



# TAKE NOTE

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

MARCH 5, 2015

## Important Calendar Updates

4th Grade Chili Lunch—moved from Thursday, March 5 to **Thursday, April 2**

3rd Grade Play (The Magic Monkey King) - moved from Thursday, March 5 to **Tuesday, March 9 at 10:30 am and 7:00 pm**

6-8 Gymnastics Assembly—moved from Friday, March 6 to **1:00 pm**

## Cultural Study - CHINA

Wednesday March 11 - Friday March 13

All students will participate in a variety of special activities, workshops, and assemblies.

### Special Dismissal Times:

Wednesday (3/11): JK-K 3:00

Thursday (3/12): JK-K 2:30, Grades 1 & 2 3:15

Friday (3/13): Noon Dismissal for All Grades for Spring Break (no late gates)

## “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



April Lunch Forms are attached. Orders are due at the front desk by Friday, March 13th.

## Coming up at Hill:

Fri., March 6	6-8 Gymnastics Assembly rescheduled to 1:00 pm. In the Gym. After School Climbing Club, 3:00 - 4:00 pm. Families Climbing the Walls, 5:30 - 7:00 pm. Minute to Win It Carnival, 3:00 - 4:00 pm in the Gym.
Tues., March 9	3rd Grade Play (The Magic Monkey King) at 10:30 am and 7:00 pm. Moved from Thursday, March 5.
Wed - Fri, March 11-13	Culture Study Program (China)
Fri. March 13	Spring Break begins. Noon dismissal for all grades.
Mon., March 30	School re-opens.

## Assembly Schedule:

Friday, March 6	All School: 6th-8th Grade Gymnastics at 1:00 pm
Thursday, March 12	Band and Dancers at 8:50 am Storyteller at 1:00 pm

**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.

**FOR RENT:** Charming, Large, 1 BR Apartment, Sam Fred Rd at Rt. 50. Recently renovated. Hardwood floors, Deck with great views, nice kitchen with stove, fridge, dishwasher, w/d. \$1000 per month, available immediately. Call 540-687-3200 or email [deedee@middleburg.com](mailto:deedee@middleburg.com) to see.

**FOR RENT:** Cottage on beautiful horse farm 10 minutes from Middleburg and I66. 2 bedrooms, one bath, recently renovated with a/c, w/d, internet. Pets considered on an individual basis. Possible stall space for a horse. \$1,500. mo. Call 540-270-9363.

## Cultural Study Feast

The Hill School's Cultural study of China is just around the corner! Recipes for Thursday's All-School "Feast" are at the front desk. Please contact your class Room Parents if you are available to help prepare food and serve it at the "Feast." Thank you!

## School's OUTside for Summer!

Registration is now open for Hill School's summer camp! Hill will be offering a full-day camp for rising 1st through 8th graders! Campers at The Hill School are exposed to a mix of arts, sciences, sports, swimming and the natural environment, all designed to strengthen their skills, interests and character. In addition, here will be several week long specialty camps led by Hill teachers. The campus will also host sports camps focusing on lacrosse, soccer, and basketball.

Our camp will run from July 6 - August 14...sign up for one week or all six!

[Click Here](#) for more information. Questions can be directed to Bee Stribling or by email at [summerathill@thehillsschool.org](mailto:summerathill@thehillsschool.org).



The Athletic Department would like to thank all the parent volunteers who helped run the clock and do the books for the basketball games. The games could not function without your help. We also want to send a special thank you to Lisa Woods for coordinating the parent volunteers.

### Climbing Wall Event: Friday, March 6th

**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@thehillsschool.org](mailto:pkidder@thehillsschool.org)





The Highland Players

present

Rodgers and Hammerstein's

THE

King and I



Music by Richard Rodgers
Book & Lyrics by Oscar Hammerstein
Based on 'Anna and the King' by Margaret Landon
In association with Rodgers & Hammerstein Library

THE RICE THEATER

Friday, March 6, 2015 7:00 p.m.
Saturday, March 7, 2015 7:00 p.m.
Sunday, March 8, 2015 \* 3:00 p.m.

Friday, March 13, 2015 7:00 p.m.
Saturday, March 14, 2015 7:00 p.m.

TICKETS AVAILABLE AT THE DOOR: ADULTS- \$15 STUDENTS- \$7
\* SENIOR SUNDAY: SENIORS 60 AND OVER-\$7

HIGHLAND CENTER FOR THE ARTS 597 BROADVIEW AVE. WARRENTON

The following Hill Alumni are in the production of the King and I: Jacob Daum '13, Liam Walsh '11, Nick Whitehead '11, Stefanie Hoerner '13, and Kathryn Whitehead '13.

AFTER-SCHOOL CHESS AT THE HILL SCHOOL Chess Makes Kids Smart!

What: After-School Chess Program
When: Every Thursday at 4:15-5:15 pm (starting April 9th)

\$170 for 8 sessions/weeks

We will provide all materials. Each student will receive chess hand-outs and/or workbook.

Learn from a chess expert!

