



TAKE NOTE

The Hill School
(540) 687-5897
www.thehillschool.org

JANUARY 8, 2015



SKI CLUB

Tomorrow, January 9th, Dismissal at 11:00 a.m.

Tomorrow, January 9th will be the first meeting of the Ski Club at Bryce. To give students a bit more time to get organized at Bryce (get their rental equipment, find their ski school class, etc.), school will dismiss earlier than other "Ski Fridays." Dismissal tomorrow for all students will be at 11:00. Subsequent Ski Friday dismissals will be at 11:50.

Ski Club members need to check in (stating Ski/Snowboard Class number and name) with our Ski Club Coordinator Pan Benefield to receive a lift ticket. Please attach tickets to hooks on jackets immediately; note that a lost ticket cannot be replaced. Half of the Ski and Snow Board classes will begin at 2:00, the others will begin at 3:15. See attached sheet for classes and their beginning times.

Please note: All students who participated in the program previously have been assigned to ski classes by their instructors based on their mastery of technical skills last year. New participants were assigned to classes based on their experience. The ski school director will make all adjustments necessary after the first meeting.

Pick up times for bus riders: Upperville Trinity Church: 6:30 p.m. / Hill School: 6:45 p.m.

See page 2 for Directions to Bryce

PIC Parent Meetings

- JK - Monday, January 19 (Alumni Room)
- K - Monday, January 26 (Alumni Room)
- 1 - TBD
- 2 - Thursday, January 22 (Alumni Room)
- 3 - Wednesday, January 21 (Lunch Room)
- 4 - TBD
- 5 - Monday, January 19 (Lunch Room)
- 6 - Tuesday, January 20 (Lunch Room)
- 7 - Thursday, January 15 (Alumni Room)
- 8 - Tuesday, January 13 (Lunch Room)

All meetings begin after drop off at 8:30.



Future Ski Club meetings



- Friday, January 16
- Friday, January 23 (all day) - No School, more information in a future Take Note
- Friday, January 30
- Friday, February 6
- Friday, February 13

On Friday, February, 13, we will have a full day of skiing and competition (Mini Olympics). There will be no school that day. More information on Mini Olympics will be in a future Take Note.



Many thanks to everyone who donated to the Holiday Drive benefiting Windy Hill in Middleburg. All the items donated were very appreciated.

Thank you to everyone in the Hill School community who responded with such generosity and spirit of the season.



Pumpkin Bars for Sale!

Thursday, January 15 at Lunch
\$1

This is a fundraiser by the first graders for their community service project. They will use the proceeds to buy groceries and will deliver them to the food bank to help people in our community. Thank you for your support.

Coming up at Hill:

Fri., Jan. 9	Extra early dismissal (11:00 am) for Ski Club.
Sat., Jan. 10	SSAT testing at Hill. 7th and 8th grade students signed up arrive at 8:00 am.
Tues., Jan. 13	Grade 6 Boys Basketball vs. Powhatan at Hill. Game at 3:15 pm, dismissal at 4:15 pm. JV1 Boys Basketball vs. Powhatan at Hill. Game at 4:00 pm, dismissal at 5:15 pm. V Boys Basketball vs. Powhatan at Hill. Game at 5:00 pm, dismissal at 6:15 pm. Grade 6 Girls Basketball vs. Powhatan at Powhatan. Game at 3:15 pm, dismissal at 4:45 pm. JV1 Girls Basketball vs. Powhatan at Powhatan. Game at 4:00 pm, dismissal at 5:45 pm. V Girls Basketball vs. Powhatan at Powhatan. Game at 5:00 pm, dismissal at 6:45 pm.
Wed., Jan. 14	Grade 5 Boys Basketball Playday with LCDS at Hill. From 1:00pm to 2:00 pm. Regular 4:00 dismissal. Grade 5 Girls Basketball Playday with LCDS at LCDS. From 1:00pm to 2:00 pm. Regular 4:00 dismissal.
Thurs., Jan. 15	JV2 Boys Basketball vs. Edlin at Hill. Game at 4:00 pm, dismissal at 5:15 pm. JV2 Girls Basketball vs. Edlin at Hill. Game at 4:00 pm, dismissal at 5:15 pm.
Fri. Jan 16	Ski Club, dismissal at 11:50 am.
Tues., Jan. 20	JV2 Boys Basketball vs. Highland at Highland. Game at 3:00 pm, dismissal at 4:45 pm. V Boys Basketball vs. Highland at Highland. Game at 3:00 pm, dismissal at 4:45 pm. V Girls Basketball vs. Highland at Hill. Game at 3:00 pm, dismissal at 4:15 pm. JV1 Girls Basketball vs. Highland at Hill. Game at 4:00 pm, dismissal at 5:15 pm.
Wed., Jan. 21	Grade 4 Boys Basketball Playday with LCDS at Hill. From 1:00pm to 2:00 pm. Regular 4:00 dismissal. Grade 4 Girls Basketball Playday with LCDS at LCDS. From 1:00pm to 2:00 pm. Regular 4:00 dismissal. JV1 Boys Basketball vs. Wakefield at Wakefield. Game at 4:00 pm, dismissal at 5:30 pm. V Boys Basketball vs. Wakefield at Wakefield. Game at 5:00 pm, dismissal at 6:30 pm. V Girls Basketball vs. Wakefield at Hill. Game at 4:15 pm, dismissal at 5:30 pm.
Thurs., Jan 22	JV2 Girls Basketball vs. Powhatan at Powhatan. Game at 4:30, dismissal at 6:15 pm.
Fri., Jan 23	All day Ski Club. No school.

