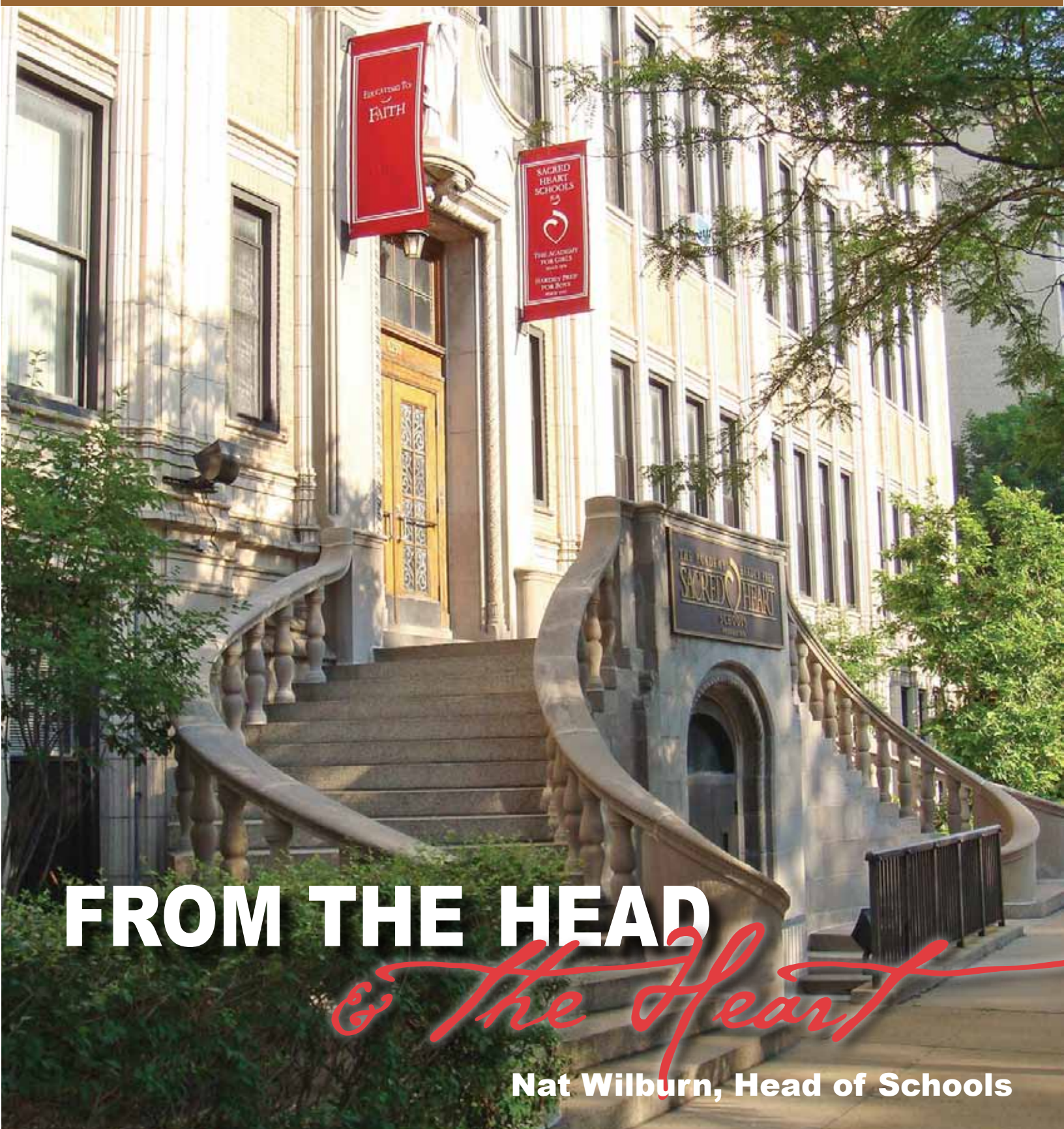


SACRED HEART SCHOOLS



FROM THE HEAD

& The Heart

Nat Wilburn, Head of Schools

INSIDE:

Parent partnership promotes healthy kids
Organic Life lunches get rave reviews

Nat Wilburn
Head of Schools



**Parent
partnership
promotes
healthy kids**

**After several years of
research, the Schools
have implemented a
new lunch program
for 2009-2010.**

**SHS parents played
an important part in
making this happen.
Read about the new
mid-day meal and
the larger implications
it has for healthy
living at SHS!**

FROM THE HEAD

and the Heart

FALL 2009

In 2004 a group of Sacred Heart educators worked to revise the 1990 version of the Goals and Criteria. Nat Wilburn, as a member of the Sacred Heart Commission on Goals, worked with colleagues across the country on this project. A major theme that emerged from their year-long effort was the importance of collaboration and partnership in living out the values of the Goals.

