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Professional Development Support at Primary and Second Level

Dear Colleagues,

As you may be already aware there are changes to the provision of school support and teacher continuing professional development as a result of a recent re-conceptualisation by the Department of Education and Skills. This re-conceptualisation has seen a move from September 2010 to a new generic and integrated cross-sectoral support service, called the Professional Development Service for Teachers (PDST). This new service will encompass the supports previously provided by other programmes and support services.

The PDST will operate on a regional basis, providing teacher professional development and school support through multi-disciplinary teams of seconded teachers, who will work in close co-operation with the Education Centre Network, to respond to professional development needs identified by schools. The regional teams will also respond to needs identified as part of WSE and to current and future national system priorities. The capacity of the regional teams will be augmented by the work of local facilitators and associate trainers.

The PDST will continue to support Home Economics teachers through the PDST Maths and Sciences Pillar and offer professional development courses and resources through the subject websites. I am confident that you will participate and benefit from the support offered.

Tim Regan, PDST Maths & Sciences National Co-ordinator

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PDST Support
The Community Nutrition and Dietetic Service in the HSE North East Area has been delivering the *Cook it!* programme in the community since 1999. *‘Cook it!’* is a six week nutrition education programme based around the Food Pyramid which aims to provide practical information on healthy eating and improve skills by showing participants ways to provide healthy, nutritious, low cost meals and snacks for their families. It was developed originally by the Health Promotion Agency for Northern Ireland. The healthy eating messages to eat more fibre, eat less fat, sugar and salt are incorporated into all the dishes prepared and sampled during the course. Those taking part in *‘Cook it!’* learn from each other and get the chance to experiment with dishes that are quick and easy to prepare.

The *‘Cook it!’* programme is suitable for use with a wide range of groups in the community and every year the Community Nutrition and Dietetic Service train leaders to deliver the programme in their area. In the past few years, *Cook it!* has been widely used with youth groups such as Foróige, Youthreach, and Neighbourhood Youth Projects. As a result, it was decided to pilot the use of the *Cook it!* programme in Post-primary schools. Transition Year was picked as the most suitable group to target as within the Transition Year curriculum, there is greater flexibility to cover different topic modules.

About the *Cook it!* Programme
The programme is divided into six sessions, each session covers a different shelf of the Food Pyramid, with the first session covering the Food Pyramid in general and the basic principles of food hygiene and safety. Within each session, there are various quizzes/activities which help to reinforce healthy eating messages. The sessions are as follows:

### Session 1 - Introductory session
This session introduces the idea of healthy eating through the use of the Food Pyramid, and also includes essential information on good food hygiene.
- Quizzes and activities:
  - 24 hour recall - what did you eat yesterday?
  - Calamity kitchen - visual food hygiene quiz
  - Fill the fridge - food hygiene quiz

### Session 2 - Find out about fibre
Key nutrition messages and additional topics such as:
- Making the most of the bottom shelf - how to increase the fibre content of the diet.
Quizzes and activities:
- Fibre Demonstrations
- Is fibre on your menu quiz?
- Fibre Dip Game - a visual exercise on increasing the fibre of the diet.

### Session 3 - Focus on Fruit and Vegetables
Key nutrition messages and additional topics such as:
- Easy ways to eat more fruit and vegetables
- Fruit and vegetable shopping tips
- Seasonal guide to fruit and vegetables
Quizzes and activities:
- Eat more fruit and vegetables crossword
- Crunch time for vegetables quiz

### Session 4 - Counting on calcium
Key nutrition messages and additional topics such as:
- Easy ways to include more milk and milk products
- The calcium content of common foods
Quizzes and activities:
- Find the calcium - visual game looking at good and poor food sources of calcium.
Session 5 - Protein Providers
Key nutrition messages and additional topics such as:
- Meat, fish and alternatives - Ideas for quick meals
- Vegetarian diet information
- Quizzes and activities:
  - Reduce the fat activity - this activity shows how the fat in common meat products can be reduced.

Session 6 - The Top Shelf
Key nutrition messages and additional topics such as:
- A guide to fats and oils
- How to reduce convenience foods in the diet
- Quizzes and activities:
  - Taster session - this looks at the fat content of a variety of spreads.
  - Fat/sugar content - a list showing the fat and sugar content in a range of food and drinks from the top shelf of the Food Pyramid.
  - Making sense of food labels - information on how to read food labels.

Cook it! Recipes - Practical sessions
There is a book of recipes which are suitable for use with the Cook it! programme and they are divided into recipes suitable for use with each of the individual sessions.

Cook it! and TY programme
Since 2008, all Post-primary schools with Transition year in the North East have been offered the programme. Any schools wishing to participate contacted the community dietitian, who would arrange to meet the relevant teacher who was interested in delivering the programme to the Transition Year students and go through the Cook it! programme with them. In most schools, the Home Economics teacher delivered the programme, however, in boys' schools it tended to be the Science or Physical Education Teacher who delivered the programme. The teacher would then deliver the programme to the students and adapt it to suit their timetable e.g. it would depend on the number of single/double classes available to them. Every student who completed the programme received a Health Promotion Cook it! certificate and a copy of the cookbook '101 square meals.'

