

PROSTART EDUCATOR NEWS BITES

News You Can Use for North Carolina ProStart Educators from NC HEF
November 2018

Fall educator training highlights

The fall ProStart educator training was held on 11/1 and 11/2. Thirty-three teachers from across North Carolina attended. At this year's training, educators spent Thursday learning from Chef Mitch Samples and Chef Sherry Stolfo in hands on sessions that focused on proper cooking methods and preparation techniques covering a variety of foods taught in the ProStart curriculum. Educators learned how to make Shrimp and Grits, Pan fried tilapia, and experimented with crepes. Educators also practiced sauce construction and plating presentation. Both Chef Mitch and Chef Sherry are professional culinary instructors that have worked with NC ProStart for the past 5 years and judged at the NC ProStart Invitational in a variety of categories.

On Friday, teachers spent the day learning about COA attainment and improving assessment scores on end of course exams. Through collaboration, combined with practical test taking strategy discussions, teachers looked at current testing data along with current test questions to improve instruction. Teachers met Scott Weir with Aramark Dining Services at UNC-CH and learned about internship opportunities across NC for ProStart students.

Special thanks to Ashley Whitesides at Cary High School for opening up her classroom for the hands on training session. We appreciate Ashley and her school for accommodating us.



Above: Teachers working together and with instructors in the culinary lab on Thursday 11/1.

***“A good chef has to
be a manager, a
business person,
and a great cook.
To marry all 3 to-
gether is some-
times difficult”.***

-Wolfgang Puck

Important Dates

- 11/30: Competition Skills Boot Camp, Charlotte, JWU
- Certified Guest Service Professional Seminars: Raleigh (11/19), Jamestown (12/5), Asheville (12/6)
- 12/3: NC HEF Scholarship application opens for 2019
- 1/9/19: NCPI Intent to participate forms due
- 1/25/19: NCPI team registration payment due
- 3/7-3/9: 2019 NCPI, Charlotte, JWU
- 5/8-5/10: 2019 National ProStart Invitational, D.C.

Ideas for recruiting potential ProStart students

Building a successful program in any course of study takes time and persistence. Many CTE courses do not rely on the teacher to recruit and grow the program. Reflecting back on my personal experience in high school, I took "Keyboarding" (thank goodness I did) not because I wanted to be a secretary but because it was a life skill. Everyone had to know how to type a document. Yes, I learned on a typewriter. In the 8th grade at Daniels Middle School I registered for "Computer Science" because we were told: "when you grow up, every house will have a computer". I doubted that back in 1983 but was I wrong. Even though Windows didn't exist back then, students were learning in that class about the basics related to computer operating systems.

Not all ProStart students are on the career path to executive chef. However, they are all in need of the life skills that ProStart teaches and encourages. With this in mind, your potential ProStart students aren't just kids that "like to cook". Most definitely, you should start with the students in your Foods 1 and 2 courses. These students are learning kitchen fundamentals under your leadership. Perhaps identify many of these students to continue on. Speak encouraging words to them like, "I really enjoy having you in Foods class. Have you considered ProStart? I would like to keep working with you because..." It sounds so simple but very few kids have an adult who inspires them to consider the opportunity. You can be the inspiration! You might say something like, "Wow! You really are good at working with your lab group. I would love to have you in my ProStart class. Have you ever thought about running a restaurant? You would make a great manager."

Here are some ideas to recruit students outside of traditional FCS courses:

1. Partner with your digital media/business teacher and collaborate on a project related to menu design and/or business planning. This will introduce you to other students and the content being taught in ProStart to the students in that program area.
2. Reach out to the middle school CDC and invite her to your classroom to see what ProStart is doing. Not only could middle school students tour your program or watch a competition demonstration, but they need to understand the Hospitality cluster courses so they will be ready for ProStart as upperclassmen. The CDC can help direct students on the right path.
3. Offer to be a guest speaker in the drafting class. Talk with the students about how ProStart can introduce them to the world of restaurants if they think doing architecture and engineering for new restaurant concepts might be fun. All of the cool concepts require cool buildings!

Why your school should compete at NCPI

Perhaps you are on the fence about why you should assemble a team and compete at the North Carolina ProStart invitational (NCPI). I remember being very nervous about taking this plunge to "just do it" but at the end of my first competition (March 2013), I can say it was the best decision I ever made. Here are some reasons why you should consider competing at this year's event:

1. You will build momentum in your program. If recruiting is a problem or you are a new program, competition will help to build excitement about ProStart at your school.
2. Students that place in the top 3 of each category will earn scholarship awards.
3. Students learn how to keep going in the face of adversity through competing.
4. You and your students will most likely build relationships that extend beyond the classroom. I still receive phone calls, emails, and texts from competition team students.
5. Your school will be acknowledged in front of industry partners across the state and JWU instructors. This builds value and awareness to what you are doing in your ProStart program.

Contact Me

Mandy Hines

Director of Hospitality
Education
222 N. Person St., Suite
210 Raleigh, NC 27601

Office (919) 277-8582

Cell (336) 671-2702

Email:
mhines@ncrla.org

Visit our website for the
resources you need:
www.ncrla.org

National website for
ProStart programs:

www.chooserestaurants.org

