



HEIA-SAY

Home Economics
Institute Australia (SA)
Inc

Volume 2 2006

April/May/June

The President Says.....

Greetings from the Northern Territory

I feel blessed to be able to attempt the daily challenges of cooking at the Cattle Station, knowing that there are such wonderful, competent professionals on our committee to fill the role I have left.

Thank you for the very memorable and worthwhile function for World Home Ec Day.

I hope term one went well and you find reward and satisfaction in term two.

The daily routine starts at 5-00 am when I cook breakfast for 20,(I am still trying to convince some it is the most important meal of the day) but when I see the stack of sandwiches, fruit and cake they consume at smoko at 9-30 it doesn't seem so important. Lunch is a full meal also, pizza, lasagne or spaghetti with dinner at 7-00. I have dealt with my first whole beast, made sausages, meatloaf and bags of mince.

The training we received as Home Economics Teachers stands us in good stead for any role.

I look forward to hearing from you during the year.

Thinking of you

Chris Parry

Inside this issue:

<i>A trip down memory lane</i>	3
<i>Conference with Noel Pearson</i>	4
<i>Junk food code mooted</i>	5
<i>Woodcroft College Hospitality Skills</i>	6
<i>Hub happenings</i>	7
<i>Beginning teachers Support group</i>	8
<i>Promoting healthy eating habits</i>	9
<i>Conferences</i>	10
<i>Roses from the heart</i>	11
<i>Thank you Denise McGregor</i>	12



IS THIS YOUR COPY OF “HEIA-SAY” YOU ARE READING?



WHY NOT HAVE YOUR OWN?

WHAT ARE THE BENEFITS OF JOINING HEIA?

- **Membership to the National body for Home Economics**
- **Being kept up-to-date with the latest news that is happening in the Home Economics field**
- **HEIA Journal – quarterly**
- **HEIA Newsletter – quarterly**
- **HEIA(SA) Newsletter “HEIA-SAY” – quarterly**
- **Access to Professional Development organised by HEIA(SA) at a reduced rate**
- **Schools can now become members, rather than individuals at a school**
- **Reduced rate on resources offered by HEIA**

WHY NOT JOIN NOW!

Any queries to Julie Taylor
Ph: 08 8270 4455
Fax: 08 88370 5819
Email: rmtaylor@adam.net.au

Have you got information to share with others?

Please follow the checklist below when submitting articles for HEIA-SAY.

ARTICLES

- Neatly typed articles can be scanned
- Indicate whether article is an individual, representative of a committee, company or organisation.
- Include a contact phone number or address in case of any queries regarding the article.

ARTICLES ON DISK

- Use only IBM compatible disks
- Use Microsoft WORD for word processing
- Type tables in Publisher as they do not copy from WORD to Publisher
- Send a printed copy of the article as back up.

E-MAIL COPY

- Send electronically to my email address
- Use Microsoft Word for text and Publisher for tables and send as an attachment

PHOTOGRAPHS

- Photographs can not be returned until after the printing
- Include the captions you would like
- Photos taken with a digital camera do not reproduce very clearly when inserted into a WORD document.
Send in JPEG format on disk or email as attachments.
- **Don't forget, parental permission must be gained before you send a photograph of students to be printed.**

Send to: Christina Tassell
Email: tinatrev@bigpond.net.au
Mail: 13 Baudin Avenue
Fairview Park 5126

DIARY DATES 2006

May 13th Executive meeting EDC 9:30 am

May 20th meeting for potential O'Malley recipients 10:30 am UNISA City East café

June 3rd Executive meeting EDC 9:30 am

July 22nd CHILD STUDIES EXPO DAY 10 am—1 pm EDC



A trip down memory lane!

Your Executive with Marietta and Ellen Reseck



Bronwyn Wood, Patricia Greaves, Marietta, Julie Taylor, Patsy Stamp, Ellen, Narelle Bennett
March 11th 2006

A message from Auvergne Station, East of Katherine 25th April 2006

Hi All

We had a great time in Darwin, leaving on 12th April and traveling straight to the station. Easter Sunday was the inter station cricket tournament and we were both selected to play. They will have anyone. John was a star, getting top score and a certificate for the best old codger. Needless to say his team Auvergne had to play off in the final so he had another chance to get sore. He is still having trouble putting his socks on.

