

inform

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

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The final issue of *InForm* for 2014 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 2015. The final two HEIA(Q) professional development workshops are reported, as well as the HEIA(Q) World Food Day function and the HEIA national conference. But centre stage in this issue, continuing the 2014 theme of celebration, are a number of fabulous student achievements and teacher achievements—congratulations to everyone! What a way to end the year.

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From the President



Welcome to the final issue of *InForm* for 2014. It has been an eventful year of celebration. Recently, I had the pleasure of attending the HEIA(Q) World Food Day dinner and presenting more teacher excellence awards. This year we have awarded four teacher excellence awards and four highly commended awards. This is a testament to the hard work and dedication of the teachers of Home Economics. Please continue to nominate your colleagues for these awards. The format will be updated and given a fresh look, making it easier and clearer to nominate. Take a look and consider who you will nominate next year.

Attending and presenting at the Home Economics Institute of Australia 2014 national conference in Perth was a great experience. The conference was well organised and had varied and topical speakers and sessions. It was well worth the effort to cross Australia to attend. At the conference, HEIA presented a Fellowship to HEIA(SA) member Julie Taylor, one of its long-serving members in recognition of her outstanding contribution to the Institute. Without the dedication of colleagues like Julie, HEIA would not be in the position it is with regard to matters such as the place of Home Economics in the Australian Curriculum.

Next year looks to be as exciting as this year. The HEIA(Q) Committee of Management is in the throes of planning the regional professional development program and is continuing with the theme of curriculum implementation. The conference committee is already planning the HEIA(Q) 2015 state conference and has decided on the theme of *Home Economics Connected*, which will be exciting and empowering. Keep a look out for these opportunities and secure the dates in your diaries.

The HEIA(Q) 2015 calendar will commence with the World Home Economics Day celebration on Saturday, 21 March. The details of this are found in this edition of *InForm*. Make sure you earmark this date to attend.

HEIA(Q) is always looking for more people to be involved in the Committee of Management and I urge you to contact me if you would like to be involved in any capacity. We meet once a month at Hamilton and organise the events and professional development for the year.

As the year rapidly comes to a close, on behalf of the HEIA(Q) Committee of Management, I wish you all a merry Christmas and a happy and healthy new year, and thank you for supporting your professional organisation throughout the year. Without your support we would not be able to facilitate change and professional learning.

Kay York

President, HEIA(Q)

World Food Day function

Family farming is the focus of World Food Day 2014

On Thursday 16 October, 38 HEIA(Q) members and friends celebrated World Food Day with a two-course dinner at the College of Tourism and Hospitality (COTAH), Southbank. With COTAH being a post-school option for many of the teachers' students, it was interesting to see the COTAH students at work, and delightful to enjoy the meal served by the staff and students.

With 2014 being the International Year of Family Farming, it was fitting that on World Food Day, the role smallholder farmers play in feeding the population was acknowledged. According to the United Nations, the 2014 International Year of Family Farming (IYFF):

'aims to raise the profile of family farming and smallholder farming by focusing world attention on its significant role in the fight for eradication of hunger and poverty, providing food security and nutrition, improving livelihoods, managing natural resources, protecting the environment, and achieving sustainable development, in particular in rural areas.'

The evening provided the 38 attendees with plenty of opportunity to connect with like-minded colleagues and friends, relax and also consider the plight of those for whom providing a meal of any kind is a challenge.

A special part of the evening was the presentation of Teacher Excellence Awards to those who did not receive their awards at the HEIA(Q) 2014 state conference, when others were presented. The presentation of these awards is reported elsewhere in this newsletter.

Looking for World Food Day resources?

There are some wonderful World Food Day resources for teachers at Oxfam.org.uk and the UN Food and Agriculture Organization www.fao.org/world-food-day/resources/en/

Pep Bennett

Student representative

HEIA(Q) Committee of Management



**WORLD
FOOD
DAY-OCT 16**



HEIA(Q) Teacher Excellence Awards

HEIA(Q) was delighted to present four more Home Economics Teacher Excellence Awards at its World Food Day celebrations and at the Mackay regional professional development workshop. Whilst some Teacher Excellence Awards had been announced at the 2014 state conference, two of the recipients were not able to attend the conference for their presentations, and two other awards were announced post-conference. Three of these awards were presented at the next gathering of HEIA(Q) members and friends—the HEIA(Q) World Food Day function on 16 October 2014—and the final one at the Mackay regional workshop on Monday 1 December 2014.

To be eligible for this award, the nominee must have demonstrated excellence in Home Economics teaching in recent years. Details of the nominees' activities must address a minimum of two of the following criteria: Teaching practice, for example student-centred learning; Curriculum development, for example innovate school-based curriculum development that relates to contemporary syllabuses; Student outcomes or successes; and Professional activities.

Presentations on World Food Day

HEIA(Q) President, Kay York made the presentations in front of 38 colleagues and friends of the recipients at the HEIA(Q) World Food Day function at the College of Tourism and Hospitality (COTAH), Southbank.

The first award was presented to Christine Capra. Christine is the Learning Manager of Health & Lifestyle Technology at St Paul's School, Bald Hills, Brisbane. She is currently developing an exciting new program for Year 9 Home Economics that not only focuses on food miles and sustainable food practices, but will further enhance students' knowledge as they apply these skills at home. Chris is passionate about her students' wellbeing and their future and tirelessly advocates to her students about how the decisions they make now and in the future will have consequences and global effects. Her love of and belief in what Home Economics can provide an individual and their future family is strong, and is shown in her attitude when she teaches and in her interactions with staff members across different learning areas.

The second award was presented to Catherine Stickland. Catherine is Head of Lifestyle Technology at Grace Lutheran College in Brisbane and leads a large department over two campuses. Catherine is passionate about curriculum and its implementation in the classroom. She endeavours to plan a variety of teaching strategies and resources that are innovative and engage students in the use of the resource to create quality products. She leads the curriculum by offering up-to-date and innovative programs based on curriculum changes.

The final award at the World Food Day function was a Highly Commended Teacher Excellence

Award. This award went to Shân Wilson. Shân teaches at Northside Christian College, Everton Park, Brisbane, where she has taught Home Economics, Hospitality and Certificate III in Children's Services. Shân is a passionate home economics teacher, with an amazing capacity to bring out the very best in every student. Shân is highly gifted in textiles and fashion and has shared her passion with students at Northside Christian College. She encourages them to produce high quality, creative and unique practical work. She is a member of the Brisbane North review panel.

Kay York

President, HEIA(Q)

Presentation at HEIA(Q) Mackay regional workshop

Sometimes we just get so busy and we forget to acknowledge how fantastic some of the people in our lives really are. Every year the call for nominations comes out for the HEIA(Q) Teacher Excellence Awards, and every year for the past four years I have said to myself 'I am going to write that nomination'. I finally did and nominated fellow teacher at Mackay North State High School, Karen Cridland. I was delighted to hear that, as a result, Karen was to be a recipient for the 2014 award.

Karen was presented with her award at the HEIA(Q) Mackay regional workshop on 1 December. For all in the room who have worked with Karen, there was not a question of how deserving she is of the award. As Dr Jan Reynolds read out the nomination, everyone else

learnt of all Karen has done in her 30 years as a home economics teacher, and why the award is so fitting. The nomination ended with an outline of how Karen's enthusiasm for her subject area is infectious and inspires her colleagues and students.

Principal, Jennifer Skeahan, and deputy principal Jane Grieger of Mackay North State High School where Karen teaches, were in attendance to share in the excitement of the occasion.

