



TAKE NOTE

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

JANUARY 22, 2015

No School Tomorrow, January 23, All Day Ski



SKI CLUB will meet tomorrow January 23rd at Bryce Resort

All Day, No School



*Lift tickets will be available beginning at 9:30 am.
Ski and Snowboard classes will be held at their regular afternoon time.
Bus leaves Hill at 8:30 am.*

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

Other Ski Club Meetings: Friday, January 30 (11:50 Dismissal)
Friday, February 6 (11:50 Dismissal)

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.



Student re-enrollment for the 2015-2016 school year

Re-enrollment for the 2015-2016 is beginning in early February. The financial aid on-line application process (FAST) will open Friday, January 30th and stay open through the month of February. The deadline for applying for financial aid is Friday, March 6th. The FAST application icon is located on the home page of Hill's website under Helpful Links.

If you are interested in learning more about applying for financial aid for the 2015-16 school year, please see Ethan Loufield or Vickie Ralph.

Mark Your Calendars!!!

Please join us for HILL SCHOOL'S MOVIE NIGHT on Saturday, February 7th featuring movies for the whole family. There will be a showing at 4:00pm of The Lion King and an 8:00pm showing of Casablanca. A donation of \$5 per person is appreciated. Concessions will be available for purchase. Follow signs at the school's entrance to the Theater. For additional information, please call (540) 687-5897.

PIC Parent Meetings

- K - Monday, January 26 (Alumni Room)
 - 1 - Tuesday, January 27 (Lunch Room)
 - 4 - Monday, January 26 (Lunch Room)
- All meetings begin after drop off at 8:30.



Lunch Order Forms for February are attached! Please return them to the Front Desk no later than Wednesday, January 28th.

Coming up at Hill:

Fri., Jan 23 All day Ski Club. No school. Faculty Meetings.
 Tues., Jan. 27 V Boys Basketball Tournament at Wakefield. See Schedule Below.
 V Girls Basketball Tournament at Foxcroft. See Schedule Below.
 Wed., Jan 28 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.
 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. 29 JV Boys 8th Basketball Tournament at Wakefield. See Schedule Below.
 JV1 Girls Basketball Tournament at Foxcroft. See Schedule Below.
 Grade 6 Boys Basketball vs. Powhatan at Powhatan. Game at 3:15 pm, dismissal at 5:45 pm.
 JV Boys 7th Basketball vs. Powhatan at Powhatan. Game at 4:00 pm, dismissal at 5:45 pm.
 V Boys Basketball vs. Powhatan at Powhatan. Game at 5:00 pm, dismissal at 6:45 pm.
 Grade 6 Girls Basketball vs. Powhatan at Hill. Game at 3:15 pm, dismissal at 4:15 pm.
 JV2 Girls Basketball vs. Powhatan at Hill. Game at 4:00 pm, dismissal at 5:15 pm.
 V Girls Basketball vs. Powhatan at Hill. Game at 5:00 pm, dismissal at 6:15 pm.
 Fri., Jan 30 Ski Club, dismissal at 11:50 am.
 Thurs., Feb. 5 4th Grade Play at 11:00 am and 7:00 pm.
 Fri., Feb. 6 Ski Club, dismissal at 11:50 am.

Assembly Schedule:

Thurs., Feb. 5 All School Assembly - 4th Grade Play at 11:00 am.
 Thurs., Feb. 12 All School Assembly - 3rd Grade Strings Assembly at 11:10 am.



Grade 2 and 3
 Gymnastics Club
 Mondays from
 4:00-5:00
 (2/2, 2/9, 2/16, 2/23,
 and 3/2)

This club will be
 organized by

Mrs. Bowers with enthusiastic and
 talented 6th and 7th graders.
 (Clemie Cahir, Alexa Marsh, Joan
 Stetson and Brooklyn Ramos)

Please contact Mrs. Bowers to let
 her know if your 2nd or 3rd grader
 is interested.

The Theater Department needs
 hangers for storage in their
 costume basement. If you have
 any hangers you can donate
 (metal drycleaning hangers are
 perfect) please
 drop them off
 at the front
 desk.