John has settled into a routine with ablutions first, he carts all his gear from building to building in the wheel barrow. He has mastered the ride on mower and loves the blower vacuum. He is yet to try the whipper snipper. TV is marginal as the cyclone is upsetting reception.

I have dealt with the first whole killed beast and the mincer, so it is all straight sailing now as the crew head out to the muster camp next week.

We have a day off so are in Kununnurra for the night.

Thinking of you

John & Chris Parry



Help!

We are looking for units of work using Blooms Taxonomy, have you used them and are willing to share? Please contact any member of Executive and we will publish in the next newsletter.

.....

The Empowerment Conference with Noel Pearson

May 16-17 2006 - Melbourne \$150

The program for *The Empowerment Conference* with Noel Pearson on May 16-17 2006 is now available. This key national policy event will explore public policy for the empowerment of individuals and families in indigenous communities, disability, mental health, aged care, youth, education, health care, community building and family strengthening.

Noel Pearson has led a revolution in policy making in indigenous policy. He now wants to extend this revolution in social policy to mainstream Australia.

Noel's keynote address will be delivered on the topic:

Beyond Supply-Side Service Delivery: Leadership for Empowerment and Social Policy Reform

Jude Foster of Wrap Around Care will also deliver a keynote on:

Transforming Social Policy and Service Systems So They Serve Individuals and Families

PLUS Dinner with Noel Pearson \$50

Dinner Address: **New Social Policy for Indigenous Australia, New Social Policy for Mainstream Australia**

Tuesday 16 May 7pm

Conference venue: Darebin Arts and Entertainment Centre

St Georges Rd/Bell Street Preston

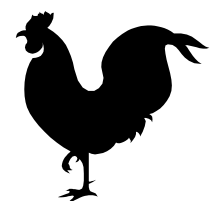
Melbourne

vern@partnerships.org.au email for more information

This policy conference is interested in policy innovation and design which § tackles the fragmentation in human services across program, provider, disciplinary and jurisdictional boundaries

- strengthens natural social relationships and cultivates personal and social responsibility
- pools funds from various programs in person-centred practice using budget-holding mechanisms
- develops person-centred information systems across disciplines and programs
- develops new governance models for empowerment
- introduces new learning models for empowerment

Robyn Allcock
Chief Executive Officer
Social Enterprise Partnerships
sep@partnerships.org.au





Junk food code mooted

Published: 27-04-2006. The Age

By Julian Lee, Melissa Fyfe and Chee Chee Leung
www.parentsjury.org.au

PROMOTIONAL toys such as McDonald's Happy Meals and the use of celebrities could disappear from junk food advertising within a year under proposals drawn up by the food and marketing industries.

"Pester power" — marketing that urges children to hound their parents into buying certain products — is another tactic under the spotlight as solutions are sought to the epidemic of child obesity.

And the Bracks Government's state school ban on soft drinks has been labelled a publicity stunt by the drink industry — while schools and teachers said they could not be "the lunch police".

The move by advertisers is to head off the threat of legislation banning the advertising of junk food to children.

According to a draft of the code, written by the Association of National Advertisers with the Food and Grocery Council, ads directed at children for food and beverages "shall not include any direct appeal to children to urge parents ... to buy particular products for them".

Another key clause says ads "can't use personalities live or animated to sell products, premiums (promotional toys) or services without clearly distinguishing between commercial promotion and program or editorial content".

In July the association will meet national and state health ministers to discuss advertising and obesity. The draft code has been forwarded to state and federal governments for consideration.

The association's executive director, Collin Segelov, said he would present figures that showed children were exposed to less television than previously thought.

A spokesman for Victorian Health Minister Bronwyn Pike said she was considering the evidence and would not pre-empt the July meeting. "Her view has always been that action needs to be taken at a number of levels to address the obesity crisis and there is no 'magic bullet' solution," the spokesman said.

But yesterday the head of the body that represents Australian advertising agencies broke ranks and went one step further, calling for the words "pester power" to be specifically included in the code.

Russel Howcroft, chairman of the Advertising Federation of Australia, said: "I don't think it's appropriate to ask children to ask their parents to buy something."

The executive officer of the Australasian Society for the Study of Obesity, Dr Tim Gill, said advertisers could not be trusted to self-regulate.

"McDonald's say that, in keeping with the current code, the toy in its Happy Meals promotion is incidental, when in fact it is a major part of the advertising ... The wording of the code is so vague that it will allow the lawyers to tie it up in arguments about the definitions of personalities and what is a toy."

