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

**March 2013**

## The 2013 Committee Of Management

### PRESIDENT

#### Kay York

Tel: 07 3380 4117 (W)  
Email: kayyork@optusnet.com.au (H)

### VICE-PRESIDENT

#### Janet Reynolds

Tel: 07 3393 0575 (H)  
Email: janetrey@ozemail.com.au (H)

### SECRETARY

#### Rosie Sciacca

Tel: 07 3348 8490 (H)  
0418 775 142 (M)  
Email: heiaq@heia.com.au (HEIA(Q))  
r\_sciacca@hotmail.com (H)

### TREASURER

#### Position vacant

### PROFESSIONAL DEVELOPMENT COORDINATOR

#### Position vacant

### NEWSLETTER EDITOR

#### Janet Reynolds

Tel: 07 3393 0575 (H)  
Email: janetrey@ozemail.com.au (H)

### NATIONAL DELEGATE

#### Aileen Lockhart

Tel: 07 3820 5888 (W)  
07 3369 1130 (H)  
Fax: 07 3820 5800 (W)  
Email: ablockhart01@optusnet.com.au (H)

### OTHER MEMBERS OF THE COMMITTEE OF MANAGEMENT

#### Jennifer Bray

Tel: 07 3359 4035 (H)  
0421 317 793 (M)  
Email: j.bray@stpauls.qld.edu.au (W)

#### Kaitlyn Follett

Tel: 07 3893 5333 (W)  
Email: kfol18@eq.edu.au (W)

#### Yvonne (Yve) Rutch

Tel: 07 3353 7345 (W)  
0422 398 565 (M)  
Email: rutchy@northside.org.au (W)

#### Megan Sharman

Tel: 0417 649 569 (M)  
Email: mandjsharman@y7mail.com (H)

#### Leanne Warner

Tel: 07 3802 6222 (W)  
Email: lwarn2@eq.edu.au (W)

## Regional coordinators

### BRISBANE NORTH

#### Yve Rutch

Queensland Catholic Education  
Commission  
Tel: 07 3336 9287  
Fax: 07 3229 0907  
Email: yver@qcec.catholic.edu.au

### BRISBANE SOUTH

#### Sue Smith

Clairvaux MacKillop College  
Tel: 07 3347 9200 (W)  
07 3276 1986 (H)  
0411 541 264 (M)  
Fax: 07 3347 9211 (W)  
Email: sues@cvxmck.edu.au

### BRISBANE WEST

#### Sue Booth

Ipswich State High School  
Tel: 07 3813 4488 (W)  
Fax: 07 3813 4400 (W)  
Email: sboot12@eq.edu.au

### CAIRNS

#### Jenny Walker

Mareeba State High School  
Tel: 07 4086 2777 (W)  
Fax: 07 4092 3915 (W)  
Email: jwalk118@eq.edu.au

### DARLING DOWNS

#### Karen Vorpapel

Centenary Heights State High School  
Tel: 07 4636 7500 (W)  
Fax: 07 4636 7501 (W)  
Email: kvorp1@eq.edu.au

### GOLD COAST

#### Belinda Ingram

Trinity Lutheran College  
Tel: 07 5556 8200 (W)  
Fax: 07 5556 8210 (W)  
Email: Belinda.ingram@tlc.qld.edu.au

### MACKAY

#### Romana Wallace

Mackay North SHS  
Tel: 07 4963 1666 (W)  
Fax: 07 4963 1600 (W)  
Email: rwall113@eq.edu.au  
kcrd2@eq.edu.au

### ROCKHAMPTON

#### Derryn Acutt

The Cathedral College  
Tel: 07 4999 1300 (W)  
Fax: 07 4927 8694 (W)  
Email: Derryn.acutt@tccr.com.au

### ROMA

#### Elyce Ruhle

St John's School  
Tel: 07 4622 1842 (W)  
Fax: 07 4622 3736 (W)  
Email: Elyce.ruhle@twb.catholic.edu.au

### SOUTH BURNETT

#### Cassandra Smilas

Kepnock SHS  
Tel: 07 4131 1888 Ext 899 (W)  
Fax: 07 4131 1800 (W)  
Email: csmil4@eq.edu.au

### SUNSHINE COAST

#### June Robertson

St Teresa's Catholic College, Noosaville  
Tel: 07 5474 0022 (W)  
Fax: 07 5474 0266 (W)  
Email: jlrobertson@bne.catholic.edu.au

### TOWNSVILLE

#### Helen Willmett

St Margaret Mary's College  
Tel: 07 4726 4900 (W)  
Fax: 07 4726 4989 (W)  
Email: hwillmett@smmc.catholic.edu.au

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HEIA(Q)

# 2013 Annual General Meeting

The 2013 Annual General Meeting (AGM) was held 16 March 2013 at The Landing, Dockside as part of the HEIA(Q) World Home Economics Day celebrations. The AGM provided the Committee of Management with the opportunity to report to members on the achievements, challenges and priorities of HEIA(Q) and to celebrate the contribution of members over the past year.

The AGM this year was chaired by member, Claire Cobine, with approximately 38 members present. Reports were presented from the Committee of Management, in the absence of a President, and from the Secretary, Treasurer, National Council Delegate, Newsletter Editor, Membership Secretary and Professional Development Coordinator. The reports outlined the vast undertakings for 2012 and highlighted the successes for HEIA(Q), including financial stability, a strong membership base, a diversity of professional development opportunities throughout the regions and a very successful annual conference.

The Committee of Management sadly said farewell to Denise McManus after 12 years of passionate, dedicated service to HEIA(Q) and its members. Denise's immense contributions were acknowledged at the AGM and she was presented with a small gift in appreciation for her tireless work. We thank Denise for her support of the association over the past 12 years and wish her all the best for the future.



No new members were elected to the Committee of Management this year. Kay York was elected as President, with Janet Reynolds elected as Vice-President. Returning to their positions are Rosie Sciacca as Secretary and Aileen Lockhart as Delegate to the HEIA National Council. Jennifer Bray stood down from her position as Treasurer and will continue as a member of the Committee of Management. We thank her for her efforts in maintaining HEIA(Q)'s finances over the past two years. There were no nominations received for Treasurer, so the role will be fulfilled by the committee members. Kaitlyn Follett, Yve Rutch and Megan Sharman will also continue on the Committee of Management.

Congratulations to the elected members of the Committee of Management. The diversity of experience within the 2013 team places the committee in a strong position to advocate for Home Economics and fulfil the objectives of the HEIA(Q) Constitution.

The efficient operation of HEIA(Q) is reliant on members taking an active role by becoming members of the Committee of Management and its subcommittees, such as those for professional development, managing the website and organising the state conference. Active involvement in the association provides invaluable opportunities and networking prospects. All members who are interested in contributing in some capacity are encouraged to contact HEIA(Q) to register interest. As noted in an email sent to all members, the Committee of Management is especially keen to hear from members prepared to take on the roles of Treasurer and Professional Development Coordinator.

## **Rosie Sciacca**

Secretary, HEIA(Q)

Annual General Meeting chairperson,  
member Claire Cobine

# Thank

As Denise McManus stands down from the HEIA(Q) Committee of Management (COM) and the role of HEIA(Q) Professional Development coordinator, it is with heartfelt good wishes that the Committee thanks Denise for her incredible contribution over the past 12 years. I remember well the day that I asked Denise if she would like to be on the Committee. I was presenting at a workshop and Denise was a participant—at that stage she was Head of Department (Home Economics) at Mount Alvernia College in Brisbane and we were workshopping how to 'future-proof' Home Economics in schools. She had loads of fabulous ideas and I thought, now here is a perfect addition to the Committee ... And, of course, she said that she would be happy to join.

HEIA(Q) and many of its members, including the COM, have benefitted from Denise's many fabulous attributes that range from good management, great communication skills, the ability to provide good counsel to both established and new members of the profession and, importantly, sincerity and friendship. Over the 12 years that she has been involved with the management of HEIA(Q) she has put these attributes to good use for the benefit of our members. For example, she has:

- been the Professional Development Coordinator for 12 years and in 2012, the last year as coordinator, organised 28 workshops across 12 different regions. This involved liaising with speakers to determine a good program for members and liaising with regional coordinators regarding dates and venues. Although in more recent times HEIA(Q) has outsourced the registration

# you Denise McManus

of workshops, in the early days Denise also managed all the registrations for all workshops. As part of the streamlining process, Denise documented the role of the PD Coordinator in 2007–2008, thus providing monitoring mechanisms as well as guidelines for others ready to take on the responsibility.

- been an active member of three conference organising committees. When on those committees, Denise was always mindful to look at just what teachers needed from the conferences as well as taking on a number of responsibilities, such as following up with suggested speakers, organising the chairpersons for sessions, organising the HEIA(Q) trade table and helping out on the registration desk.
- initiated many new events for HEIA(Q); for example
  - the Student Textile Forums attended by school groups when there were guest speakers such as former and current students, tertiary lecturers and displays of coursework—these were extremely popular
  - Workshops on Wheels when delegates travelled, for example, to Maleny for a range of home economic-related experiences
  - the inaugural retirees' high tea in 2012
- took on the role of Minutes Secretary for HEIA(Q) to ease the load of the HEIA(Q) secretary—this has enabled thorough and accurate minutes to be kept as an essential reference point for future actions.

Importantly, over these 12 years, Denise has been on the Committee of Management, where she has provided wise and balanced judgements as to the best way for HEIA(Q) to move forward to meet the needs of members.

Thank you Denise, for your tremendous contribution to HEIA(Q), for your incredible management and communication skills, your empathy and your friendship. HEIA(Q) is all the better for your involvement.

## Dr Janet Reynolds

On behalf of the HEIA(Q) Committee of Management

## Comments from regional coordinators

Denise has been very supportive of my role as regional coordinator. She is enthusiastic and encouraging whenever we receive HEIA information about PD. I have never met anyone so prompt in answering emails. Thank you Denise. I shall miss your warmth and sincerity.

### Helen Willmott Townsville

The Sunshine Coast HEIA members would like to thank Denise for ensuring that we have always had the opportunity to experience the same PD opportunities as our city cousins. Denise has always endeavoured to meet our needs and to accommodate our requirements in the most obliging and efficient manner. We wish her well in her retirement, with lots of wonderful experiences with family and friends to challenge and enjoy.

### June Robertson Sunshine Coast

Thank you to Denise for all of your patience and persistence in getting the regional workshops in Cairns running each year. They are seen as the number one professional development for home economics teachers each year. All the best.

### Jenny Walker Cairns

Denise has been a hardworking, dedicated and effective PD Coordinator for HEIA(Q) for many years. She is passionate about home economics and it showed in her meticulous approach to the job. Our PD was always organised and managed professionally and whether I was a participant or a host, I always knew that PD would run smoothly because of Denise's efforts. I particularly liked the way that Denise would chase me up (always so politely) whenever I forgot to send her the required information on time. Thanks, Denise! HEIA(Q) will miss your personable and efficient approach to PD coordination.