Karen is the epitome of a home economics teacher—she's creative, enthusiastic, stylish, health conscious, a foodie, a designer, a dress maker. She is very deserving of being recognised as an excellent home economics teacher. As she shook the hand of Jan Reynolds, the glint in her eye told the story that she will continue to be an amazing teacher for many years to come. Jan reminisced about their first meeting many years ago, and the recognition that way back then that Karen was always going to be a great teacher and a great advocate for home economics. We congratulate Karen for this achievement and look forward to seeing her certificate proudly displayed in her office.

Romana Wallace

HEIA(Q) Mackay regional coordinator

In conclusion

The quality of the award recipients this year was excellent and we congratulate all of them. It is very important to recognise our colleagues and we encourage all members to consider nominating your colleagues in 2015.

HEIA(Q) Teacher Excellence

Karen Cridland

The names Isla Downes, Dallas Langdon, Steve Pyott and Margo Miller will bring a smile or guilty grimace to those of you who, like me, attended Kelvin Grove College of Advanced Education (now QUT) in the early 1980s. I was one of the lucky ones who learnt how to draft patterns from body measurements, not templates or blocks, how to make honey mead (in a food science laboratory) and how to enjoy cookery from around the world, whilst sitting on the floor wearing a sarong.

It wasn't until I started teaching in a small country town of fewer than 3000 people, in a school of around 200 students, that I learnt about the love of learning and teaching. At 21 years of age, I thought that I would tick off that 'country service' thing and be back to the city within three years—16 years later, I left with a husband and two children. I 'did my country service' in Clermont, a small town situated about three hours west of Rockhampton. For me, it was a time of learning and experimentation in teaching practice. I enjoyed being able to be part of a team that was shaping the lives of young people.

During this time I learnt how to read a syllabus, write a work program, review peer submissions on a district panel, organise excursions and camps for students, balance budgets, judge show cookery and sewing competitions, handwrite like a primary school teacher, apply for funding for town and school events, deliver professional development to staff and learn to run a department. I learnt to love teaching.

For the past 14 years I have called Mackay home, and in particular Mackay North State High School. This sea change has afforded me the opportunity to become a District Panel Chair (for a short time) and panellist, District Literacy Coordinator, President of Student Festival of Fashion, act as Head of department and, for the past ten years, a Senior School Coordinator.



My favourite part of teaching Home Economics is the creativity. Creative teaching, learning and assessment is what makes the job always challenging and changing.

I have been fortunate to work with passionate, dedicated teachers from a variety of subject areas. It seems to me that, regardless of *what* is being taught, more important is *why* and *how*. As a home economics teacher, the *why* is always going to be 'because it impacts the lives of families and individuals'. If it doesn't matter, then we need to question why we are wasting our students' time. The *how*, well that is the fun part—because of the practical nature of our subject, we can relate to our students lives like no other subject in the curriculum.

When asked, after nearly 30 years of teaching, I still tell people that I have the best job in the world!

Catherine Stickland

As a QUT graduate (B.Ed. Home Economics), Catherine commenced her teaching career at Blackwater State High School. Following a short time teaching Home Economics and Hospitality at Blackwater State High School, Catherine transferred to Deception Bay State High School where, in addition to teaching Home Economics, she took on additional roles as Year 8 Coordinator and Head of Senior Schooling. During her tenure at Deception Bay, Catherine took the opportunity to teach abroad, spending 12 months teaching in the United Kingdom. This experience offered new perspectives and insights to Food and Textile Technology across the globe and stretched her teaching capabilities beyond her training in Queensland.

Seeking further opportunities and challenges, Catherine accepted a position as Home Economics Coordinator at Mueller College at Rothwell. Although only in the role a short time, the position offered her experience in cultivating a passion for the home economics curriculum among staff and students.

In 2008, Catherine returned to Grace Lutheran College (she is a former student), as Head of Department, Lifestyle Technology. At the helm of a department and with greater responsibility, Catherine was keen to see her colleagues fervently teaching Home Economics so that students had a hunger to know more about the food, textiles, family and living environment topics in the curriculum. Catherine desired to see topics that kept up with the latest trends and research and incorporated lifelong knowledge and skills, which would not only impact positively on the lives of students at the college, but also their families, friends and the community.

Awards recipients



Grace Lutheran College presented Catherine with a great opportunity to enrich in the curriculum and to build appreciation for creativity and sustainability in food and textiles as it had just supported a move to offer creative textiles and food studies individually in the middle school. The college continues to offer the subjects individually, while Catherine and her colleagues trial new and innovative ways to keep Home Economics relevant to today's students and help them see the benefits of and use the skills and knowledge they acquire to help and support others that struggle to have even their basic needs met. It warms Catherine to see the students display their creations and skills at various events throughout the year—for example, showcasing at a textile display and fashion parade and culinary challenges.

Catherine considers it a privilege to be a part of a student's life. It is her daily desire that, in some way, she can impart guidance to her students on how to make positive choices in life and that a passion for textiles, food and the value of family will blossom. In all her efforts, Catherine works alongside and for the students, and is very humbled by the fact her colleagues have nominated her for such a highly esteemed award.

Shân Wilson

While still at school, Shân was inspired to be a teacher by her grandmother, who had always wanted to be a teacher but was not given the opportunity. Shân began her teaching career in 1980 with country service in Barcaldine and Mt Morgan. In 1982 she transferred to Toowong State High School, where she taught until 2000, taking maternity leave from 1989 to 1997. On 1 January 2001 she applied for a position at Northside Christian College and commenced her teaching career there in 2001.

During her 13 years at Northside Christian College, Shân has taught Home Economics, Hospitality and Certificate III in Children Services, with distinction. She endeavours to bring out the very best in every student by listening, encouraging and guiding them. To achieve her goal of building confidence and self-esteem in her students, Shân offers as part of the Northside Christian College Life Skills Program, extension sessions on deportment, colour analysis, and social and dining etiquette. Her commitment to her students has been demonstrated over the last two years when she ran classes for three off-line students who otherwise would have been unable to take Home Economics. Early mornings and late afternoons dedicated to planning and preparing lessons, have been her investment in these students, one of whom is the school's top Year 12 student and who achieved the school's first VHA 10!

Textiles and fashion are Shân's absolute passion and she loves to mentor students' to develop their creativity and skills and this is reflected in the high quality of the work they produce. She has also organised professional fashion parades showcasing students' work. This year she mentored a group of Year 12 students to compete in the 'Calico Brides' competition run by St Peter's Lutheran College at Indooroopilly. During the holidays, the students, with assistance from Shân, designed, made patterns and constructed the bridal gowns, one of which received a Highly Commended Award. In addition, she has organised and led the costume team for the Northside Christian College musicals for many years, coordinating a team of parents, teachers, volunteers, and students, to produce stunning costumes.



Shân is a wonderful storyteller and her students appreciate the very human personal glimpses that her real-life stories bring to her lessons.

In partnership with Charlton Brown Nanny School, Shân taught large classes of early childhood students studying for their Certificate III in Children Services and many of them are now employed in early childhood or primary school teaching.

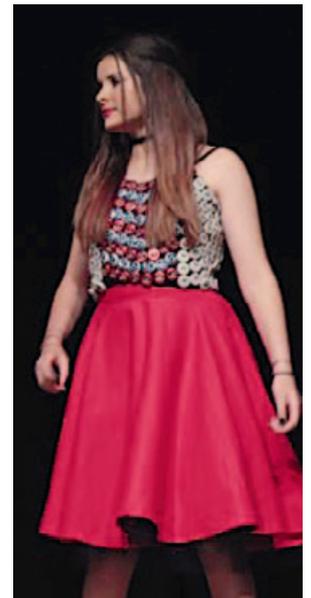
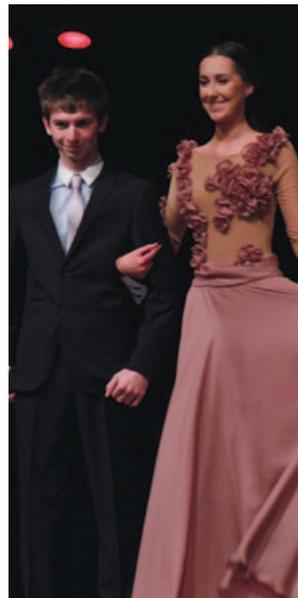
For many years, Shân was the Year 9 coordinator providing leadership by organising and running the yearly camps, Middle School Leadership Programs, Graduation functions and Life Skills Programs. She also travelled to Russia as part of a College Mission Team, working in the summer camps with young Russian people.

