



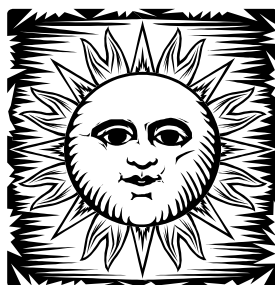
TAKE NOTE

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

APRIL 2, 2015



Welcome Back!



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, there 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!
Visit our website for more information
<http://www.thehillschool.org/program/summer-camp/>

Minute to Win It Carnival

Friday, April 10th 3:00 – 4:00

- Dozens of games and challenges!
- \$5 Admission - pre-register at the Front Desk or pay at the door
- All proceeds benefit Seven Loaves Food Pantry
- Hosted by the Seventh Grade
- Open to all ages
- Where: Hill School gym



THAT NIGHT IN RIO

The Auction office extends its thanks and applause for the tremendous response to our acquisition requests. There are lots of new and exciting items this year! We will be offering something for everyone.

Every acquisition is appreciated and treasured. Invitations will be mailed this week and we can't wait for everyone to see the results of our combined efforts.



7th Grade Bake Sale

Tuesday, April 7

At Recess

Everything \$1.00

Proceeds to benefit Seven Loaves Food Pantry

Coming up at Hill:

Tues., April 7	JV Boys Lacrosse vs. Powhatan at Hill. Game at 3:30, dismissal at 4:45 pm JV Girls Lacrosse vs. Powhatan at Powhatan. Game at 3:30, dismissal at 5:15 pm V Girls Lacrosse vs. Powhatan at Powhatan. Game at 4:30, dismissal at 6:15 pm
Wed., April 8	Grade 7 to Washington, depart 8:45 am, return 7:45 pm
Thurs., April 9	JV Boys Lacrosse vs. Highland at Highland. Game at 3:00, dismissal at 4:45 pm V Boys Lacrosse vs. Wakefield at Wakefield. Game at 3:00, dismissal at 4:30 pm V Girls Lacrosse vs. Highland at Hill. Game at 3:30, dismissal at 4:45 pm
Tues., April 14	Grade 3 to Williamsburg, depart at 8:30 am V Boys Lacrosse vs. Epiphany Catholic at Hill. Game at 4:15, dismissal at 5:30 pm V Girls Lacrosse vs. Epiphany Catholic in Culpeper . Game at 4:15, dismissal at 6:45 pm JV Girls Lacrosse vs. LCDS at LCDS. Game at 4:30, dismissal at 6:15 pm
Wed., April 15	Grade 3 returns from Williamsburg at 8:30 pm Grade 4 to Aldie Triangle. 8:30-2:30.
Thurs., April 16	Parent - Teacher Conferences - No School
Fri., April 17	Spring Holiday - No School

SEEKING: The Levis Hill House, a part of the Windy Hill Community for senior citizens, is seeking a creative and enthusiastic volunteer to lead crafts with the residents once or twice per month. This activity is scheduled for every other Friday at 10 am, all materials are provided, and the position could start in May. Please contact Ann Northrup at 687-5902 or Senior Services Coordinator, Erin Nesbitt, at 687-3273.

WORKSHOP: A Chronic Disease Self-Management 6 week workshop developed by Stanford University, is being offered on Thursdays from June 4 to July 9, 1-3:30 pm at Windy Hill in Middleburg by Area Agency on Aging. The workshop covers nutrition, physical activity, medication, and conditions could include heart or lung disease, asthma, arthritis, migraines, HIV, diabetes, Crohn's, or any other illness that affects your daily life. For more information, please contact Agency on Aging at 703-777-0257.

SEEKING: Farm Manager position needed -11 years experience running a farm, I have knowledge of tractors, and equipment. Experience in all aspects of horses. Repairs, painting, gardening etc. Please call Sergio 703-608-9812.

FOR RENT: Charming one-bedroom cottage at Deerfield Farm in Upperville. The cottage has an eat-in kitchen, washer/dryer, front and back porches, and some storage. No dogs, please. \$1100 per month, which includes mowing and yard maintenance. Call Paul at 592-3107.

AVAILABLE: Are you already making plans for the summer and in need of a Mother's helper or a baby sitter? Charlotte Ruth Zaback (current Hill 7th grade) is available! Please call Shelly at 703-919-0498 if you are interested.



