



# HEIA-SAY

Home Economics  
Institute Australia (SA)  
Inc

Volume 4 2006

Oct/Nov/Dec

## The President Says.....

Don't burst their bubble

While this pertains specifically to my situation at the cattle station in the Northern Territory, it has relevance to most schools I have worked in.

The owner of this magnificent \$60,000.000 property was coming to visit, with her entourage and underlings. We all pitched in to present everything in the best possible way. The crew painted, pruned, and preened for a week and collected and disposed of all the rubbish and unsightly clutter. Lawns were watered to within an inch of their life and mowed – twice. The girls climbed onto the roves and swept them and the vehicles were cleaned and parked to display their best sides.

Unfortunately, the efforts of the crew were not acknowledged and they were denied an opportunity to meet and talk with the owner. Perhaps they got wind of some of my concerns and that was why we did not have the opportunity for a chat?

I always feel better after I have put my thought on paper. It is very therapeutic, so here goes.

- Why would management supply bottled drinking water to special guests if the unfiltered, unchlorinated river water is perfectly safe to drink?
- According to the consulting vets, the stocking levels here are not sustainable. Do your future plans address this?
- The only complaint we had was that the airconditioners in the guest quarters were not very efficient. Spare a thought for the 10 crew who have no access to airconditioning, not even while eating their meals.

I could go on, but I feel better now. Not so the crew, who have returned to muster camp, disillusioned and devalued. The 10 of them are drafting and dealing with 1000 head of cattle each day. I believe they had a right to 30 minutes in the limelight. It will take all of us time and skills to restore equilibrium to the camp, to get them back to being the positive fun-loving teenagers they were. In the mean time they have turned their anger to the person they need to support most, their cook.  
Does this sound familiar to teachers?

On another note I have studied the programme for the HEIA Conference in Sydney "Horizons in Home Economics". I am having trouble deciding which workshops and visits to attend. The committee have done a marvelous job and I hope you are able to join us at the Grace Hotel on January 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup>. 2007.

I am flying home for the HEIA (SA) AGM on November 4<sup>th</sup> at the Lyndock Lavender Farm. I hope to see you there.

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### 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 Chris Parry

Ph: mob: 0407 183 832

Email: [jp@twpo.com.au](mailto:jp@twpo.com.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](mailto:tinatrev@bigpond.net.au)  
Mail: 13 Baudin Avenue  
Fairview Park 5126

**DIARY DATES 2006**

**Sat 4<sup>th</sup> November 2006. A.G.M.** Lyndock Lavender Farm. Bus available from Southern suburbs.

**10-12th January inc 2007** National Conference Sydney "Horizons—a Challenge for Home Economics" see information on page 5



**High school children sick of sitting on their classes**

CHILDREN who start high school are miserable about the absence of physical games at lunchtime.

Year 7 students at private and government schools said in a study that they were forced to sit and talk during breaks because they were not allowed to run, play informal games or have access to sporting equipment.

Health experts said the findings were alarming given that Australia is in the grip of an obesity epidemic, with 30 per cent of children classified as overweight.

One of the authors of the seven-year study, Melbourne University's professor Lyn Yates, said students repeatedly complained that "sitting and talking" was their most common lunchtime activity, unlike in primary school, where they often played sport and informal games in large and mixed-sex groups.

"There's been so much emphasis from governments on standards and testing in recent years that it's easy for the playground aspects of secondary schooling to be left out of the picture," said Professor Yates, of the university's education faculty.

"High schools need to provide the opportunity and supervisory arrangements that allow informal games to keep happening." Professor Yates said it was likely high schools had better sporting equipment than primary schools, but in terms of what students had access to outside class, the opposite was the case.

Childhood obesity expert Boyd Swinburn, of Deakin University, said fear of litigation stopped schools encouraging physical games at lunchtime but principals had to overcome that fear to help fight obesity.

"This is a classic case of kids wanting to be more active, and all they're after is a bit of support to do it," Professor Swinburn said. "The Education Department, the minister and the principals' association need to take a leadership role here and promote the concept of

"We've gone too far in wrapping our kids in cotton wool, fearing that they might be injured.

Every playtime at North Melbourne Primary School children borrow equipment from huge wire baskets containing skipping ropes, Hula Hoops, bats and balls. The school also has a system of allocating set times for age groups to use the oval, after teachers discovered the older students were monopolising the playing field.