### Sue Booth Brisbane West

On behalf of the Gold Coast region, I would like to thank Denise for her time and dedication in organising professional development for our region. The workshops have given us the opportunity to challenge our thinking, be introduced to new ideas and broaden our scope of understanding about changes and developments in education and delivery. We wish her all the best for the future.

### Belinda Ingram Gold Coast



Secretary Rosie Sciacce (L) thanking Denise McManus for her outstanding contribution to HEIA(Q)

## A word from Denise

Being on the HEIA(Q) Committee of Management has given me the opportunity to broaden my capabilities and knowledge outside of the field of teaching. It has forced me to keep technologically 'savvy' and developed even further my organisational capacity. I have made friends of colleagues and met a wide variety of wonderful people. I am a practical person, not a creative one and I hope this trait has supported and assisted the more creative people on the committee so that the team is complete. A good team is made up of a cross-section of talents and team members who like and respect each other. There have been so many fantastic members of the Committee of Management over the last 10 years and I admire them and their dedication immensely. It is a big sacrifice to add to an already busy work and family life to help run the professional organisation. I have been lucky that my commitment has been mainly in retirement—when, supposedly, one needs to fill the void of work! I have enjoyed the experience, but now I wish to fill that void with something else.

It is time that others took over the baton. Where would Home Economics be without a succession of people to volunteer for a little time? I would encourage all members to think about how they might contribute in any capacity, small or large. As with all volunteer work, one tends to gain more than one gives. We all have a passion for what we do and want it to continue. I know that having met many of our younger and newer members, there is nothing to fear in this regard. They will ensure that the passion continues and HEIA(Q) will be a force to be reckoned with. I leave it in good hands.

## Denise McManus

## Membership Report

As at 31 December 2012, the Queensland Division had 649 members, which is 19 members more than at the end of 2011 and 4 more than the end of 2010. Numbers are very stable, being between 625 and 650 for the last few years. There have been no changes in how membership is distributed across the various categories, with school memberships remaining strong. This current high membership reflects the value placed on the Institute, and positions the division well for advocating on behalf of its members.

There were new members almost every month. The kit developed by the division for new members was sent to all new members (only one kit per school membership) to complement the kit sent by the national membership secretary.

As at the end of December 2012, HEIA(Q) had email addresses for all but five members, three of whom do not have an email address. This facilitates an efficient means of contacting members. It also provides a cost-effective way of distributing information and notices to the whole division.

Nationally there were 1496 members at the end of 2012, 8 fewer members than at the end of 2011. By comparison, at the end of 1994, the first full year of HEIA's operation, there were 87 members in the Queensland Division, and 650 members across all Divisions. HEIA(Q) members made up approximately 43 per cent of the total Australian membership as at the end of 2012. In comparison to the national profile, HEIA(Q) has more school members, but fewer Full, NIPE and student members. This is financially beneficial to HEIA(Q), as HEIA(Q) receives \$200 capitation for every school membership.

Member type	HEIA(Q) members 31/12/12	HEIA(Q) members 31/12/11	Nationally 31/12/12
Associate	1	3	4
Full	134	130	386
NIPE	17	14	76
School contact	113	113	227
School non-contact	366	344	742
Student with journal	16	21	53
Student no journal	2	4	9
<b>TOTAL</b>	<b>649</b>	<b>629</b>	<b>1497</b>

### Dr Janet Reynolds

HEIA(Q) Committee of Management

## HEIA(Q)

## Committee of Management member profile

# Megan Sharman

Megan is in her fourth and final year of studies at Queensland University of Technology and will graduate this year with a Bachelor of Education (Secondary), majoring in Home Economics and English. For the past 12 months Megan has been a member of the HEIA(Q) Committee of Management as student representative, and will continue in this role in 2013. Megan is an active member of the committee and in her first year has taken on responsibilities such as sourcing school profiles for the newsletter, being the photographer at HEIA(Q) events and acting as MC at HEIA(Q)'s celebration of World Food Day in October 2012. Megan believes that being on the committee has provided her with a wealth of knowledge, resources and people to help her transition to a successful home economics teacher.

From a big family including teachers and craft lovers, Megan has a passion for creativity, learning and textiles, which began many years ago when she made and decorated her own dance costumes and outfits for dolls. This led Megan to creating and sewing her own clothing, outfits and even school uniforms.

After completing her school studies, Megan's next pathway was an easy decision. She headed off to TAFE, where she completed an Advanced Diploma in Textiles, Clothing and Footwear in 2008. However, once she had completed her studies, she knew that a career in the fashion industry was not where her greatest passions lay and, after many discussions with family and friends, a career in teaching was her next destination. And she hasn't looked back since!

When asked why education, Megan responded:

*I wish to become a teacher because the pursuit of knowledge was important to, and encouraged by my parents in a home where every opportunity to learn was embraced.*



In the last three years during her studies at QUT, Megan has learnt important skills and made invaluable contacts, meeting people who have helped establish her position within the field of home economics. When asked why home economics, Megan replied:

*As someone passionate about craft and wellbeing within the home, I can show students what I have created. I can show them what I have sewn and proudly wear, what I have cooked and enjoyed for myself or what I have collected and reused around my own home to give real examples of individual resourcefulness and sustainable practices.*

Once in the classroom, Megan believes that she can help foster creativity and a love of learning in students and others for many years to come. Her final comment:

*I look forward to the many years I still have to learn about teaching, home economics and the industry that surrounds it.*

# An American in Australia!

## Contributions to Home Economics

(a background to King O'Malley)



**King O'Malley**  
(1858–1953)



**Mrs Amy O'Malley**  
(c.1875–1956)



The Honourable King O'Malley driving the first survey peg at Canberra Hill, 1913, National Library of Australia

Every year, students studying Home Economics in undergraduate and postgraduate courses in Australia have a unique opportunity to apply for a King and Amy O'Malley Trust scholarship. Typically, those awarded with a scholarship have strong, clear goals within the field of Home Economics and intend to make professional contributions to the field. The scholarship is named after its benefactor, King O'Malley. Upon his death in 1953 O'Malley entrusted his remaining funds to supporting the improvement of home life in Australia through the King and Amy O'Malley Trust.

The man himself, King O'Malley came to Australia in 1888 after a scandal and misrepresentation in Oregon, United States of America. Once in Melbourne, O'Malley became a well-known figure at the Melbourne Centennial International Exhibition of 1888 and soon became recognised as an excellent self-promoter and successful insurance salesman. He created a positive and active air about himself and after many years of personal campaigns became one of five elected for the division of Tasmania in the first federal election in 1901.

King O'Malley was a member of Australia's first Federal Parliament and a key figure in Australian political history, playing an important role in many decisions at the time, including the placement of Parliament House and Canberra

(Breynard, 2011). King O'Malley had many significant characteristics—he was a visionary, leader, social reformer and strategist. He believed that obstacles were made to be surmounted and identified many areas that he saw as important, that he wanted to expand and develop. O'Malley was not shy of controversy, with a great wit and personality he *'talked up every contribution he made and argued tirelessly for his favourite causes'* (Breynard, 2011). One contribution he talked up at every opportunity was his involvement in the decisions around the placement of Canberra.

O'Malley was always deeply concerned with social issues. Women's rights became one of his main foci and as such, at a personal level, he ensured that his wife, Amy, was financially independent on their marriage by providing her with several properties. While Amy was a more private person than her husband and played a less public role, she was as strong-willed as her husband and shared the belief that *'a strong family life was crucial to the welfare of the nation and could not be achieved without effective management of the home'* (King & Amy O'Malley Trust).

Home economics education in schools reinforces King and Amy O'Malley's belief in family life and its positive effects on the individual. The central focus of current home economics education in Australia is *'the wellbeing of people within the context of their personal, family, community and work roles'* (Home Economics Institute of Australia website). This philosophy supports King O'Malley's own vision for people in Australia and their families and despite O'Malley's tumultuous past he was always a positive voice for families and a healthy society. Similarly, home economics teachers are focused on the empowerment of their students to create active and informed members of society.

**Megan Sharman**

QUT Student

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Portrait of King O'Malley, c.1901, National Library of Australia. Portrait of Mrs Amy O'Malley, date unknown, National Library of Australia

# Celebrates World Home Economics Day, 2013

While the United Nations has set 21 March as World Home Economics Day, in 2013 HEIA(Q) commemorated and toasted the day on 16 March. The day was celebrated with a delicious brunch at The Landing, Dockside, where clear skies, bright sunshine and a view of the Brisbane River provided a delightful setting for the occasion.

The morning began with a welcome from the MC, HEIA(Q) member Aileen Lockhart, to the 38 guests and members attending the celebration, including guest speaker Professor Donna Pendergast, the six 2013 recipients of King & Amy O'Malley Trust scholarships and King & Amy O'Malley Trust scholarship panel members Melinda Service and Meredith Gleadhill. All present were acknowledged for their loyalty to the profession of home economics.

The day provided a great opportunity to congratulate the O'Malley scholars, honour retiring HEIA(Q) Committee of Management member Denise McManus, hear about Professor Donna Pendergast's research, attend the HEIA(Q) 2013 Annual General Meeting and catch up with colleagues.

HEIA(Q) member Professor Donna Pendergast presented an address entitled *Global megatrends—actively creating preferred home economics futures*. Donna explained that global megatrends focus on the big picture and can be used as a methodology to look to the future strategically.

She spoke about the ten megatrends identified as society moves towards 2020: ageing, globalisation, technical development, prosperity, individualisation, health and environment, acceleration, network organisation and urbanisation. She explained that future-proofing the home economics profession is necessary to ensure a sustainable vision for both the profession and members of the



Guest speaker, Professor Donna Pendergast (R) with O'Malley scholar Fiona Gunthorpe

profession, and that, as home economists, we need to adapt and engage with the megatrends as a way forward. (See [www.98.griffith.edu.au/dspace/bitstream/handle/10072/39203/65725\\_1.pdf?sequence=1](http://www.98.griffith.edu.au/dspace/bitstream/handle/10072/39203/65725_1.pdf?sequence=1) for further information.)

A delightful brunch was then served as the King & Amy O'Malley Trust scholarship recipients—Pepita Bennett, Fiona Gunthorpe, Emily Kramer, Poly-Anna Reynolds, Helen Vidgen and Terasa Wedley—were presented with their awards by Melinda Service and Meredith Gleadhill. Melinda spoke about the positive future of school-based Home Economics due to the high calibre of the scholarship winners who are training to be teachers at present.

The morning concluded with a toast to World Home Economics Day followed by some essential social networking of members.

## Yve Rutch

HEIA(Q) Committee of Management



The Queensland 2013 King and Amy O'Malley Trust scholars (L-R): Terasa Wedley, Helen Vidgen, Emily Kramer, Polly-Anna Reynolds, Pepita Bennett, Fiona Gunthorpe

International Federation for Home Economics (IFHE) press release, 3 December 2012 available [www.ifhe.org](http://www.ifhe.org)

# World Home Economics Day 2013 – 21 March

Empowering individuals, families and communities through **Home Economics:** Confront poverty and social exclusion

Every year since 21 March 1982, the International Federation for Home Economics (IFHE) has celebrated World Home Economics Day. In 2013, World Home Economics Day focuses on the theme 'Empowering individuals, families and communities through Home Economics: Confront poverty and social exclusion'. It is related to the IFHE campaign planned for the 20th Anniversary of the International Year of the Family (IYF) in 2014.