Shân is very committed to HEIA(Q) and is a strong advocate for Home Economics. She is also a member of the Brisbane North Home Economics Review Panel. She has mentored many pre-service teachers and teachers new to the rigours of Senior Home Economics assessment and standards.

Shân sees teaching as a privilege and would like to inspire others to value and never lose sight of the special nature of home economics. It gives a balance between the theory and practice and empowers young people to make practical life choices with a sense of wellbeing.

Teacher sharing

Kenmore State High School fashionistas



Home economics students at Kenmore State High School are developing a reputation for their talents in fashion design. Here are some events that have caught attention in 2014.

Success in the QCAS Natural Fibres Creations—Make and model competition

On the first Saturday of this year's Royal National Agricultural and Industrial Association of Queensland (RNA) exhibition (the 'Ekka'), eight students from Kenmore State High School again demonstrated their talents in fashion design, when they participated in the Queensland Chamber of Agricultural Societies Inc. (QCAS) 'Make and model' competition. This competition is for amateur dressmakers and students at primary, secondary and TAFE schools and colleges. As QCAS states on its website, its 'Natural Fibres Creations—Make and model' competition attracts amateur dressmakers and aspiring designers, and provides *'the perfect opportunity for enthusiasts to display their latest creations in front of an audience of over 400,000 people. With categories such as Senior School, Adult Outfit, Creative Outfit, Formal Wear, Wearable Art, Casual Active Wear, Showtime and Costume Party, the catwalk is the liveliest place at the EKKKA.'*

Two of Kenmore State High School's senior students were successful in the Senior School category, with one of being awarded first place and winning a sewing machine. Three Year 10 student designers were also successful with their entries in the various categories they entered. One of our students was also modelling for her friend who had entered in two categories. The students very much appreciated the opportunity to take part in the competition and thank the organisers and sponsors of this event.

Kenmore State High School fashion parade

The annual fashion parade, which Kenmore SHS has had on its calendar of events since 2005, was held on the 8-9 October 2014. The student designers in Years 8-12 again amazed the audience with their ability to create quality garments with creative flair.

The students in fashion classes from Years 8-10 and in Year 11/12 Home Economics had the opportunity to enter the garments that they had made as their practical performance task assessments. Some Senior Home Economics students generally enter designs additional to their assessment pieces. Students are eligible to

be in the 'Designer' category if they enter three or more designs. One very dedicated Year 12 student entered ten garments this year, while also playing a significant role in organising the student designs into categories and planning the event. This student has been involved in the Kenmore SHS fashion parade since Year 8 and is planning to continue fashion design at a tertiary level.

Calico Bride competition

One of the Year 10 Kenmore State High School students entered two designs in the 2014 Calico Bride competition, one of which being awarded 2nd place. This event is a wonderful opportunity for students to extend their skills in Design Technology. This student had also entered both the Ekka competition and Kenmore State High School's fashion parade. She plans to continue to enter many more competitions in fashion while she is in Year 11 and 12.

Sharon Dare

Home economics teacher
Kenmore State High School

Flavour Forecast 2014 Recipe Challenge results announced

Stunning, creative cooking from home economics students wows the judges

Throughout 2014, home economics students across the country have been demonstrating their creative flair as they took on the 2014 Recipe Challenge developed by McCormick Foods and the Home Economics Institute of Australia, now in its second year. Entries flooded in from and Darwin to Kalgoorlie to Kingscliff, from schools large and small. The judges were stunned with the creativity, cooking skills and explanations of what the young students created.

As teachers commented, the Challenge was tough. But the Year 9/10 students revelled in the challenge and showed just what they could do when confronted with designing dishes with ingredients such as chamoy sauce, paneer cheese, guavas, Kashmiri masala and aji amarillos.

Year 9 and Year 10 home economics students had the opportunity to explore the McCormick® Flavour Forecast® 2014 Report in detail. The report is developed by home economists, sensory scientists, chefs and food experts from across the world and is a combination emerging trends and flavours that offer a taste of what's next on the global menu.

The challenge was for students, individually, or in teams, to develop four original recipes that support the McCormick® Flavour Forecast® 2014. Using a given set of ingredients, plus added ingredients of their choice, students were to design, cook and present four dishes that reflected any four of the following Flavour Forecast themes:

- Chilli obsession—using two different types of chillis and two different cooking methods
- Modern Masala—breaking free of India's traditional confines with modern interpretations using Kashmiri masala and paneer cheese
- Clever compact cooking—cooking with only one compact cooking appliance, using tea, noodles and coriander
- Mexican World Tour—using at least two authentic Mexican ingredients from tomatillos, chamoy sauce or recado rojo, and delivering a dish that would be served in a foreign country
- Charmed by Brazil—using at least two ingredients from black eyed peas, guava, cassava and tempero baiano, and preparing a dish that is a melting pot cuisine of Amazonian influences and one other influence, either European, African or Asian.

Added constraints were that only one of the dishes could err on the unhealthy side with high levels of fat and/or sugar, and students were to stay within a strict budget of \$30 for all four dishes, excluding the set ingredients.

The students' written responses revealed that many of them had never heard of many of the ingredients, let alone tasted them. 'Totally fearless, students experimented with ideas that many adults would brush off as being 'silly'. But the students showed how thinking outside the square could generate fantastic results. Convenor of the HEIA Education Standing Committee, Dr Janet Reynolds, commented, "The entries were outstanding. Students really excelled and exceeded all expectations for their age group. Some stunning thinking and creativity went into their entries".

The winning entries

HEIA and McCormick are pleased to announce the top talent among our Year 9/10 students—that is, the top entries in five state/territory groupings, and the overall winner. HEIA and McCormick are pleased to announce the national winner, also the Queensland state winner, is:

Morayfield State High School, Qld

The other state winners were:

- **Victoria/Tasmania**
Oatlands District High School, Tasmania
- **New South Wales/ACT**
Hornsby Girls High School, New South Wales
- **South Australian/Northern Territory**
Naracoorte High School, South Australia
- **Western Australia**
South Coast Baptist College



The national prize for the winning school is a \$2,000 voucher from ExecutiveChef.com.au to stock up the school kitchen and an HEIA school membership. In addition, the winning school from each state receives a Tupperware Compact Cookware Set, a Tupperware Kitchen Preparation Tools, Tupperware Universal Series Knife Set, Tupperware Modular Mates® Mixed Pantry Set and a supply of McCormick herbs and spices.

McCormick Senior Home Economist, Michelle Thrift, said the standard keeps getting better each year. She commented "The dishes and creativity produced by the students are of such a high standard. Many of the dishes were of restaurant quality—in both taste and appearance. The anniversary edition of our 2014 Flavour Forecast has some amazing flavour combinations and we were thrilled to examine and read the students entries as they embarked on this culinary exploration".

"While our signature Flavour Forecast report is a global initiative, Australia is proud to be taking the trends and flavours into the classrooms of the next generation of foodies", said Derrin Johnson, Marketing Director, McCormick Foods Australia. "We have been inspired and impressed to see how the students have adapted the 2014 flavours to create their own original dishes".

