



# TAKE NOTE

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

## FEBRUARY 19, 2015

### Ski Club Mini-Olympics



Many thanks to Pan Benefield and her helpers for their work organizing another successful Ski Club season. Mini Olympics turned out to be a great day! Skiers and snowboarders demonstrated how much they had learned.



*Congratulations* to all ski and snow board racers and to the following students:

**Fastest Overall Skier: Abby Le**  
**Fastest Boy Skier: Rowan Rowley**

**Fastest Girl Snow Boarder: Willa Cahir**  
**Fastest Boy Snow Boarder: Michael McCleary**

Feb 27<sup>th</sup> at 5:00 PM . . . .  
Please Join Us for

**The Faculty**  
vs  
**The Students**

3 games:

- 6<sup>th</sup> vs Faculty
- 7<sup>th</sup> vs Faculty
- 8<sup>th</sup> vs Faculty

**Basketball Game!**



Sign up to play today!!!!

**Concessions!**  
Pizza Candy and more!  
Drinks

Tickets \$2.00 per person

**Climbing Wall Events:**  
Friday, February 20<sup>th</sup>

After School Climbing Club  
3:00-4:00 pm (free for Hill School Students)

Families Climbing the Walls  
5:30-7:00 pm (\$30/family, extended families welcome!)

Questions?

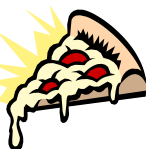
Please contact Mrs. Kidder at [pkidder@thehillschool.org](mailto:pkidder@thehillschool.org)



**2015 TALENT SHOW**

Friday, February 27<sup>th</sup>  
1:30-3:00 pm

Sign-up forms are now available in the front office. They must be completed and turned in by TOMORROW. Dress rehearsal is Wednesday, Feb 25<sup>th</sup> at 4:00 in the theater.



Lunch Order Forms for March were attached to last week's Take Note. Please return to the Front Desk by **TOMORROW, 2/20**.

## Coming up at Hill:

- Fri., Feb. 27                    The Hill School Talent Show, 1:30 - 3:00 pm in the Performing Arts Center.
- Tues., March 3                 Grades 2 and 3 Gymnastics Assembly at 10:30 am in the Gym.
- Thurs., March 5                3rd Grade Play at 11:00 am and 7 pm in the Performing Arts Center.
- Wed—Fri, March 11-13    Culture Study Program (China)

## Assembly Schedule:

Thurs., March 5                3rd Grade Play at 11:00 am

**SEEKING:** Drama department is looking to borrow a small personal sized trampoline for the 3rd grade play. It will not be altered in any way and will be returned after the show. If you can help, please contact Raven Owen-Beyer at rowenbeyer@thehillsschool.org

**FOR RENT:** Inside Town of Middleburg, Excellent condition, fenced front and side yards, storage shed, 3 Br, 1 Ba with private parking. \$1,425 monthly. Call Chip White 540-454-4240.

**AVAILABLE:** Hi my name is Tim Bartz and I am both an alumni of The Hill School and a freshman at the University of Virginia. This summer I will be working as a branch manager of College Works Painting, www.collegeworkspainting.com . Please contact me if you have any exterior painting needs! My email istbartz14@gmail.com and my phone number is 540-454-7767.

**AVAILABLE:** Nursing student looking for summer employment as Au Pair/Nanny. Willing to travel with the family, or as needed. Competent, nurturing teacher and care provider. CPR and first aid certified. References available upon request. Please contact Kayleen Galvan for more information at 703-727-0602/ kayleeng@me.com .

**AVAILABLE:** My name is Rowan Bishop and I taught at Hill School as an intern in 2008 I am available for babysitting on Mondays and Fridays all day then other evenings during the week. 540-219-7800

**AVAILABLE:** Fleetwood Mac concert- Anyone need ride to Charlottesville March 15th. Can't miss this show and have room for 4 more and tickets available if you want. Ted 571-233-9978.

**FOR RENT:** Apartment available in the lower level of the "Middleburg House" across from Middleburg Millworks. It is one bedroom with a kitchen, bath and sitting area, and although it is small, it is quite charming. There is a nice patio at the entrance, and that can be seen as you drive by to the Hill School. The rent is \$875/month and includes utilities. Please call Thomas and Talbot Real Estate at 540-687-5523 if anyone is interested.

**AVAILABLE:** Nanny with seven years experience is available immediately. 37 years old and has a car. Recommendations from Liz Mandros and Yvonne Miller. Very cooperative and well organized. Flexible days and time. Good with boys and girls all ages. (703) 728-6633 .

## "Minute to Win it" Carnival

- Dozens of games and challenges!
- Friday, March 6<sup>th</sup> 3:00 – 4:00
- \$5 Admission
  - pay in advance at the front desk or at the door
- All proceeds benefit Seven Loaves Food Pantry
- Hosted by the Seventh Grade
- Open to all ages
- Where: Hill School gym





### **Financial Aid for 2015-2016**

The financial aid on-line application process (FAST) opened Friday, January 30th and stays open through the month of February. 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.



### **iLearnChinese for EcoMystery**

In Art, all classes in grades 1 through 8 have been learning about Chinese Calligraphy.

We will be using this writing system on

March 11<sup>th</sup> as part of this year's EcoMystery during the Chinese Culture Study. An excellent writing and dictionary App called iLearnChinese is available on iPad and iPhone for \$4.99. It demonstrates correct character formation, and then allows the student to practice drawing the character on the screen. The App also pronounces words and phrases. You may want to try the free version, iLearnChineseLite, which does not contain the dictionary. It offers fine motor and sequential memory challenges, and is a fun way to learn some Chinese.

