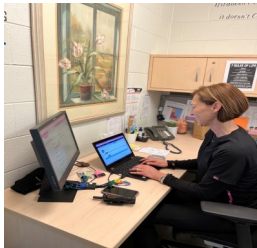


Nurse Kristen Casey is doing her work in her office at the MSB. Casey is in the girls' school in the morning and boys' school in the afternoon. Sometimes she comes outside during lunch recreation and talks with students and staff. Photo by Kanav Kalmadi



With MSB & MSG Nurse

By: Jahanzaib Qamar

Why'd you become a nurse?

Well, my father was a physician, so I think I've always been involved in learning about medicine and hearing about medicine. And it just was appealing to me when I got to college and decided to go into nursing.

Did you always want to be a nurse?

I have always been interested in health care, and when I was thinking about what to pursue, I did think about art because I have a passion for art, painting, and photography. At Valparaiso when I looked at what the nursing students were doing it was also very appealing to me and just decided that that would be a great profession for me to pursue. Then, I went to grad school, too.

What is your favorite thing to do as nurse?

As a school nurse, I love to get to know the kids. It's exciting for me too. I've worked with upper school kids before I came to the middle school and I just love to get to know the kids and find out more about them, where they're from, what they're interested in, and why they like going to school here.

What does mental health awareness month mean to you?

May is Mental Health Awareness Month, and I see that as an opportunity as counselors, teachers, nurses, faculty to expose students to various components of mental health. It's an opportunity to introduce different topics and different methods of achieving mental health that students can hopefully take forward throughout the year.

Finally, do you think ice packs really heal everything?

[They are] very good for swelling. It always helps with swelling. I think that it is good to take care of a little bit of pain, not heal everything, but it certainly does a good job of what it's for.



SIXTH GRADERS ARE AT THE TABLE: TOP LEFT THEN CLOCKWISE: With Covid, it took a while for it to be safe for the Sixth Grade class to be able to enjoy the benefits of our Dining Hall. At the beginning of second semester, they had their chance. After eating, Sixth graders Quinn Barron, Dylan Popat, and Suhaas Maddipatla put their dishes in a cleaning tray. Students bussed and cleaned their own tables. Sixth grader Kanav Kalmadi learns that serving themselves was one of the many advantages of eating in the Dining Hall. Sixth grader Josif Basha serves classmate Junu Ahn with a slice of pizza. Sixth graders Jeremiah Russel, Michael Wu and Winston Wigginton look at the many options available for their lunch. Photos by staff.



Including Everyone's Needs is Their Number One Ingredient

By: Kanav Kalmadi

If you'd walk down the hallways of Cranbrook, you'd smell something that makes you feel like a child again. A smell which reminds you of having a fresh pepperoni pizza, or a bit of hot, cheesy lasagna. That smell is from the Cranbrook Middle School for Boys' cafeteria, but what about the students who have special dietary restrictions?

"We have a team of chefs that work together to make the menu" says Allison Mitchell, the Resident District Manager of Cranbrook MSB and the person who has overseen the food there for 20 years. "At around this time [10 years ago] our kitchens went completely tree-nut and peanut free. About four years ago, we implemented special meal ordering and we continue to make adjustments to the program as needed."

Mitchell explained that the main food provider for lunch is GFS (Gordon Food Services), who send the ingredients in a fresh, raw state to the cafeteria. Then, the cafeteria staff thoroughly checks for any material in the ingredients that may be allergic via the labels. Then, the chefs make the food from scratch with those ingredients. Using

the feedback given by students (seeing which foods are eaten the most), they make the meals in many categories, with some meals being vegan, vegetarian, gluten free, etc.

"We have a special menu for students with allergies to order from," Mitchell said. If one of the meals may contain allergic food, the chefs would use different utensils to combat cross contamination. Then, they serve that food in the cafeteria for the children to eat. "We meet with students and their parents as needed to make sure that we are making appropriate accommodations."

Sixth grade MSB student Ian Karimipour has special dietary needs. Karimipour says, "Usually when I can't eat anything from the current lunch, the chefs make sure I have something safe for me to eat. For example, if we get boneless chicken one day and the next day, I can't eat anything from lunch, I'll they'll specially make me some fresh wings."

"The dining hall staff is very accommodating and there are a lot of options to make sure I have what I would like," said Trevor Ilitch, a sixth grade MSB

student who is gluten free. He says that it is very simple for him to talk to the cafeteria staff for his needs. He also says that the food that the staff makes for him is great. "My favorite meal is gluten free bread with the gluten free gnocchi and Caesar Salad. I like this meal because it's healthy and fills me up."

Mitchell she and her staff are always open to suggestions for lunches or ways to help make the cafeteria a safe place.

Moving forward she said, "support our [cafeteria crew's] initiatives. Be aware of waste, take only what you can eat (there is always more). Follow the rules for composting. If you have any suggestions, ideas, or questions, ask/tell one of the adults who work at the cafeteria about it. After all, safety is a priority at the Cranbrook Schools".

From environmentally helpful composting, to creating safe meals for the MSB students, the hard-working chefs and helpers do their very best to help make the Cranbrook MSB cafeteria a safer place. "We want to make sure that everyone has a good and safe meal every day," Mitchell said.