Congratulations to Queensland's Morayfield State High School

McCormick/HEIA 2014 Flavour Forecast Recipe Challenge national winner



Queensland's Morayfield State High School was announced as submitting not only the winning Queensland entry, but also taking out the national prize. Congratulations to Morayfield SHS teacher Jason McCormick and all the many students from Morayfield SHS 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 evidences excellent teaching that is going on in home economics classrooms. The judges were amazed at the creativity and passion for fabulous, unique and healthy food that was 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.

With an overwhelming response from schools all across Australia, it certainly was a tough task selecting a winner. The entries were outstanding. Again, the students really excelled, and the entries from across Australia were a delight to examine. I was truly proud to be associated with home economics.

The winning entry from Morayfield State High School took out the main prize with the following recipes:

Mexican World Tour:

Recado Rojo rubbed twice-cooked pork belly with pilonchillo sauce, tomatillo puree, served sashimi style

Chilli Obsession:

Chilli and lime panna cotta, with candied chilli, chilli cashew crumble, raspberry coulis and honeycomb

Clever Compact Cooking:

Lemon ginger tea infusion, coriander and pork dim sum with noodles

Modern Masala:

Kasmiri spiced lamb back strap, paneer and kachumba salad

Dr Janet Reynolds

Convenor, HEIA Education Standing Committee

The awards ceremony

The Morayfield State High School students who submitted the national and Queensland winning entries in the McCormick/HEIA Flavour Forecast 2014 Challenge, were ecstatic on Monday 24 November 2014, when prizes were presented to the school and to the students. Michelle Thrift from McCormick Foods Australia and HEIA(Q) President, Kay York, presented the prizes in front of the whole school assembly.

Students were presented with McCormick bags containing McCormick herbs and spices, an apron, a Flavour Forecast tea towel and a pedometer as well as a gift voucher. The students have negotiated to use part of their gift voucher to visit the Jamie Oliver Restaurant later this year where they will sample the cuisine and participate in a guided tour.

Morayfield State High School, represented by the winning team's home economics teacher, Jason McCormick, was awarded \$1400 of Tupperware products including modular mates, saucepans, knives and kitchen equipment for use in the school. The team was also awarded an Executive Chef voucher valued at \$2000 to purchase equipment for the school kitchen and annual school membership to the Home Economics Institute of Australia valued at \$300.

The students had worked on the design brief for about three weeks to design their entries. They said they enjoyed working as a team and contributing their knowledge of food to the project. Some of the students had not worked in the home economics kitchen prior to this semester.

Parents and grandparents of the students attended the award presentation and the subsequent morning tea. The parents were very proud of the accomplishment of their children. The Principal, Janelle Amos said it was a great accomplishment for the students and deserved the recognition of a whole school assembly.

Kay York

HEIA(Q) President

Reflections from Morayfield SHS teacher, Jason McCormick

During the latter stages of Term 2, I hosted a discussion with my Year 10 home economics students regarding their thoughts on entering the McCormick Flavour Forecast Challenge for 2014. The students' responses were really positive. From this point, the aspiring students then decided whether they wanted to compete as individuals or in teams.

The challenge that lay in front of them was clearly stepped out. The first point of call was the brief itself. What made the brief very user-friendly was its construction. McCormick and HEIA had laid out a very professional platform to help the students understand what was required.

Students then began to take complete ownership of the challenge. The teams were developed and they were on their way. For the first few weeks of Term 3, the students were encouraged to research the design elements and decide how best to gain access to ingredients that they had, for the most part, not engaged with previously. Almost immediately, it became clear that we also needed to ramp up some of our asset-based resources—dehydrators and smoking guns were purchased so that the students could practise aspects of their design elements.

At this point, I began to do demonstrations for the students on a weekly basis. All of the recipes that were included in the support materials were cooked, deconstructed, tasted, critiqued and evaluated. I believe that this gave the students the ability to taste new flavours and alleviate concerns with some of the pairings of the flavours throughout the design process. Week by week, we churned our way through all of the recipes included in the McCormick/HEIA competition pack.

As the challenge was endorsed by the HEIA we embedded this into our Term 3 curriculum and made it our stand-alone assessment piece for Term 3. The students were explicitly taught the elements of assessment and were strongly advised that their briefs had to meet the judging criteria head on.

For the most part, the students did a fantastic job—there were teams that were less than energetic about it, so to speak, but for the most part, all students were highly engaged in the process.

From my perspective, I really enjoyed watching it all unfold, from the trials to the looks of surprised animation when the students actually really enjoyed engaging in flavour combinations that they didn't think they would like—there were some really fun times.



The winning team with (back row, L-R), Kay York, Michelle Thrift, Jason McCormick

All in all, I think the Flavour Forecast Challenge is a great curriculum concept for students at Morayfield State High School. It is innovative, user friendly, comprehensive, connecting and, best of all, requires and demands rigour, which I believe is what really gives it a competitive edge.

How did the students react when they found out they had won? Simply put, their reaction possibly for the first time in my teaching career actually showed me the true meaning of being a teacher. Their effort equalled their reward. I don't believe any of the students will ever forget Year 10 Home Economics in 2014.

In closing, I now look forward to next year's brief, and the challenges it will bring to the classrooms at Morayfield State High School. I will do everything I can do to ensure my students have another chance at achieving great outcomes and success.

Jason McCormick

Teacher, Morayfield State High School

HEIA(Q) Regional Professional Development —a clear success story for 2014

As the year draws to a close, HEIA(Q) brings to a close its very successful regional professional development program. During the year, over 300 teachers of Home Economics and a handful of teachers of Health and Physical Education and Industrial Technologies attended the two-part program 'The Australian Curriculum and Home Economics'. The program was extremely popular, with many regions having to close their doors and hang up the Full sign, resulting in HEIA(Q) offering an extra location, Logan, which also filled almost as soon as it was offered. This was a great critical mass of home economics teachers all receiving the same messages about the Australian Curriculum.

The workshops were offered in 13 regions, from Cairns in the north (1700 km north) to Roma in the west (500 km west), and many stops in between:

- Brisbane North
- Brisbane South
- Brisbane West
- Bundaberg
- Cairns
- Gold Coast
- Logan
- Mackay
- Rockhampton
- Roma
- Sunshine Coast
- Toowoomba
- Townsville

A variety of formats were offered:

- Four regions—all in the south-east corner—offered their programs across two afternoons, typically 4 pm - 6.30 pm.
- Seven regions opted for a full-day Saturday program.
- Three regions opted for a full-day, mid-week program.

Regardless of when offered, the programs were all very well subscribed.

A distinguishing feature of the 2014 program was that all regions except Mackay opted to run their program very early in the year—very keen to get in on the ground floor regarding the Australian Curriculum, the focus of the workshops. They started at the beginning of March and by the end of July, 12 of the 13 regions had completed their programs.

In addition, based on the initiative of Mt Maria College in Brisbane, a *FoodChoices* workshop was held on 18 November, attracting 15 delegates.

Evaluations

Evaluations were conducted at all Australian Curriculum workshops—the evaluation package went astray courtesy of Australia Post for the *FoodChoices* workshop so that workshop was not evaluated.

