

MAKING THE Connection

TO
Career Technical Education

Thursday, October 31, 2024

CHIPPEWA VALLEY SCHOOLS

'RECIPE FOR SUCCESS' EXECUTIVE CHEF TEACHES CULINARY ARTS

By Dean Sabelhaus

Director for Career and Technical Education

What happens when you take an Executive Chef with twenty-five years of culinary industry experience who just happens to have the heart of a teacher and hire him to teach a Culinary Arts program in the school district he grew up in?

You get a passionate, seasoned professional, who invests in his students, their success, and the community. Russell Zampich, a Certified Executive Chef and Culinary Educator through the American Culinary Federation (ACF), has been teaching the program at Dakota High School for eight years and at every turn, he continues to refine his recipe for student success, allowing them the experience to grow both as culinarians and as people.

At his side providing this high-quality Career and Technical Education (CTE) experience for students is Teacher Assistant Doree Hodges whose love for the program and for students is evident in everything she does.

For decades, Chippewa Valley Schools has offered this incredible CTE course in Culinary Arts to its students, teaching and sharing the wonderful world of cuisine.

This exciting two-year program of study provides students with in-depth educational experiences to prepare them for both entry level employment and continuing postsecondary education in the hospitality and food service industry.

The first year of the program focuses on foundational knowledge and skills such as safety and sanitation, customer relations, kitchen and business math, and food prep skills, all important competencies necessary for successful entry in the hospitality and food service industry. Students in this first year also begin to participate in the operation of The Meeting Grounds Restaurant at Dakota High School.

In class, which runs for a two-hour block, students not only learn to prepare food, known as "back of the house" operations but also "front of the house" operations like food service, marketing, and the business of running a restaurant.

Students in the second year of the program continue to hone their skills in the kitchen and dining room but also begin to learn about menu planning, cost control, accounting, restaurant management, quantity food production, and more.

While students are learning these skills, they are also learning how to work and function as a team through effective communication and collaboration.

Teamwork, problem solving, time management, and personal work ethic are just a few of the 21st Century success skills Chef Russell and Doree teach and expect their students to develop.

While enrolled in the course, all students complete online training and earn the World Food Safety Organization (WFSO) Food Protection Manager certification. The students can also earn the National Restaurant Association's ProStart Certification through the program.

This program prepares students for a range of restaurant and food service roles. Students also complete modules to



PHOTOS COURTESY OF CHIPPEWA VALLEY HIGH SCHOOL

RED LENTIL CURRY SOUP

Number of servings = 8

Ingredients:

- 1 C onion small dice
- 2 C red lentils rinsed
- ½ C rice
- 10 C low sodium vegetable stock
- 1 C vermicelli
- 1 T Curry powder
- ½ C lemon juice + more for taste
- 2 C baby spinach rough chopped
- T.T. Kosher Salt

earn certifications in workplace safety and sustainability along with a Food Allergens certification from ServSafe. Chef Russell also works closely with the ACF, which is the industry standard of the culinary world. Earning credentials such as these really set students up for success as they enter the next level of either employment or schooling.

Each year, Culinary Arts students participate in a variety of Work Based Learning (WBL) events like Manufacturing Day where they learn about mass food production and sanitation from local companies like Ethel's Bakery or Achatz Handmade Pie Company.

They also participate annually in the Chippewa Valley Education Foundation Taste Fest and Auction where student creations are always a crowd favorite. Other WBL experiences include "curriculum night," held at both Dakota and Chippewa Valley High Schools each February where current students advertise the program to potential future students and their parents, serving up a variety of tasty treats to patrons. Their table is a crowd favorite!

Beyond the classroom learning and firsthand experiences, Chef Russ involves his students in a variety of student competitions like ones annually hosted by Dorsey College, Macomb Commu-



nity College, and the Culinary Institute of Michigan (CIM) in Port Huron, where students can assess their knowledge and skills against their peers and under pressure. Late this past Spring, the Chippewa Valley and Dakota Culinary Team competed for a second time in the ACF competition held at CIM and earned two Gold, ten Silver, and 10 Bronze medals along with special recognition awards in a host of categories like Best of Show, Creativity, High Score, and Artistry.

This team was practicing over Spring Break for the event, and it obviously paid off! The Culinary Team has also competed in the high school competition "The Best Cook of Macomb County" held at MCC and has held the title for 3 years running. In recent

years, Chippewa Valley Schools has been remarkably successful at each of these events, setting the bar even higher for this year's students as well as other competing schools.

