.com.au

- 8 **Post Conference Workshop**
Resist the felt bag
9am–3pm
Kelvin Grove State College
Lestrange Terrace, Kelvin Grove
Contact Denise Mcmanus on Tel: 07 3865 1401
Email: zzdmcman@westnet.com.au

- 21 **HEIA(Q) Regional Workshop**
9am–3pm
Essentially curricula and
Essentially nutritious Workshops
Mt Alvernia College
82 Cremorne Road, Kedron

- 28 **HEIA(Q) Regional Workshop**
9am–3pm
Essentially curricula and
Essentially nutritious Workshops
Darling Downs: Location to be advised

SEPTEMBER

- 4 **HEIA(Q) Regional Workshop**
9am–3pm
Essentially curricula and
Essentially nutritious Workshops
St Margaret Mary's College
1-9 Crowle Street, Hyde Park, Townsville

OCTOBER

- HEIA(Q) Regional Workshop**
DATE TO BE ADVISED
Essentially curricula and
Essentially nutritious Workshops
9am–3pm
Cairns (school to be advised)

- 10-16 **Nutrition Week**

- 16 **World Food Day**

HEIA(Q)

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