There were over 300 delegates attending the workshops, with some attending on two separate occasions when they attended afternoon workshops, resulting in 308 evaluation forms being completed. Using a 5-point scale in which 5 was 'Very good', the following quantitative results were achieved:

Rating on 1-5 scale, where 1 = Very poor and 5 = Very good						
	1 Very poor	2	3	4	5 Very good	Average
Total workshop Evaluations	0	0	3	54	251	4.8

Thank you to all involved

A successful professional development program involves many people and HEIA(Q) would like to thank the following most sincerely:

- The regional coordinators who are so expert in hosting and organising these workshops. Everything just seems to run like clockwork. They know exactly what has to be done and quietly make it all happen, with many of them also providing the catering. Thank you so much.
- The Expert Events team, Lidia Dalton and Leanne Mulheran, who manage all the registrations, send out notices, follow up about payments, answer queries, send out certificates and evaluation forms—and much more besides. HEIA(Q) really could not manage on a voluntary basis without their support.
- The members of the HEIA(Q) Committee of Management who make the 'high-level' decisions as to which workshops are to be offered and liaise with the regional coordinators to set dates etc.
- The presenter, Dr Janet Reynolds, who travelled tirelessly throughout March, April and May to deliver all the workshops—and of course in December for the final workshop in Mackay. Jan loves what she does, saying that Queensland home economics teachers are always so positive and so collaborative, and have a sense of humour, that it is a pleasure to travel and meet so many teachers and learn from them.

FoodChoices curriculum resource workshop



A *FoodChoices* curriculum resource workshop was held at Mt Maria College, Mitchelton, Brisbane on 18 November 2014. A group of very enthusiastic teachers gathered to work with Dr Janet Reynolds, who unpacked the features of this very valuable resource.

The workshop was a hands-on exploration of *FoodChoices*. Features of the resource were demonstrated, with participants able to practise on their own laptops. These features included analysing a diet in terms of the nutrient reference values, making a nutrition information panel, importing analyses into a Word document and developing graphs of the analyses. Of particular interest to time-poor teachers was the wealth of supporting curriculum resources for classroom use.

The knowledge and enthusiasm Dr Reynolds brought to this seminar was much appreciated by all.

Christine Ahlholm

Coordinator, Home Economics and Hospitality
Mt Maria College



Australian Curriculum workshop, Mackay

Eighteen enthusiastic teachers found the time in what has been a very busy year in the world of education to come along to the regional workshop held at Mackay North State High School on Monday 1 December. With curriculum and advocacy for the delivery of Home Economics at the top of the discussion list, how could one not see the value and importance in attending such a vital professional development opportunity? Dr Janet Reynolds, as always, engaged participants with her passion and knowledge of and for all things Home Economics. Home economics teachers came from far and wide, including Thursday Island, Moranbah and Proserpine to engage with others on the exciting changes to Home Economics within the curriculum.

We experienced the delight that so much of we what do fits so perfectly with the new Australian Curriculum, the pleasure and excitement of making improvements to what we have been doing, the glee in the fact that we are still so very valued in so many schools and by so many people, and the utter thrill of knowing that we will always advocate for our subject—because we really do think it is the most important subject that students can do (no bias here).

It is always a lovely way to finish the year, spending time with a group of people who are so passionate about what they teach and how they teach it.

Romana Wallace

HEIA(Q) Mackay regional coordinator





2014 National Conference

30 September - 2 October
Perth, Western Australia



Trending
Home Economics

A Queensland perspective

The HEIA national 2014 conference, *Trending—Home Economics*, was held in Perth, Western Australia from 30 September to 2 October. Both anecdotal and SurveyMonkey evaluation data reflect that it was a very successful conference, with the 175 delegates finding many aspects of the conference inspiring and thought provoking. There was undeniably, a very positive atmosphere at the conference.

It was a very busy conference with a welcome reception at Mercedes College on the evening prior to the conference, a very rigorous academic program, site visits, a conference dinner and pre-and post-conference tours.

While some keynote speakers were well known to Queenslanders—for example, Professor Martin Caraher, Dr Rosemary Stanton, Melinda Tankard Reist and Dr Janet Reynolds, the Queensland delegates were also treated to some keynote speakers who have not presented at the HEIA(Q) conference, including Michael McQueen, Maurice Swanson, Dr Christina Pollard, Jayne-Ann Young and Professor Sabina Yasmeen. Two of these fabulous speakers have already agreed to speak at the HEIA(Q) 2015 conference!

The conference is written up in great detail in the HEIA national newsletter. This article brings some reflections of some of the Queenslanders who attended.

From teacher Cate Lund

The HEIA national conference in Perth was a great opportunity to catch up with educators from across Australia and one of my lecturers from my university days.

In workshops, we shared the diverse teaching practices that exist in our schools across the country, with much sharing of what works well, particularly with the changes related to the Australian Curriculum.

Michael McQueen's opening keynote address on future trends in learning was both an informative and entertaining way to begin our gathering. I could have easily spent the whole day listening to him as it better equipped me to cater for the learners in my classroom. My, how things have changed over time!

Another highlight was the workshop run by Herb Faust, of Australian Iron Chef fame. Watching him produce a simple, yet healthy and tasty meal and then sharing the feast he prepared was great. More importantly, the message he shared about the importance of encouraging future generations to connect through a passion in food was well received. He reminisced, with great respect, about the education he received from both his mother and his high school home economics teachers, to prepare food with fresh and seasonal ingredients and passion.

In reality, every session was beneficial and I really enjoyed my time in the 'West'. My thanks and congratulations are extended to all involved in the organisation of this event.

Cate Lund

Head of Department, Home Economics
and Hospitality
Seton College, Brisbane

1. *Being creative at Queenslander Kay York's upcycling workshop*
2. *Delegates at the site visit to a mushroom farm*
3. *Keynote speaker, Michael McQueen*
4. *Queensland delegates Tessa Lund and Cate Lund*
5. *Queenslander Dr Janet Reynolds presenting a keynote address*
6. *Mingling at morning tea*

From HEIA(Q) President, Kay York

I submitted some papers to present at the Perth conference and was delighted when they were accepted. I was thrilled to be accepted and to attend the conference. The sessions that I presented went well and I was pleased with the outcomes and feedback from the sessions. I presented one session on assessment related to the Australian Curriculum, and a practical hands-on textiles workshop, which was held at a local school as part of the site visit aspect of the program.

The conference was interesting and varied. I loved the keynote speakers Michael McQueen and Jayne Ann Young. They were both very good speakers and their knowledge of their topics was excellent. They were both thought provoking and entertaining.

I attended lots of breakout sessions and there was only one that I didn't really find useful.

While I did not have time to see much of Perth, I managed to fit in a visit to Jamie Oliver's restaurant, which was a good experience. It was great to catch up with colleagues from around Australia and friends who I had not seen for a long time. The conference dinner was lovely, only surpassed by the view from Kings Park.

Congratulations to the organising committee on an excellent conference.

Kay York

HEIA(Q) President





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From student Tessa Lund

The 2014 HEIA national conference was a wonderful experience that has confirmed my desire to continue my steps towards becoming a qualified home economics teacher. I attended a range of sessions, from looking at ethical and sustainable fashion to discussing obesity and the lessons learnt from tobacco campaigns. We also had the opportunity to partake in a 'hands on' workshop, which involved a range of dyeing techniques that can be used to upcycle textiles items, which was great fun. Each session was not only informative, but also interesting, and will be readily implemented in the classroom.

The conference was an excellent opportunity to meet other home economics educators to discuss professional issues whilst sharing ideas on various elements of the home economics curriculum.

In the days before the conference, I took the opportunity to investigate the Perth area, taking in the sights of Penguin Island and Perth's CBD.

Overall, the HEIA conference was both informative and a great opportunity to share the passion of home economics with peers.

Tessa Lund

Student, QUT

From teacher Louella Sparks

The Perth conference was an outstanding event from the welcome reception at the beautiful and historic Mercedes College to the closing keynote speaker. The range of sessions on offer meant it was easy to select topics that were of particular interest, and the inclusion of site visits gave delegates a chance to see more of the beautiful city of Perth en route to the visit of choice. The central location of the venue meant it was easy to arrange extra sightseeing, including Freemantle and the Margaret River region.