Since 2008, in the North East area (Louth, Meath, Cavan and Monaghan):
- 40 schools have received training on the programme in the past two years.
- In the 2008/2009 academic year, 14 schools completed the programme with 330 students throughout the North East receiving 'Cook it!' certificates and '101 square meals' cookbooks.
- In the 2009/2010 academic year, 25 schools completed the programme with 797 students throughout the North East receiving 'Cook it!' certificates and '101 square meals' cookbooks. Some of the schools also delivered the programme to Leaving Cert applied students, and as part of the Home School Liaison Service, some programmes were also run for parents.

In May 2009, a questionnaire was sent out to all teachers who had received training on the Cook it! programme and some of the results are as follows:
- 80% agreed that the Cook it! programme is effective in promoting healthy food choices...
- 55% found the programme to be suitable for students who had already completed Home Economics to Junior Certificate Level.
- 95% thought it was a suitable programme to be delivered in TY.
- 35% thought it was suitable for either Junior Cert Home Economics or Applied Leaving Cert.
**Cook it! and Transition Year - National Progress**

In November 2009, a presentation on the Cook it! and Transition Year programme was delivered at the Association of Home Economics Teachers of Ireland (ATHE) conference. At the conference, teachers were able to register for Cook it! packs for their schools. Following the conference, more schools have registered to receive packs following regional branch meetings. To date, 80 additional schools outside the Northeast region have registered to receive packs and we are currently carrying out an evaluation with these schools. Based on responses received to date, eight of these schools have already delivered the programme, and most other schools plan to deliver the programme in the 2010/2011 academic year.

**Testimonials**

Some of the individual comments from teachers who have delivered the programme:

“It was a great programme and the students really enjoyed it and gained a lot. Thanks also to HSE – it is the way to go. Prevention is better than cure”.

“I think this is a worthwhile programme to take part in and the TY students enjoyed taking part. Also the certificates at the end were a great incentive”.

“Thank you for producing this very valuable resource for teachers and students. It is very user-friendly. The recipe book is excellent with interesting, tasty and easy to prepare dishes and accompanies the programme very well”.

“I found the programme excellent – it stimulated far more interest in class and gave a better balance than previous system I was using”.

For further information, please contact:
Community Nutrition and Dietetic Service,
Health Promotion Department,
HSE Dublin North East,
St. Brigid’s Complex,
Ardee, Co. Louth
on 041-6856994/6850671
or
Railway Street,
Navan, Co. Meath
on 046-9076400.
Food education can make a real difference to the quality of people’s lives. By developing and distributing interactive educational resources which are teacher-led and curriculum-based safefood are helping young people to understand where their food comes from, the importance of food safety and empowering them to look after their own health and safety by learning practical, lifelong skills.

Two such resources available to schools are "How we measure up"- Deciphering Food Labelling for Junior Cycle Social Personal Health Education (SPHE) and safefood for life for Transition Year students.

How they measure up - Deciphering Food Labelling

With the rise in obesity among young people, it is important that young consumers can make informed choices about food labels when purchasing food. With this in mind, safefood produced this labelling resource for Junior Cycle SPHE to give students a better understanding of food labels and how to use them to make healthier food choices, both as young consumers and also later in life.

The resource provides three lessons: “What is a food label?” “Knowing your nutrients” and “The Food Pyramid & Food Additives” and covers topics such as Food labelling, Nutrients, the Food Pyramid and Food additives. The resource also includes suggestions for class activities, discussion topics and homework, which will encourage the use of this information in real-life situations.

safefood for life

safefood for life offers Transition Year students the opportunity to obtain basic food safety certification from the Environmental Health Officers’ Association (EHOA) while also providing students with the basic life skills required to handle food safely. Since 2002, over 20,000 students in the Republic of Ireland have successfully completed the safefood for life exam. Teaching young adults about food safety can be a challenge therefore safefood for life uses interactive graphics and animation to create an engaging learning experience for students, making learning fun but without trivializing the food safety messages.

Topics covered include Personal hygiene, Food contamination, Food delivery and storage, Food preparation and cooking, Cleaning, Design and layout of food premises and HACCP. The resource consists of a Cd-Rom, Teachers Slides, Student Activities, Teachers Notes and Students Notes to help Home Economics Teachers to prepare and teach the programme.

The safefood website also provides a wealth of consumer information on food safety and healthy eating as well as information on our current campaigns. You can also access a wide range of publications including scientific research reports and consumer leaflets which can be used to supplement class work or to help with school project research.

Our education resources and consumer publications are free to download from the safefood website www.safefood.eu or by contacting the safefood helpline at info@safefood.eu or by calling 1850 404567
Hermitech Laboratories have designed ‘a tool for creating activities in a form of jigsaws or dominos for later use in a class’. This software was originally developed for use in Mathematics, now with the ability to use text makes this a most valuable tool for all teachers of any subject.