CONTACT INFO:

E-mail: vcchesskids@gmail.com
Mobile number: 703-577-2320

Daddio Faceoff School

Chris Daddio (Syracuse)

Kyle Daddio (Mount St. Mary's)

Clinic Registration NOW OPEN!

REGISTER ONLINE HERE

MIDDLEBURG HUMANE FOUNDATION



Future with a clover icon

Future is a 10 year old, red roan paint mare. She is approximately 13.2H. She has been used as a lesson pony and in summer camps. She loves to jump but can get quick so she would need a quiet rider. She stands for the farrier and vet. She is very attractive and is a great prospect pony.

Visit our website for available animals & applications.

www.middleburghumane.org (540) 364-3272

2015 Face-Off Clinics

in Loudoun County, VA

Date: Sunday, March 8th

Location: Tuscarora High School Leesburg, VA

Session 1 - Grades 4-7

1:00pm - 2:15pm

Session 2 - Grades 8-12

2:15pm - 3:30pm

\* Each session limited to 20 players

\* All Skill Levels Welcome



**"THAT NIGHT IN RIO"**

## **DEADLINE LOOMING!**

Where did the time go? Our Acquisition deadline of March 13<sup>th</sup> is only **ONE WEEK** away and we are still hoping for your donation! We know it's difficult to think about May with the weather we have had, but the catalog goes to print over Spring Break!

### **HOW CAN I BE INVOLVED? DONATE!!!!**

What Would You Like to Buy at the Auction? Find it and Donate it!

What Do You Like to Do?

Bake? Donate Desserts to One of Our Parties!

Play Tennis? Offer Some Lessons for Adults or Children!

Golf? Fly Fish? Can you teach a few lessons or go on an outing?

Knit? Donate a Scarf!

Garden? How about planting bulbs or designing/planting a perennial or vegetable garden?

Be Part of a Purchasing Group!

Donate Funds! Let us Buy Something!

### **WHAT ELSE CAN I DO?**

Attend the Auction! Help Us Reach Our Goal!

Bring Friends to the Auction!

Organize Tables!

Put Together a Purchasing Group to Bid on Our Items!

Join A Committee-Lend your Talents to Putting On a Wonderful Event!



**TRULY...EVERYONE CAN PARTICIPATE AT SOME LEVEL!**

**PLEASE...let us hear from you!  
Time is ticking, don't be left out!**

[Click Here](#) to access the Acquisition Form!

Your donation is just a click away!

Contact us! We are happy to answer your questions.  
Kim Medica, Auction Chair at [kmedica740@gmail.com](mailto:kmedica740@gmail.com)

Chris Johnson, Auction Coordinator  
[cjohnson@thehillsschool.org](mailto:cjohnson@thehillsschool.org)

(540) 687-5897



**"THAT NIGHT IN RIO"**

**JOIN IN THE CELEBRATION OF CARNIVAL**



Junior Kindergarten presents lunch

from



Thursday, April 9th

chicken sandwich with carrots, chips and freeze pop

one sandwich \$7.00

two sandwiches \$9.00

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

Cash or checks made payable to The Hill School, with "Class of 2024" in the memo line.

**Orders must be received no later than Wednesday, April, 8th.**

Please contact Melanie Blunt at [melanieblunt315@gmail.com](mailto:melanieblunt315@gmail.com) with any questions.

## Save the Date

Friday, March 20th

6-8 pm

Spaghetti Dinner

Piedmont Child Care Center

Trinity Church

\$7.00 all you can eat.

There will be a raffle for a "Pot-of-Gold" (a basket full of Va. scratch off tickets). This is open to the public. All the proceeds go towards class room supplies.

Call 540-592-3908

This is a St. Patrick's Day theme by the way!



## "Land Observations"

Sunday, March 22nd

4:00 pm

An Artful Life® Gallery presents "Land Observation" with Tom Neel.

As one of this region's acclaimed landscape painters, artist Tom Neel has spent countless hours observing the Piedmont. Through this first ever talk, Tom will share his thoughts in what he kiddingly calls - land watching. If you love the outdoors or a good country drive, this is for you. It will be a photographical journey and discussion sure to enlighten you on the beauty of open space. His talk will discuss light, land and water, sky, seasons and more.

Just \$15. which includes refreshments and a donation to The Land Trust of Virginia.

Space is limited so call 540-253-9797 to register today.

The gallery is located at 6474 Main Street  
The Plains, VA 20198



Staying home for Spring Break and need something fun to do?  
Come to one of the stagecraft and acting workshops during Shakespeare in the 'Burg.

"A Palpable Hit" Basic Stage Combat – March 28, 2:00 pm, Emmanuel Parish House, 205 E. Washington Street: Examine the text and context surrounding fights in Shakespeare's plays; observe trained actor combatants perform choreographed fights; participants practice stage combat techniques.

"Concord of Sweet Sounds" Music in Shakespeare – March 28, 3 pm, Emmanuel Parish House: Explore song writing and placement in the production of plays; learn about Elizabethan musical practices; compose music for and perform a song from one of the plays.