One of the highlights for me was discovering gluten-free lupin foods, which, although an ancient food source, are only now being commercially produced in Australia—I have successfully trialled the recipes with my Year 11 students, using the samples provided.

The cooking demonstrations by top chefs Herbie Faust, Don Hancey and Peter Manifs were all entertaining and informative and again I have been able to incorporate some of their delivery into my classes. The West Australian Seafood Council provided a wealth of resource ideas for use in the classroom, and the emphasis on sustainability was topical.

Michael McQueen was a particularly interesting and entertaining keynote speaker as he discussed the shifts in education in the 21st Century. Dr Rosemary Stanton, as always, provided a wealth of information in discussing key issues in nutrition.

The conference dinner at Fraser's in Kings Park was a great social event, and the venue for this is particularly beautiful at night, overlooking the city and river.

Louella Sparks

St James College, Brisbane

From HEIA(Q) Committee of Management member, Janet Reynolds

What did I enjoy? Well, that's a bit tough as I enjoyed so much, from start to finish. Aside from the absolutely fabulous keynote speakers at the conference, some of the other things I enjoyed include the following.

I had a ball at the end of Day 1, when just about the whole plenary room of delegates were on their feet, arms waving in the air, swaying and singing at the top of their voices 'We are the champions' as Freddy Mercury strutted his stuff on screen at really high volume at the Live Aid conference. What a way to finish the first day! Another time, I will explain how we all got to be swaying and singing!

Another session that I really enjoyed was very different in noise volume, and was when I attended a concurrent session in which Hawa Hassan shared the challenges that refugee families face in Australia, and that their children face when attending Australian schools. Hawa Hassan is a mother of five of Somali background, and prior to coming to Australia in 2004 with her husband and three children, she lived in a refugee camp in Kenya for 14 years. Based on her own experiences of settlement in Australia, and the experiences of the women with whom she works, she shared the challenges they face and provided insights into how schools may more effectively support them. It was very moving and, at the same time, inspiring to listen to her story.

Plus I think I enjoyed practising a new skill—I sent two tweets! I even went to a 30-minute session on Twitter for beginners. But nobody tweeted me back—well, I don't think so. I don't really know how I find out if someone has tweeted me or not! I think I will put that down as a passing fad that lasted about two days whilst at the conference. But I do get emails saying people are following me! Maybe I should let them know that I don't tweet anymore—but I've forgotten how to do it so can't tweet them back.

Jan Reynolds

HEIA(Q) Committee of Management





2015
State
Conference
Saturday 1 August



save the date

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.

Look forward to seeing you there

Home economics provides an ideal base for developing connections—connections with peers, families and communities; connections with ideas and creativity; connections with a person's own strengths; connections with health, the future, technologies and with the environment. And that is the focus of the HEIA(Q) 2015 conference—*Home Economics Connected*.

Home Economics Connected is about examining home economics practice that, for example:

- CONNECTS with creative ideas generation
- CONNECTS with Generation Z and Generation Alpha
- CONNECTS with Well-Productivity™
- CONNECTS with local and global environments
- CONNECTS with practice that makes a difference
- CONNECTS with the Australian Curriculum
- ...and much more.

At the *Home Economics Connected* conference, home economics professionals will come together to explore a raft of issues related to families, food, textiles, pedagogy and the Australian Curriculum through a lens that demonstrates the power of Home Economics in developing important social, emotional, cognitive, professional and environmental connections, both locally and globally.

The program will be led by two outstanding keynote speakers and supported by a mixture of well-known and new (to HEIA(Q)) quality presenters of concurrent sessions. Social researcher and leading specialist in demographic shifts, change management and future trends, Michael McQueen, will set the scene as the opening keynote speaker with what promises to be a thoroughly informative, entertaining and interesting address about connecting with



Generation Z and Generation Alpha. Visible learning specialist Jayne-Ann Young, will connect delegates with quality classroom practice that really makes a difference.

About the keynote speakers

The choice of keynote speakers for the HEIA(Q) 2015 conference was inspired by the many fabulous speakers at the HEIA national 2014 conference in Perth, resulting in two of the inspirational speakers—Michael McQueen and Jayne-Ann Young—accepting HEIA(Q)'s invitation to present at *Home Economics Connected*. So if you missed out on Perth, now is the chance to catch these outstanding speakers. If you were fortunate enough to attend the Perth conference, no doubt you will be thrilled to know these great speakers will be on stage again—albeit with different topics.

Michael McQueen

Michael McQueen is a Sydney-based speaker, social researcher and business owner. Coming from a background in marketing and research, Michael has his finger on the pulse when it comes to emerging trends shaping society and culture. He has written four bestselling books and features regularly as a commentator on TV and radio. Having presented to over 200,000 people across five continents since 2004, Michael is a familiar face on the international conference circuit and has shared the stage with the likes of Bill Gates, Whoopi Goldberg and Larry King. At the HEIA(Q) 2015 conference, Michael will be looking at how to connect with the new generations coming through—Generation Z and Generation Alpha—and what that means for home economics professionals.



Jayne-Ann Young

Jayne-Ann Young, who enthralled the HEIA 2014 Perth conference with her keynote address about visible learning, is a member of the Visible Learning team, after joining the team in October 2011. She had previously been a Deputy Principal of a K-13 Independent girl's school for six years, where her portfolio at the school included leadership of the curriculum and assessment team. With a major interest in professional learning and development, she was part of the team responsible for providing long-term, school-wide programs based on theory, evidence and best practice at the school. At the *Home Economics Connected* conference, Jayne-Ann will connect home economics educators with classroom practice that really makes a difference to student learning, based on the Visible Learning research led by Professor John Hattie.

Would you like to present at the HEIA(Q) 2015 conference?

Conference delegates always appreciate teachers sharing their practice at conference sessions. Hence, this year, the HEIA(Q) Conference Committee has decided to invite HEIA members to present at the conference to complement the raft of invited speakers already lined up to speak. Information and details of how to submit an expression of interest were emailed to all HEIA members at the beginning of December, with a view to submissions being received during January. Start thinking now about what you might like to share!

home economics connected

2015 Regional Professional Development Program

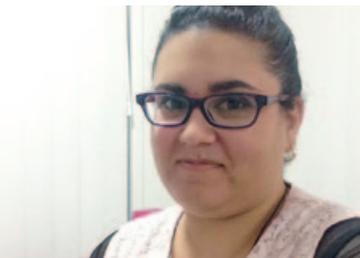
The HEIA(Q) 2015 regional Professional Development Program will build on the 2014 program that focused on the Australian Curriculum. Whilst the 2014 program was brought to members as a two-part program, in 2015, regions will be given four workshops from which they will choose two. These workshops will address planning, assessment, inquiry processes and multimodal techniques, and C2C resources to assist with the Australian Curriculum.

Of course, members can always travel to another region to participate in workshops that are different to what is offered in their own region.

The workshop options have been sent to regional coordinators and they will select the workshops they wish to offer in their regions, the dates and format (full day or two afternoon workshops).

Presenters (L-R)

Kay York, Rosemarie Sciacca and Dr Janet Reynolds



Workshop A: Assessment of Years 7-10 student work in the context of the Australian Curriculum

2.5 hours

Presenter: Kay York

This workshop will build on HEIA(Q) workshops offered in 2014. The focus of the workshop will be on assessment and structuring it to meet the achievement standards for the Australian Curriculum. It will backward map the curriculum from achievement standard to content descriptions to provide direction for units of work. The workshop will look at the inquiry approach used in the Australian Curriculum HPE and the design process used in Design and Technology and possible assessment techniques to incorporate both aspects. Participants will unpack the achievement standards for Years 7/8 and 9/10 to write assessment tasks on which to build units of work.