Individuals, families and households are the basic and core units of societies and economies. The functions of families and households are multifaceted and wide-ranging. They serve the needs of their internal members and influence the economic, political and social framework of societies to meet their demands and needs.

But if an individual, family or household fails in fulfilling the daily challenges, this often ends in poverty, hunger and social exclusion.

Failing in income generation leads to material poverty, and failing in socialisation and childcare may lead to poor education. People living in poverty often do not dare to make their position known and this may intensify their situation and lead to social exclusion. In addition, the social, political and economic settings have a major impact on the opportunities for individuals and families to meet basic needs.

A knowledge of home economics can strengthen and empower individuals and families. Home economics education is recognised as the most important precondition for families and households to improve their lives and to prevent poverty. To support people living in poverty and to reduce social exclusion, home economists around the world advise families and individuals.

The International Federation for Home Economics (IFHE) is the only worldwide organisation concerned with Home Economics and Consumer Studies. The fight against poverty and social exclusion and

the empowerment of individuals, families and communities is one of the main foci of the IFHE and its members.

IFHE is an International Non-Governmental Organisation (INGO), having consultative status with the United Nations (ECOSOC, FAO, UNESCO and UNICEF) and accredited by the UN Department of Public Information.

The IFHE calls on home economists and home economics organisations around the world to promote home economics education and services and their role in reducing poverty and social exclusion worldwide on WHED 2013 and to support the IFHE Campaign 20th Anniversary IYF 2014.

The IFHE aims to:

- promote recognition of the knowledge and competencies of home economists and how they can empower families, individuals and communities to confront poverty and social exclusion
- focus attention on families and individuals as active members of communities to confront poverty and social exclusion
- set economic, social and political frameworks that enable individuals and families to use their full potential and overcome poverty and social exclusion
- make confronting poverty and social exclusion a priority on the national and international political agenda.



HEIA(Q) members and guests celebrating World Home Economics Day

# Congratulations to the Queensland



**Pepita  
(Pep)  
Bennett**

Undergraduate  
student, QUT

Pepita is currently in her third year of a Bachelor of Education (Secondary), majoring in Home Economics and Mathematics. She feels privileged to be brought up in a household where the values and skills of home economics were encouraged. Having family members who are chefs exposed Pep to cooking from an early age and she has continued to involve her three boys in the preparation and cooking of family meals. Having three children has led to her involvement over the years in Parent and Citizen committees and environmental organisations such as Planet Ark. More recently she has become a volunteer at Jamie's Ministry of Food Kitchen in Ipswich where, apart from helping others learn valuable cooking skills, she has learnt practical techniques that she will be able to use in the classroom.

Since she was young, Pep had always wanted to be a teacher. However, the opportunity to study and achieve this goal did not arise until later in her life. She chose to teach home economics as it has the ability to empower students by teaching them valuable life skills such as selecting and preparing nutritious and balanced meals and also provides students with future employment opportunities. Further to this, Pep believes that home economics education has the ability to influence whole communities through the promotion of wellbeing of individuals, families and communities. Her goal is to teach Home Economics in rural and remote locations in Queensland and to use her skills and knowledge to enhance the lives of the whole community.

Pep feels very honoured to be a King and Amy O'Malley scholarship recipient and will endeavour to uphold their values and ethos *'that a satisfying family life was crucial to the welfare of the nation and could not be achieved without effective management of the home'* (King and Amy O'Malley Trust website).



**Fiona  
Gunthorpe**

Undergraduate  
student, QUT

Fiona is currently in her final year of studying a Bachelor of Education (Secondary) at Queensland University of Technology (QUT). Her major teaching area is Home Economics, with Business Communication and Technologies (BCT) as her second teaching area. Fiona has worked in the public service sector for over 20 years and brings valuable skills and life experiences to her new career as a home economics teacher.

She was inspired to make a career change for a variety of reasons. Her belief in the philosophy and mission of the home economics profession—to enhance the wellbeing of individuals, families and communities—is what cemented her commitment to the field of Home Economics. She also sees home economics teaching as an opportunity to combine her passion and enthusiasm for nutritional food preparation and textiles with her personal strengths and love of helping people to learn and achieve goals. The attraction of balancing career aspirations with her commitment to her family, her husband and three young children, and her desire to participate in higher education also contributed to this career change.

Fiona has been an HEIA student member since 2009 and an enthusiastic participant in annual conferences and professional development opportunities. She is committed to advocating for the field of Home Economics and believes it should be an essential curriculum area for all secondary students. Her professional goal is to become an inspirational teacher, to spark interests and passion in her students and assist them to plan pathways to achieve their career aspirations within nutrition, food, hospitality, textile, fashion and early childhood fields. Fiona was accepted at the Kelvin Grove Teacher Centre of Excellence for 2012/2013, which affords her additional tutorials and 120 hours with her teacher mentor as well as professional learning opportunities to assist with attaining her professional goals.

Fiona is honoured to be a recipient of a King and Amy O'Malley Trust scholarship as she has great admiration and respect for King and Amy O'Malley and is committed to upholding their belief *'that a satisfying family life was crucial to the welfare of the nation and could not be achieved without effective management of the home'* (King and Amy O'Malley Trust website).



**Emily-May  
Kramer**

Undergraduate  
student, QUT

As quoted by Dan Rather *'The dream begins with a teacher who believes in you, who tugs and pushes and leads you to the next plateau, sometimes poking you with a stick called truth'*. This is how Emily's journey into home economics teaching began and why she continues to work towards making her dream a reality. Emily believes that through the guidance of supportive and inspirational educators during her schooling years at St Paul's School and over the past three years of study at QUT, she has learnt that if you do what you love and use hurdles along the way as fuel to drive you to dream bigger and work harder, you will excel. And she has, indeed, excelled. She received the Academic Gold Award for Home Economics for four consecutive years from 2006 to 2009 (Years 9–12) and the Academic Gold Award for Hospitality 2008 and 2009 (Years 11–12). In 2009 she was awarded The Mead Family Individual Achievement Award for ranking in the highest academic percentage in the Year 12 cohort. Her high school, St Paul's School, awarded her with a Certificate of Excellence in Recognition of Outstanding Academic Achievement for her accomplishment of an OP 5 in 2009. In both 2011 and 2012 she was accepted into the Dean's Scholars Program by QUT in recognition of her outstanding performance in the pre-service Bachelor of Education (Secondary) course. Most recently, she has been the recipient of a King and Amy O'Malley Scholarship in both 2012 and 2013.

Home Economics is Emily's life, her passion, and the field in which her professional goals and personal philosophy are directed. Her goal remains to become an inspiring home economics, hospitality and health educator, attaining an educative role in a high school.

Emily has an ambition to inspire today's youth to want to study Home Economics, through reshaping the attitudes that students may hold towards the subject. A goal she has is to advocate in her field of work for families and for the subject of Home Economics and its related areas to remain in Australian schools. Through teaching, Emily aims to provide students with the capabilities they require to be able to make informed decisions and, in turn, enhance their everyday living. She hopes to be the teacher who teaches from the heart, not a book, so that in one hundred years from now, it will not matter what kind of car she drove or how much money she had in the bank ... but the world may be a better place because she made a difference in the life of a child.

# 2013 King and Amy O'Malley Trust scholars



**Polly-Anna Reynolds**

Undergraduate student, QUT

Polly-Anna believes that it was her creative nature and her experiences at school that really inspired her to eventually study to become a home economics teacher.

Polly-Anna grew up on the north coast of New South Wales and was fortunate to have a passionate and highly skilled textiles teacher. This is where her love of textiles developed. On completing her High School Certificate, she enrolled in TAFE and completed a Certificate Four in Fashion Design and Technology. This not only allowed her to gain skills and knowledge, but also gave her a small taste of what it would be like to work in the industry. Although she loved what she was doing, Polly-Anna thought she would like to try something that enabled her to work in a more community-based role. She enrolled in primary education at Queensland University of Technology (QUT) as she had always been interested in education. It was then that she discovered that QUT also offered a Bachelor of Education (Secondary) majoring in Home Economics. Shortly after, she changed her degree and has never looked back.

Initially, Polly-Anna did not realise the interdisciplinary nature of the subject Home Economics. However, along the way she has really enjoyed learning and making meaningful connections between the various components required to teach Home Economics.

In the future, Polly-Anna looks forward to not only being able to provide students with the knowledge and skills to lead healthy lifestyles, but also to provide them with the opportunity, inspiration and environment to be creative.



**Helen Vidgen**

PhD student, QUT

Helen finished high school with a strong interest in food and nutrition and so studied a Bachelor of Applied Science in Home Economics at Queensland University of Technology (QUT). A few years later she graduated with a Graduate Diploma in Nutrition and Dietetics and has spent most of her career working as a nutritionist.

Helen's first nutrition job was as the sole clinical dietitian in a rural hospital. From there she progressed along the continuum of care from clinical roles in a tertiary hospital, to community nutrition and executive officer roles at Nutrition Australia and finally into public health as one of Queensland Health's first public health nutritionists. She remained at Queensland Health for 12 years, working in corporate office on policy and planning, and at the service delivery level in the management of nutrition teams.

Three years ago Helen returned to QUT to commence her PhD. Her thesis, entitled '*Food literacy: what is it and does it influence what we eat?*' will be submitted this year. The King and Amy O'Malley Trust scholarship will allow Helen the opportunity to focus on publishing her research, which she hopes will influence policy, practice and investment decisions across a range of sectors, particularly health, education and welfare. This year Helen has taken on the national co-convenor role of the Public Health Association's food and nutrition special interest group. In this role she is currently working on a statement about the necessity to acknowledge the importance of practical food skills in the draft *Australian Curriculum Health and Physical Education: Foundation to Year 10*, being developed by the Australia Curriculum, Assessment and Reporting Authority.



**Terasa Wedley**

Undergraduate student, QUT

When the global financial crisis hit the banking sector in 2008, resulting in job losses for many, Terasa took the redundancy package offered and saw it as an opportunity to return to her original career goal of becoming a home economics teacher. This decision to return to university was in consultation with both her daughter and parents, all of whom have been extremely supportive of her decision. This career change has allowed Terasa to spend more time with her teenage daughter as well as reconnecting with her enjoyment of cooking and sewing. Terasa balances the role of sole parent with full-time university, part-time work within the childcare industry and a variety of volunteering roles.

Terasa is honoured to be the recipient of a King and Amy O'Malley Trust scholarship, given her own belief in King and Amy O'Malley's statement '*that a satisfying family life was crucial to the welfare of the nation and could not be achieved without effective management of the home*' (King and Amy O'Malley Trust website).

Terasa is committed to promoting and advocating for the field of Home Economics as she believes that it is an essential subject that provides the youth of today with the opportunity to learn lifelong skills so that they may become more active, informed and self-sufficient participating citizens in today's society.

Terasa's life motto, borrowed from the church notice board, is 'Inspire to aspire before you expire'. Terasa hopes that when she completes her final year of studying a Bachelor of Education (Secondary) at Queensland University of Technology (QUT), she can implement this motto in the home economics classroom.