The software (which is free to download) involves questions and answers, which have been jumbled up, thus setting the challenge for the student to match the correct answer to the appropriate question. Depending on the overall geometric shape that is chosen, the number of questions involved varies, this in turn sets the degree of difficulty for the student. All geometric shapes are built together using triangles. Each triangle has 3 sides, thus allowing for either questions or answers to be placed on the sides.

Use of this software couldn’t be easier. Once the free software has been downloaded onto your computer there is no end to the possible usage of this package.

To download: Google Formulator Tarsia 2.0 choose any of the links provided. Once the desktop icon has been created, click it to open. A window showing Tip of the day will appear, choose to read this or close for the next window to open. The next window titled New will automatically open. Choose the geometric shape you wish to create i.e. standard , click ok.

Now over to you, the screen will change to two blank sections; the upper requires you to input the question Q, the lower is space for the answer A. Remember to keep both questions and answers extremely short, as the font size will reduce with more text. There is also no need to use question words as the Q should be placed in the box on the left of the upper blank section, likewise A should be placed in the box on the left of the lower blank section. Along the right hand side of this window will be icons numbered 1-18. Click on a number to represent a question and answer pair. Enter the data for each pair until all 18 icons are filled.

Now take a look at the bottom of this window on the left hand side, there are 4 options: Input; Table; Output; Solution. Input should appear brown as this view is open, as you have just put in the data (the questions and answers). Now click on Table, the view should appear as a table. This page should be printed to see corresponding Qs and As.

Next click on Output, this shows how the basic triangles with the jumbled Qs and As will look when printed. Choose ‘large’ on the RHS of the screen as anything smaller can be difficult to read. Three triangles should appear on the screen, print these pages as they are the physical triangles used in the classroom.
And finally, Solution, this view shows how the full geometric puzzle will look when all smaller Δ’s are put together in the correct order. It is very useful to print this page for the students to check after assembling the Δ’s.

Tarsia can be used in the classroom in so many different ways. Simply choose the topic and the level to base the Q’s and A’s on. Once the hard copy has been printed (Output), it can be photocopied onto different colour paper to create sets. Each set can be used by a group of 4/5 students to represent a team. Let them know the overall geometric shape they must create. Then set the teams to work competing against each other if the same topic is being used by all groups. This option is great as a way to test their knowledge after a topic has been covered in class. Otherwise this resource can be used on an individual basis when several students are missing due to other school activities, as a way of revision.

Having used Tarsia in the classroom myself, the feedback from students is overwhelming both at Junior and Leaving Cert level. Many liked the idea of working in the group situation and felt that they learned from each other. There was support from the other team mates which helps students of all ability. Others felt a sense of accomplishment when the puzzle was complete, unlike when reaching the end of a written test paper. They really felt their knowledge of the topic was tested, and there was actual enjoyment in learning. Many liked the different approach to learning and were more enthusiastic about future involvement as the sense of competition spurs you to do well. Finally they felt it was a great way of active learning.

From the teacher’s perspective, while there is preparation involved the end result far out weights the time taken. Remember if you can laminate the small triangles into sets, they are a resource that will last a very long time. This resource is available at your finger tips whenever you need them especially at short notice. I would have several topics prepared to date and use them every so often. While there is encouraging feedback from the students, using Tarsia once in a while shows more benefits than using it too often.

If you’re feeling up for the challenge give it a go yourself today, show the software to any of your colleagues and swap completed works to lighten the work load. Maybe when you have time give your feedback via the Home Economics forum. Watch out for many of the completed Tarsia that were formulated during the Spring Resource workshops which will be available to upload from the PDST website shortly.

If you would like to contribute an article for the next issue of the magazine, please contact us.

Contact details are given on page 2
NCA online game “Shop Smart” promotes consumer rights awareness

Consumer law and general rights awareness issues feature in many parts of the modern schools curriculum, including the Home Economics syllabus. To help bridge the gap between the text of stuffy statutes and real world consumer experiences, the National Consumer Agency (NCA) has developed an entertaining, interactive online game, targeted at secondary school students, called ‘Shop Smart’.

‘Shop Smart’ was developed by the NCA to raise awareness among young consumers by simulating a variety of real-life scenarios in which players are required to apply their knowledge of their consumer rights. The high-speed game is similar in style and format to many popular online games played by teenagers.

The game takes place in a virtual shopping centre, using purchasing situations that would be familiar to the target age group, such as buying clothes or shopping in a mobile phone/game/gadget shop. Players are presented with scenarios – for example changing your mind after you’ve made a purchase – and are required to choose between multiple-choice answers to select the correct course of action or to identify their rights in the particular scenario. Each answer, whether correct or inaccurate, generates additional feedback designed to give players further information about their rights before moving to the next “shopping environment” for a new question.

The game is designed to be suitable both for Junior and Senior cycles, with scenarios designed to be relevant to these age groups, such as what to watch out for when purchasing ringtones, picking the best value product from a given selection, returning a faulty mobile phone or how to protect themselves when shopping online.