Varsity Basketball Tournaments

Tuesday, January 27 - Varsity Girls at Foxcroft

Game Times	Foxcroft 1	Foxcroft 2
2:00	LCDS vs Wakefield	Hill vs Highland
2:45	Hill vs Wakefield	LCDS vs Highland
3:30	Hill vs LCDS	Highland vs Wakefield

Thursday, January 29 - JV1 Girls at Foxcroft

Game Times	Foxcroft 1	OFF
2:00	Hill vs Highland	LCDS
2:45	LCDS vs Highland	Hill
3:30	Hill vs LCDS	Highland

Tuesday, January 27 - Varsity Boys at Wakefield

Game Times	Upper Gym	Lower Gym
2:00	LCDS vs Wakefield	Hill vs Highland
2:45	Hill vs Wakefield	LCDS vs Highland
3:30	Hill vs LCDS	Highland vs Wakefield

Thursday, January 29 - JV 8th Grade Boys at Wakefield

Game Times	Upper Gym	Lower Gym
2:00	LCDS vs Wakefield	Hill vs Highland
2:45	Hill vs Wakefield	LCDS vs Highland
3:30	Hill vs LCDS	Highland vs Wakefield

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.

FOR RENT: Recently renovated cottage on Old Denton Farm in The Plains, 10 minutes from Middleburg or I66. 2 bedrooms, one bath. AC/ w/d/ internet. Lovely setting, all maintenance provided. Sorry no dogs. \$1500/month. Available March 1st. Call 540-270-9363 or okeyturner@gmail.com.



Super Bowl XLIX Chili

Support the Hill School Sixth Grade while enjoying delicious traditional home-made chili for the Super bowl! (Buy extra and freeze it for a Friday night Après-ski family dinner)

Your order is available for pick up at Hill on Friday, January 30 when you pick up your student before heading to Bryce.

Please remit order form below to front desk by Tuesday, January 27, 2015

Sixth Grade Chili Order Form

Name: _____

_____ QTS @ \$12 per = \$ _____

Please make check payable to : The Hill School
Memo line : Class of 2017 Fundraiser

23ND HUNT COUNTRY WINTER
Fair
Antiques
Jan. 24-25th
SAT. 10-5, SUN. 11-4
at The Hill School
130 S. MADISON ST. MIDDLEBURG, VA

*Quality Design & Style
for every taste & budget!
Own History! Buy Antiques!*

Admission \$10
\$1 off w/ this ad
DORDY FONTINEL

SHOW MANAGEMENT, INC.

Antiques Resource & Show info:
www.DFshows.com

The Fitness and Health Fair Buchanan Hall Saturday, January 24 10 am to 3 pm

The goal is to provide a comfortable and fun environment where attendees can learn about the latest developments in nutrition, chat with a personal trainer, learn how the Upperville volunteer fire department keeps our community safe, watch and participate in demonstrations of yoga, GROOVE!, and martial arts, Yoga for Golf, and much, much more.

<http://buchananhall.com/fhfair/>

Middleburg Academy 2015 Tennis Camp

Coch Carla Adgate

Session I – June 8-12

Session II – June 15-19

9:00 am to 12:00 pm

Boys & Girls --Grades Kindergarten through 7th

\$130.00

The 2015 Middleburg Academy Tennis Camp is open to boys and girls of grades Kindergarten through 7. Space is reserved on a first come first serve basis and will be limited, so sign up now. Camp is held on the beautiful campus of Middleburg Academy, located at 35321 Notre Dame Lane in Middleburg, VA and directed by Carla Adgate, a USPTR Certified Professional since 1994. Please email cadgate@middleburgacademy.org.



Support Troop 5293!

**Thin Mints, Trefoils, Tagalongs,
Rah-Rah Raisin & More!**

**Girl Scout Cookies Available for
Order \$4.00 per box
Caroline@SchaeferTroupe.com**



**REGISTRATION
FOR SPRING 2015
IS NOW OPEN!**

Forms are available
at the Front Desk.

Nutrition Nuggets



Antioxidants

The cells in our body use oxygen to function, for everything from running up and down the basketball court to quietly sitting to study. This oxygen is enormously important but in addition to its benefits, oxygen also places stress on our cells causing them to break down. This process occurs when free radicals are formed and cause everything from wrinkles to serious health conditions. Antioxidants are nutrients found in our food that work against (anti) the oxidative stress in the body caused by free radicals.

So what does all of this actually mean? Think of an apple that you have cut in half and left on the counter for a period of time. What happens to it? The inner flesh starts to turn brown, right? That is the oxidation process. Once oxygen hits the inner part of the apple, it begins to break down the cells of the apple, which results in the discoloration. The same process happens to our body cells when they come in contact with oxygen, whether good (exercise) or bad (air pollution). The trick to preventing the browning of an apple is to put lemon juice on it. Why does this work? Because lemons are high in vitamin C, which is a powerful antioxidant and thus protects the cells from being broken down.

So how can you give your body and cells this same protection? By eating a rainbow of colors every day, including fruits, vegetables, grains, and beans. The more colors you have on your plate, the more nutrients (and antioxidants) that you are getting.