Workshop B: Connecting Year 7-10 students with inquiry processes and multimodal assessment techniques

2.5 hours

Presenter: Rosemarie Sciacca

This practical session will explore two components related to connecting students with cognitive processes: inquiry processes and multimodal assessment techniques.

In the first part of the workshop, participants will explore strategies to guide students through an inquiry process that supports research tasks. Participants will examine the critical thinking required for students to analyse and synthesise research effectively, and how to engage students in such thinking. Examples of journal entries will be examined to assist teachers in making judgements about student work.

In the second part of the workshop, participants will look at how to integrate multimodal ways of working into classroom practice and assessment. Participants will delve into creating and reporting on multimodal assessment tasks and what is involved in a multimodal response, both from a student and a teacher perspective. Participants will also explore how to align curriculum and pedagogy, to not only ensure quality multimodal responses for assessment, but also to enhance student engagement and learning. The focus will be on developing skills in Years 7-10 in order to facilitate quality learning in those years and improved outcomes in Years 11 and 12.

Workshop C: Adopt, adapt, align—C2C Health and Physical Education

2.5 hours

Presenter: Kay York

This workshop will unpack and explore the C2C resources developed for Health and Physical Education, and will focus on units developed for the Years 7-10 Personal, social and community health strand. During the workshop, participants will review the structure of the materials, from whole school planning to classroom planning.

Participants will unpack a unit, exploring the assessment task, teacher notes and model response, and the resources that support the implementation of the unit. Participants will then use the unit plan, topic overview, topic outlines and resources to plan a unit of work to implement in their particular context. They will be encouraged to adopt the resources that fit their context, adapt the ones that need to be adapted and align the materials with their students' needs and learning styles.

Workshop D: Planning from the Australian Curriculum

2.5 hours

Presenter: Dr Janet Reynolds

This workshop will build on the HEIA(Q) workshops offered in 2014, when delegates were provided with principles, ideas and templates for planning from the Australian Curriculum (Health and Physical Education; and Technologies). This workshop will start with an update on what is happening with the Australian Curriculum as a result of the government review of the Australian Curriculum, but then provide an opportunity for teachers to plan, individually or collaboratively, units of work using the ideas presented in 2014. The workshop will build on the ideas presented in 2014 by considering in greater detail the processes that sit behind the syllabuses—that is, the critical inquiry process and health literacy skills in HPE, and the technology and design processes in Design and Technologies. For those ready to do so, there will be an opportunity to look at integrating the General capabilities and Cross-curriculum priorities into their work. Participants will work in either school teams or individually to devise a unit of work suited to their school's needs.

School profile

St Teresa's Catholic College, Noosaville

Background information

St Teresa's Catholic College is a co-educational college located in beautiful bushland at Noosaville, behind Noosaville State School. In a stunningly beautiful part of the Queensland Sunshine Coast, the school commenced operation in 2004 with a small cohort of about 60 students and ten staff, but because of environmental issues the buildings were not finally constructed until 2006. For the first two years, teachers and students completed their lessons out of demountable buildings on the St Thomas More Primary School oval at Sunshine Beach. Sadly, the bushland around us is being eroded with development without the care and concern, which was evident at the time the school was constructed.

Finally, in 2006, the school moved into the lovely setting it has today and, with each couple of years, new buildings have been constructed right through to the present time, with new Year 7 facilities and a new Music, Drama, Dance area recently added. With the advent of Year 7 next year, the site will house around 950 students and more than 80 staff. All the buildings nestle into the environment with a low profile of corrugated iron and typical Australian bushland setting. Environmental issues are a major part of the school philosophy.

The school is rather unique in that although it is a Brisbane Catholic Education School for administration and funding purposes, it is also a Marist school, with the underpinning values of family spirit that epitomises all Marist schools. The current Principal, Paul Creevey, is a Marist Brother.

St Teresa's offers wonderful opportunities for students to pursue the pathway that best suits them. There is a strong academic focus, but the SET plan process in Year 10 effectively guides students with interests in other areas into a strong vocational focus, where they are able to pursue traineeships, school-based apprenticeships and a large number of Certificate courses including Certificate II Hospitality, Certificate III Tourism and Certificate III Fitness.

The Home Economics Department

The Home Economics Department is well supported to provide staff with a variety of opportunities to engage in professional development. The three home economics staff are always supported to attend professional

development such as the HEIA(Q) state conference in Brisbane. Other professional development is always encouraged and financially supported. As a department, we are actively involved in many activities both at the school and in the wider community, which serves to raise our profile. We are very proud of the real feeling of family spirit, which is a feature of both the school and our department, where the parents, staff and students have a shared vision for what we can achieve together.

The home economics staff

The Home Economics Department at St Teresa's has a staff of three teachers and two part-time teacher aides.

Michaela Robertson has been at the school since its inception in 2004. Michaela and her husband Mark returned to Australia for their son and daughter to attend high school after ten years spent in Vanuatu, Tonga and Samoa. In the islands, Michaela taught in very different circumstances to Australian schools. No doubt this was wonderful experience to prepare her for the first two years spent teaching in demountable buildings, with no running water and very little in the way of resources. Both her children were enrolled at St Teresa's and, before long, Mark was taken on as the Business Manager and the St Teresa's family really became part of the Robertson family.

Wendy Clifford joined St Teresa's in 2006. After graduating from Kelvin Grove College of Advanced Education (now QUT), Wendy spent time in Gladstone, Moura and Bundamba before moving to the Sunshine Coast. Here, she taught at Suncoast Christian College, St John's College Nambour and St Thomas More Primary School before arriving at St Teresa's, where Wendy also had a dual role as parent and teacher at the school over the next few years.

June Robertson joined the staff of St Teresa's in 2008. A move north from Brisbane in 2003 when her husband retired, saw her move from Clairvaux Mackillop College at Upper Mount Gravatt, where she had spent 23 years teaching Home Economics and Hospitality. A period of three and a half years was spent in a job share role at St John's College Nambour until the position became available for June to join the staff at St Teresa's to teach Hospitality, when classes reached the Senior level.

The facilities

With the school only ten years old, the facilities at St Teresa's are modern and up to date. All students have access to either iPads (Years 7, 8 and 9) or Apple Macs (Years 10, 11 and 12), which greatly assist the learning process in our ever-changing technological society. This access to technology is one feature of the school that the staff acknowledges is fabulous about teaching at St Teresa's. The students are able to complete assignments such as filming themselves delivering a simulated TV cookery show for Masterchef after writing a script to show their level of knowledge, or producing a brochure to explain to a teenager how to live and eat with a lifestyle disease such as diabetes or anorexia in the Year 9 Nutrition Unit.

Home economics subjects offered in 2015

Years 7/8 subjects

Home Economics

The home economics program adopted for Years 7 and 8 in 2015 will very closely follow the nutrition content of the new Australian Curriculum Health and Physical Education (HPE) syllabus, with a focus on educating teenagers to make healthy food choices and to prepare healthy meals and snacks, rather than opt for unhealthy junk foods and takeaway foods. The Technology syllabus will also be used to focus on the use of materials and the design process, especially in the study of textiles.

In both of these year levels, all students will have one double lesson of 100 minutes and two single 50-minute lessons per week for a term in each year level. Both Food Studies and Textiles Studies will be covered during this time, with 5 weeks of the term spent on each area.

Year 9 subjects

Food and Nutrition

Textiles and Fashion

In 2015, the two Year 9 home economics subjects will be elective whole-semester subjects.

