

# Press Release

For immediate release  
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Contact: Mark Cline-Lucey  
Phone: 865-8084

## Vermont Commons School Class Focuses on Food Education

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*Note: This press release was written by Nora Hill, a seventh grade student from Jericho, Vermont who attends Vermont Commons School. Last week, Nora and her classmates were asked to write a press release about the innovative work their Research and Service class has done focused on food educations. Nora and her classmates studied the format and tone of press releases before taking a stab at writing one of their own. Below is Nora's final draft with minimal edits.*

The Research and Service Program at Vermont Commons School is an integral part of the school's mission. The Research and Service Program allows the faculty and students to use skills learned in the classroom setting to better understand and serve their community and environment. The program provides students the opportunity to draw upon interdisciplinary connections to effect real change in their community.

Mark Cline Lucey teaches the Vermont Commons Farms to School Research and Service program with 11 students. This Research and Service focuses on getting local and healthy foods into the public school lunch program. It also stresses the importance of healthy food and buying local. The students from this Research and Service class have been conducting taste tests in the cafeteria of the Chamberlain School, Orchard School, and Central School. They have also been outside helping out at a greenhouse and a local farm, learning the dynamics of owning and working on the farm.

They have also watched some movies to help stress the importance of good nutrition. Some of these movies have been on the obesity epidemic going on in America today. Others have been on the Vermont FEED program. Mark's main goal is to get "students to explore the relationship between agriculture, the environment, and childhood health." This reflects that the mastermind behind this Research and Service, Mark, really hopes to educate the students.

Ross King, a 12th grader at Vermont Commons feels that he has gotten "a deeper understanding of where our food comes from." I believe that all of the students would agree with Ross.

The Vermont FEED program's motto is the three C's: Community, Cafeteria, and Classroom. This is how they feel children can experience where there food comes from in the most "well rounded" way. The Vermont FEED program is about 5 or 6 years old. They also host the Jr. Iron Chef program. Two students and their teacher, the marvelous Mark, participated in the Jr. Iron Chef competition in March. In the words of Nora Hill, 7th grade, "I feel that I'm coming out of this program with many things, a better under standing of good nutrition,



what our government's thoughts are on our food system, and a greater love of the local organic food that Mark gave us...and carrots."

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*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. Vermont Commons School students experience a unique blend of academics and global emersion, master fundamental academic disciplines, grasp the profound interdependence of the natural and human systems they inhabit, and graduate with the values, knowledge, skills and commitment necessary to become ethical and engaged ecological citizens. For more information, please visit [www.vermontcommons.org](http://www.vermontcommons.org).*

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