School-based teacher education is not a new phenomenon. Normal, demonstration (or teaching) schools existed long before teacher education programs were established in the university. This long history of practice provides a rich evidence base of strategies that current school-based teacher educators can draw upon.

This presentation evaluates this 200-year-old practice repertoire of teaching schools against what is currently considered as the best evidence-base for what constitutes the active ingredients of effective teacher learning. The results of this evaluation have clear implications for the chefs and kitchens of this new teaching school movement in independent schools across Australia.