At present, two-thirds of the Year 9 cohort select the elective Food and Nutrition, which is encouraging. However, the goal for 2016 is to convince the administration team of the importance of making the Year 9 program compulsory so that we are able to reach all students to address the mandatory aspects of nutrition within the HPE syllabus.

There is also a Year 9 Fashion and Textiles elective, which is enjoyed by those who choose to study textiles.

Year 10 subjects

- **Fashion**
- **Cultural Foods**
- **Masterchef**

Year 10 is also an elective year, with three home economics-related subjects—Fashion, Cultural Foods and Masterchef—each offered for one semester. Students may choose more than one of these home economics electives. All three electives are well supported and enjoyed by students.

Years 11/12

Hospitality Studies

Certificate II Hospitality

Senior offerings include Hospitality Studies and Certificate II Hospitality. Both are two-year courses. This year, 37 students have undertaken Hospitality Studies and 24 are completing the Certificate course. Parents and staff both actively support the functions operated as part of these courses. As an example, in a two-week period in Term 4, a curry night for 60 parents and staff was offered by the Year 11 Certificate students and an after-school high tea attended by about 50 guests was offered by the Year 11 Hospitality Studies.

Home economics is indeed alive and well at St Teresa's. We believe it still contains as much relevance today as it always has, as we focus on the health and wellbeing of individuals in the society in which they live.

June Robertson

Head of Home Economics

St Teresa's College



St Teresa's home economics teaching staff (L-R): Michaela Robertson, Wendy Clifford, June Robertson



Teacher sharing

Creative Entertaining from Moreton Bay College



At Moreton Bay College, the home economics staff members have been refining a Year 10 Food and Textile Technology unit of study, called 'Creative Entertaining'. The unit aims to have students take creative risks with food and flavour combinations, while meeting a design brief that is set for them.

The unit is centred on an assessment task that requires students to submit a product and a journal. The journal documents the students' decision-making processes and encourages students to solve their own problems that they often encounter in this type of task.

The design challenge asks students to design, produce and justify a three-course menu for an elegant family celebration. They are asked to challenge their own set of practical skills. A budget is allocated, that must be adhered to.

Throughout the task, students are given time to trial skills and plating techniques, and are given opportunities to solve their own problems encountered during the practical sessions. This is often challenging for the teachers, as it contradicts the more typical way of working when we play the difficult time 'game' of getting students to deliver a product that is of quality to take home for the family, and to ensure that they have cleaned up in time for the next class. Letting go of some of this responsibility has allowed the students to learn far more personal lessons about their own capacity to manage and make justifiable and authentic choices.

Students are asked to prepare in 100 minutes, two of the three courses in the menus that they design. These time constraints have been set in

an effort to 'senior ready' those who are taking the subject in the coming years.

Throughout the unit, students are constantly astounded by how they challenge and encourage one another to better themselves. The work that is produced during the trialling process, and then in the final examination session, is truly remarkable.

The teachers and students have had extra challenges this term, with renovations occurring in the Home Economics Department. One day, no gas; the next day, no water; and all this learning is occurring to the soundtrack of jackhammers, concrete drills and bobcats. The students have risen to the challenge and have produced a vast range of products that create many conversation points, not only in the Home Economics Department, but also across the College.

This year, across the four classes, a variety of menus have been designed and produced, from chicken roulade, deconstructed lasagne, warm fig salad, berry soufflés, French trimmed lamb cutlets and mini bitter chocolate tartlets.

The developmental process for us as educators has been to realise that to step back and allow students to experience the creative and problem-solving processes first hand results in young people being armed with a toolbox of skills and confidence that holds them in good stead for the future.

Delia Stecher

Head of Department, Home Economics
Moreton Bay College

Vale

Margaret Humphreys

1933-2014



Many of you will remember Margaret as a lecturer at the Kelvin Grove campus of the Brisbane College of Advanced Education.

Margaret completed her secondary education at Blackheath College, Charters Towers and gained a two-year senior scholarship to Kelvin Grove Teachers' College Home Science Section, from which she graduated in 1952.

Margaret was later seconded to the staff at Kelvin Grove. I first met her in 1963, when I was appointed to the staff also. 'Humph', as she was called by other staff members, distinguished her from Margaret Sowden nicknamed 'Soda'. The two Margarets helped me to settle in to my new role by giving me some updates on drafting dolman sleeve patterns. I immediately appreciated Humph's quick mind and ease of communication.

We had a wonderful collegiate respect and support between the staff under the leadership of Val McDonald (now Cocksedge). The staff room accommodated a long line of small tables around the bend of the old two-storey asbestos building on Gregory Terrace. We laughed a lot about our work conditions and were all excited to move into a new building on Kelvin Grove campus in 1965.

Margaret was a very professional lecturer who brought out the best in her students. I had the opportunity to ask a few of them what they remembered of her at the recent Golden Oldies Morning Tea. Their faces lit up and they spoke about her excellent millinery tutorials.

Margaret was a good student, an avid reader with a retentive memory. She sailed through university studies although working full time.

The early 70s brought about changes in Queensland education, including extending teacher education from two to three years.

Later a four-year professional development course allowed students to graduate from QUT with a degree—the Bachelor of Education (Home Economics). Margaret was involved as a committee member to establish the new standards for Home Economics. Her ability to analyse and ask leading

questions in her own quiet way, I believe, would have assisted significantly in the decision-making process. Margaret was not an out-front leader, but led quietly from within a group with her clear intellectual approach.

I have to thank Margaret for giving me a good push to apply for a vacant position in the Inspectorate on the retirement of Miss Harriet Marks. It was a challenging job and I had to grow with the experience. In 1976, I asked Margaret if she would take my place for a semester on release from College, which allowed me to combine long service and study leave for 18 weeks. Margaret accepted and enjoyed the opportunity to see her past students in a teaching role. I am sure her observations informed her response to further developments in teacher education at Kelvin Grove.

On retirement, after a very successful career, Margaret withdrew to her home life, reading and gardening. She also enjoyed domestic and overseas travel. Sadly, on return from a trip to Norfolk Island she suffered a stroke on the plane, which inhibited her independence. Fortunately, her loyal friend Joan Bradley became her help mate for outings and trips to medical appointments.

Margaret was a very private person, loyal and caring to her late husband Garth and colleagues. We know she loved her garden and the wildlife in her back yard, especially the cheeky butcher birds that gave her cheer and companionship in recent times. We all admired and respected Margaret for being a great educator who always helped others to develop to their full potential. Sadly I say goodbye on behalf of Val, Jan, Shirley and other colleagues.

Audrey Lawrie

October 2014



2015 Annual General Meeting

**Saturday
21 March
2015**

2.30pm
EMPORIUM
HOTEL
**1000 Ann Street
(Homemaker City)
Fortitude Valley,
Brisbane**

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 21 March 2015. 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 21 March 2015, 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**



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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**



Diary Dates

MARCH 2015



WORLD HOME ECONOMICS DAY



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

Time to be advised

High tea

Emporium Hotel

1000 Ann Street

Fortitude Valley, Brisbane



HEIA(Q) ANNUAL GENERAL MEETING

2.30 pm

Emporium Hotel

1000 Ann Street

Fortitude Valley, Brisbane

AUGUST 2015



**HEIA(Q) STATE CONFERENCE:
*HOME ECONOMICS CONNECTED***

8.30 am - 5.00 pm

Brisbane Convention and Exhibition Centre

OCTOBER 2015



WORLD FOOD DAY

www.fao.org/world-food-day/home/en/

SAVE THE DATE



**HEIA(Q) STATE CONFERENCE:
*HOME ECONOMICS CONNECTED***

Brisbane Convention and Exhibition Centre

Saturday 1 August, 2015

8.30am - 5.00pm