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# Getting

The 2013 HEIA(Q) Conference Committee is well on its way to opening registration for the 2013 annual conference. But not quite yet! All the keynote speakers are locked in and most of the workshops organised, as outlined in other articles in this newsletter. Once the final workshops and the social program have been organised, the Conference Committee will be able to look at opening registration. As usual, HEIA members will be advised of the opening of registration prior to notices being sent out to schools more generally.

So, a little more information to help members get ready for the conference. It is recognised that many members have to apply for funding to attend the conference, and with this year's conference being two days, a bit more persuasion might be needed! This article and the other conference newsletter articles have been written to help members prepare for the conference and, where necessary, make their case to administrators.

# ready for the HEIA(Q) 2013 conference

Food and nutrition topics and issues are of great importance to all home economics professionals. The 2013 HEIA(Q) conference brings an opportunity for all those with an interest in food and nutrition to explore latest news and developments, examine local and global issues, and consider how we can contribute to preferred food and nutrition futures.

The conference will also help home economics teachers attend to curriculum demands as specified in the upcoming *Australian Curriculum Health and Physical Education: Foundation to Year 10* and the *Australian Curriculum Technologies: Foundation to Year 10*. The recently released *Draft Australian Curriculum Health and Physical Education: Foundation to Year 10* explicitly notes the place of Home Economics in delivering this curriculum—on page 13 it states:

## Organisation of learning

*The curriculum recognises that the way schools organise learning at the local level varies depending on local needs, resource availability and timetabling structures. The content from the Health and Physical Education curriculum can be organised and delivered in a range of ways, through a number of different school subjects such as Home Economics or Outdoor Education.*

## Home Economics

*Home Economics supports students to develop the capacity to make decisions, solve problems and develop critical and creative responses to practical concerns of individuals, families and communities in the local and global context. Elements of learning in Home Economics will draw from content in both Health and Physical Education and Technologies in the Australian Curriculum. The primary content that will be drawn from the Health and Physical Education curriculum is in relation to food and nutrition, growth and development, identity, and connecting to others.*

*The Health and Physical Education curriculum focuses on developing the knowledge, understanding and skills to make healthy choices about food and nutrition. Students learn about this by exploring the range of influences on these choices and building the skills to access and assess nutritional information that can support healthy choices. In Health and Physical Education, students become increasingly aware of the stages of growth and development. They take increasing responsibility for their own growth and development by exploring, and learning how to manage, the many different factors that influence their identities. They also develop a practical understanding of how connections to other people influence wellbeing. They learn positive ways to communicate, interact and relate to others in a range of social and movement-based situations.* (Draft Australian Curriculum Health and Physical Education: Foundation to Year 10, 2012, p.13)

An examination of the articles that follow show clear links to the expectations of Home Economics, as outlined above. Whilst the Draft Technologies curriculum does not explicitly mention Home Economics, it is expected that home economics teachers will teach the Food Technology component of this curriculum in Years 7–10. The HEIA(Q) 2013 conference program supports teachers

delivering the curriculum in both of these learning areas with respect to food and nutrition education.

The article in this newsletter *The thinking behind the HEIA(Q) 2013 conference* also provides information that might help with applications for support to attend the conference.

Similarly, the strength of the keynote speakers and workshop presenters should help convince administrators of the value of the conference—even if they are not familiar with experts in the field of food and nutrition, surely they have heard of Dr Rosemary Stanton and Dr Michael Carr-Gregg? We have had wonderful speakers at our past conferences, but in 2013 we are fortunate to have so many outstanding speakers coming together at the same conference.

## Social program

Plan for a bit of socialising this year. On the Friday evening, immediately following the day's proceedings, there will be a complimentary function to welcome the 2013 QUT Home Economics graduates to the profession. This will be followed by the opportunity to participate in a 'Dine Around', enabling delegates and their friends and/or family to dine at some of Brisbane's best restaurants—while best does not necessarily mean expensive, there will be some fine dining on offer too.

And of course there will be customary drinks at the end of the conference.

## Registration costs

	Earlybird \$AU /person 21 June 2013	Standard \$AU /person
<b>Full two-day registration</b>		
HEIA member	<b>\$435</b> (inc GST)	<b>\$535</b> (inc GST)
HEIA student/retired member	<b>\$300</b> (inc GST)	<b>\$400</b> (inc GST)
<b>Day registration</b>		
HEIA member	<b>\$235</b> (inc GST)	<b>\$285</b> (inc GST)
HEIA student/retired member	<b>\$160</b> (inc GST)	<b>\$210</b> (inc GST)

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# The thinking

UNESCO, and indeed the international community in general, believes that we need to foster the values, behaviour, and lifestyles required for a sustainable future. Nowhere is the need more evident than in our food futures. Opportunities abound, both locally and globally, for actions towards world food security and sustainable food futures. Such actions would encourage a health promoting diet, with due regard for availability of and access to foods for a healthy, active life, recognising the cultural aspects of different groups. Gone would be a situation where under and over-nutrition sit side by side on the global scene. The actions would also contribute to preserving the environmental resource base by, for example, promoting local food production and reducing 'food miles' and food packaging.

The choice is ours: form a global partnership to care for earth and one another or risk the destruction of ourselves and the diversity of life. Fundamental changes are needed in our values, institutions and ways of living. We must realise that when basic needs have been met, human development is primarily about being more, not having more .... Our environmental, economic, political, social, and spiritual challenges are interconnected, and together we can forge inclusive solutions.

Source: The Earth Charter

How can the needs of current and future generations be met in a world where the aspirations of many people far exceed their needs and the life chances of the many more are acutely limited by poverty and environmental decline? The task of creating social, economic and political systems that meet our needs and aspirations, that are based on sound ecological principles, and that are democratic and fair to current and future generations, is a deeply challenging one. Yet, building the capacity and commitment to build such a sustainable future is, in a large part, one of the tasks of education.

Source: [www.unesco.org/education/tlsf/](http://www.unesco.org/education/tlsf/)

How education can contribute to sustainable food futures through a focus on food and nutrition education is at the heart of the HEIA(Q) 2013 conference: *Food! Nutrition! Futures! An education perspective*. The conference will explore the following imperatives for education concerning food and nutrition:

**1. Education about food and nutrition must be more than short-term solutions to larger problems—for example, it must go beyond skilling the consumer to be able to make healthy choices from a range of unhealthy ones. Students need to use critical thinking skills as they come to understand, for example:**

- what constitutes healthy choices—yes, nutritious, but also 'healthy' in terms of social and cultural norms and expectations, as well as in terms of environmental impacts
- why unhealthy choices are available, and who benefits from unhealthy choices
- why some people do not have access to healthy foods when they are available.

# behind the HEIA(Q) 2013 conference

## 2. Education concerning food and nutrition must address multiple concepts and ideas, including some combination of:

- contemporary thinking about nutrition and associated health-related issues—what do young people need to know and be able to do?
- availability and quality of food for a healthy, active life
- accessibility to this food: price, physical accessibility, cultural acceptability
- impacts of industry, major retailers and other power brokers on the foods available and how they are promoted
- impacts of the way foods are grown, packaged, transported and stored on both the nutritional value of food and on the natural environment
- how food is costed—not only the retail cost, but costs along the chain from production to supermarket, and implications for buying locally grown foods
- aspects of the global food supply, links between the developed and the developing worlds and the interdependence of each in the pursuit of global equity.

## 3. Education must tackle explicitly the deskilling involved in the global industrial food market and the increased use and promotion of pre-prepared foods, by helping students to develop skills in preparing a range of healthy foods—again, just what do adolescents need to know and be able to do?

Underlying all our images of sustainable food futures is the key principle that sustainability is about 'thinking and acting for forever'. This means:

*committing ourselves to the common good by thinking differently, considering things previously forgotten, broadening our perspectives, clarifying what we value, connecting with our neighbours, and providing hope for future generations. ([www.unesco.org/education/tlfs](http://www.unesco.org/education/tlfs))*

These issues will be explored over two days at the *Food! Nutrition! Futures! An education perspective* conference. Internationally renowned speakers will present keynote addresses—for example, Catherine Saxelby, Dr Rosemary Stanton, Professor Martin Caraher, Dr Michael Carr-Gregg and Professor Rob Moodie. They will be supported by other national and international presenters, such as Professor Tony Worsley, Dominique Rizzo and Tony Ryan, as well as local favourites.

The conference will help delegates better understand the world in which they live, addressing the complexity and interconnectedness of issues about food and nutrition that threaten our future health, food security and food futures. In particular, the conference will consider those aspects of sustainable food and nutrition futures from an education perspective—what we, as educators can do to play our part in the complex issue of preparing young people for nutritionally healthy and sustainable food futures. The conference aims to empower delegates, and in turn empower others, to work creatively and collaboratively to help bring their visions of a better world into effect as it relates to food and nutrition.

As leaders we have a duty therefore to all the world's people, especially the most vulnerable and in particular, the children of the world, to whom the future belongs.

Source: United Nations Millennium Declaration, para 2.

### What is sustainability?

Sustainability means thinking and acting for forever.

Source: World Commission on Environment and Development (1987). *Our Common Future*, Oxford University Press, Oxford, p. 43.

### What can we do to live more simply so that others can simply live?

How can you teach this message to students who are growing up in a consumer-oriented, materialistic world, in which your very identity is defined not by who you are but by what you wear, the house you live in, the car you drive, the holidays you take. What is it that lies behind this absolute warping of moral values?

Source: John Fien (2003). Learning to care: Education and compassion. Breakfast address, Professional Development Network, Brisbane 2003.

# Food!

# Nutrition

# Futures!

# Prominent speakers to present

In August 2013 leading experts who inform both local and global food and nutrition debates will come together to present keynote addresses at the HEIA(Q) annual conference. Many will also present workshops or seminars, providing delegates the rare opportunity to participate in in-depth sessions with these experts. The conference has many of our favourite speakers, along with some new faces, coming together to discuss important food and nutrition issues, challenge what could be done better, and forge a pathway forward for what we, as educators, need to know and can do to play our part in the complex issue of preparing young people for nutritionally healthy and sustainable food futures.

## Starting the conference with contemporary food and nutrition issues

Catherine Saxelby will start the conference with an overview of what a lifetime of working in the arena of food and nutrition has taught her, and the implications for working with young people in an education setting. Just what do young people need to know?



**Catherine Saxelby**

Accredited nutritionist and dietitian

Catherine is a nutritionist, author, blogger and foodologist. Catherine Saxelby knows nutrition! From fast food to fat loss, she has written, researched and talked about virtually every aspect of healthy eating. She is an award-winning nutritionist and food commentator who understands the demands of today's busy world and the complexity of food issues. She is also the author of 10 books and her book *Nutrition for Life* has sales of almost 500,000, making it one of the most enduring and popular nutrition books in the country. In 2012, she released her latest book, *Catherine Saxelby's Complete Food and Nutrition Companion*. She has written more than 2 000 articles on all aspects of food, has had columns and articles published in numerous magazines, and is called upon for her opinion on food issues by radio and television. She works with food producers, supermarkets and publishers to make healthy eating easy and taste good.