McDonald's was unable to return calls by press time.

According to the latest government research, almost one in 10 teenagers drank more than a litre of sugar-laden drinks each day, while more than one in three drank nearly two cans a day. It is these sorts of statistics that have moved the Bracks Government to ban the sale of soft drinks in the 1600 state schools by year's end — a move criticised yesterday by the beverage industry.

Major producers no longer sold sugary drinks in primary schools, said Tony Gentile, the Australian Beverage Council's chief executive — other than on sports days and fetes. Mr Gentile did not support the Government including high schools in its ban. "If you haven't taught your children how to make rational choices about their diet by the time they have finished primary school, you are not going to teach them in high school," he said.

Victoria's largest principals' groups have warned that the ban is unworkable and will lead to conflict. The Victorian Association of State Secondary Principals said it had "grave doubts" about whether the policy could be implemented, especially among older students.

"A 16 or 17 or 18-year-old is not going to take kindly to a teacher saying: 'You're not allowed to bring Coca-Cola to school'," said association president Andrew Blair.

Victorian Principals Association president Fred Ackerman said: "The prohibition of students consuming food products that are deemed to be unhealthy is nigh impossible". Mr Ackerman also said the ban on selling the drinks would lead to the closure of some primary school canteens.

The teachers' union agreed there could be financial implications for some struggling government schools, and said enforcing the ban would affect relationships.

"Being the lunch police puts us on a direct collision course with parents," said the Australian Education Union's Victorian president, Mary Bluett.

She said funding initiatives, such as a subsidy for healthy tuckshop food, would be a better option than a ban.

Education Minister Lynne Kosky was not deterred yesterday by the criticism and lack of enthusiasm.

"Given the extraordinary level of support for this initiative from parents, I'm sure teachers will be happy to support it," she said.

Ms Kosky has urged private schools to follow the move, but peak bodies representing the Catholic and independent sectors said it was up to individual schools to decide how to best promote healthy choices at their school.



Woodcroft College Hospitality Skills Centre

Professional development courses for Home Economics teachers are now being ‘dished up’ at Woodcroft College for 2006.

Appetisers, Canapés & Hors d’oeuvres: discover and prepare a variety of hot and cold finger foods intended to be eaten in small amounts, as accompaniments to other food or as light meals in themselves: Term 2 holidays, Tuesday 11 July, 9 – 3, cocktail party lunch. Cost : \$90

Native Australian Cuisine: Learn about a variety of Native Australian produce and how to utilise the produce in creative dishes, guest speaker Tanamera Bush Foods: Wednesday August 9, 4.30 – 9 pm Cost: \$70

Breakfast/Brunch ideas: Impress with a new range of healthy breakfast/brunch ideas for your recipe collection: Saturday 16 September, 9 – 1, brunch included. Cost : \$60

Hospitality Industry Visit: Experience and tour a variety of Hospitality establishments around Adelaide, including the Flinders University Repatriation Hospital, Adelaide Casino Restaurant North, The Hilton Hotel and other establishments. Bus departs Woodcroft College 9, returns 3.30, Thursday 7 December. Cost: \$80

Maximum persons 16, Teachers receive certification and recipes on completion of each course. For further information contact

Petra Lorenz.

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E: lorenz_p@woodcroft.sa.edu.au

New school membership rebates

HEIA SA is pleased to advise that a \$100.00 rebate is available to all new school membership subscriptions received during 2006.

The rebate will apply to purchases of the Xyris Software curriculum resource *Food Choices the IT Way*, which currently retails at \$490.00. If schools taking out a new membership already have *Food Choices*, then they may choose to receive their rebate off other HEIA merchandise such as sets of the *Nutrition the Inside Story* or the recently released *Gorgeous Images* posters, when purchased during 2006.

Schools wishing to claim their rebate are invited to send a copy of their invoice & receipt together with their contact details to the treasurer, so that a rebate cheque can be issued.

NEW MEMBERS

A warm welcome is extended to our new members from Cardijn College
Susan Watt, Carrie Lammings, Jenny Lawson and Jan Walladge

And to Jason Dohse **another** student member!



Hub Happenings

Stage 2 Nutrition Teachers Group

With the new curriculum statement being released this year, a group of nutrition teachers has met twice in term one to discuss issues, ideas, resources and plans for implementing the new course successfully.