Assistant principal Sally Karlovic said she was not surprised by the study's findings. The school has a transition program, in which year 7 students return to the Errol Street school to tell grade 6 students about high school. The sessions revealed how unhappy the older students were about the lack of games.

"Our children always ask them what they do at lunchtimes and the year sevens say they don't do anything," she said.

"They can't borrow any equipment and they're expected to just sit around. They're angry about it and they don't know how to change it."

**Membership news**

**We now have 12 student members!**

**A warm welcome is extended to the following new members:**

**Cheryl Kretchmer**

**Rosa Vause**

**Natalie Voronenko**

**Jodi Monro**





**OBESITY ANNOUNCEMENT A WASTED OPPORTUNITY**

Today’s announcements on tackling obesity by Health Minister Tony Abbott represent a tremendous wasted opportunity, AMA President, Dr Mukesh Haikerwal said.

Minister Abbott has announced a ministerial anti-obesity taskforce and re-announced a national child nutrition survey, as well as extending the existing program of community ambassadors for healthy living and establishing a “healthy weight” website.

“None of these initiatives are as hard-hitting as they need to be,” Dr Haikerwal said.

“This is simply a big, fat, wasted opportunity.

“The taskforce is important but needs to be task-oriented to prevent it becoming just another talk-fest.

“Hopefully the inclusion on that taskforce of the Communications Minister indicates it will consider bans on advertising junk food to children.

“The nutrition survey we already knew about – and we support such a survey as long as it examines everybody, not just children and as long as it’s done independently.

“Accepting funds for the survey from the Australian Food and Grocery Council raises justifiable concerns regarding the impartiality of the survey and its results.

“Doing the survey properly will require at least \$3 million more than the government’s committed.”

Community ambassadors are a good idea, Dr Haikerwal said, but again, nothing new.

“Elite sportspeople are important ambassadors for fitness but, as I pointed out earlier this week, real people need real role models

exercise,” he said.

“How about role models who take exercise regularly, not seriously?”

“How about funding for family fitness, or for schools and other institutions to more effectively teach good nutritional habits?”

Mr Abbott’s new “healthy weight” website is a cheap, easy way out, Dr Haikerwal said.

“There is a need for real, personalised, individual information for the growing number of Australians who are battling weight problems and associated chronic diseases,” he added.

“To provide that effectively takes time, it takes money and it takes guts from the government.”

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**Register of Home Economics Teachers**

HEIA (SA) is compiling a data base of Home Economics teachers who are available to undertake contract and/or TRT work.

Please forward names to Patricia Greaves.

**Contact Details**

**Email Address**

pat.greaves@enfieldhs.sa.edu.au

**Postal Address**

Enfield High School  
PO Box 329  
Enfield Plaza  
SA 5085



## National Conference

### **“Horizons—a Challenge for Home Economics”**

**The Grace Hotel**

**10th—12th inc January 2007**

### **SYDNEY**

This promises to be a very interesting conference with many great speakers already booked.

- Michael Carr-Gregg-ICT and Well being
- Professor Gay Hawkins-The Ethics Of Waste
- Gavin Hazel-adolescent social and emotional well being
- Professor Terry Lovat—National Values
- Robin Cranston-Smart Textiles
- Rob Gray– One harvest
- Tony Cranston-Pacific Textiles

Industry visits will be catered for:

- Newage Knitting
- Xyris Foodchoice
- Futura– catering programme
- Body Image
- Ian Hemphill herbs
- Pickled potted and preserved– food preparation in the 19th century.

A pre conference tour is also planned.

Lets make the South Australian presence a very loud one!!

**[www.heia2007.com](http://www.heia2007.com)**

## KANYINI

A film is about to hit Australian cinemas that will help our Youth to see the world through Indigenous eyes...

A film by Melanie Hogan and distributed by Hopscotch Films.

**KANYINI** is a story told by an Aboriginal man, Bob Randall, who lives beside the greatest monolith in the world, Uluru in Central Australia.

Based on Bob's own personal journey and the wisdom he learnt from the old people living in the bush, Bob tells the tale of why Indigenous people are now struggling in a modern world and what needs to be done for them to move forward.