Chef Russell also engages his students in the "NASA Hunch Challenge" each year where students nationally compete in the "Astronaut Culinary Challenge," where students are tasked with developing recipes for Astronauts aboard the International Space Station.

The program aims to give students a window into space research in a fun, yet professional environment where their recipes are judged for quality and of course, taste! A new culinary theme is presented to schools each year with the challenge be-

ing for students to create recipes that consider food processing procedures and nutritional requirements that meet the standard of the NASA Johnson space Center Food Lab and last year, the theme was "Hearty Soup or Stew." Chef Russel's students submitted their creative recipe for "Red Lentil Curry Soup" (see inset box) and ranked in the top ten!

From high quality instruction and hands-on technical skill development to multiple industry approved student certifications, it is easy to see that students are getting a first-class CTE experience in the Culinary Arts program in Chippewa Valley. This comprehensive student learning experience has all the right ingredients for student success in the world that awaits.

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For more information about CTE, contact
Shannon Williams at 586.228.3488 or swilliams@misd.net



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Clinton Township, MI 48038
586.228.3300

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Thursday, January 25, 2024

CHIPPEWA VALLEY SCHOOLS

Preparation to meet Michigan's healthcare demands starts here

By Dean Sabelhaus
Director for Career and Technical Education

When it comes to high-wage, high-demand careers, healthcare is currently at the top of the state rank list regularly issued by the Michigan Department of Education's Office of Career and Technical Education, and Chippewa Valley Schools (CVS) has a long and proud history of providing entrance into the medical field for its students enrolled in what is known as the Medical Academy.

This integrated, cross-curricular program blends a state-approved Career and Technical Education (CTE) healthcare curriculum along with an English curriculum that is designed to prepare future healthcare professionals.

The two-year sequence of courses, starting in the 11th grade, consists of Medical Careers, Anatomy of Health and Disease, Medical English, and during the student's senior year, a hands-on patient care experience at either Henry Ford Macomb Hospital or McLaren Macomb Hospital. Utilizing the flexibility of the Michigan Merit Curriculum (MMC), Medical Academy English teachers correlate lessons with Medical Academy Health teachers that meet all the college prep English 11 and English 12 standards using materials that focus on issues, ethics, and practices in healthcare.

Completers of this two-year program also earn 1.5 elective science credits toward graduation because of the related Anatomy lessons therein.

The capstone experience of the Medical Academy happens in the senior year, where advanced students combine classroom learning with work experience at one of our two partner hospitals.

This work-based learning experience, meeting six to eight hours per week at the hospital is essentially an internship where students rotate through several departments within the 7 months that they attend.

Working alongside healthcare professionals, students come away from this intensive, hands-on learning having taken part in a host of routine hospital functions ranging from obtaining vital signs and blood glucose levels, to drawing blood and assisting patients with their needs. Students are also able to observe advanced procedures such as cardiac catheterizations, c-sections, live births, IV therapy, trauma care, pharmacy procedures, and chemotherapy sessions, to name a few. Beyond the obvious skills learned, working in this environment allows students to sharpen their communication and employability skills while

they work with hospital staff.

Julia Boscaglia, Henry Ford Macomb Hospital Volunteer Coordinator, who will be representing Henry Ford Health (HFH) this year as the Outstanding Business Partner of the Year for CVS shared that "dozens of Dakota graduates are currently employed in various positions throughout the [HFH] system in Michigan. When Dakota students apply for positions, there is almost no hesitation to hire because of the experience that these graduates come to us with...they know our system."

Year after year, graduates of this program who are continuing their education in the field of healthcare find themselves far more prepared than their peers and regularly share this with their former Medical Academy teachers.

The preparation they get while in the classroom, while academically demanding, sets them on this course of excellence. 2023 Dakota High School graduate Yousif Basheer recently shared with his former Medical English 12 (ME12) teacher, Kristina Sobota, his current college academic writing class is "an easier version of ME12."

He was thankful to have already learned APA format for an upcoming research paper because of the experience in her class. "You were totally right every time you said: this is exactly what your college professor is going to ask you to do," said Basheer.

Correspondence from former students and comments like these are not uncommon for both English and Health teachers in the academy, evidence that this program works well to prepare students.