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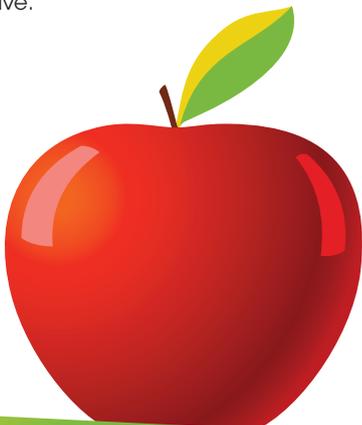
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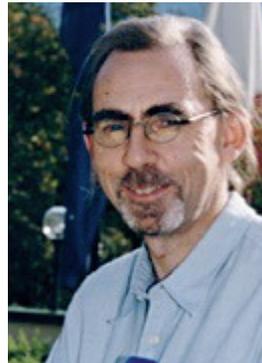
# come together keynote addresses at the **HEIA(Q) 2013 conference**

## A forum on eating sustainably

The first forum will see four nationally and internationally recognised speakers push the boundaries about factors impacting on eating sustainably. They will discuss what is being done, explore what could be done and identify what should be done to promote eating sustainably and world food security. Professor Martin Caraher will provide a background of how we are going at a global level and the interconnectedness of food practices in one country with food security in another. Dr Rosemary Stanton will critique what is happening in Australia towards local and global food security and sustainable food futures, whilst discussing the part that consumer decisions play—and whether they actually make a difference. Dr Tanya Barden will provide an industry perspective and outline some industry initiatives such as those related to sustainable palm oil, tuna sourcing, packaging and carbon footprinting, along with what else industry could be doing. Finally, Ange Bary will raise questions related to food and nutrition education for sustainable futures and what can be learnt from the Stephanie Alexander Kitchen Garden Foundation initiative.



# Food!



**Professor  
Martin  
Caraher**

City University,  
London

Martin is professor in food and health policy at the Centre for Food Policy at City University, London. He has worked extensively on issues related to food poverty, cooking skills, local sustainable food supplies, the role of markets and co-ops in promoting health, farmers markets, food deserts and food access, retail concentration and globalisation. Martin's current research interests include: the contribution of local food projects to health and wellbeing, including the role of farmers markets, food cooperatives and food banks; cooking skills among young people and the changing nature of food skills and the culinary transition; health literacy including cooking as a key skill; and food security and food banks. Recent work has focused on the impact of food advertising on children's food choices and the impact of advertising regulation. He has worked for and acted as a consultant to many organisations, including the UK Department of Health, the World Bank and the World Health Organization. He regularly appears on television and radio in relation to food issues.



**Dr  
Rosemary  
Stanton**

Dr Rosemary Stanton OAM has qualifications in science, nutrition and dietetics and administration. She was awarded a doctorate for her many publications, and an Order of Australia for her contributions to public health through nutrition. Rosemary is an invited member of many committees, including the NHMRC's Working Committee for the Dietary Guidelines, DOHA's Reference Group for the National Healthy Weight Guide, FSANZ Consumer and Public Health Dialogue, the University of Adelaide's Food Futures program and the University of Technology's Institute for Sustainable Futures. She is an active member of the Public Health Association, as well as the Dietitians Association of Australia, the Nutrition Society, Nutrition Australia & New Zealand Obesity Society. Rosemary has authored many scientific papers, 33 books on food and nutrition (including several textbooks) and over 3 500 articles for magazines and newspapers. She maintains a close liaison with the Australian public and has been regarded by the media for over 45 years as a source of reliable nutrition information.

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**Dr Tanya  
Barden**

Director of Sustainability, Trade and Innovation at the Australian Food and Grocery Council (AFGC)

Tanya Barden joined the AFGC in September 2012. Tanya has extensive experience developing and advocating economic, competitive industry innovation and climate change policies. Prior to joining the AFGC, Tanya held senior positions at the Energy Networks Association, the Australian Competition and Consumer Commission, ActewAGL, the former Commonwealth Department of Industry, Resources and Tourism, and the Commonwealth Grants Commission. Tanya also founded and managed an online organic grocery business.


**Ange  
Bary**

Ange is the CEO of the Stephanie Alexander Kitchen Garden Foundation (SAKGF). She went to the SAKGF as its first CEO, with a directive to grow the reach of the Kitchen Garden Program beyond the initial three school communities. And now, all around the country in over 260 schools, around 35,000 children are enthusiastically getting their hands dirty and learning how to grow, harvest, prepare and share fresh, seasonal food. The SAKGF is changing the way children approach and think about food, with a fundamental philosophy that by setting good examples and engaging children's curiosity, as well as their energy and their taste buds, we can provide positive and memorable food experiences that will form the basis of positive lifelong eating habits. Combined with her qualifications in Business Management, Ange's experience includes management of community organisations including media and children's services, corporate roles in regional management in the financial sector and owner of her own small business during her family years.

## Prominent speakers (cont)

### A forum on eating healthily

This forum will challenge upstream and downstream impacts on the ability of individuals, families and communities to eat healthily. Up-to-date statistics will be presented on our current health card, and a range of initiatives and actions or inactions from and by governments and industry critiqued. Professor Rob Moodie will reflect on the work of the National Preventative Health Task Force especially as it relates to obesity, and the response of governments and other agencies to the recommendations. Dr Rosemary Stanton will look at recent initiatives such as the new dietary guidelines and what is needed at a range of levels, including education, in order for Australians to adopt these guidelines and eat healthily and sustainably, while Christel Leemhuis will present an industry perspective on what is being done to support healthy eating. Dr Michael Carr-Gregg will conclude with what all this looks like to the adolescent and what teachers might do to engage young people in healthy behaviours with respect to food and nutrition.


**Professor  
Rob  
Moodie**

 University of  
Melbourne

Rob is Professor of Public Health at the University of Melbourne's School of Population and Global Health. He first worked in refugee health care in the Sudan with Save the Children Fund and Medecins Sans Frontieres and later for Congress in Alice Springs. He was CEO of VicHealth from 1998 to 2007. Rob chaired the National Preventative Health Task Force from 2008-2011 and is co-author of four books, his most recent being *Recipes for a Great Life*, written with Gabriel Gate.

#### Dr Rosemary Stanton

See Forum on eating sustainably for Rosemary's biographic details.

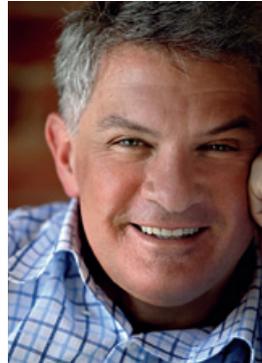
# HEIA(Q) 2013 conference



Christel  
Leemhuis

Director of Preventive Health Policy and Manager of the Healthier Australia Commitment with the Australian Food and Grocery Council (AFGC)

Christel has worked in food regulation, public health and nutrition areas for over ten years with government and non-government organisations. During her time at Food Standards Australia New Zealand, Christel worked in both risk assessment and risk management areas of food regulation, including management of strategic science activities, food surveillance surveys and monitoring of emerging issues. Christel joined the AFGC in 2011 and is currently working with the food and beverage industry to develop and implement a framework to improve the health of Australians. Christel holds a Bachelor of Applied Science (Human Biology) and a Masters degree in Nutrition from the University of Canberra.



Dr Michael  
Carr-Gregg

Dr Michael Carr-Gregg is one of Australia's highest profile psychologists and leading speakers. He works as a nationally registered child and adolescent psychologist in private practice in Melbourne. He is passionate about delivering evidence-based psychology workshops and seminars that make a difference to the health and wellbeing of young people. His training and approach incorporates Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), mindfulness skills and interventions drawn from positive psychology research. He is a founding member of the National Centre Against Bullying and Chairs its Cybersecurity Committee. He is a Director of The Young and Well Cooperative Research Centre, an ambassador for the federal government's National Drugs Campaign, a columnist for a number of publications, including *Girlfriend Magazine*, and is the resident parenting expert on Channel 7's *Sunrise*, as well as psychologist for the top rating *Morning Show* with Neil Mitchell on Fairfax Radio 3AW.

## Concluding the conference: Changing for good

We should work harder. We should eat less fat. We should eat less. We should exercise more. We shouldn't drink soft drinks. We shouldn't drink too much alcohol. Eat our veggies. Cut down the fast food ... We all know what we need to do, and what others need to do, but why don't we do it? What goes into long-term change and how can we achieve it? Tara will help us understand why we (and some of our students) stay the same when we know it's not in our best interests and will take delegates through positive techniques to enhance positive change in others.



Tara  
Diversi

Tara's qualifications and experiences are as varied as her thinking. As well as her Masters of Nutrition and Dietetics, Tara holds a Graduate Diploma of Psychology, a Postgraduate of Psychology and an MBA. She is a lecturer at the University of Sydney, and her business, Fig Tree Health is located in Far North Queensland. She regularly provides expert comment for the media and writes feature articles for major magazines and newspapers. As a nutrition expert, Tara is the author of *The Good Enough Diet* (Wiley) and the weight-loss expert for *Women's Health* magazine. She was awarded Young Dietitian of the year from the Dietitians Association of Australia in 2010. Tara helps people understand themselves and others better, achieve their best and promote positive behaviour change and achievement in themselves and others. No matter what strategy, innovation or technology we introduce, if we can't get our students on board and engaged—it's pointless.

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# Workshops /

The 2013 HEIA(Q) Conference Committee is proud to announce that there will be approximately 50 workshops at this year's conference. While some will be repeated on both days, there will, at least, be 32 different sessions from which to choose, with others yet to be confirmed. Check out who is presenting and what they are talking about in the workshop summary below.

## Food and nutrition

### Analysing pop diets

Catherine Saxelby, Foodwatch

### Hot topics for adolescent nutrition

Dr Rosemary Stanton, independent nutritionist, lecturer and author

### Advances in chronic disease and nutrition

Bridget Keogh, The Cancer Council Queensland  
Maria Packard, Heart Foundation Queensland  
Rachel Latimore, Diabetes Queensland

### What's in our food? What's all the fuss about preservatives, colours and artificial sweeteners?

Louise D'Allura, Home economist and Director, The Revamp Experience

### Superfoods

Tanya Quod, Lecturer, Endeavour College of Natural Health

### The new Australian Dietary Guidelines and Australian Guide to Healthy Eating—What does it mean for you as an educator?

Kellie Hogan, Nutrition Australia

### Myth busting vegetarian diets—with guest expert Angela Saunders

Angela Saunders, Senior Dietitian, Sanitarium health and wellbeing

### It's a gas, gas, gas! FODMAPs and the Low FODMAP Diet explained

Fiona Willer, Director, NutritionSense Dietitians and Allied Health

## Food and industry

### The good oil on fats and oils

Coral Colyer, Senior Manager, Goodman Fielder Ltd

### McCormick flavour forecast

Michelle Thrift, Senior Home Economist/Consumer Technical Department, McCormick Foods Australia

### Brisbane Convention and Exhibition Centre (BCEC) Back-of-house tour

BCEC Chef

## Cooking and food styling

### Fine dining with native foods

Bryant Wells, Head chef, Tukka Restaurant, Brisbane

### Cooking to support sustainable food futures

Dominique Rizzo, Pure food cooking

### The Thermomix, future food options and the home economics classroom

Julie Taylor, Aberfoyle High School, Adelaide

### Food styling

Jaime Reyes, Food stylist

## Sustainable food futures

### People's Food Plan—our food future

Cat Green, Australian Food Sovereignty Alliance

### Nutrition and health: the GM and organic debate

Fran Murrell, MADGE Australia Inc.