We will be using iLearnChinese during the EcoMystery to help us form characters correctly. We would love to have multiple copies to use. If you own an iPad or iPhone and would be willing to let your child bring it to school that morning to use during the EcoMystery, please contact Amy Krumich, [akrumich@thehillsschool.org](mailto:akrumich@thehillsschool.org).

### **Over The Grass Farm The Plains, VA**

Spring is right around the corner and our after school riding sessions are back by popular demand!!

6 week sessions starting the first week in March.

Tuesdays at 4:30 - Girls Riding Class  
All girls in the ring. Focused on balance, control and FUN!

Wednesdays at 4:30 - Boys Riding Class  
All boys, structured to keep them moving, focused and having fun in the ring while having fun forgetting they are learning to ride in the ring.

Thursdays at 4:30 - Trail Ride Fun  
Kids must be able to ride independently at walk and trot OR have ridden with us before. Focus is confidence cross country while on an enjoyable ride with friends (new and old!)

Fridays at 4:30 - Trail Ride Day 2  
Same as above.

Cost: \$210 per session if pre-paid in advance, \$180 if prepaid in advance for two or more sessions, \$40 drop in rate if available. Class size is limited. Babysitting services available before and after if needed (no cost). Contact Lacy Warner at 540-272-8331 for more info.

### **Middleburg Academy 2015 Tennis Camp**

Coach 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<sup>th</sup>. 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](mailto:cadgate@middleburgacademy.org).



## **\*“THAT NIGHT IN RIO” UPDATE**

Acquisitions are beginning to come in but we are still eagerly awaiting your donation! We are putting together some “packages” and could really use your help.

Would you be interested in helping host a party with other parents at the Dornin Barn? Ideas for parties have included Halloween for Adults, Scavenger Hunts for both adults and children, Clam or Crab feasts. What a wonderful way to get involved, meet new friends, and have fun!

We also have tickets to various events and want to add dinners and/or accommodations. Do you think you might be able to help in this way?

These are just a few of the ideas we are working on. Join us for our Acquisition Meeting this Tuesday, February 24<sup>th</sup> at 8:30 in the Alumni Room. We really want to hear your ideas!

Do you have any questions? Please come to the Auction office, or call Kim, Chris, or Jennifer.

**JOIN US FOR  
THE CELEBRATION OF CARNIVAL**



## Sloppy Joe Lunch

Support the Hill School Sixth Grade while enjoying a delicious hot lunch including:

- ~ Sloppy Joe Sandwich ~
- ~ Mini carrots ~
- ~ Brownie (no nuts) ~
- \$7 each

Thursday, February 26th

Please remit order form below to front desk by Tuesday, February 24

THANK YOU FROM THE 6TH GRADE!!

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### Sloppy Joe Lunch Order Form

Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Amount Paid: \_\_\_\_\_

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

# Nutrition Nuggets



## B-Mine: The B Vitamins

I hope you all had a lovely Valentine's Day!

Of all of the Vitamins, the B-Vitamins are the most confusing because instead of having only one, there are eight - all with different numbers and names. So let's take a look at these definitely "above average" nutrients. As you will notice, many of their roles involve metabolism (energy) and cell health.

**Thiamine (B1)** - *Important for:* metabolizing carbohydrates, regulating appetite, and nervous system growth and repair. *Find it in:* wheat germ, pork, whole & enriched grains, dried beans, seafood

**Riboflavin (B2)** - *Important for:* metabolizing the macronutrients (carbs, protein, and fat), and essential for cell respiration and mucous membranes. *Find it in:* dairy products, green leafy veggies, whole and enriched grains, beef, lamb, eggs.

**Pyridoxine (B6)** - *Important for:* metabolizing the macronutrients, nerve function, and the formation of antibodies and red blood cells. *Find it in:* fish, poultry, lean meat, whole grains, potatoes

**Cobalamin (B12)** - *Important for:* Metabolizing the macronutrients, formation of red blood cells, and maintaining the nervous system. *Find it in:* beef, fish, poultry, eggs, dairy products

**Biotin (B7)** - *Important for:* metabolizing the macronutrients, fatty acid production, and utilization of B vitamins. *Find it in:* egg yolk, meat, dairy products, dark green leafy veggies (also made by microorganisms inside intestinal tract)

**Folic Acid (B9)** - *Important for:* Protein metabolism, red blood cell formation, cell division and growth. *Find it in:* green leafy veggies, dried beans, poultry, fortified cereals, oranges, nuts.

**Niacin (B3)** - *Important for:* metabolizing the macronutrients, blood circulation, nerve function, GI system maintenance, appetite regulation. *Find it in:* meat, fish, whole and enriched grains, beans, nuts, peas.

**Pantothenic Acid (B5)** - *Important for:* converting nutrients into energy, vitamin utilization, nerve function. *Find it in:* most plant and animal foods (especially, lean meats, whole grains, legumes).

\* Reference: Health Castle

\*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?***

Even though many of the top sources of B vitamins are meat/animal products, it is still important for vegetarians and vegans to get B vitamins through plant sources or supplements.

Questions or comments? Please email me at [Cristin@myCompleatNutrition.com](mailto:Cristin@myCompleatNutrition.com).

To your health,  
Cristin Wipfler, MPH, RD