WANTED: Kim Tapper, former Hill School teacher and current director of A Place To Be is seeking a home for rent (for sale will be considered too). Minimum 2 bedroom; 2 bath. In or near the town of Middleburg. Please email kim@aptblife coaching.org

AVAILABLE : Available to tutor all levels of elementary and middle school math: teacher/tutor with 15 years of experience. Call The Math Tutor at 760-908-1586 or email to themathtutor1@me.com.

WANTED: Looking for a chicken coop to house a small backyard flock of 6. If you have an old one, a used one or even a new one, give us a call or text. 571-286-6243.

AVAILABLE : Housekeeping: Want a clean house every Friday?! Sandra Boyd is available for Friday work only. Call (540) 247-5633. References: Jo Byington of Josphine's Cleaning Service - 540.270.2144 and Shannon Davis - 540.454.3401.

MISSING: Black Men's soft shell jacket (Kirkland). Removed from the gym after the Holiday Program. May have been mistaken for a lost and found item. If found, please contact Paul Haefner - 703-727-3205 or phaefner@thehillsschool.org.

Directions to Bryce: (about 1 hour 30 minutes)

- Middleburg to Interstate 81 S.
- From Interstate 81 S. take Exit 273 (Mt. Jackson, Basye).
- Make a right at stop sign at the end of the exit ramp. (Rt. 703 W)
- Continue until next stop sign – take a left. (Rt. 614)
- Stay on this road until you come to a stop sign – make a right. (Rt. 263 W)
- Follow this road until you turn right into Bryce Resort.



January Happenings at Middleburg Community Center

Please be sure to RSVP for all events, programs and classes as soon as possible.
Call 540-687-6375 for you favorites today!

Ballet- starts Monday and Wednesday, January 5 & 7

1st Preschool- continues Tuesday, January 6

Toddler Time- Thursdays beginning January 8 (please call ahead!)

Photography Club- starts Thursday, January 8

1st Friday- Friday, January 9 (RSVP by January 7)

The 10 Warning Signs of Alzheimer's- Tuesday, January 13 (RSVP by January 9)

Parent's Night Out- Friday, January 16 (RSVP by January 14)

School's Out Camp- Monday, January 19 (RSVP by January 14)

Snowflake Ball- Saturday January 24 (RSVP by January 20)

School's Out- Monday, January 26 (RSVP by January 21)

Online Registration: <http://webtrac.loudoun.gov/vbhwsc/webtrac.wsc/vbsearch.html?xxmod=AR&wbsi=bc3ef2f4-07c7-f3a5-e411-1a8a246e709d&xxlocation=MCC>

23RD HUNT COUNTRY WINTER

Antiques Fair

Jan. 24-25th

at The Hill School

130 S. MADISON ST. MIDDLEBURG, VA

*Stylish Investment
for every taste & budget!
Own History!
Buy Antiques!*

\$1 off

Admission w/ this ad

DORDY FONTINEL
★★★★★★★★★
SHOW MANAGEMENT, INC.

Antiques Resouce & Show info:
www.DFshows.com

LEGO ROBOTIC SPORTS

K - 2nd Grade

LEGO ROBOTIC VEHICLES

3rd - 6th Grade

Lego Robotics Sports & Vehicles

Wednesdays

1/21-2/25

Lego Sports- 3pm-3:55pm

Lego Vehicles- 4:05pm-5pm

Room | lower school science room

Sign up Online

WWW.C3CYBERCLUB.COM

-Click on "Book a Service" and
find your school on the left hand side!

Nutrition Nuggets



The Truth Behind "Superfoods"

Happy 2015!

If the new year has you vowing to eat healthier, think twice before putting all of your eggs into one basket and focusing solely on the very popular list of "superfoods." Yes, kale, blueberries, quinoa, coconut oil and the like, are all amazing foods with tremendous health benefits, but they are not necessarily better for you than other good-for-you foods. I have a love-hate relationship with the term "Superfood". I love that it provides a tangible list to guide consumers, but I hate that it has become one big marketing tactic. Knowing that consumers are looking for unusual, exotic foods (and who doesn't love a list?!), the food industry selects foods that are nutrient dense, stick on the fancy superfood nametag, and up the prices. But the higher price tags and fancy names don't necessarily make them better for you than other healthy foods. You can get powerful nutrients from the more reasonably priced oranges, bananas, oatmeal, and hummus, just as you can from concord grapes, acai berries, spelt and edamame.

Another pitfall of the superfoods industry to be mindful of is that once a food is labeled as a superfood, it is plastered on every packaged food out there and touted as healthy. For example, ground flaxseed is very nutritious, but it is now found in every packaged breakfast cereal or trail mix on the shelf. Does that mean that all of those products are healthy choices? Nope. Same goes for many of those "must have" engineered sports foods. You can get just as much energy (and more vitamins!) from eating a banana before your run than a goo.

So in a (oh, so plain) nutshell, eat a variety of good-for-you foods. Choose whole foods when possible. Be a good detective and read the ingredients. Eat a variety of colors every day to ensure you are getting a rainbow of nutrients.

Here's to a SUPER year ahead! (Sorry, couldn't help myself).

*Nutrition Nuggets is intended to provide information and ideas on health and nutrition topics. Please remember that any major changes in lifestyle or diet should first be discussed with your physician.

Did You Know?

Trouble sleeping? Try tart cherries! They are one of the few natural sources of melatonin, a hormone that lowers our body temperature, and makes us sleepy.

Questions or comments? Please email me at Cristin@myCompleatNutrition.com.

To your health,
Cristin Wipfler, MPH, RD