# concurrent sessions

## HEIA(Q) 2013 conference

### Teaching and learning

**Practical steps to the delivery of strengths-based health education units: A focus on food and nutrition education**

Dr Louise McCuaig, The University of Queensland

**Connecting sustainable food futures, the Australian Curriculum and Home Economics**

Julie Taylor, Aberfoyle High School, Adelaide

**Quality research processes for Year 11/12 students**

Margaret Duncan, Head of Department (Home Economics), Loreto College, Brisbane

**Embedding Aboriginal and Torres Strait Islander perspectives in Home Economics**

Kerri Gorman and Tanya Thomas, Queensland Studies Authority

**Food, nutrition and sustainable food futures through the Australian Curriculum HPE and Technologies curricula**

Dr Janet Reynolds

**A home economics platform for teaching and learning about food and nutrition**

Dr Janet Reynolds

**Teaching and learning strategies**

Tony Ryan

**Senior food process journals**

Shauna Boule, Queensland Studies Authority  
Meredith Gleadhill, Head of Department (Home Economics), Corinda State High School, Brisbane

**Senior food and nutrition assessment**

Shauna Boule, Queensland Studies Authority  
Meredith Gleadhill, Head of Department (Home Economics), Corinda State High School, Brisbane

### ICTs for teaching and learning

**Add some *OneNote* to your food and nutrition programs**

Kay York, Head of Department (Home Economics), Park Ridge State High School, Brisbane

***FoodChoices*—Going a few steps further**

Dr Janet Reynolds

**What is it with Teachers and Apples? Apple iPads that is!**

Presenter to be advised

### Health promotion

**Exploring Australians' food knowledge, food purchasing, food preparation and consumption habits**

Professor Tony Worsley, Professor of behavioural nutrition, Deakin University; and International Federation for Home Economics Vice-President, Asia and Pacific region

**Adolescents and eating**

Dr Michael Carr-Gregg, psychologist, author and speaker

**Getting to go: Practical strategies to make positive change happen**

Tara Diversi, dietitian, speaker and author

**Adolescent health promotion programs that are working: What can we learn from them?**

Rachel Latimore, Diabetes Queensland  
Other speaker to be advised

**Stephanie Alexander Kitchen Garden Program learnings to support current food education approaches in the secondary environment**

Ange Bary, CEO, SAKGF and Ainslie Vallance, Program Research and Development Manager, SAKGF





Home Economics Institute of Australia (Queensland) Inc.

# Home Economics Teacher Excellence Awards

Nominations  
must be received  
no later than

Friday  
28 June 2013

The Queensland Division of the Home Economics Institute of Australia invites nominations for the *HEIA(Q) Home Economics Teacher Excellence Awards 2013*. This is an invaluable opportunity to recognise and celebrate the outstanding work done by home economics practitioners. Home economics teachers contribute much to education in Queensland and this is one way the profession can acknowledge practitioners who excel.

The Excellence Awards will be presented at the HEIA(Q) state conference on Friday 2 August and Saturday 3 August 2013. Regional functions may be arranged to celebrate awardees from regional centres.

## Home Economics Teacher Excellence Awards

**Nominations** are invited for **currently practising** teachers who have, in recent times, **demonstrated excellence** consistently in several facets of **home economics education** (e.g. quality teaching practice, innovative teaching practice, exemplary curriculum development, quality student outcomes and success, outstanding professional commitment...)

- Nominees considered for this award must be **financial members of HEIA Inc** (individual or school).
- A member who has received an HEIA(Q) Home Economics Excellence in Teaching Award is eligible for re-nomination three years after receiving the award.
- A **maximum of three awards** will be presented annually. A panel will review the nominations.

To nominate a colleague, please complete the **Nomination Form** and forward the completed **form** and **response to selection criteria** to:

Teacher Excellence Awards  
Home Economics Institute of Australia (Qld)  
PO Box 629  
Kallangur QLD 4503  
or scan and email to [heiaq@heia.com.au](mailto:heiaq@heia.com.au)

Closing date for nominations is **Friday 28 June 2013**.



Home Economics Institute of Australia (Queensland) Inc.

# Home Economics Teacher Excellence Awards

## NOMINATION FORM

### Nominee details

(person being nominated for the award)

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

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

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

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

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

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

### Nominator details

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

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

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

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

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

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

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

### Response to Selection Criteria

Please provide details of how the nominee has demonstrated excellence in **home economics teaching** in recent years (2–3 years). Include details of the activities undertaken by the nominee and his/her professional characteristics that indicate excellence. Where appropriate, please include the year of the activity.

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

- Teaching practice e.g. student-centred learning, use of productive pedagogies, integration of ICTs
- Curriculum development e.g. innovative school-based curriculum development that relates to contemporary syllabuses, development of work programs, contribution to syllabus development
- Student outcomes/success
- Professional activities

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

# 2013 regional professional

## WWS WORKSHOPS

The 2013 HEIA(Q) regional professional development program revolves around futures. It will consider those practices that confirm Home Economics as a dynamic and contemporary discipline, practices that continue to build the future for home economics education. The regional workshops in 2013 are quite diverse and take in suggestions from the 2012 workshop evaluations. Participants like 'hands on' workshops; they won't be disappointed with the Cheesemaking, Digital directions and FoodChoices workshops. Keeping up to date with current developments will be fulfilled with the interactive Dietary Guidelines workshop. We hope there is something for everyone in the options offered.

Regional coordinators have been given the workshop outlines and are considering which workshops to run in their region and suitable dates. If you would like to have input into the decision-making, please contact your regional coordinator.

Once the regional workshop selections and dates are finalised, the professional development brochure will be sent to all members and schools. It is very helpful to register early for the workshops, which can then be confirmed once the minimum number is reached. This enables flights to be booked at a cheaper rate for regional centres.

In 2013 there has been a reorganisation of the roles and responsibilities within the operation of the delivery of regional workshops. This has been done to lighten the load of the Professional Development Coordinator. Expert Events, the company that did the registration and collection of payments in 2012, will handle all administration tasks. The members of the Professional Development Committee will take on more responsibility, liaising between the presenters and the regional coordinators:

- Julie Nash is the person to contact for enquiries if you are in the Brisbane South, Gold Coast, Sunshine Coast or Rockhampton regions.
- Yve Rutch is the contact for Brisbane North, Mackay, Cairns and the South Burnett.
- Carol Turnbull is the contact for Brisbane West, Darling Downs, Roma and Townsville.

Thank you to these colleagues for their commitment to the successful delivery of professional learning for Queensland home economics teachers.

Contact details for the regional coordinators can be found on the inside front cover of this newsletter, on the HEIA(Q) professional learning poster to arrive in schools by term 2, and again in the professional development brochure advertising the workshops.

### WORKSHOPS

## WS1

### The new Australian Guidelines and Australian Guide to Healthy Eating—What does it mean for you as an educator?

Presenter: Kellie Hogan  
(or other dietitian from Nutrition Australia)

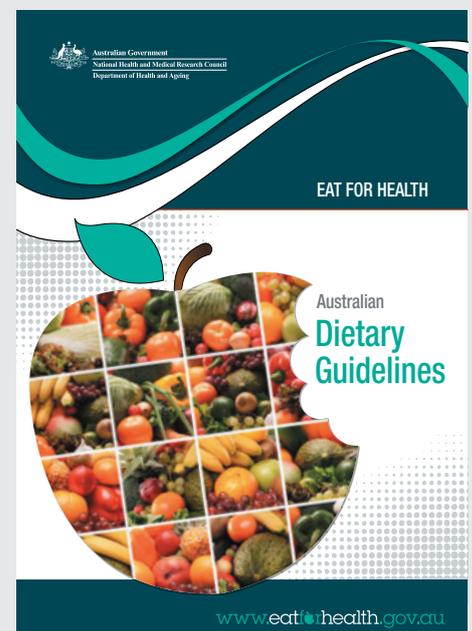
#### 2 hours

This workshop will update participants on the newly released Australian Dietary Guidelines and the Australian Guide to Healthy Eating.

Specifically, the session will:

- provide an in-depth look at the new guidelines and a comparison with existing guidelines
- highlight **why** key changes have been made
- refresh participants' understanding of the Nutrient Reference Values and how these underpin the new guidelines
- outline nutrients and messages in the guidelines that are of particular importance for adolescents.

Importantly, this workshop will provide interactive opportunities and insights into the relevance of these changes to the practice of nutrition education professionals such as home economics teachers.



# development program

## WS2

### Cheesemaking

Presenter: Graham Redhead

3 hours

This is a hands-on workshop run by Graham Redhead, one of Australia's most experienced master cheesemakers, dairy professionals and educators. Graham will draw on his 30 years of cheesemaking experience to make the processes very simple, and no doubt very enjoyable for everyone. Participants will learn the techniques and skills for making a range of traditional and gourmet cheeses on a kitchen bench, with some very simple equipment. One cheese can be made in 30 minutes in the microwave! Graham is very knowledgeable about the science of cheesemaking as well as the practical aspects, so there will be lots of interesting practical and theoretical learnings as you make cheeses such as haloumi, feta etc.



## WS3

### Digital directions

Presenter: Gayleen Jackson

3 hours or full-day

This hands-on workshop aims to support teachers in their implementation of the new Australian Curriculum, in particular creating multimodal texts. Teachers will be provided with the opportunity to develop their skills and knowledge in creating digital multimodal products using their laptops. The format and experiences will vary depending upon whether regional coordinators choose a 3-hour or full-day workshop, but the repertoire includes the following:

- Investigation of ICT in the 21st century classroom and the changes new technologies make to the classroom
- Discussion of classroom management in a digital classroom
- Use of Web 2.0 tools that will connect teachers to each other and provide lifelong learning and collaboration—these same Web 2.0 tools can be used with students as well
- What is on the Win7 box (your laptop) and how the software available can increase productivity and be used to create digital content for lessons
- How this software can be used to build digital content for learning experiences—PowerPoint will be used, but reference will be made to other software and Web 2.0 tools available

Connections will be made between the curriculum and the tools used. Plus time will be given to co-operatively plan an ICT component for a task, either as a teaching tool or as part of an assessment task (afternoon session if a full-day workshop). Reference will be made to similar tools and software available as apps for iOS Devices and Mac computers.