Players are tested against the clock, and an average session on the game takes about four or five minutes. Students can play the game repeatedly, as the questions come from a randomised set within each environment. The game functionality includes a high-score table where students can display their name in lights. Details of player’s school year, school and county are also recorded by the system where players choose to play in competitive mode, but these details are not displayed and are not used for any commercial purpose, in keeping with the state-funded / public good orientation of the NCA’s work.

‘Shop Smart’ can be used in a classroom environment for Home Economics lessons, as well as other relevant subjects such as Business Studies, CSPE, Transition Year business modules and Leaving Certificate Vocational Programme link modules. Teaching resources have been developed to support the use of the game in the classroom, with inputs from teachers in Home Economics and other subjects. These are available through the NCA’s website, at ConsumerConnect.ie/Game.

The game requires a broadband connection and Adobe Flash Player Version 8 or higher installed on computers. To launch the game, visit http://www.ConsumerConnect.ie/game.
Other useful resources

The National Consumer Agency’s ConsumerConnect.ie website has guides and tips on consumer rights and finding better value.

For more information about the 'Shop Smart' game or the NCA’s other educational resources, email shopsmart@nca.ie.

The NCA welcomes feedback from teachers and others working with second-level students to assist us in developing practical resources to support their learning in the area of consumer rights.
Building Energy Rating (BER)

What is a BER?
A BER is similar to the energy label for a household electrical appliance like your fridge. The label has a scale of A1-G. A-rated homes are the most energy efficient and G the least efficient.

Along with the BER Certificate, you will also receive an Advisory Report which will help you to identify how you might improve the energy performance of your home.

A BER is based on the characteristics of major components of the dwelling (wall, roof and floor dimensions, window and door sizes, quality and orientation) as well as the construction type and levels of insulation, ventilation and air tightness features, the systems for heat supply (including renewable energy), distribution and control and the type of lighting. It covers the annual energy use for space heating, water heating, ventilation, lighting and associated pumps and fans, calculated on the basis of a notional standard family with a standard pattern of occupancy.

The BER is only an indication of the energy performance of a house. Actual energy usage will depend on how the occupants operate the house. In that way it is similar to the concept of a fuel economy (miles per gallon or litres per 100km) rating for a car.

A BER does not cover electricity used for purposes other than heating, lighting, pumps and fans, i.e. does not include for cooking, refrigeration, laundry, etc.

Peoples’ rights when buying or renting and seller/landlord’s obligations
A BER certificate is compulsory for all homes being offered for sale or rent. The BER makes the energy performance of a home visible to prospective buyer/tenants and enables them to take energy performance into consideration in their house purchase or rental decision.

A seller/landlord must provide a BER to prospective buyers or tenants when a house is offered for sale or rental. In the case of new homes a BER is required before the house is first occupied. There are limited exemptions for certain categories of buildings, e.g. protected structures, national monuments, etc.

If you are buying or renting a house or apartment you are entitled to a BER - so ask the seller/landlord or their agent for it. It will assist you in comparing houses/apartments you are interested in, it will give you an estimated annual energy use and it will also highlight potential upgrading opportunities to you.

Once you are provided with the BER number you should go to SEAI’s website www.seai.ie/ber to confirm the rating on the National BER Register. This is the official BER, the hard copy of the certificate is not the official copy. There are fines of up to €5,000 for non-compliance with the regulations.

Improving your BER - Adding value to your home
Improving your BER will increase the comfort of your home, reduce the environmental impact and will save you money on your energy bills. If you are trying to sell or rent a home, a good BER will present these same benefits to prospective tenants or buyers making the house more attractive and will improve the saleability of the house in a currently very difficult property market. The BER information leaflet published by SEAI provides indicative ratings for typical homes including CO2 emissions and running costs for different rating bands.


What are the obvious things people can do to improve the BER?
Fabric of the Building
The first thing you can do is to ensure that the fabric of the building is improved as much as possible. For example, ensure that the attic is fully insulated. If the walls are not sufficiently insulated you could consider filling the cavities (in the case of cavity walls), drylining the walls internally or applying external insulation. Can the insulation levels of exposed floors be improved? Even adding a thicker underlay can assist with this (assuming you do not have underfloor heating). If your windows are in need of replacement be sure to replace them with high performance windows (e.g. triple glazed, low-e coated, argon filled windows) which will minimise heat loss. Are the windows and door in need of draft stripping?
Heating System
You can then look at the efficiency of your heating system. If your boiler is over 15 years old it may be time to consider replacing it with a high efficiency boiler. You can also make sure that you have good controls on your heating system to ensure that you don’t waste energy. For example, install room thermostats, Thermostatic Radiator Valves, programmable timers on your boiler, zone controls (time and temperature controls), etc.