Attention Hill Families:

Are you interested in growing your own produce in a community garden with the help and advice of a master gardener? Grow with us in the Gunnell Garden! Each year, interested and committed families are invited to enter their names in the Gunnell Community Garden lottery. If your name is drawn, you will pay a small maintenance fee of \$25 to use a raised bed in the Gunnell Community Garden for one growing season. Local families will be given priority as gardening requires commitment and regular maintenance! Please email or call Martha Burke by April 9th, 2015 to be entered in the garden drawing. 540-592-3001, or mburke@thehillsschool.org

MIDDLEBURG'S 2015 ARBOR DAY DIGITAL PICTURE CONTEST "TREES IN AND AROUND MIDDLEBURG"

This year the Arbor Day contest is going digital. The Arbor Day digital picture contest is a creative way to learn about trees. This year the theme is "TREES IN AND AROUND MIDDLEBURG".

DIGITAL PICTURE CONTEST GUIDELINES: The digital picture contest is open to all students In Middleburg Charter School, The Hill School in grades Pre-K – 5, Banneker Elementary, Middleburg Community Center Pre-School by Loudoun County Parks, Recreation & Community Services and Middleburg Montessori.

The objective of the contest is to take digital pictures of a tree in or around Middleburg
Send the picture as a jpeg, png or pdf to MiddleburgArborDay@gmail.com
In the subject line of the email enter 2015 Arbor Day Picture
Include in the email: Identify the tree and answer why this is your favorite tree?
And:

Students Name _____
Grade _____ Age _____
School Name _____
Teacher's Name _____
Location of Tree _____

All entries become the property of the sponsors and may be used at their discretion. The sponsors reserve the right to alter a picture design for printing purposes.

CONTEST DEADLINE:

All entries must be received by email no later than 12:00 midnight on Wednesday, April 15.

For more information call 540-687-5152 or email cpearson@townofmiddleburg.org

Prizes will be awarded. Winning digital pictures will be announced at the 2015 Middleburg Arbor Day Celebration being held **at** Middleburg Community Charter School Saturday, April 25, 2015, 9:00 a.m. Parents will be notified through their school on or before April 21st if their child is to receive an award at the Arbor Day Ceremony.

Did you know? Trees are the longest living organisms on the planet and one of the earth's greatest natural resources. They keep our air supply clean, reduce noise pollution, improve water quality, help prevent erosion, provide food and building materials, create shade, and help make our landscapes look beautiful.

Sponsored by: Middleburg Community Charter School, Middleburg Beautification & Preservation, Inc., Town of Middleburg, and the Streetscape Committee





NEW SPRING CLASSES AT NATIVE BARRE STUDIOS!

Ballet for 2.5-5 year olds on Thursdays at 3:30pm
Hip Hop Dance | Play for 3-6 year olds on Tuesdays at 3:30pm

Ballet for 6-8 year olds on Thursdays at 4:30pm

Become a DJ Class for 2nd-4th graders on Fridays at 4:30pm

Breakdancing Level 1 for 2nd-4th graders on Tuesdays at 4:30pm

Hip Hop | Breakdancing Level 1 & 2 for 5th graders and up on Mondays at 4:30pm

Classes are starting the next week! Please visit our website, www.nativebarre.com, for more information about all our classes for kids and adults or call the



New Meadow Farm Riding Camp Shenandoah Valley

Every summer, New Meadow offers an overnight camp for riders between the ages of 8 and 17, with daily group lessons, chances to show, basic horsemanship and care, and other fun activities and field trips. For more information check out www.newmeadowcamp.com

**Parents Council of Washington
Presents**

How to Talk to Your Kids About Money

Keynote speaker: Ron Lieber

Tuesday, April 7, 2015

8:30 a.m. – 9:00 a.m. ~ Light breakfast

9:00 a.m. – 10:30 a.m. ~ Program

National Cathedral School

Hearst Hall

3612 Woodley Road, N.W.

Washington, D.C.

April Happenings at Middleburg Community Center

Fly a Kite Day- Thursday April 2nd Noon to 2 pm

Dog Obedience Classes- Tuesdays April 7- May 26 6 to 7 pm

Running Club- Tuesdays and Wednesdays April 7- June 9 2:45 to 4 pm

Challenger Soccer: First Kicks-Thursdays April 9- May 28 3:15 to 4:15 pm

Challenger Soccer: Mini Soccer- Thursdays April 9- May 28 4:30 to 5:30 pm

Hello Pony @ Stonelea Farm- Saturday April 11 & Wednesday April 15 10 to 11 am

Horsemanship Camp @ Stonelea Farm - Saturday April 11 1 to 3 pm

Jr. Chef Classes- Mondays April 13- May 18 3 to 4 pm

Home Based Business Expo- Saturday, April 25th Noon to 4 pm

Call 540-687-6375 or sign up on WebTrac today to register!

Sponsored by Loudoun County Parks, Recreation and Community Services at Middleburg Community Center



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

What: After-School Chess Program

When: Every Thursday 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



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 with any questions.

