



"Dreams to Reality" Empowering Futures through Home Economics

HEIA SA 19th - 21st January 2011

At **IMMANUEL COLLEGE, 32 MORPHETT RD NOVAR GARDENS**

KEYNOTE PRESENTERS

Margot Riley

State Library of NSW

Margot is a freelance dress & textile historian. She has worked as a curator with the Powerhouse Museum and the Historic Houses Trust of New South Wales. After completing her postgraduate studies at the Fashion Institute of Technology, New York in 1994 she returned to work in Sydney as a picture researcher with the State Library of New South Wales. She undertakes research and writing projects on request whilst pursuing her own long-term interest in second-hand dressing.

Professor Marie Brennan.

Professor of Education at University of SA where from 2002 - 2007 Marie was Dean of Education and Head of School. Prior to working at the University of Canberra, Central Queensland and Deakin Universities Marie worked in a variety of positions with the Victorian Education Department. An advocate for the education sector, she conducts research, supervises doctoral students & provides advice for the department. Her research interests cover all sectors of education, with a particular focus on injustice. Marie gave a keynote for the 2001 HEIA conference on the topic of "The futures we have to have or the futures we might stand up for?"

Amanda Daniel

In 1992 when Amanda started her first restaurant, against the trend, she ranted about locally produced food and traditional regional dishes and she has not stopped. A Food ethicist, Amanda believes we all have the power to chose and her mottos "There is nothing tastier than the truth" and "There is only food in my food" are testament to her philosophy.

Dr Janet Reynolds

Her background in home economics education includes teaching & working as a consultant to the governments of Papua New Guinea, Fiji & Sri Lanka in setting up home economics & lecturing at QUT.

A Principal Executive Officer with Education Queensland. Jan has a masters in education studies and her PhD focused on school based nutrition education

A Fellow of HEIA Jan has held positions of President, Treasure & convenor of the Education Standing Committee..

Recently Jan has edited the book *Nutrition—The inside story*, worked with Xyris Software to manage the revision of *FoodChoices*, & written the HEIA's position paper: *Home economics education and the Australian Curriculum*.

CONFERENCE PROGRAMME

Wed 19th 6.30 -7.30 pm ZERO \$ BASH

It is hoped you have organised a recycled / remodelled garment to wear to this welcome cocktail party at Immanuel College. Come with a photo of the before & after garment for free entry.

Thursday 20th

- 7-7.30 am Walking, Yoga or Swimming
- 8.00 am Breakfast & Registration.
- 9.00 am Welcome
- 9.30 am Keynote Address by Margot Riley
State Library of NSW
- "Sustainability: New trends & great looks from old textiles"**
- 10.30 am Morning Tea (Select your Restaurant for Friday Dinner)
- 11.00 am FIRST WORKSHOP
- 1.00 pm Lunch
- 2.00 pm SECOND WORKSHOP
- 4.00 pm Keynote Address
Prof. Marie Brennan
- "A future for good education - Beyond the Market"**
- 6.30 pm Pre Dinner Drinks at Immanuel
- 7.00 pm Conference Dinner

Guest Speaker Amanda Daniel

"To create our dreams in reality we must make many real life choices"

Friday 21st

- 7-7.30 am Walking, Yoga or Swimming
- 8.00 am Breakfast & Registration.
- 9.00 am Keynote Address Dr Janet Reynolds **"Home economics and the Australian curriculum"**

Dr Janet Reynolds will outline HEIA's advocacy strategy to the Australian Curriculum, Assessment and Reporting Authority (ACARA) for the place of Home Economics in the Australian Curriculum. She will provide an overview of the original draft position paper, how the membership's feedback shaped the final paper, and ACARA's reaction to paper. Finally, she will explore the rationale for the position taken and what this will look like in the classroom if it is adopted by ACARA—that is, what will a futures-driven home economics curriculum look like.