Other
Some other simple measures include lagging jacket on your hot water tank, insulate hot water pipes, use of low energy lights, using A rated appliances,

Occupant Behaviour
To reduce energy usage within your home, regardless of the BER, the following are advisable; using lined curtains, service your boiler, switch off lights and appliances, use lower temperature programmes on your appliance, install foil insulation behind radiators, toaster is more efficient than the grill, don’t fill kettle/saucepans unnecessarily, defrost the fridge regularly, draft seal doors/windows where necessary, self closing devices for doors,

What Grants are available to people wanting to improve their BER?
SEAI has two relevant grant schemes, the Home Energy Saving Scheme and the Greener Home Scheme.

Home Energy Saving Scheme
It is a National scheme for the upgrading of dwellings built before 2006. Grants will be provided to homeowners who invest in energy efficiency improvements in the following area:
• Roof Insulation
• Wall Insulation - this includes either cavity wall, internal dry lining or external insulation
• Installation of a High Efficiency (> 90%) Gas or Oil fired Boilers with Heating Controls Upgrade*
• Heating Controls Upgrade*
• Building Energy Rating (BER) - is an integral part to the scheme and is undertaken after grant aided works are completed**

Grants are fixed for each type of measure as indicated in the table below. Grant approval must be in place before any purchase of materials or commencement of measures undertaken. Grants are paid after the measures are completed and the contractor has been paid by the homeowner. In the instance where the cost of the work (vat inclusive) is less than the fixed grant amount, the actual cost will be reimbursed. * Please note that while you are entitled to apply for each Measure there is a minimum requirement that the grant amount in the first application must be €500 or greater. The BER grant cannot form part of this €500 amount.

In accordance with the scheme’s Terms and Conditions, all works must be completed by a contractor from SEAI’s Registered List. A BER must be completed by a registered BER assessor. A list of registered assessors is available on the SEAI website www.seai.ie/BER
• Grant application must be for more than €500
• Boiler must have efficiency >90%
• If you’re install a boiler under the grant you must upgrade the heating controls to a minimum prescribed standard
• Building Energy Rating (BER) - is an integral part to the scheme and is undertaken after grant aided works are completed**

Greener Homes Scheme
The Greener Homes Scheme provides assistance to homeowners who intend to purchase a new renewable energy heating system for existing homes built prior to July 2008.
The technologies funded are as follows:
• Solar heating - for space heating and/or hot water
• Heat pump - horizontal collector, vertical collector, well water or air source
• Wood Chip or Pellet stoves - with or without integral boiler
• Wood Chip or Pellet boilers
• Wood Gasification Boilers

NOTE: Product must be listed, at the date of application, on SEAI’s list of conforming equipment (available on request or online).

<table>
<thead>
<tr>
<th>MEASURE</th>
<th>CATEGORY</th>
<th>GRANT *</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roof</td>
<td>Roof Insulation</td>
<td>€250</td>
</tr>
<tr>
<td>Wall</td>
<td>Cavity wall insulation</td>
<td>€400</td>
</tr>
<tr>
<td></td>
<td>Internal Wall Dry-Lining</td>
<td>€2,500</td>
</tr>
<tr>
<td></td>
<td>External wall insulation</td>
<td>€4,000</td>
</tr>
<tr>
<td>Heating Controls</td>
<td>High Efficiency Gas or Oil fired Boiler with Heating Controls Upgrade*</td>
<td>€700</td>
</tr>
<tr>
<td></td>
<td>Heating Controls Upgrade</td>
<td>€500</td>
</tr>
<tr>
<td>BER Assessment</td>
<td>BER After Upgrade Works (Only one BER grant per home)</td>
<td>€100</td>
</tr>
</tbody>
</table>
What Level of Funding is Available?

<table>
<thead>
<tr>
<th>Technology (Full system installation)</th>
<th>Typical Lower Price including VAT</th>
<th>Typical Higher Price including VAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Solar (per m²)</td>
<td>€800</td>
<td>€1,300</td>
</tr>
<tr>
<td>Biomass Wood Pellet Boiler</td>
<td>€10,000</td>
<td>€16,000</td>
</tr>
<tr>
<td>Biomass Stove</td>
<td>€2,000</td>
<td>€5,000</td>
</tr>
<tr>
<td>Biomass Stove with integral boiler</td>
<td>€4,000</td>
<td>€8,000</td>
</tr>
<tr>
<td>Heat Pump - Air Source</td>
<td>€12,000</td>
<td>€13,000</td>
</tr>
<tr>
<td>Heat Pump - Horizontal ground collector</td>
<td>€13,000</td>
<td>€15,000</td>
</tr>
<tr>
<td>Heat Pump - Water (well) to water</td>
<td>€12,000</td>
<td>€14,000</td>
</tr>
<tr>
<td>Heat Pump - Vertical ground collector</td>
<td>€18,000</td>
<td>€21,000</td>
</tr>
<tr>
<td>Wood Gasification Boiler</td>
<td>€10,000</td>
<td>€16,000</td>
</tr>
</tbody>
</table>

How much could my chosen technologies cost?
There is a wide range in product prices. The price depends on the size of the home, the size of heating system required and the product quality. The following are indicative prices for the various product categories:

When getting a quote for your chosen system, ensure that it fully covers all aspects of design, installation, commissioning and the purchase of all system components and materials. Only in this way can full comparison be made.