We met first at Blackwood on February 22nd, where we shared ideas and information on Assessment plans and weighting of different course components. The new Curriculum and Assessment Officer from SSABSA, Cliff Rothenberg attended and provided us with a draft version of a rubric as a strategy to assess practical activities. We had very useful informal discussions, shared a number of tasks and activities, and left the meeting feeling very positive. At our next meeting at Marryatville High School on Tuesday 14th March we shared some really valuable information and a demonstration from Anna Palombaro on the topic of Practical tasks and Scientific Method for Nutrition Teachers. This was fantastic and we are grateful to Anna for the time and effort she put into setting up the session. We were all much more motivated and confident as we approached our summative tasks that lay ahead.

Following the success of these meetings, we are planning to meet again, this time to discuss / share ideas about the issues analysis component. The details are:

Issues Analysis Workshop

at **4.00 - 5.30 / 6.00 ish**
on **Monday 15th May**
in **Home Economics Centre**
Henley High School
Cudmore Tce Henley Beach

We would love you to join us.

Please bring along your task plans to date, and any other resources / ideas / questions. This will count towards T&D (Certificates available)

Nutrition Course Guide

Following extensive rewriting of the old study guide to fit the new curriculum statement, the new Nutrition Course Guide is nearing comple-

tion and should be available to order when you receive this newsletter.

The guide contains student directed information on all aspects of the course and sample exam style questions. Following requests from users, teachers may request suggested answers to be included in their copies or for an extra \$3.00 a copy, as a separate booklet (either for themselves or their students)

Please note that the questions contained in the guide include a selection of previous exam questions, mostly modified, and do not contain copyright material that SSABSA has used in previous exams. In this way we have kept production costs to a minimum. We are also printing copies through Snap Print on receipt of orders, and though this is more expensive than in the past, we have kept the sale price down to \$12.00 (or \$15.00 if answers are separate) per copy plus postage where applicable, as a non-profit service to teachers.

Our current plans are to review the guide every third year, so hopefully teachers can carry over surplus copies from one year to the next.

If you would like to receive future information about these initiatives, please email Julie Taylor to get your name on the contact list.

Fleurieu Hub Group

Deb Halse and Ruth Burton have put together an excellent itinerary for the Hills Experience to be held on Sat June 10th. Details of this have already been distributed at the World Home Ec Day brunch, and also at the Chocolate Workshop held on Thursday 2nd March at Seaford 6-12 School.

Contact Deb (ph. 8327 2222) to **register by May 19th**. Remember that numbers are limited so don't miss out!



Beginning Teachers Support Network

Believe it or not, we now have some beginning teachers in Home Economics! This is a wonderful situation and we are keen to offer support to these new members of the Home Economics profession.

To this end, Marjolein Douglas-Broers has offered to be a contact to set up a Beginning Home Ec Teachers network group. As a relatively new Home Economics teacher, Marjolein knows full well the issues and needs facing beginning teachers. She is keen to set up an informal contact network to help service the needs of our less experienced members. Marjolein is based at Mt Barker High School, and we encourage you to contact her for further information.

Receiving the baton...

Well it has happened. I am now officially the National President for the next two years and I am anticipating a busy, stimulating (though occasionally challenging), and rewarding time ahead. I see this as a huge opportunity for my own personal growth and a chance to work with inspirational fellow professionals, as well as representing our state on a national level. "How does she think she will fit it all in?" you may well ask. I think I'll just skip the housework and ironing for the next two years!

The Council meeting on the first Sunday in April saw me chairing my first meeting. Since then I have been in regular email contact with fellow council members as we work towards streamlining and developing the program and arrangements for the next Biennial Conference at the Grace Hotel in Sydney from 10th – 12th January 2007, so circle these dates in your diaries.

Other matters have included following up on decisions made by Council eg sending messages of support to cyclone affected schools in Queensland, developing a survey to evaluate the National newsletter, discussing a possible liaison with New Zealand Home Economics teachers, and voting in the International Federation of Home Economics Presidential nominations.

It's all very interesting and informative - the scope and nature of HEIA business is quite amazing.

But now, back to my year 12 marking and lesson preparation, or better still, a walk and a coffee with friends...

Keep in touch, Julie Taylor





New Research:

Promoting Health Eating Habits: an investigation of the link between healthy eating and school food services.

