



VERMONT
COMMONS
SCHOOL

Press Release

For immediate release
October 8, 2009

Contact: Wendy McArdle
Phone: 865-8084 x31

Vermont Commons Students Read Globally and Eat Locally

**Reporters: Please join us for a potluck lunch featuring locally grown food!
Interview students about the books they read and their local food posters.**

**12 noon on Friday, October 9, 2009 at
Vermont Commons School -- 75 Green Mountain Drive in South Burlington**

Tomorrow, the entire student body at Vermont Commons School in South Burlington will be taking a break from their regular classes to focus on two books by Michael Pollan, *The Omnivore's Dilemma* and *In Defense of Food*. These books were selected as the "common texts" for all students and faculty to read this past summer.

Common Text Day is intended to provide an opportunity for the entire Vermont Commons community to discuss a book and explore the issues raised by the author in more detail. Since Pollan's books explore the question of where our food comes from, the focus of Friday is how our food choices affect our diet, our economy and our environment.

The day will start with a screening of *King Corn*, a documentary about two college students who grow an acre of corn and follow it from field to market. According to an online review (on fandango.com), *King Corn* "is an informative and at times disturbing account of both the food Americans so readily consume without so much as a second thought and the alarming state of the contemporary agricultural industry."

Following the film, the students, faculty and parents will gather for a potluck lunch featuring local foods procured and prepared by VCS students. "Each class was assigned a specific food group," explains Mark Cline Lucey, instructor of Social Studies at VCS and one of the faculty

75 Green Mountain Drive • South Burlington, VT 05403
phone (802) 865-8084 • fax (802) 865-2429
www.vermontcommons.org



VERMONT
COMMONS
SCHOOL

members on the Common Text Day organizing committee. Seventh graders will make dishes focused on root vegetables while 8th graders will use local fruits and juniors will focus on local dairy products. In addition, each class was asked to prepare a poster to educate their classmates about information specific to their food group. “We want our students to learn more about where their food comes from, and how what they eat impacts our economy and our environment,” says Cline Lucey.

The final component of the day involves VCS students going off campus to Shelburne Farms where they will get their hands dirty in the market garden and dairy barn. “We’re committed to getting our students out of the classroom and into the world,” says Cline Lucy. “Like Vermont Commons, Shelburne Farms has a mission devoted to environmental education and cultivating the conservation ethic. They’re an amazing resource for our school and a perfect place for us to wrap up Common Text Day.”

NOTE: A follow-up press release will be emailed after Common Text Day. The follow-up will include quotes from students, recipes from the potluck lunch and photos taken throughout the day.

About Vermont Commons School: Vermont Commons School is an independent day school for students in grades 7 – 12. The school offers a rigorous, college-preparatory curriculum that includes a focus on community service and experiential education. The mission of the Vermont Commons School is to provide a vision of education that crosses traditional boundaries and develops ecological citizenship, with the goal of empowering students with the knowledge, character, skills, and moral vision necessary to become responsible, pro-active members of the world community. For more information, please visit www.vermontcommons.org.

#