

What's in the news!

Featured School: Palomar High Schools

Program of Study:

Hospitality, Tourism and Recreation

Program of Study:

Public Service



Griselda Delgado
Palomar High School
Principal

students to reengage in school. Many of our students are behind credits because they have been out of school. These courses that connect them to real life are critical in keeping them focused in school. Students enroll in our culinary program and learn skills that will give them an opportunity to earn internships, scholarships and ultimately a good paying job. Our culinary program is in its first year and already our classes are full and students can't wait to enroll when space become available. Students who participate in the course learn that being a professional, knowledgeable about their job, and accuracy when doing their work gives them skills that will benefit their future employment in any job.

continuation high school. They bring real world skills and experiences to our students who struggle within a tradition school setting. My vision for our CTE programs is that we continue to promote them at PHS and continue giving students opportunities to gain skills so they can be hired as an intern and eventually get a well-paying job. These courses motivate students to do well in school and the curriculum connects them to real work experiences. Our program is currently very small, but we foresee our culinary and criminal justice program growing and expanding to internship academies so students can earn scholarships to continue their education after they graduate from high school.

Palomar High is a continuation high school that services SUHSD students who are behind credits and at-risk of not graduating from high school. Our curriculum is standards based and we offer most of the same classes as any comprehensive high school. Our teachers focus on college and career readiness skills so students catch up on knowledge that was missed due to various personal situations. We target our instruction to assist them on having experiences that expose them to real life situations that will build their skills and knowledge to be ready for the world of work.

Our Criminal Justice class has been available for students for the past two years and gives them exposure to law enforcement professions. This is a very valuable experience for the students since it builds knowledge on how to function better within our laws and also gives those opportunities to explore careers that don't require a four year college degree. Many students are encouraged to enroll in Southwestern College's Criminal Justice program and then pursue the police academy.

These types of programs are the bridge our students need for better employment and it gives them a purpose to pursue higher education. At-risk students need to see the purpose of school. If connections between school and career are made early in high school, students will be gain motivation to get through courses that are not very enjoyable to them. CTE is the bridge to Common Core State Standards and a key component in critical thinking and real life application. I'm thankful for working with ROP and offering this opportunity for our students at PHS.

Our Career Technical Education courses are a great motivator for our

Our Career and Technical Education program is a key component in a

CTE

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Tom Phillips
Navy Internship
Program Coordinator

The program is a partnership with local Naval commands and the education community. Participating organizations are the Naval Southwest Regional Maintenance as well as both Harborside Elementary School and Loma Verde Elementary Schools. Harborside and Loma Verde are low-income Title One schools and part of the Chula Vista Elementary School District. Students who work at these Elementary Schools gain experience as tutors, classroom aides, or clerical office staff. Students who work on the Naval base have opportunities to gain hands-on experience: welding, life-raft repair, valve and ship maintenance. In all positions, students are mentored by motivated adult mentors, who are committed to providing students with personal, as well as career support.



Palomar High School is a continuation high school for at risk students. Palomar educates a culturally and ethnically diverse population, 83% of which are Hispanic, 9% White, 3.6% African-American, 2.6% Filipino and 1.8% other ethnic/cultural groups. Students are referred from their comprehensive high schools for a lack of academic progress and credit deficiency. The average student enters Palomar High School 1.5 years behind in credits.

Approximately 100-125 students participate in this program each year. There are two sessions: one for students who attend school in the a.m. session, and one for students who attend the p.m. session. Currently, we offer positions to students at Southwest Independent Studies High School to about 30 students a year. However, Palomar has the most participants and acts as the overall coordinator. The semester program is offered in the fall and spring. Students who successfully complete the program earn 5 elective credits. This can move a student's graduation up a semester. Students also earn Letters of Commendation from the Principal and Certificates of Merit from the Navy. Students with outstanding attendance and citizenship also earn an Award of Distinction. It is not unusual for a student to repeat the program for additional experience and credit.

Palomar offers students an opportunity to participate in the award winning Navy Internship Program. The program was a receipt of the "Golden Bell" award for its excellence and achievement. The San Diego Chamber of Commerce recognized it as one of its "Best Practices" in San Diego County. In 2003 the program was recognized by the California Continuation Education Association as one of its "Exemplary" programs. The program has also been recognized for excellence by Attorney General Janet Reno and Secretary of the Navy Danzig.



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Vicente Villalvazo

Teaches:

Criminal Justice Careers

we enjoy more freedoms than any other country in the world.

The course does not focus and direct students into the criminal justice field. It is intended to expose them to options they may not have considered. The course also offers students the opportunity to develop job skills which will benefit them regardless of their career choice. They are taught how to develop an effective resume, improve their job interview skills, develop critical thinking and problem solving skills, and setting short and long-term life and career goals.

proudly returned to tell me they are working, and some are attending college.



This is the second year we have offered Criminal Justice Careers to Palomar High students. This course is an opportunity for the students to evaluate where their future career goals are headed. Criminal Justice offers dozens of career paths with many options. These include law enforcement, the courts and judicial system, and corrections. Each of these fields offers a variety of opportunities. Students are taught career planning and the requirements for pursuing their career choice, regardless of whether it happens to be in the criminal justice field or some other career path. Students learn about the foundation of criminal justice, the Bill of Rights and how it directly impacts virtually every aspect of our criminal justice system. Students learn about their individual rights and how our society and the criminal justice system have evolved to a point where

I bring 32-years of law enforcement experience with the San Diego Police Department with assignments in a variety of units, primarily in the investigations field. I use my experiences to illustrate what is taught from our textbook. They are taught that solving criminal cases involve the use of problem solving as well as critical thinking skills and, contrary to what they see in television shows, cases are not solved in one hour. I emphasize the importance of developing their writing, math, and science skills and how these skills will enhance the ability to excel in this field.

This teaching experience has been rewarding far beyond what I experienced in my previous career. I have had several students tell me they had not considered criminal justice as a career, but since taking the class they have chosen to pursue this field. Some students who have graduated



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Lesslye Flores
Teaches:
Culinary Arts

As you can well imagine, the culinary arts industry is growing, and in order to remain competitive, we must be aware of cultural and specialty food trends. The Culinary Arts program of study at Palomar High is extensive, in-depth, enriching and second-to-none.

Former students are already working in this industry and are applying the concepts they learned in class. Current students are highly motivated and excited to come to class on a daily basis. Ultimately, these students not only study culinary arts for themselves, but also, to showcase their culinary skills to their parents.

I see this course at Palomar High continuing to evolve into the middle schools and firmly connect with high schools. The students will gain the essential knowledge of how the culinary world functions, and how it is directly connected with hospitality and tourism. Our students will be better trained and have a clear idea of their future career selections. In the near future students can participate in local competitions and can begin earning scholarships through different local and national institutions.

Students at Palomar High School can take advantage of our Culinary Arts classes as a general elective or as a graduation requirement. The curriculum within Culinary Arts can also be infused in math, language arts, social science and, definitely, business classes. As the culinary realm makes every effort to collaborate with core academic teachers, we invest ample time discussing ingredient measurements, reading and interpreting recipes, and student-peer collaboration. Also, world cultures and geography is applied through cultural foods and the global region from where these foods came.

Housing, clothing and food markets, inevitably, will always be society's primary investments. As we compete in a global society, much like construction and fashion, local cuisine must continue to create healthier and more appetizing foods.