Claire Drummond – UniSA PhD candidate

After meeting many of my fellow HEIA members at various functions over the past year I thought it was about time to give further explanations of my research. Currently I am a University of South Australia PhD candidate and King and Amy O'Malley Scholarship holder for 2005/2006. As part of my PhD Research Project, I am investigating the link between healthy eating and school food services. School food services are an integral part of the school environment and are an ideal site to focus efforts on improving the nutrition of school children. Evidence suggests that many children consume a great deal of their daily energy intake from food purchased at their school canteen. Hence, what is sold at the school canteen may have consequences for the health of students. With the growing concern in the increase of childhood obesity levels, few studies have been conducted investigating the link between the role of school canteens, what children are purchasing and the impact on healthy eating. Moreover, even less research has been carried out in the area of school food services and the policies that underpin healthy eating especially in relation to the food service's built design and management. While there has been a focus on the link between childhood obesity and physical activity, less research has been undertaken into the link between obesity and nutrition, especially in relation to what children are being supplied through school-based food services.

My PhD research project aims to investigate the link between childhood healthy eating and the design and management of school food services with the view to developing practical design and management options that will influence healthy food choices in school environments. I have been collecting data from both Primary and Secondary schools in South Australia this term and have been interested to hear from not just the school canteen but also major stakeholders of the canteen (eg students, teachers and parents). This is especially important given that school canteens should provide a 'face' for the nutrition component taught in schools currently. My past research has shown that in many cases, nutrition education taught in schools often does not 'filter down' to what is sold in the school food service. Further, there are many aspects that affect the running and what is sold in the school canteen, hence 'quick fixes' do not appear to work. By incorporating many differing views on the workings of school canteens, this research aims to produce practical and sustainable options for canteens to adopt in the future. My PhD is a three year project funded by an Australian Research Council (APA(I)) grant and supported by industry partners Children's, Youth and Women's Health Service and Spotless Ltd. I am also a proud recipient of the King and Amy O'Malley Scholarship for 2005 and 2006 which provides me with personal financial support. As I am a full-time mother with two children, and undertaking my PhD full-time, the King and Amy O'Malley Scholarship has been appreciated. If you would like to obtain any further information on my PhD research, please email me on: claire.drummond@postgrads.unisa.edu.au.





Interested in Obesity Prevention?

Attend the ICO Satellite on Community-based Prevention
1st - 2nd of September 2006
Geelong, Australia

See <http://www.deakin.edu.au/hbs/who-obesity> and click on ICO Satellite Conference

+ Geelong Waterfront Campus, Deakin University Geelong Victoria 3217 Australia.
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: Email: lily.meloni@deakin.edu.au
: Website: <http://www.deakin.edu.au/hbs/who-obesity/>

.....
VIENNA NGO COMMITTEE ON THE FAMILY www.viennafamilycommittee.org
www.10yearsIYF.org www.civilsocietynetworks.org

We would like to inform you that the double issue Nos. 56&57 of the Quarterly Bulletin, 'Families International' published by the Vienna NGO Committee on the Family, with a special feature on '20 Years Vienna NGO Committee on the Family', is now available online, for downloading, at: www.viennafamilycommittee.org

.....
Excellent website

FSANZ

<http://www.foodstandards.gov.au/standardsdevelopment/documentsforpublicco868.cfm>

Risks mount with TV hours

Published: 20-04-2006. Adelaide Advertiser

AUSTRALIAN boys spend up to a third of their waking hours in front of a screen, putting them at greater risk of sleep disorders, behavioural problems and obesity.

A study of more than 1000 boys aged 10 to 13 found that they spend an average of four hours a day watching television or playing video games, double the recommended Australian health guidelines.

Children lose about 10 minutes of sleep for every hour they spend in front of a screen, the study to be published in the Australian And New Zealand Journal Of Public Health said.

"I was very alarmed and I'm particularly amazed by the 10 per cent of boys who watch almost seven hours of screen time each day," said lead researcher Tim Olds, of the University of South Australia . The research follows an American study that found playing video games can raise children's heart rates and actually burn fat.

But Dr Olds said children who spent hours glued to screens, who have been dubbed screenieboppers, were taking time away from physical activity and were more likely to lack sleep and have behavioural disorders.

"Those kids who get small amounts of sleep tend to be fatter and they suffer from a range of psychosocial problems, such as ADHD, so that's another major concern, as well," he said.