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| 10.15 am | Sponsors Spot |
| 10.30 am | Morning Tea |
| 11.00 am | THIRD WORKSHOP |
| 1.00 pm | Lunch |
| 2.00 pm | FOURTH WORKSHOP |
| 4.00 pm | PANEL RIGHT BITE HEALTHY EATING GUIDELINES HEART FOUNDATION |
| 5.00 pm | OFFICIAL CLOSE |
| 6.00 pm | Walk to the TRAM for the trip to Glenelg for an Informal Dinner. |

Saturday 22nd

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| 7-7.30 am | Walking, Yoga or Swimming |
| 8.00 am | Breakfast VACATE ROOMS |
| 9.30 am | Tour Departure McLaren Vale & Tram to the Central Market. |

TOUR INFORMATION & BOOKING DETAILS
WILL BE AVAILABLE ON OUR WEBSITE

<http://heia.com.au/heiasa/Index.html>

THURSDAYS MORNING WORKSHOPS

- 1.1** Achieving good health through Hospitality
-or is this an oxymoron?
Petra Lorenz

Participants will consider health implications of current trends in food & hospitality and prepare a sumptuous menu using innovative techniques and sustainable foods, challenging the commonly held belief that Hospitality does not mean healthy. Move over Masterchef!

- 1.2** Yeast in 100 minutes
Stuart Jones

Participants will develop confidence in hand kneading & moulding techniques when producing a loaf of artisan bread. The recipe - "Green & White Bread", combines parsley, basil, garlic, crème fraiche & egg yolk with basic bread making ingredients to produce a healthy gourmet loaf. I will demonstrate that bread making can be demystified by following a few simple rules.

- 1.3** Basic Bernina
Otto Wilder

Basic, hands on workshop on sewing machine, how they work, tension adjustment, minor maintenance, cleaning oiling and trouble shooting. Question time and discussion about accessories, needles, threads and techniques will be available.

1.4 Devon Clothing Visit

Based at Somerton Park & specialising in the design, manufacture & supply of formal, casual & sports clothing to over 400 Australia schools. Employing 50 staff the company offers a unique range of services from uniform design to screen printing, embroidery & school shop management. A visit to this modern factory will demonstrate how the lessons we teach are put into practice.

1.5 Integrated Food Ordering System *Penny McIntyre*

This system using standard recipe cards, generates a categorised shopping list and simplifies food ordering and organisation for class requirements. It also provides excellent record keeping capabilities. It will save the busy Home Economics teacher literally hundreds of hours a year.

NOTE Bring a USB for download

1.6 Digital Sandpit Time *Leanne Compton*

Come along and explore how ICT can be easily incorporated into the home economics classroom. The session will enable participants to consider the range of technologies available for use in their classroom, as well as time to develop their confidence and competence in using ICT. All skill levels will be catered for, so come along and have some digital sandpit time!

LUNCH 1-00 - 2-00 pm

THURSDAY AFTERNOON WORKSHOPS

- 2.1** Rechauffe?
Julie Taylor

Food insecurity and escalating environmental degradation threatens the world's food supplies. It is imperative we maximise our food resources. Participants will be challenged to develop strategies and rediscover old skills, which can be used in classrooms and homes to save waste, energy, effort and money.

- 2.2** It's often said, "You are what you eat". So, are we truly Australians?
Andrew Fielke

Fascinated with Australia's amazing cornucopia of indigenous ingredients this is a question he has often asked. Internationally renowned Chef & one of Australia's foremost pioneers of a "Native Australian Cuisine" Andrew will take you on a quantum leap through time with age old ingredients, unmanipulated by man. You will be transported to a modern Australian Cuisine in a simple and user-friendly form for students, & home cooks of all ages. Be inspired by some truly Advanced Australian Fare!!

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2.3 Recycling and Renovating Denim

Chris Parry

We will discuss the ethics and sustainability of cotton growth and production & explore the resurgence and use of recycled fabrics. Participants will "Triage" denim garments and construct samples for use in their classes. Sewing interspersed with discussion around "What makes an ethical consumer?"

NOTE Bring an old denim garment to share.

2.4 Plastic Bag Creations

Sally Cowan

You can make something for nothing. Using an iron, some technology in the form of silicon paper and a sewing machine we will create a waterproof, durable purse /bag out of plastic bread bags. Discussions about resources for teaching sustainable textiles.

NOTE Please bring 10 clean bread bags

2.5 FoodChoices

Christina Tassell

This is a hands on introduction to the new FoodChoices, Delegates can use the time to familiarise themselves with the many useful and innovative resources which are available only to subscribers

NOTE Bring a USB

2.6 FoodChoices

Dick Glacken

FoodChoices, was developed by Xyrus in conjunction with HEIA and launched in July 2009 at HEIA's national conference in Darwin.

This is a practical hands-on workshop designed to raise awareness of the resource and to develop skills while adapting and analysing recipes.

NOTE Bring a USB and 6 recipes from your school.