In the 2004-2005 academic year, the Sacred Heart Commission on Goals facilitated a conversation among all the constituencies of the Network Schools and the Religious of the Sacred Heart about the 1990 version of the Goals and Criteria. After a year of communal reflection, the Commission revised the Goals and Criteria, echoing the collective voice of those constituencies. As part of this Commission, I remember a clear theme that became apparent: the future of the world is more dependent than ever on building collaborative relationships – between individuals and among communities.

The events of history from 1990-2005 helped us to see even more clearly the interdependence of our global community. From achieving world peace, to individual health and well-being, each of us shares a personal responsibility to partner with others in promoting the values we believe are essential. While this theme is reflected throughout the revised criteria, it was especially integral to the revision of the criteria of Goal V. There is no such thing as “*personal growth in an atmosphere of wise freedom*” that takes place in isolation. True personal growth is dependent on our relationships with those around us.

This year, as you know, we have a special focus in our community on Goal V. In this inaugural issue of *From the Head and the Heart*, I invite you to read some of the very concrete ways partnerships among members of our community here at Sacred Heart deepen our life in the Goals.

While there is much to celebrate about our new healthy and delicious lunch program, I am most grateful for the spirited collaboration between parents, faculty, students and administration that was part of that decision and is an integral part of our community. Criterion five of Goal V states: “*The school provides opportunities for all members of the community to share their knowledge and gifts with others.*”

Just ask someone who has enjoyed our new salad bar, and you will hear how some sharing about the values of good nutrition is now promoting healthy eating here on Sheridan Road. This is only one example of how our community is committed to collaboration for the sake of our children. And, it is a model for future achievements.

With much gratitude for the partnership we share in the Sacred Heart,

Nat Wilburn



Happy Customers

What do the students say?

The food is awesome and I feel like I am in a 5 star restaurant. Vince and Ricky make the best hot lunch food ever!

Nate C H5

It is healthier because everything is fresh. It doesn't have pounds of grease in it. I like the seasonings the best.

Kate E A6

Better than my mom's food!

Will Y H7

The food is really good and the chefs are very nice. I hope we can have it next year!

Ashley B A4

I like the quesadillas with cheese.

Tyler S H1

The food is great but when something is really good we'd love seconds. But otherwise it's AMAZING!

Matthew R H5

The new servers who work at the lunch tables are so courteous and helpful, and they always respect the idea that you might not want the green beans that day.

Julia H A6

I like the different kinds of lasagna.

Michael L H1

Their food looks and tastes like real food, not rubber.

Elinor R A6

It tastes so fresh and homemade everything. The pasta tastes just like my grandma's. It's amazing.

Jackson E H7

I like the cookies!

Lily A1

Totally sensational!

Henry R H7

I love that we can all be trying new things.

Hannah W A6

The food is AWESOME!

Andres C H5

I like it because you can get a salad everyday.

Sasu T A6

The food is a lot tastier and yumier.

Caroline A A6

What do the teachers/staff say?

I love the healthy choices, particularly the wonderful salad bar.

Christy Russell

The food is delicious.

Jack Lothian

I love the fresh choices of the salad bar: tomatoes, cucumbers, all types of beans, meat, eggs, and cheese. I was surprised that it would be so popular with all ages of students.

Shirley Fowler

The selections are unique, high quality and very fresh tasting!

Kathy Fivelson

I purchased several books of lunch tickets and have taken my staff to lunch on a weekly basis offering a healthy, very tasty lunch with great selection and quality at a great price.

Mary Burke Peterson

The servers are so friendly and happy, too.