A tale of Indigenous wisdom clashing against materialist notions of progress, this is not only a story of one man and his people but the story of the human race.

[www.kanyini.com](http://www.kanyini.com)

**Kanyini** hits cinemas on August 31 at the following cinema. Please contact the cinema for Group Booking Information:

Adelaide - Palace Nova Eastend 274 Rundle St,

Adelaide, 5001 (08) 8232 3434



**Hub Group Happenings**

**Fleurieu Hub Group**

Deb Halse has arranged the following workshops

Caroline's Sugar and Chocolate Art

October 21st 9am—4pm

Bring lunch \$60

Caroline's Sugar and Chocolate Art

October 28th 9am—4pm

Bring lunch \$60

Contact Deb 8327 2222

Only 10 participants at each workshop.

Our term 4 end of year dinner is planned for **Thursday 16<sup>th</sup> November** at the **Red Ochre, War memorial Drive at 6.30 pm**. A \$44.95 menu offering entrée & dessert tasting platter and choice of main course is available. We plan to book individual tables of six with a group of friends (which will allow the use of Entertainment books – 3 per table) So get organized with your staff and let Deb know if you will be going.

**Nutrition Teachers Group**

The group last met on Tuesday August 29<sup>th</sup>, this time at Siena College, and shared valuable information and skills on how to set up an experiment, the use of variables and how to construct a hypothesis.

Jenny Richards has offered to hold the **Exam Post Mortem at Thebarton Senior College**, and the suggested date is **Wednesday 15<sup>th</sup> November**. Thank you Jenny and we hope to see as many teachers there as possible to celebrate another successful year! More details will be sent out via email and the SSABSA list serve as they become available.

Last week I took my nutrition students on the excursion to CSIRO Food Science at the School of the Future, EDC. It was excellent value and I wondered why I had never managed it before. With hands on activities and a problem solving approach to the food poisoning scenario, the workshop was fun and informative. It would be equally valuable for hospitality as well as nutrition students. Furthermore, staff there are very keen to support teachers, and will be happy to run teachers workshops, through SSABSA if possible, to enhance our scientific skills. I will definitely be working with Kylie to allow this to happen, so keep tuned in.

This meeting group has been fantastic this year for its ability to share information, motivate and assist each teacher to implement the new curriculum statement. I would like to thank each person for their contribution – this is what our networking is all about!  
Julie Taylor

Happy participants and displays at the recently held

**Child Studies Expo**





**CEASA News**

**Teaching Australia**

The nominations for the 2007 National Awards for Quality Schooling close on 16 October 2006.

Garry Costello, Mt Gambier High School won the Best National Achievement by a Principal this year.

CEASA has scheduled an event on 27 October this year to celebrate World Teachers Day and recognise achievements of teachers to be presented with an award.

The Minister for Education will be invited as well as other educational dignitaries. It is hoped to be able to present a Media Award also for a journalist who has written a positive and interesting article in relation to education/teaching.

If someone has contact with a country publication, advise CEASA so that relevant articles can be included in the award process.

**Mandatory Fortification**

In May 2004, the Australia and New Zealand Food Regulation Ministerial Council (Ministerial Council) asked Food Standards Australia New Zealand (FSANZ) to consider the mandatory fortification of food with folic acid to reduce the incidence of neural tube defects (NTDs), and the mandatory fortification of food with iodine to address an emerging iodine deficiency, as a priority.

The Draft Assessment Report on the Mandatory Fortification of Food with Folic Acid was released for a four week public consultation period in July 2006. The Draft Assessment Report for Mandatory Fortification of Food with Iodine was released on 18 August 2006. This consultation period will close on 18 September 2006.

FSANZ expects to notify Food Ministers of a draft standard in late August 2006 for folic acid and in October 2006 for iodine. Once the Ministerial Council is notified of the draft standard Food Ministers have 60 days to finalise a position on these matters.