Many program graduates go on to some sort of post-secondary training in healthcare and roughly 10-15% of their students are directly admitted to Health Education programs at Oakland University, Wayne State University, Michigan State University, and University of Detroit Mercy annually.

Former student Paige Woodman, who just graduated nursing school, will begin her nursing career as a Registered Nurse (RN) in the Neonatal Intensive Care Unit (NICU) at Children's Hospital.

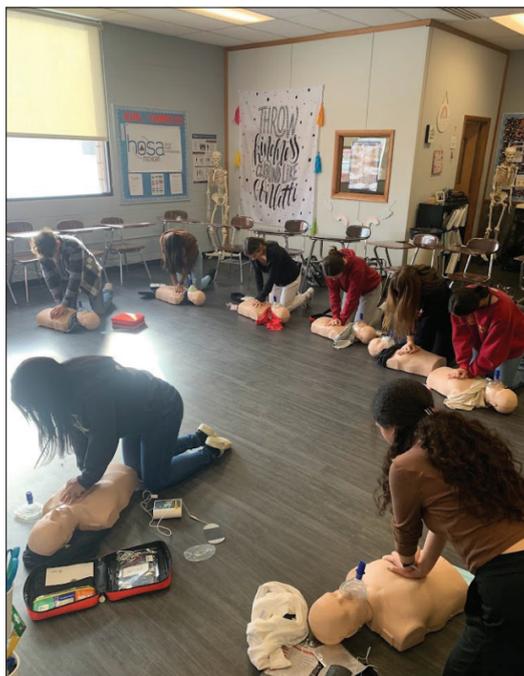
She recently shared with her former instructors that "the Medical Academy as a whole was definitely a big factor" in her pursuit of nursing as a career.

And Samantha Folley, a Patient Care Technician at Henry Ford Macomb Hospital, recently accepted a position as a NICU RN at Henry Ford Main in Detroit. Samantha shared that after reading the book *Holding Silvan* written by Monica Wesolowska



PHOTOS COURTESY OF CHIPPEWA VALLEY SCHOOLS

Healthcare program students take a minute to pose for a group photo.



Students practicing CPR on mannequin.



Students wearing gowns, gloves and face shields commonly referred to as personal protection equipment in the healthcare field.

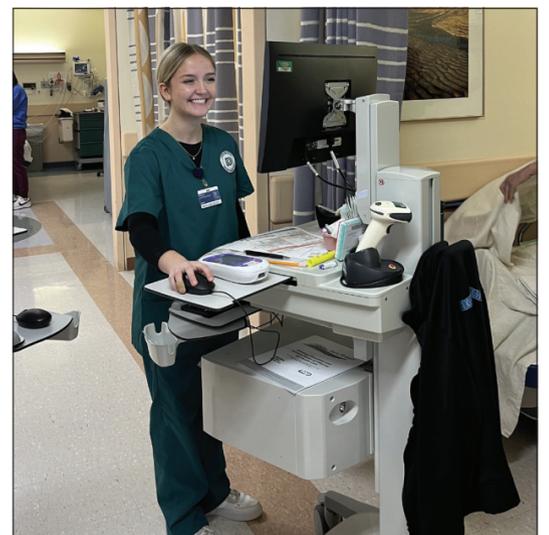
while in the Medical Academy, she dreamt "of working with neonates" and that reading the book was the reason why she entered a nursing program after high school. "It was my motivation to push forward through every obstacle, including working at a hospital during a pandemic," shared Folley. Success stories like these are but a small sample of what the Medical Academy and its collaborative education model, one that combines health industry training with related readings that satisfy MMC English language graduation requirements, can boast of after twenty-five years in existence.

The goal of all CTE programs is to provide students with learning opportunities that are directly connected to their future

success.

The Medical Academy program in Chippewa Valley Schools, in partnership with Henry Ford Macomb Hospital and McLaren Macomb Hospital, provides direct access to careers in healthcare for students while also meeting the needs of the medical community.

By combining a hands-on learning environment taught by instructors whose resumes are filled with industry experience, and with support from industry advisory panels that help instructors tailor curriculum and guide lesson planning, students are provided with real world learning in a real-world work environment. What better way to get a jump on this high-wage, high-demand career pathway!



The program emphasizes health care skills. This student is monitoring vital signs and entering them in the patient's file.

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