The most common antioxidants include:

- **Vitamin A and Carotenoids:** found in bright colored fruits and veggies such as kale, broccoli, peaches, cantaloupe, sweet potatoes, and squash (orange and green fruits and veggies).
- **Vitamin C:** found in citrus, green peppers, broccoli, strawberries, tomatoes, and green leafy vegetables.
- **Vitamin E:** found in green leafy vegetables, vegetable (or liver) oil, nuts, seeds, and whole grains.
- **Selenium:** found in grains, garlic, chicken, eggs, fish, shellfish, and red meat.
- **Phytochemicals:** such as flavonoids (pomegranate, cranberries), lycopene (tomato products, pink grapefruit), lutein (dark green leafy vegetables, and lignin (flax seed, oatmeal, barley).

The bottom line - eat an array of healthy foods such as fruits, veggies, grains, and beans to ensure that your body is getting the suit-of-armor it needs to protect your cells from "browning."

*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?

Athletes need more servings of fruits and vegetables every day than non-athletes because their oxygen intake is greater while exercising. While the non-athlete needs 7-13 servings, the athlete needs 16-18. Yep, every day!

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

To your health,
Cristin Wipfler, MPH, RD



Instructions: Lunch Order Forms

- ◆ Please circle the dates and lunch choices, and return that portion of the menu with the payment in an envelope. Mark the name of the restaurant on the envelope.
- ◆ Checks should be made out to the establishment from which you are ordering lunch(es), cash should be the correct amount. We do not process orders at school and will forward all the envelopes directly to the restaurants on the day named as the return date.
- ◆ Please keep a record of your order; we do not keep a list here at school. Lunches will be delivered to the kitchen by the beginning of the first lunch shift (11:50).

Please note: If you have ordered lunch, and your child is absent (due to illness or a field trip), let us know if you would like us to pass his/her lunch on to another child or if you would like the lunch to be saved overnight in the school refrigerator for your child's lunch the next day.

Lunch Order Forms – February, 2015

Return to the Office **by Wednesday, Jan. 28, 2015**

MONDAYS – TEDDY’S PIZZA – 687-8880 \$4.25 per order

One form per student, please.

Name _____ Grade _____

- | | | | | |
|---------------------------------|-----|-----|------|------|
| 1. 2 slices of CHEESE Pizza. | 2/2 | 2/9 | 2/16 | 2/23 |
| 2. 2 slices of PEPPERONI Pizza. | 2/2 | 2/9 | 2/16 | 2/23 |

Circle the desired lunch(es) and date(s) and return this portion with payment in an envelope marked with TEDDY’S. Return this form (for the whole month) **by Wed, Jan. 28**

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TUESDAYS – MARKET SALAMANDER – 687-8011 \$4.25 per order

One form per student, please.

Name _____ Grade _____

- | | | | | |
|---|-----|------|------|------|
| 1. Market Mac ‘n Cheese (8 oz), side of vegetable, and a cookie | 2/3 | 2/10 | 2/17 | 2/24 |
| 2. Three Chicken Tenders with honey mustard sauce, side of vegetable, and a cookie. | 2/3 | 2/10 | 2/17 | 2/24 |

Circle the desired lunch(es) and date(s) and return this portion with payment in an envelope marked with Market Salamander. Return this form (for the whole month) **by Wed, Jan. 28**

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WEDNESDAYS – MIDDLEBURG DELI – 687-3456 \$4.25 per order

One form per student, please

Name _____ Grade _____

- | | | | | |
|--|-----|------|------|------|
| 1. Sliced Turkey Breast on a Soft Roll with Lettuce & Tomato | 2/4 | 2/11 | 2/18 | 2/25 |
| 2. Sliced Roast Beef on a Soft Roll with Lettuce & Tomato | 2/4 | 2/11 | 2/18 | 2/25 |
| 3. Sliced Ham & Cheese on a Soft Roll with Lettuce & Tomato | 2/4 | 2/11 | 2/18 | 2/25 |
| 4. ½ Little Italy Sub
(Provolone, Mortadella, Pepperoni, Genoa Salami, Lettuce, Tomato, Sweet Peppers, Oil and Vinegar) | 2/4 | 2/11 | 2/18 | 2/25 |
| 5. Grand Slam (Turkey, Ham, Swiss, Lettuce, Tomato on a Sub Roll) | 2/4 | 2/11 | 2/18 | 2/25 |

A supreme chocolate chip cookie will be served with all selections.

Circle desired lunch(es) and date(s) and return this portion with payment in an envelope marked with MIDDLEBURG DELI. Return this form (for the whole month) **by Wed, Jan. 28**.