**National Conferences**

**September**

**27–29 September**

Gifted 2006—Concepts, Challenges, Realities

Esplanade Hotel, Fremantle WA

<http://www.gifted2006.org.au/>

Further information: [conference@gifted2006.org.au](mailto:conference@gifted2006.org.au)

**November**

**27 November**

*Australian Association for Research in Education Conference*

[www.aare.edu.au](http://www.aare.edu.au)

**29 November—2 December**

*Nutrition Society of Australia 30<sup>th</sup> Annual Scientific Meeting*

University of New South Wales, Sydney

Further information: [nsa@fconventions.com.au](mailto:nsa@fconventions.com.au)

**December**

7–9 December *Values in Technology Education*

4th biennial international Conference on Technology Education Research

Crowne Plaza Hotel, Surfers Paradise, Gold Coast, Qld

Further information: Dick Roebuck

Tel: 07 3735 5862 Fax: 07 3735 6868

Email [r.roebuck@griffith.edu.au](mailto:r.roebuck@griffith.edu.au)

**The 30<sup>th</sup> Caribbean Regional Conference of Nutrition and Dietetics**

**“PROMOTING SCHOOL NUTRITION AND WELLNESS”**

**Montego Bay, Jamaica**

**June 30 – July 3, 2007**

Caribbean Association of Nutritionists and Dietitians

(CANDi) in association with Jamaica Association of Professionals in Nutrition and Dietetics (JAPINAD)

P.O. Box 227, Mona, Kingston 7, Jamaica

Email: [nutritionjamaica@hotmail.com](mailto:nutritionjamaica@hotmail.com)

Visit our website:

[www.eatwellcaribbean.com](http://www.eatwellcaribbean.com)



**Govt calls for new food labels**

Labels on junk food should include advice on how much exercise is necessary to burn off the energy they contain, according to proposals by the NSW government.

NSW Health Minister John Hatzistergos said he had called on Food Standards Australia New Zealand to examine a new labelling system that would show how much exercise was needed to burn kilojoules in certain foods and drinks.

A label on a standard chocolate bar would show that an adult needed to walk briskly for an hour to burn its kilojoules, for example.

Mr Hatzistergos said the move would help people to understand the implications of ingesting unhealthy foods and drinks.

"Many food labels are too confusing. We need to make losing weight as simple as possible," he said.

"If they realise just how much they have to burn-up, they might start to think twice about eating these types of junk foods and choose healthier alternatives."

Another suggestion is "traffic light" labelling - where foods are labelled red, amber or green to encourage consumers to stay away from foods high in fat, sugar and salt.

Mr Hatzistergos said the "traffic light" system was popular in major supermarkets in the UK, where many consumers were choosing a higher proportion of healthy, green-labelled foods.

Mandatory labelling has been in force in Australia since 2002 with all manufactured foods required to carry an information panel.

The federal government dismissed Mr Hatzistergos's proposal saying the NSW government instead should ensure children did more exercise at school.

Christopher Pyne, parliamentary secretary to the federal health minister, said many food manufacturers already were improving the quality of nutritional information on the packaging of their products.

Instead of calling for new labelling standards, state governments should ensure children did more exercise at school and that it was safe for them to walk or ride to school, Mr Pyne said.

"These are the issues John Hatzistergos should be focused on - not loading industry up with more regulation and costs that will be passed on to consumers," he said in a statement.

"This is a typical response from a state government: rather than taking responsibility for their own inaction in the areas of planning, safety and schools, they try to shift the blame to someone else - in this case, the food industry."

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**Cont'd**

**Fleurieu Hub Group**

We had a really great **Hub Meeting** at Wirreanda on Thursday 24<sup>th</sup> August.

Deb had organized a demonstration of the latest sewing machines from **Allmake**, with demonstrators explaining the trends and types of machines now available.

Together with a book display from Kelly Farm, this truly inspired us to take advantage of short courses that Allmake is keen to run for teachers. We will be in contact with them to promote courses suitable for teachers, and they will run them in schools if we want.

The best part of the evening was sharing textile ideas that work for us. From the group of approximately 15 teachers, we all took away an excellent selection of photocopied instructions, ideas and inspiration to broaden our offerings to students. Thank you to Cath and the staff at Wirreanda for your generous hospitality - the refreshments were delicious.

**FOOD & COOKING COMPETITION**

**“CHOOSING AND USING - Go For 2+5”**

Judging has commenced for this competition all winners will be ad-



## HEIA (SA) Executive

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**Public Relations/Consumer Affairs/Contract Teachers: VACANT**

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Best Wishes for Term 4  
Chris Parry