3.2 Basics kitchen knowledge is the foundation of successful cooking

Reto Gasser

This workshop will provide the participants with basic knife skills and knowledge of knife handling. Precision cuts & the why and how to implement this information that may be used in home economics teaching. What are julienne, brunoise and macedoine? Detailed methods that ensure success will be discussed.

NOTE enclosed shoes (industry approved)

3.3 Asian Thread Work & Bag

Pat Golding

During the session we will be looking at the textiles made by traditional groups in Vietnam, China, Malaysia and Japan. Samples of the embroidery from each country will be displayed. We will make a bag similar to those made in Vietnam and adapted to be used as a shoulder bag.

3.4 Fashion Through Design & Technology

Jude Depold

The teaching Fashion and Textiles through Design and Technology will be outlined, along with the key skills that students need to develop and communicate their designs effectively. Participation in practical exercises to develop skills in fashion drawing e.g. 9 head system, proportional grids and the use of geometrical structures. The development of technical drawing will be included.

3.5 Sustainability & the home economics classroom

Dr Janet Reynolds

This workshop will examine key messages & appropriate approaches for teaching "sustainable futures" in the home economics classroom, especially as they relate to food & nutrition & textiles & fashion. Participants will explore how to move students from espousing commitment to sustainable futures to "walking the talk"

3.6 Future Directions in Nutrition - Information & Resources to support Action.

Patricia Carter

This session will provide an interactive opportunity for participants to be updated on key directions in nutrition, including current directions, policies and programs, sharing of information about good nutrition resources and identifying people's needs in supporting their work Sources of nutrition information, materials and updates of resources for contemporary teaching will be provided.

FRIDAY MORNING WORKSHOPS

3.1 Sustainable Food Production

Jacqui Hunter

This session will explore a range of options for optimum production and harvesting of local food. The key elements of site and needs analysis (eg. maximizing sunlight and water & meeting personal needs) will be discussed.

After designing we will head outside for the real thing - making herb beds at Immanuel College.

NOTE Bring gardening gloves and coloured pencils

LUNCH 1-00 - 2-00pm
TRINITY COLLEGE A.N.F.I.L. AWARD
VIDEO during LUNCH

FRIDAY AFTERNOON WORKSHOPS

4.1 Hands on Thermomix

Julie Taylor

Have you seen the advertising, seen it on Masterchef and heard others talk about it? Participants will see the Thermomix in action and try it out for themselves to make a range of recipes suitable for classroom applications - all designed to reduce waste, additives, effort, time, energy and money... and the results taste great too!

4.2 Efficient Archaeology

Jo Hendrikx

Why wait until after something has been put in the ground to dig it up and find out about human habits? Auditing materials in bins helps to identify how well existing source separation systems are working, and discuss improvements. We will be getting hands on (Personal Protective Equipment provided) with what went into the conference bins and discussing how the same process can occur at your school.

NOTE. Wear covered shoes and BYO water bottle..

4.3 Textile from an artistic perspective.

Julie Keast

Using a creative approach to extend the sewing skills of junior students from an art perspective. Experience the link between art and home economics. Using faces, animals or landscape and layering techniques to create different effects. Inspirational student's work will be on display.

NOTE Bring pictures of a landscape and an animal's face

4.4 Sustainable Textiles

Sandra Tredwell

Felting is an ancient process using the ability of wool fibres to lock together.

This workshop provides an opportunity to explore the felting process to recycle, up-cycle or re-purpose woollen, cotton and silk fibres and fabrics

NOTE. Bring plastic apron, rubber gloves & bits of natural fabrics, fibres and yarns to incorporate.

4.5 Home Economics with a focus on working with Aboriginal Australians

Jenny Bourne & Phillipa Simpson

We will explore health & wellbeing challenges faced by Aboriginal people living in rural & remote Australia. The session will be interactive & participatory. Looking at the historical & cross cultural communication context in which Aboriginal Australians live, & in which non-Aboriginal Australians hope to improve their wellbeing. The session will draw from the extensive experience of Phillipa & Jenny & use examples from the areas of hygiene & nutrition to identify & discuss successes & barriers to improving Aboriginal individual, family & community wellness.

4.6 Moodle with David Lymn

With one of your units of work, Moodle technology and expert tutorage from David, you can inspire your students and give them the learning flexibility they desire and learning outcomes to envy.

NOTE Bring a unit of work to adapt and a USB

Q&A on RIGHT BITE, the HEALTHY EATING GUIDELINES and HEART TICK

Conference website & online registrationheia2011@sapmea.asn.au

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