2015 SPRING GAME SCHEDULE UPDATED APRIL 2

Please check Take Note to confirm games and dismissal times

DATE	TEAM	SPORT	OPPONENT	LOCATION	TIME	DISMISSAL
Tue, April 7	JV Boys	Lacrosse	Powhatan	Hill	3:30	4:45
	JV Girls	Lacrosse	Powhatan	Powhatan	3:30	5:15
	V Girls	Lacrosse	Powhatan	Powhatan	4:30	6:15
Thu, April 9	JV Boys	Lacrosse	Highland	Highland	3:00	4:45
	V Boys	Lacrosse	Wakefield	Wakefield	3:00	4:30
	V Girls	Lacrosse	Highland	Hill	3:30	4:45
Tue, April 14	V Boys	Lacrosse	Epiphany Catholic	Hill	4:15	5:30
	V Girls	Lacrosse	Epiphany Catholic	EC, Culpeper	4:15	6:45
	JV Girls	Lacrosse	LCDS	LCDS	4:30	6:15
TBD	4-5 Play Day	Lacrosse	LCDS	TBD	1:00 - 2:00	regular
Tue, April 21	JV Girls	Lacrosse	Edlin	Hill	3:00	4:15
	V Boys	Lacrosse	LCDS	LCDS	4:45	6:30
	V Girls	Lacrosse	Highland	Highland	3:30	5:15
Thu, April 23	JV Boys	Lacrosse	Powhatan	Powhatan	3:30	5:15
	JV Girls	Lacrosse	Powhatan	Hill	3:30	4:45
	V Girls	Lacrosse	Powhatan	Hill	4:30	5:45
Tue, April 28	JV Play Day <i>Boys at Hill, Girls at LCDS. Games begin at 3:00</i>					
TBD	4-5 Play Day rain date	Lacrosse	LCDS	TBD	1:00 - 2:00	regular
Thu, April 30	V Tournament <i>Boys at Hill, Girls at LCDS. Games begin at 3:00</i>					
Tue, May 5	<i>Rain date for tournaments</i>					
Thu, May 7	JV Boys	Lacrosse	LCDS	LCDS	3:30	5:15
	V Boys	Lacrosse	LCDS	LCDS	4:30	6:15
	JV Girls	Lacrosse	LCDS	Hill	3:30	4:45
	V Girls	Lacrosse	LCDS	Hill	4:30	5:45
Fri, May 22	TRACK MEET at Hill School May 23 (12:00-3:00)					

Nutrition Nuggets



A 'Good Egg'

Eggs are a nutrient rich, natural, whole food, making them one of the top foods around. Their unique combination of nutrients include all of the B vitamins (B1, B2, B3, B5, B6, B12, choline, biotin, and folic acid), as well as protein, electrolytes, Omega-3 fatty acids, fat soluble vitamins (A, D, E, and K) and MORE! Not only are they packed with nutrition, but many of their nutrients are difficult to find in a normal diet. These include choline, selenium, and iodine. Choline, for example, is a major player in brain health, relaying messages between nerves and muscles (neurotransmitters), and decreasing inflammation. It is estimated that 90% of Americans are deficient in choline and while the body makes some, it does not make enough to meet your needs, so it is important to get it through your diet...enter eggs! Eggs are an excellent source of protein and are unique in that they are a 'complete protein' meaning that they have the complete range of amino acids, difficult to find in a non-meat product. Interestingly, the nutrients in eggs are split fairly evenly between the white and the yolk. The yolk is packed with exceptional nutritional value and holds many of the nutrients that make the egg such a unique food nutritionally. While for many years eggs were thought to be a culprit for high cholesterol, today studies indicate that eating eggs does not have a significant effect on cholesterol levels for most individuals. However, it is still advised that eggs be part of a balanced diet with a variety of other healthy, whole foods.

Eggs will stay fresh in the refrigerator for up to 1 month, but do not store them in the door of the fridge, as the repeated opening and closing of the door exposes the eggs to too much heat. Keep your eggs in their carton (to prevent them from absorbing odors), with the pointed end facing down (to prevent the air chamber and yolk from displacement).

Raw eggs can carry the bacteria *Salmonella* so always use caution when cooking with eggs. Ensure that your eggs are from a reputable source, and always cook on a high heat for an appropriate amount of time to kill any lingering bacteria. Any utensils or cooking surfaces that come in contact with raw egg should also be washed thoroughly before using with any other food preparation.

So, in an egg-shell (sorry, I had to), don't overlook the nutritional value of the ♪ *incredible, edible egg*. ♪ They are an excellent addition to most diets.

* Reference: World's Healthiest Foods

*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?

Painting egg-shells was a popular custom among many ancient civilizations including Egyptians, Chinese, Greek and Persians

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

To your health,
Cristin Wipfler, MPH, RD