Molly Sheridan

Yum! Also, one H7 gentleman told me he eats more now because of the great salad options. I also noticed he especially loved the roast beef!

Beth Gudbrandsen





Organic Life CEO: 'we serve foods kids want to eat'

Organic Life produces nearly 50,000 healthy lunches each month, serving approximately two dozen schools, including day care centers and summer camps.

When creating a menu item, Organic Life's team of executive chefs work side by side with nutritionists.

"The current USDA guidelines don't emphasize the proper portion of fresh fruits/vegetables our children need to eat each day, so we double that amount," said company CEO, Jonas Falk. "The childhood obesity rate has climbed to a staggering number because most food service companies have not addressed the problem."

The finger of blame, he explains, should not be pointed directly at the burger, the fries or the pasta, but instead at low quality ground beef, deep fried foods and over-processed starches.

The Organic Life solution is natural grass-fed beef, free range chicken, pure olive oil, wheat breads and pastas, baking not frying. "These are the only changes we've made," noted Falk. "We serve foods the kids actually want to eat, just a healthier, more delicious version."

The company makes sure that their healthy lunches reach disadvantaged youngsters also. "We provided \$75,000 in charitable healthy school lunches last year and are scheduled to double that contribution this year," said Falk.

organic

Sacred Heart chooses organic

Parent partnership with SHS educators results in

"You can't educate a child who isn't healthy and you can't keep a child healthy who isn't educated."
— Dr. Jocelyn Elders

Pancetta crusted tenders. Shepherd's pie. Vegetable fried rice. Pasta Bolognese with locally grown basil. While most of these items sound delicious, their secret appeal is that they are also nutritious. These are just some of the items featured on Sacred Heart's new Hot Lunch Menu sponsored by Organic Life.

Organic Life is a new lunch provider this year and offers several alternatives for eating healthy and being environmentally conscious.

But how did Sacred Heart go about choosing Organic Life?

In 2005, a "nutrition group" of Sacred Heart parents, faculty and staff came together to advocate healthy initiatives for the school. Around that same time, the government released

a School Health Index (SHI) for educational institutions to better analyze foods being offered at lunch and in the classrooms. School nurse Joan Callahan presented this tool as a guideline for the school.

Sacred Heart focused on the report's recommendations for vending machines, cafeteria foods and celebration policies (what foods should be provided for

classroom celebrations such as birthdays).

"Every time we would make a change, we would also see the rest of the world making changes," Callahan said. "We really were on the cutting edge of what was happening."

Parents promote new policies

Parent Kelly Dettmann became aware of healthy changes other schools were making through the Healthy Schools Campaign, a nonprofit organization focused on advocating policies and practices for schools. Dettmann had chaired the Campaign's "Cooking Up Change" event the last two years, which showcases a Healthy Cooking Contest for Chicago Public Schools' students.

Dettmann observed other US schools changing to more nutritional lunch providers and saw this as an opportunity for Sacred Heart.

"It's so important for kids to have a healthy and complete lunch so that they can stay focused during the afternoon," said Dettmann.

Dettmann and Callahan, along with others, crafted their Healthy Living project around researching how other schools were implementing healthy eating habits, and presented these recommendations at Parent of the Heart meetings throughout the year.

Healthy Lifestyle-Green Living expert



2005

2006

Parents, faculty and staff form a group to assess foods served around the school

Policies in the classrooms and the healthiness of foods served in the cafeteria are examined.

Organic Life: A healthy alternative Results in healthy, tasty mid-day meal



and parent Beth Aldrich joined the project to help by offering nutrition and wellness presentations to kindergarten through fourth grade students.

“Being involved with health and nutrition, I lobbied to get organic, natural choices,” Aldrich said. “Because I know fresh is always better-tasting and food coming from reputable chefs is always a nice

the Goals.”

In 2008, the team researched four different lunch providers, outlining a formal request for proposal. The Healthy Living group developed 10 nutrition guidelines for the proposal, including the need for fresh fruit and vegetables, whole grains and minimally processed foods.

Two out of the four providers said they could meet the criteria, one of them being Organic Life.

Coordinator of Student Life and Healthy Living group

member Christy Crandall interviewed other schools using Organic Life and, along with Joan Callahan and Kris Carbon, sampled some of the food being served as part of their hot lunch programs.