## WS4

### FoodChoices curriculum resource—So what's new?

Presenter: Dr Janet Reynolds

2-2.5 hours

*FoodChoices* includes features such as: analyses that reflect the release of the Nutrient Reference Values; calculating the percentage energy from saturated fat; the ability to search for foods that are rich or low in a specified nutrient; and the Nutrition Information Panel feature, previously purchased separately, being part of the resource. Changes to the curriculum component include revisions to the existing curriculum units, including five new curriculum units. The resource is available online with students and teachers able to access the software program from their home computers. This workshop is a hands-on exploration of the resource. Features of the resource will be demonstrated, with participants able to practise all the features on a computer provided, or their own laptop if preferred. These features will include analysing a diet in terms of the nutrient reference values, making a nutrition information panel, importing analyses into a Word document and developing and printing graphs of the analyses. Finally the workshop will explore the wealth of supporting curriculum resources for classroom use.



# 2013 regional workshop presenters



## Kellie Hogan

*Accredited Practising Dietitian/Nutritionist  
Advanced Sports Dietitian  
Qualifications: B Hlth. Sci (Nutr&Diet)(Hons); Grad Dip Sports Nutrition (IOC)(Hons)*

Kellie is an Accredited Practising Dietitian and Advanced Sports Dietitian who has been working extensively in the 'Nutrition in Schools' program at Nutrition Australia Queensland since 2001. During this time she has delivered nutrition education and cooking workshops to parents and students, delivered training and professional development for teachers and canteen convenors, developed resources, and offered support for tuckshops and canteens, teachers, parents, principals and parent and citizen groups. Kellie has played an integral role in supporting the implementation of Education Queensland's Smart Choices

Healthy Food and Drink Supply Strategy since its release in Queensland schools. She sits on several government advisory groups, including the Smart Choices Healthy Food and Drink Supply Strategy implementation reference group and the Department of Communities (Sport and Recreation Services) steering committee for the development of Food for Sport. Kellie regularly collaborates with many government and non-government organisations whose core business is the health of Queensland school-aged children and adolescents. Kellie works in private practice seeing a range of clients, mostly with chronic disease, and also works as a sports dietitian with the Gold Coast Titans rugby league team, the Queensland Academy of Sport and Australian Rugby Union.



## Gayleen Jackson

Gayleen Jackson is currently providing professional development in digital teaching and learning for P-12 schools through her consultancy LifeBulb Moments. Gayleen has had over 25 years experience teaching in a primary classroom and for the 10 years prior to starting her own consultancy, has been involved in the delivery of professional development for teachers and principals in government schools across Queensland. She did this through the roles of, firstly, coordinator of the Learning Development Centre—ICT in Cleveland, followed by Senior Project Officer, Middle Phase of Learning in central office,

and finally as Program Manager, ICT Learning Innovation Centre, Sippy Downs. Her work has seen her create and present hundreds of workshops, summits and conferences that have focused on learning and teaching in a digital world. She has presented to principals, deputy principals, heads of department, heads of curriculum, teachers and teacher aides from all curriculum areas and across all phases of learning. In 2010 Gayleen was named the QSITE Outstanding Leader of the Year for the way she uses leadership qualities to mentor individual teachers as well as whole school staffs to begin and continue their digital journeys.



## Graham Redhead

Graham is the owner and founder of Cheesemaking, established in 2003 to deliver cheesemaking courses across Australia. The aim of Graham's cheesemaking courses is to ensure that participants learn the techniques and skills to make a wide range of handmade, traditional and gourmet cheese in their own kitchen, while enjoying a terrific learning experience. Graham runs all the courses himself. He really enjoys the involvement and interaction of people who attend the cheesemaking classes. He tries to make learning lots of fun, but is determined to make sure participants' cheeses are of the best quality possible. Graham ran the very successful

HEIA(Q) cheesemaking workshop to mark World Food Day in 2012. Graham was previously a dairy technologist with the Queensland Department of Primary Industries (DPI) for nearly 20 years. Graham has worked with many commercial dairy factories across all disciplines such as developing new products, industry training and maintaining quality standards. While working for the DPI, he developed Australia's first Farmhouse Cheesemaking Workshop in 1995. Graham continues to judge at dairy competitions run by agriculture bodies, dairy associations and is currently the chief judge at the Brisbane Cheese Awards.



## Dr Janet Reynolds

Dr Janet Reynolds has a background in home economics education, having taught in Australia, Papua New Guinea and England, lectured at QUT and been a consultant to Fiji and Sri Lankan governments. She has a PhD in nutrition education. Jan is Convenor of the HEIA Education

Standing Committee, wrote HEIA's position paper *Home Economics and the Australian Curriculum*, edited *Nutrition—The inside story*, managed the revision of *FoodChoices*, and has made numerous conference presentations in the areas of home economics and nutrition education.

HEIA(Q)

# responds to the *Draft Australian Curriculum Health and Physical Education: Foundation to Year 10*

**The Australian Curriculum, Assessment and Reporting Authority (ACARA) has called for submissions in response to the *Draft Australian Curriculum Health and Physical Education: Foundation to Year 10* and the *Draft Australian Curriculum Technologies: Foundation to Year 10*. HEIA has asked all divisions of HEIA to provide input to the HEIA submission to ACARA on each of the papers. Input to the HPE response is due to HEIA by 22 March 2012.**

Following an invitation to HEIA(Q) members to participate in providing feedback to the HPE paper on 12 March 2013, seven members met to give their critique of the document. All came to the meeting having read and annotated the paper and ready to respond to the questions that ACARA had provided as a framework for the feedback. HEIA(Q) Committee of Management members Denise McManus and Aileen Lockhart were scribes and Dr Janet Reynolds facilitated the session. Those providing input were:

- Belinda Ingram, Trinity Lutheran College, Gold Coast
- Kate Aldridge, Trinity Lutheran College, Gold Coast
- Ngaire Mayo, Marsden State High School, Marsden
- Margaret Duncan, Loreto College, Coorparoo
- Angela Custance, St Rita's College, Clayfield
- Rosie Sciacca, John Paul College, Daisy Hill
- Dr Janet Reynolds, HEIA(Q) Committee of Management

Student Megan Goss was an observer, as was Kay York from Park Ridge SHS. Delia Stecher from Moreton Bay College was unable to attend, but sent written feedback. Home economics staff at Bundaberg North State High School also wished to participate and sent written feedback. Denise and Aileen tabled and incorporated the written feedback as the meeting progressed.

Each section was discussed, after which each attending member responded whether they strongly agreed, agreed, disagreed or strongly disagreed with the ACARA feedback statements. Generally, there was consensus among the attending members, probably due to pre-discussion which allowed the group to consider the merits and issues in each section, with each attending member providing their own perspective.

Generally, the group felt that the Draft HPE curriculum was a great improvement on the Shape paper that informed its development. The group was particularly pleased to see the paragraphs indicating, specifically, how the HPE content could be organised and delivered through Home Economics (see page 11 of this newsletter for a reproduction of the exact paragraphs).

It was felt that while the key ideas provided a useful organisational element, there were many gaps in how the food and nutrition context was elaborated. The content descriptions were thought to be too general and, as a result, it was difficult

to see a progression across band levels. The group expressed their satisfaction with seeing far greater reference to family in Years 7-10 and felt that relationships and identity were well represented. However, strong dissatisfaction was expressed about the failure to provide a more explicit food and nutrition scope and sequence and the group felt that the document gave no indication of what is expected in food and nutrition education, nor what contemporary food and nutrition education should include. The group agreed that both content descriptions and elaborations need to be revised in order to give a good overview of food and nutrition education. Similar reservations were expressed about drugs and alcohol and sexuality.

Very strong dissatisfaction was expressed with the achievement standards, with the group believing them to be ambiguous and more like content standards than achievement standards.

As with feedback on the Shape paper, there was dissatisfaction about the over-emphasis on movement and the constant linking of movement and health, when not all aspects of health are necessarily linked to movement.

Detailed feedback will now be sent to HEIA for the national response.

The HEIA(Q) Committee of Management thanks all those who participated for their valued input and for thorough preparation prior to the meeting.



HEIA(Q) members preparing a response to the *Draft Australian Curriculum Health and Physical Education: Foundation to Year 10*

## SCHOOL PROFILE

# Redbank Plains

**Redbank Plains State High School (RPSHS) is a National Partnership School located in the eastern suburbs of Ipswich, approximately 30 km from Brisbane. The school has a rich cultural diversity, boasting approximately 40 ethnic cultures in a student population of near 1400. The guiding mantra at Redbank Plains State High School is 'High Performance is Everyone's Business'. As a school community we are committed and passionate about enabling our students to perform at their highest individual level. We see this in our classrooms, around the school and in our wider community every day, all day.**

The school offers a wide variety of opportunities and programs to students and the community, and as such became the state showcase winner 2012 for a training program still being offered 2013. A wide mix of subjects is available, enabling students to select in accordance with their career pathways. This includes Certificate I to Certificate IV courses, subjects developed from Queensland Studies Authority (QSA) Subject Area Specifications (SAS), and QSA authority subjects that count in the calculation of scores used for selection into tertiary courses, as well as traineeships, units in university courses and TAFE courses.

The two home economics kitchens at the school were given a facelift over the 2012 Christmas holidays. The industrial kitchen is now well equipped to deliver certificate courses, and the modernised second kitchen is enjoyed by students at all year levels.

Home Economics department head, Trish Gibbs, who is also Head of Department for Vocational Education and Training (VET), leads a team of seven full-time and part-time teachers and two teacher aides who teach and train over 660 students every week. The Department offers a range of popular subjects including:

- Technology (Years 8 and 9)
- Senior Home Economics
- Hospitality (SAS and VET)
- Social and Community Studies (SAS)
- Childcare, Retail and Work Education Certificates.

Trish is committed to supporting her staff as lifelong learners and invests in many professional development opportunities throughout each year for up-skilling in the areas of teaching and training. The home economics staff members have generally been at the school for a long time.

Trish has been at Redbank Plains State High School since 1998 and Head of Department (Home Economic) in its various formats for most of that time. Her flexibility and passion for Home Economics have allowed her team to experiment with curriculum content to make classes dynamic and interesting for students. Hence, each year, the classes fill quickly.



# State High School

Trish is also the first port of call for school administration when events or meetings need to be catered for (and hosted) and always provides an amazing array of fabulous food in what is now called the Events Room. The Events Room can be booked for events, professional development and small group training, with full catering by the Redbank Plains SHS 'Platters' team.

Hospitality and home economics teacher Kara Pulou has taught at Education Queensland schools for 15 years, 13 years at Redbank Plains SHS. In that time she has evolved from 'textiles queen' to 'head chef' in the school's catering enterprise, Platters on Willow. Kara and the Platters on Willow team of staff and hospitality students are regular caterers for many Queensland Government and University of Southern Queensland functions. Excitingly, they catered for Prime Minister Gillard and 23 Ministers at a Community Cabinet Meeting held at Redbank Plains State High School last year. The enterprise has grown largely through word-of-mouth referrals, impressing clients with their range of finger foods flavoured with native foods.



Senior Home Economics is taught by Firoza Jeevaji, a teacher with 13 years experience in Australia and overseas, four with RPSHS, and Bree Richters, an intern who joined the school over four years ago. Both teachers are passionate and enthusiastic about teaching their students how to create amazing culinary (and fashionable) delights. In addition, as the Platters on Willow venture expands, both are turning their skills towards VET Hospitality. Bree is also a media teacher at the school, acting as the Home Economics Department events photographer.