Qualification Criteria
The following conditions will apply in the evaluation of grant applications and all conditions must be met in advance of any approval of a grant.
- Dwelling must be an existing dwelling which was first occupied prior to 30th June 2008, has an existing heating system and has been occupied for a minimum of one year.
- Applicant must be the homeowner and must have full possession of the property
- Product must be listed, at the date of application, on the Registered Product List
- Installer must be listed, at the date of application and on the date of system commissioning, on the Registered Installer List

Cost of BER
A person offering a home for sale or rent, or their agent, is required to employ a registered BER Assessor to carry out an assessment. There is no set fee and the advice is to look for a number of quotations in order to get the best price. There are over 2,200 registered BER assessors around the country so prices are very competitive. Make sure to confirm all fees prior to commissioning a BER Assessment. Assessors are charged a fee of €25 to submit BER Assessment to SEAI for publication on the National BER Register.

A BER is valid for up to 10 years provided that there is no material change to the dwelling that could affect energy performance.

Payback
Further details on how to reduce your energy usage and typical costs are available on http://www.seai.ie/Power_of_One/Energy_Saving/
Home Energy Saving Scheme Statistics

Measures by Percentage (since start of scheme up 2nd July 2010)

<table>
<thead>
<tr>
<th>Measure Type</th>
<th>Percentage %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roof Insulation</td>
<td>34%</td>
</tr>
<tr>
<td>Cavity</td>
<td>28%</td>
</tr>
<tr>
<td>Before/After BER</td>
<td>11%</td>
</tr>
<tr>
<td>Integral BER</td>
<td>2%</td>
</tr>
<tr>
<td>High Efficiency Oil Boiler with Heating Controls Upgrade</td>
<td>8%</td>
</tr>
<tr>
<td>High Efficiency Gas Boiler with Heating Controls Upgrade</td>
<td>7%</td>
</tr>
<tr>
<td>Dry-Lining Insulation</td>
<td>5%</td>
</tr>
<tr>
<td>Heating Controls Upgrade only</td>
<td>4%</td>
</tr>
<tr>
<td>External Insulation</td>
<td>2%</td>
</tr>
</tbody>
</table>

This graph represents figures for the applications to the Home Energy Saving scheme from its launch in March 2009 to 2nd July 2010.

Supporting teacher professional development in Home Economics

Continuing Professional Development CPD Courses, will be facilitated by local facilitators, to support local identified needs and will be organised in collaboration with Education Centres.

Local Facilitators are teachers who are willing to volunteer to facilitate or to collaborate in the facilitation of local events to contribute to CPD in their subject or programme areas or other areas where they have expertise and willingness to contribute.

If you are passionate about Home Economics and use successful teaching strategies, I invite you to email me at timregan@pdst.ie
These days it is easy to be overwhelmed by all the information available on healthy eating and perfect diets. With so many foods being promoted as superfoods it can be difficult to decide which are the good foods and which are the fads. Luckily, when it comes to fish there is no confusion. Fish has long been recognised as one of nature’s healthiest foods and with its rich package of nutrients it is one of the few foods that can truly be called a superfood.

Fish is rich in easy-to-digest protein. Protein is essential for growing bodies and for healing and repair at any age. Fish is also an excellent source of B vitamins which are needed to help your body to turn food into energy and also for healthy blood. Fish is particularly rich in vitamin B12 – one serving of salmon will give you four times your recommended daily amount!

Fish is also rich in many of the minerals we need for good health. Fish is a good source of zinc, iodine and selenium. Zinc is needed for healthy skin and a healthy immune system. Iodine is essential in helping to keep your body’s metabolism running as it should and selenium is a powerful antioxidant.

Oil-rich fish like salmon, trout, mackerel and herring have some extra benefits. Oil-rich fish are all good sources of vitamins A and D. Vitamin A is needed for healthy skin and good night-vision and vitamin D is essential in helping you to absorb calcium from your food.

The other benefit of oil-rich fish is that they are rich in healthy omega-3 fats. These special fats cannot be made by your body so it is important that you eat them regularly for good health. Omega-3 fats are essential for healthy brain, eye and nerve development in babies and children and they may help to reduce the risk of diseases like Alzheimer’s and dementia as you get older. Omega-3 fats also help to reduce the risk of heart disease – eating fish once a week can cut your chances of a fatal heart attack by up to 52%! Omega-3 fats may also be important in helping to prevent or treat other diseases such as arthritis and certain types of cancer.

All of this and in a package that is low in saturated fat and cholesterol! All types of fish have health benefits: white fish, oil-rich fish and shellfish. Some people with high cholesterol sometimes avoid shellfish but mussels, scallops and oysters are all very low in cholesterol and studies show that even prawns, crab and lobster have no effect on blood cholesterol levels. No wonder it is recommended that we all eat fish at least twice a week, making sure to have at least one serving of oil-rich fish.
Lá Gaeilge

Bhi lá fá choinne forbairt acmhainní Ecnamaíocht Bhaile trí Ghaeilge ar siúl in Ionad Oideachais Átha Luain ar an Satharn 2ú Deireadh Fómhair.