One of the appeals of Organic Life was that it provided stainless steel silverware, trays and reusable plates and bowls, Crandall said. The group was focused on bringing more recyclable options into the lunchroom.

The Healthy Living group interviewed the two providers and sat down as a committee to evaluate each one. Head of Schools Nat Wilburn and Sally Sharp, Head of Student Life, took a field trip to sample Organic Life at another school. As a result, the Academic Team and Nat Wilburn made

the final decision to choose Organic Life.

Organic Life offers a daily salad bar, fresh fruit and vegetables – all of which are organic. The food is fresh (no frozen food) and portion control is monitored by the chefs.

Since school started, Sacred Heart has seen an increase in enrollment for the lunch program. Last year, there were around 232 students and a handful of Sacred Heart employees enrolled in the Hot Lunch Program. So far this year, there have been 296 students and 20 Sacred Heart employees purchasing the new lunch on a daily basis.

A happy buzz

“It’s the buzz of the school among faculty, staff and parents,” said Crandall.

The buzz has been universally favorable. Even the servers get rave reviews. “I have found the staff incredibly friendly and professional with the children and adults. They have a great spirit and love being on red and white teams,” noted Meg Steele, Primary School Head.

And the food? “The BBQ chicken is even better than KFC,” asserted Tommy in first grade. Or, as kindergartner London said, “It all looks so good I don’t know what to eat first.”

“I find the Organic Life staff incredibly friendly and professional with the children and adults. They have a great spirit!”

- Meg Steele, Primary School Head

option.”

In 2007, Sacred Heart began implementing the new policies throughout the school, such as not allowing candy or soda pop in student areas and only allowing foods on a healthy snack list to be brought into the classrooms.

The search for a lunch program

Along with policy changes, Sacred Heart began the process of examining lunch providers for the Hot Lunch Program, researching what criteria would be needed to make the most educated and informed decision.

“It was important to look at how improving nutrition lined up with the Five Goals of Sacred Heart education,” Callahan said. “We felt any work should tie back to

2007

Changes are made to school policies, such as not allowing candy for birthday treats in the classrooms

2008

SHS interviews four lunch providers and narrows choice down to two.

2009

Organic Life begins as Sacred Heart's School Lunch Program.

The Mom Initiative

These moms were members of the Healthy Living Committee, responsible for bringing Organic Life lunches to SHS. Over the past several years, each has worked with the school in unique ways to improve the health and well-being of the students.



Beth Aldrich believed in spreading the good word about healthful living so much that she volunteered to do nutrition and wellness presentations for the various grade levels. As publisher of *for her information*, and a media specialist in the area of health and wellness, she shared her knowledge that “organic, natural choices that are fresh are better tasting. Support is easy to get when you explain that there is very little if any cost difference, especially when quality and high valued nutrition is offered.”

Gwen Solberg brought in speakers to address nutritional issues at SHS. One, Christine Gardner, recounted the positive changes healthy lunches made at her daughter’s school in San Francisco, while Dave Grotto, a certified nutritionist, author and TV and radio personality, spoke on “101 Foods That Could Save Your Life.” *Along with Beth Aldrich, she donated the Cool Globe (below, in school courtyard) as a reminder to students to respect the earth and its resources.*



Kelly Dettmann headed the team that researched the healthy changes that other schools, both private and public, were making in Chicago and beyond. She organized a field trip to a public charter school in Chicago that had developed a wonderful food program.

“Late last spring, the Schools made the decision to switch to Organic Life for school lunch,” Dettmann said. “I’m really happy to be part of a community that is willing to make a change like this...it’s often so easy to keep everything the same, but SHS was very open not only to discussing the need for a more nutritious lunch, but actually acting upon it.”

Susan Pearsall joined the committee because “I’m a food person and I like healthy food lifestyles. I wanted to do something for the school and volunteer.” She appreciated the attention to the Goals and Criteria of SHS education when looking for options. “Organic Life exceeded our requirements,” Pearsall said. “It goes with our goals. We are being good stewards of the earth.”



This publication is sent through email, saving trees and following Goal 3, Criteria 5: *The school teaches respect for creation and prepares students to be stewards of the earth’s resources.*

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