Extreme users, children who spend more than five hours a day in front of a screen, are also more likely to experience lower school achievement, body image problems, aggressive behaviour and deterioration of social networks.

Australian and American guidelines recommend limiting children's total screen time to two hours a day.





.....something a little different

ROSES FROM THE HEART

The Roses from the Heart project was in the Hobart Women's Health Centre's summer newsletter and I followed up information gained there to the website www.femalefactory.com.au/exhibit.htm#Roses

This website gives details of a group which is attempting to make or have women make 25,000 bonnets by World Women's Day next year.!

Each bonnet is to have the name of a woman convict embroidered on it and the makers name embroidered inside. (there were 25,000 women convicts transported to Australia!!!)

I wondered if this information could be put into the newsletter in the hope that Home Eccies both here and possibly around Australia could take up this project to commemorate a group of previously unrecognised pioneers of Australia.

The web site has (I believe) the patterns for the bonnets, I have a copy of the patterns from my friend that I would be willing to copy and send to you .

I think it could be a very special project to take part in, and I am certainly going to participate.

Regards

Pat Golding

.....

DID YOU KNOW THIS?

Most of you do this, but some may not remember how, so I am sending this as a refresher course. We should never disclose the people we have received messages from.

This excellent message was sent to me, and it ABSOLUTELY applies to ALL of us who send E-mails. A message was forwarded to a colleague EIGHT times, with anywhere from 10 to 40 Email addresses on it!!

Do you really know how to forward E-mails? 50% of you do; 50% do NOT.

Do you wonder why you get viruses or junk mail? Do you hate it?

Every time you forward an e-mail there is information left over from the people that got the message before you, namely their e-mail addresses.

As the messages get forwarded along the list of addresses builds, and builds, and builds, and all it takes is for some poor sap to get a virus and his computer can send that virus to every e-mail address that has come across his computer.

Or, someone can take all of those addresses and sell them or send junk mail to them in the hopes that you will go to the site and he will make five cents. That's right, all of that inconvenience over a five cents!!!!

How do you stop it? Well, there are two easy steps:

1) When you forward an e-mail DELETE all of the other addresses that appear in the body of the message. That's right, DELETE them. Highlight them and delete them, backspace them, cut them, whatever it is you know how to do. It only takes a second.

2) Whenever you send an e-mail don't use the "To:" or "Cc:" columns for adding e-mail address. Always use the "BCC:" (blind carbon copy) column for listing the e-mail addresses. This way the people that you send to only see their own e-mail address.

If you don't see your "BCC:" option click on where it says To:" and your address list will appear. Highlight the address and choose BCC and that's it ... it's that easy.

So please, in the future, let's stop the junk mail and the viruses!





CONFERENCE

THANK YOU

We would like to take this opportunity to publicly thank Denise McGregor UNISA ,for all of her support and hard work in ensuring that we have a Home Economics degree course starting in 2007. We received the exciting news only this week that all parts of the course have been signed off so you can now start advertising to your students.

WANTED

Samantha Zimmerman—Cedar College is one of our newer graduates and she asked me to send on any copies of Stage 1 or 2 Home Ec programs, as she is applying to teach those year levels now and needs some ideas of what people do.

SPEED READING

This is one of the many tricks to speed reading. They teach you to look at the frsit & lsat letetr of a word and your brain will fill in the rest. Pretty cool.

If you can read this, you have a strange mind too Can you raed tihs? Olny 929 plepoe can.

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AMAZING HUH!

Excitement in the Classroom: The 1st ACEL/Microsoft Online Conference on Innovative Teaching and Learning

Informative papers and interactive discussions for 7 days on the internet (24 hours a day): Monday 15 May to midnight Sunday 21 May 2006.

There is no cost for participation in this e-vent. The Australian Council for Educational Leaders and Microsoft are combining to offer the first ACEL/Microsoft online conference on innovative teaching and learning in the classroom. The online conference will be active for seven days.

We hope to have a wide range of papers, sent to us by classroom teachers, school leaders and education academics, to stimulate online discussion and debate. Each day participants will have the opportunity to discuss innovative classroom practice online, with education colleagues in Australia and around the world.

We invite all educators who are interested in innovative teaching and learning to submit a short paper, together with digital photos of themselves and their classroom/school (optional) for publication in this online conference.

Please pass on this invitation to all staff in your school. To register, log on to website: <http://www.cybertext.net.au/ace106.htm>



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