D'fhreastal ochtar múinteoirí ar an lá agus rinne said go léir obair sármhaith ag aistriú acmhainní Béarla. Beidh roinnt acu le feiceáil ar an DVD a bheidh ar fáil go luath i Mi na Samhna ins na hIonaid Oideachais timpeall na tire.

Maidir leis an lá seo dúirt Eibhlís 'Lá iontach a bhí ann. Cruinniú eile go luath'.

Home Economics Induction Day

Induction Days for newly qualified teachers and those returning to teaching were held in Athlone Education Centre on Saturday 2nd October and in Dublin West Education Centre on Saturday 9th October. A total of 47 enthusiastic teachers attended. A range of practical topics were covered in the course of both days.

Programme Planning was examined under four headings, where practical advice and guidance was given with reference to ‘A Guide to Subject Inspection at Second Level’. This was with the aim of helping teachers organise their Subject Planning Folders.

In the second section of the day, we looked at how to prepare students for their Junior Certificate Home Economics Food and Culinary Skills examination and the optional study work. We looked at the State Examinations Commission (SEC) Guidelines and familiarised participants with correspondence from the SEC. The requirements for the Optional Study Work were examined and a range of projects were viewed.

The final section of the day focused on the Leaving Certificate Practical Coursework Journal. The assessment format, documents from the SEC and journal layout and mark allocation were discussed. Recommendations for good practice were given for each section of the journal. An opportunity to correct an exemplar journal was given to highlight the allocation of marks and guide the teacher to prepare their students for their Coursework Journal. Overall, feedback from participants was extremely positive and they found the day to be very informative and practical.

Comments from Induction Day

Sarah said ‘now I am very keen to attend further in-service with PDST. Most organised, efficient and informative in-service I have ever attended’

Máire said ‘I just thought the whole day was so informative and inspiring. More of the same’.

Láthraoirí an Lá Gaeilge Catherine Boyce agus Caoimhe Héarún.
Compiled by Úna Shelly, Grange Post Primary School, Grange, Co. Sligo

www.spunout.ie
SpunOut.ie - Irish youth health, media, information, activism; Ireland’s National Youth Website. SpunOut.ie is a youth-led media initiative covering all aspects of youth information, health, lifestyle and activism. SpunOut.ie aims to guide young people...EXCELLENT for video clips on social issues.

www.seai.ie
Sustainable Energy Authority of Ireland. A very useful website with a wide variety of downloadable resources including - A Guide to Sustainable Energy, Be Your Own Energy Manager, Wind Turbines in 50 questions and answers, Renewable Energy In the Home, Your Guide to Electricity in the Home: this booklet looks at the use of electricity in the home and explains energy labelling of appliances.

“The Story of Energy” View or download an animated video; Energy Game for use with JC Resource Management. A Home Economics section is being updated at the moment.

www.citizensinformation.ie
A very useful site for information on consumer affairs, education and training, health, environment, money and tax and housing. Information on Voluntary Organisations in Ireland site can be navigated in English, Irish, Polish, Romanian and French, could be useful for non-national students; contains a very good micro-site called keeping your home.ie

www.grainchain.com
Cereals and Grain; Great resources for students and teachers on cereals. News, information, teaching ideas and resources. For teachers: information, lesson plans, activity sheets and support materials divided into age groups includes video’s and interactive lessons and games.

www.lookandtaste.com/
Cooking Videos & Video Recipes from Chefs and Users at …this website provides very good video recipes, chefs videos, healthy food tips, cooking tutorials and much more. This sites aim is to help nurture and develop people’s love of food.

www.deliaonline.com
A great selection of recipes, an ingredients A to Z, Information on Equipment, cooking tips. Excellent website for practical coursework research.

www.top100familysites.com
Great links to loads of sites - good for junior cert projects
www.foodafactoflife.org.uk
Food-a fact of life provides a progressive approach to teaching about healthy eating, cooking, food and farming from 3-16 years. This site provides a wealth of free resources to stimulate learning, ensuring that consistent and up-to-date messages are delivered. Watch videos, try new recipes and play interactive games.

www.fsai.ie
Promoting food safety and nutrition advice to consumers on the island of Ireland. Lots of downloadable resources on legislation, additives, nutrition, HACCP and microbiology. Linked sites include www.safefoodonline.ie

www.safefood.eu
safefood is responsible for the promotion of food safety and nutrition to consumers on the island of Ireland. Lots of downloadable education resources are available.

www.teachnet.ie/homeeconomicshelper
Teachnet/home economics helper; excellent resource site with many links to other useful sites, easy to navigate, very student friendly, useful for revision. Covers, junior cert, leaving cert and leaving cert applied. Students really enjoy the games and learn a lot along the way.

freeology.com/graphicorgs
Freeology - Nearly 100 free printable graphic organizers for all occasions. Thumbnail gallery shows you the file before you click it.