"I Will Hide Me in the Arbor" Much Ado About Nothing – March 29, 10 am – explore staging challenges in Much Ado About Nothing; participants create character by pursuing options on an early stage like Shakespeare's. Discussion will revolve around the explicit hiding in the play. Combination of textual analysis and performance is excellent for drama and English classes.

All workshops are \$10 for students

For tickets, go to [www.shakespeareintheburg.com](http://www.shakespeareintheburg.com)  
[info@shakespeareintheburg.com](mailto:info@shakespeareintheburg.com)  
540-687-3448

## AFTER SCHOOL ART

Walking distance from Hill School

March – April children's classes

Grades 1&2

### INTRODUCTION TO SCULPTURE

Mondays 3:15 – 4:45

March 16 – April 27

Preregistration by 3/12

Grades 3 and up

### DRAWING SKILLS FOR JUNIOR DRAFTSMEN

Thursdays 4:15 – 5:45

March 12 – April 30

Preregistration by 3/10

Alice Porter, MAT

[aporterart@yahoo.com](mailto:aporterart@yahoo.com)

540-454-8372

THE DRAWING ROOM  
101 WEST FEDERAL STREET, MIDDLEBURG

## 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 – April, 2015

Return to the Office **by Friday, March 13, 2015**

### **MONDAYS – TEDDY'S PIZZA** – 687-8880

\$4.25 per order

One form per student, please.

Name \_\_\_\_\_ Grade \_\_\_\_\_

- |                                 |     |      |      |      |
|---------------------------------|-----|------|------|------|
| 1. 2 slices of CHEESE Pizza.    | 4/6 | 4/13 | 4/20 | 4/27 |
| 2. 2 slices of PEPPERONI Pizza. | 4/6 | 4/13 | 4/20 | 4/27 |

*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 Fri., March 13.***

**CUT HERE**=====

### **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                     | 4/7 | 4/14 | 4/21 | 4/28 |
| 2. Three Chicken Tenders with honey mustard sauce, side of vegetable, and a cookie. | 4/7 | 4/14 | 4/21 | 4/28 |

*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 Fri., March 13.***

**CUT HERE**=====

### **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   | 4/8 | 4/15 | 4/22 | 4/29 |
| 2. Sliced Roast Beef on a Soft Roll with Lettuce & Tomato  | 4/8 | 4/15 | 4/22 | 4/29 |
| 3. Sliced Ham & Cheese on a Soft Roll with Lettuce & Tomato  | 4/8 | 4/15 | 4/22 | 4/29 |
| 4. ½ Little Italy Sub<br>(Provolone, Mortadella, Pepperoni, Genoa Salami, Lettuce, Tomato, Sweet Peppers, Oil and Vinegar) | 4/8 | 4/15 | 4/22 | 4/29 |
| 5. Grand Slam (Turkey, Ham, Swiss, Lettuce, Tomato on a Sub Roll)  | 4/8 | 4/15 | 4/22 | 4/29 |

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 Fri., March 13.***

## Nutrition Nuggets



### Greens for St. Patrick's Day

To celebrate the upcoming St. Patrick's Day, I thought we would take a look at our most popular and nutritious vegetable greens. Greens are nutrient-packed with phytochemicals, vitamins and minerals, as well as fiber. Here are the top 10, ranked from most nutritious to least.

**Kale:** All hail for kale! Packed with vitamins A, C, and K this green machine is a nutrition powerhouse. It also provides a good source of calcium, folate and potassium.

**Collards:** With a similar nutrition profile to kale, collards rank as one of the top leafy greens. The difference lies in the texture, which is chewier, and taste, which is reminiscent of cabbage.

**Turnip Greens:** Buying your turnips with the greens on gives you more bang-for-your-buck: two veggies in one! These tender greens have a sharper taste than others in the family and are rich in vitamins A, C, and K, as well as calcium.

**Swiss Chard:** This green has red stems, stalks, and veins on its leaves. Swiss chard is high in vitamins A and C. Cooking Swiss chard reduces the green's oxalates, thereby freeing up its calcium content and making cooked chard more nutritiously packed than raw.

**Spinach:** Loaded with vitamins A and C, as well as folate, spinach leaves offer a lot of nutritional value. Like Swiss chard, spinach releases calcium when cooked.

**Mustard Greens:** Similar to turnip greens and collards, mustard greens offer a lot of nutritional value. To tone down their somewhat peppery flavor, add an acid, such as lemon juice, towards the end of cooking.

**Broccoli:** Often referred to as "green trees" by kids, these cruciferous veggies are rich in vitamin C, and provide a good source of vitamin A, folate and potassium.

**Romaine Lettuce:** Often seen in salads, romaine lettuce is high in vitamin A and provides some folate.

**Cabbage:** Available in red and green varieties, cabbage is rich in vitamins C as well as cancer-fighting compounds. It is a very versatile green and can be added to your favorite recipes in many ways.

**Iceberg Lettuce:** Despite being the least nutritional, iceberg lettuce is the country's #1 green. It does not rank as #1 on my list because it is mostly water with very little nutritional benefit.

\*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?***

We each consume about 17 pounds of iceberg lettuce a year

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

To your health,  
Cristin Wipfler, MPH, RD