Pagona Keepa is kept busy with childcare and retail training in the VET area—both the Home Economics and VET departments are fully aware of the career opportunities in the local area and have linked hospitality and retail elective units to give students optimum opportunities. Pagona provides students with a 'real' workplace environment through simulated retail experiences that involve a mini store being set up in her classroom. Pagona keeps her home economics connection current by taking a junior Home Economics class.

Cate Absolon, a part-time teacher with six years experience, and one of the new staff members, Amy Roberts, with four years experience, teach both SAS courses and Year 8 and 9 Technology (Home Economics). The school has waiting lists of students eager to be a part of these Technology classes.

Sonya Wendt, another new staff member this year, has been inducted into the VET sector, taking on Retail with Pagona. Sonya also teaches Business Education.



VET teacher aide, Margaret Perry and home economics teacher aide, Leanne Daldry, support the teaching staff and make sure everything runs smoothly from class to class, function to function and work placement to work placement.

Given the saying that food is a way to anyone's heart, it is obvious that the members of the Home Economics Department are much loved by the rest of the school. Always going above and beyond expectations, Trish and her team also have a department that is popular with the student population, and give staff a good reason to attend extra (catered) meetings throughout the year!



**Redbank Plains  
State High School**  
*Learning First... Leading Tomorrow!*

HEIA(Q) is a member of the Consumers' Federation of Australia (CFA) and brings members some of their latest news, also available on the news and events section of the CFA website [consumersfederation.org.au/](http://consumersfederation.org.au/)

## Health claims on foods must fulfill minimum standards

Consumers' Federation of Australia, news and events, 5 February 2013

**New food labelling regulations announced by Parliamentary Secretary for Health and Ageing the Hon. Catherine King MP will mean claims on food labels about nutritional benefit will need to be matched by minimum food content standards. The regulations were agreed to under Food Standards Australia New Zealand (FSANZ) provisions and will mean consumers across countries will be protected by the same standards.**

Consumers Health Forum (CHF) provided input on the draft regulations, arguing that marketing claims such as 'helps with strong bones' should not be allowed unless there are minimum nutritional standards ensuring

claims are backed up by evidence. CEO Carol Bennett applauded the move, saying consumers needed to be sure that claims on packaging were accurate and could be trusted:

*We see so many claims these days on food wrappers and boxes, but very rarely is there enough information to allow consumers to make an informed choice about the nutritional value of the foods they are buying. It has reached the point where conflicting claims and the proliferation of statements about fat content, added nutrients and minerals mean it is very challenging for consumers to decipher whether their food choices are actually delivering*

*a health benefit. Through our work on medicine packaging and labelling, CHF recognises how important it is that consumers are presented with clear and credible information on product labels.*

Limiting health claims to foods that meet minimum requirements has also been welcomed by CHOICE. However, CHOICE was strongly critical of the ministers' decision to allow food companies to evaluate the evidence behind these health claims, as opposed to an independent regulator. CHOICE argues that consumers will have limited confidence that the claims appearing on supermarket shelves are legitimate (see the article below for further details on CHOICE's position).

## Health claims only on foods that meet minimum nutrition criteria, but ... the claims themselves won't be checked in advance

Consumers' Federation of Australia, news and events, 9 December 2012

**Food and health ministers today approved a proposal to allow food manufacturers to use health claims as long as the products carrying the claims meet minimum nutrition standards. The Legislative and Governance Forum on Food Regulation, which comprises federal, state and territory food and health ministers, discussed the latest health claims proposal at their meeting in Brisbane .**

CHOICE says the nutrient profiling scoring criteria provide an objective benchmark of the overall healthiness of a food product and the ministers' decision is positive for consumers. As Choice spokesperson Ingrid Just explains:

*These nutritional criteria were agreed following extensive work by the independent regulator and provide a robust and objective approach to determining which food products are healthy enough overall to carry health marketing claims.*

Food manufacturers can use health claims as long as the products carrying the claims meet minimum nutrition standards.

But CHOICE says the ministers' decision to allow food companies to evaluate the evidence behind these health claims, as opposed to an independent regulator, means consumers will have limited confidence that the claims appearing on supermarket shelves are legitimate. Ms Just said:

*This is a major step backwards from an earlier proposal that would have required the independent regulator to scrutinise new claims. That proposal was scuttled after an intense industry lobbying campaign. When we look at what happened in Europe, where the European Food Safety Authority rejected 80% of the health claims put forward by food companies, we can see that the food industry has a very different idea of what constitutes scientific evidence to independent regulators. The best advice*

*CHOICE can give consumers is to disregard the marketing spin and, as we always advise, to read the nutrition information panel and ingredients information when choosing what food they buy.*

Disregard the marketing spin - read the nutrition information panel and ingredients information.

CHOICE says the real test will be in the willingness of state and territory enforcement agencies to investigate complaints of dodgy health marketing claims and sanction companies found to be making claims that are not backed by evidence .

CHOICE has also welcomed the ministers' decision to extend mandatory country-of-origin labelling to all unpackaged meat products. Ms Just stated that Australian consumers have a strong desire to know where their food is produced, and this is a welcome move to close one of the key country-of-origin loopholes.

1. The new Standard for Nutrition, Health and Related Claims will regulate nutrition claims (e.g. 'good source of calcium') and health claims, which can either be general level health claims, which link a property of the food with a health outcome (e.g. 'high in calcium for strong bones'), or high level health claims, which link a property of the food with a serious disease (e.g. 'high in calcium to reduce the risk of osteoporosis').
2. The health claims standard has been under development for ten years, during which time some states and territories have raised concerns that an industry substantiation avenue would place a heavy burden on their enforcement agencies when compared with centralised pre-market approval by the national food regulator, Food Standards Australia New Zealand.

# NEWS

from the Australian  
Culinary Foundation

The Junior Secondary Schools Culinary Challenge (JSSCC) is a cooking competition for Year 10 students studying Home Economics or Hospitality at high school. Its objective is to give students a taste of the pleasures, challenges, excitement and gravity that can accompany a career as a cook or chef. Pairs of students will represent their school and battle it out against some of the most talented and brilliant young cooks in Queensland. This competition has been successfully operating for over four years and is designed to establish and develop links between schools and industry in an effort to encourage more students to enter the commercial cookery industry.

The JSSCC 2013 will incorporate Gold Coast, Toowoomba, Sunshine Coast, Redcliff, Caboolture, Cairns, Brisbane North and Brisbane South regions. The competition is run and organised by the Australian Culinary Federation Queensland and the medals and trophies that are awarded within this competition are fully industry recognised in Australia and also around the world.

Each of the regions in association with the Australian Culinary Federation Queensland will host their own Junior Secondary Schools Culinary Challenge. Medals and trophies will be supplied for each regional heat. The first and second place winning teams from each region will then compete at the Grand Final Cook Off for the prestigious Queensland Junior Secondary Schools Culinary Challenge Champion at the Brisbane EKKa show, with purpose-built kitchens and spectator seating.

## Junior Secondary Schools Culinary Challenge launched

[www.austculinary.com.au/chapters/queensland/junior-secondary-schools-culinary-challenge](http://www.austculinary.com.au/chapters/queensland/junior-secondary-schools-culinary-challenge)

With over \$4000 in prize money, medals and the Trophy for the Australian Culinary Federation Queensland Champion Junior Secondary School Challenge up for the taking, this competition will heat up.

If you would like to join and compete or would like further information on the 2013 JSSCC, please contact the regional coordinator in your region:

### State Coordinator

Bruno Gentile  
ACF QLD President  
brunog@cerebos.com.au  
Tel: 0414 530 472

### Partnership Broker State Coordinator

Kay Turley-Gros  
Kay.Turley-Gros@thesmithfamily.com.au  
Tel: 0411 652 201

### Brisbane North Coordinator

Peter Housecroft  
ACF Brisbane President  
warec1@optusnet.com.au  
Tel 0412 987 843

### Sunshine Coast Coordinator

David Tupper  
david@chefsforaustralia.com  
Tel: 0498 485 597

### Brisbane South Coordinator

Robin Massey  
rmassey@stoddart.com.au  
Tel: 0420 961 889

### Gold Coast Coordinator

Bob Garabed  
positanos2005@hotmail.com  
Tel: 0415 787 210 / 0468 468 111

### Toowoomba & the Darling Downs Coordinator

Andrew Simpson  
chefdrew.food@gmail.com

### Cairns Coordinator

Brian Down  
brian.down@bigpond.com  
Tel: 0407 866 841



**Chefs,  
Be Certified!**

Australian Culinary Federation  
Certified Chef Program

# DIARY DATES

## MARCH 2013

**16**  
WORLD HOME ECONOMICS DAY  
CELEBRATION

9 a.m.–12.30 p.m.

The Landing at Dockside,  
Kangaroo Point, Brisbane

Email: [heiaq@heia.com.au](mailto:heiaq@heia.com.au)

**16**  
HEIA(Q) ANNUAL GENERAL MEETING

The Landing at Dockside,  
Kangaroo Point, Brisbane

Email: [heiaq@heia.com.au](mailto:heiaq@heia.com.au)

**21**  
WORLD HOME ECONOMICS DAY

Theme: *Empowering individuals,  
families and communities through  
Home Economics: Confront poverty  
and social exclusion*

**21**  
HARMONY DAY

[www.harmony.gov.au/](http://www.harmony.gov.au/)

## APRIL 2013

**7**  
WORLD HEALTH DAY

[www.who.int/world-health-day/en/](http://www.who.int/world-health-day/en/)

## MAY 2013

**6**  
INTERNATIONAL NO DIET DAY  
[www.thebutterflyfoundation.org.au/](http://www.thebutterflyfoundation.org.au/)

**15–21**  
NATIONAL FAMILIES WEEK  
[www.familiesaustralia.org.au/  
familiesweek/index.htm](http://www.familiesaustralia.org.au/familiesweek/index.htm)

## AUGUST 2013

**2 August**  
Graduate Function  
Brisbane Convention and exhibition  
Centre  
Email: [heiaq@heia.com.au](mailto:heiaq@heia.com.au)

**2–3**  
HEIA(Q) STATE CONFERENCE  
Brisbane Convention and Exhibition  
Centre  
Email: [heiaq2013@expertevents.com.au](mailto:heiaq2013@expertevents.com.au)

## OCTOBER 2013

**16**  
WORLD FOOD DAY

**22–25**  
THE 14TH INTERNATIONAL MENTAL  
HEALTH CONFERENCE  
[www.workingwithmen.org.au/](http://www.workingwithmen.org.au/)

## 1963 REUNION NOTICE

I am seeking to contact the 1963 Home Science College Graduates from Gregory Terrace Campus of Kelvin Grove College for a 50-year reunion to be held as follows:

**Date:** Saturday, 19 October 2013

**Place:** Aspley Hornets, Australian Football and Sporting Club,  
Graham Road, Carseldine

**Time:** 11 am–3.30 pm.

### CONTACT NERIDA

**Tel:** 0412 498 106

**Email:** [neridas2@bigpond.com](mailto:neridas2@bigpond.com)