www.freebyte.com/
Freebyte! - Freeware, shareware, clipart ...Free paint programs, free vector drawing programs, free desktop publishing, icon editors, cursor editors, ... Organizers, Databases, Word Processors

www.classroomclipart.com
Clipart/ Food
Free Food Clipart - Free Food Clipart, Clip Art Pictures, Illustrations and Photographs
Food, 76 files found on 13 pages. Displaying 6 files per page. ... in categories, quick and useful

www.webweaver.nu
Free food clipart in a variety of categories. Download these graphics for use on a website, email or whatever you need images of various foods for.
Maths and Sciences Subject Pillar Support Programme Plans Sept - Dec 2010

**Leaving Certificate Science & Maths**
PDST Science and Maths provides continuing support to the teachers of Science and Maths through courses organised in association with Education Centres. These courses will be elective and take place outside of school time. Science and Maths support will focus on providing relevant courses and resources to address identified needs and enhance the classroom learning and teaching of Science and Maths.

These will include face to face Induction Courses and Evening Courses as well as some online and blended courses. A consultation service by fax, phone or email will be available. Further support will be offered through the subject websites and online newsletters/magazines.

**Evening Courses**
A series of local courses will take place in Autumn 2010. These will include some ICT resource workshops introducing different interactive teaching strategies, others will support local identified needs and be organised in partnership with Education Centres (EC) and in collaboration with the Teachers’ Subject Associations.

Participants will be notified in advance through mail and where possible by text. More details are given on the PDST website on [http://pdst.ie/](http://pdst.ie/)

**Subject Websites**
The websites will contain details of all upcoming support events. They will also contain new downloadable teaching resources, which will be continually updated. Teachers are invited on logging on to the website, to register and leave a comment on the discussion forum where experiences, queries and resources can be shared.

**Magazine**
Online issues of the subject newsletters/magazines will be produced during the year.

**Some Priorities**
1. Increasing and training local facilitator teams.
2. Induction courses for new teachers and Induction Courses.
3. Embedding Active learning strategies such as Assessment for Learning, Enquiry based learning, Group work and Co-operative learning strategies in classroom teaching resources.
5. Supporting teachers who teach through Irish.
6. Identifying, generating and compiling good practice ICT resources.
7. Collaborating with interested agencies to support identified needs.

**Home Economics Support**
Support in home economics will continue to assist teachers with the implementation of the revised LC syllabus and contribute to their professional development. Details of all courses are available on the home economics website. A help line service by phone and email is available to all teachers.

- Modular Course: Home Economics Induction Courses have been arranged outside of school time in Athlone EC on Saturday Oct 2 and Dublin on Saturday Oct 9, 9am - 4pm.
- A Course for teachers who teach Home Economics through the medium of Irish has been organized Sat Oct 2, in the Athlone EC from 9.00 am - 4 pm.
- Modular Course Implementing Current Teaching and Learning Strategies in Science Classrooms This is a collaboration between PDST Science Subjects and is organised for Kildare and Limerick as a series of evening meetings.
- Two meetings to upskill and train local facilitators and design in-service courses for Spring 2011, are also organised during first term.
- The compilation of a Database of teachers is ongoing.
- Website resources will be produced and uploaded onto the website.
- Resource workshops have been arranged for each of the 21 Education Centres during November.

**Website**
Access the home economics website at [www.pdst.ie](http://www.pdst.ie) and by clicking on the home economics icon or directly at [http://www.homeeconomics.pdst.ie](http://www.homeeconomics.pdst.ie)

The website offers information on courses, teaching resources, programme planning and practical coursework. In addition, it has an interactive forum so that teachers can share ideas and communicate with one another.

Support materials for teachers and PowerPoint presentations will be generated and uploaded on to the website. The website is bilingual to cater for the needs of teachers who teach as gaeilge.

**Publications**
*Home Economics Matters* online Magazine
You are invited to participate in the ‘Home Economics Resource Meetings’ which have been arranged in the following venues.

All meetings will run from 7.00–9.00pm

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We all have useful resources which we use daily. We invite and encourage you to bring along a resource which you find useful in teaching e.g. a worksheet(s), a book, poster(s), games, powerpoints, models, useful websites etc.

All participants will receive a copy of a resource CD which has been generated and tested in classrooms by teaching colleagues and worked particularly well.

If you or any of your colleagues might enjoy an evening sharing information and discussing useful teaching and learning methods for the home economics classroom, please contact:

Ms Angela Thompson,
Co. Wexford Education Centre,
Milehouse Rd., Enniscorthy, Co. Wexford.
Fax: 053 – 9239132
Phone: 053 – 9239121
Email: homeeconomics@pdst.ie

Induction Courses 9am - 4pm:
Athlone Ed Centre Sat 2 Oct
Dublin West Sat 9 Oct
As Gaeilge - ICT Sat 2 Oct

The meetings will give Home Economics teachers the chance to meet and share:
- Resources which have enhanced the learning of home economics in their classroom.
- Classroom activities - insights and experiences.
- Exemplar materials.