



TAKE NOTE

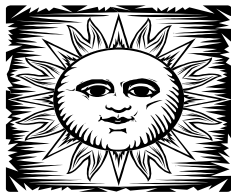
The Hill School
(540) 687-5897
www.thehillschool.org

APRIL 23, 2015



Teacher Appreciation Day

On Thursday, April 30th, the student body will be honoring our faculty and staff with fresh flowers. Each student is asked to bring in a bouquet of flowers (5 to 10 flowers) from his/her home garden or a favorite source. Please have your child drop off the flowers in the lobby of the Performing Arts Center on Thursday morning by 8:15 a.m. Each teacher and staff member will receive an arrangement at the assembly at 11:10 a.m. Parents are invited and encouraged to join the fun and help arrange bouquets! If you have any questions or can volunteer, please email mlooney@thehillschool.org.



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. There will also be sports camps focusing on lacrosse, soccer, and basketball.

Our camps 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/>
Questions can be directed to Bee Stribling or
by email at summerathill@thehillschool.org.



THAT NIGHT IN RIO IS ALMOST HERE!

Tables for the Auction are filling up fast!
Reservation cards are due TOMORROW! This is
one party you won't want to miss! Looking
forward to seeing everyone at
THAT NIGHT IN RIO on May 9th.

Kim Medica
2015 Auction Chair



A big thank-you from Teachers and Staff to all parents who brought in lunch for Parent - Teacher Conference Day! It was delicious and always much appreciated!



Lunch Order Forms for **May and June** are due to the front desk TOMORROW, Friday, April 24th.

Coming up at Hill:

| | |
|------------------|--|
| Tues., April 28 | JV Lacrosse Playday. Boys at Hill, Girls at LCDS. See schedule below. Boys dismissal: 4:45, girls dismissal: 5:15 |
| Wed., April 29 | 4 Lacrosse Playday vs. LCDS at Hill. Games from 1:00 pm - 2:00 pm. Regular dismissal 5 Lacrosse Playday vs. LCDS at LCDS. Games from 1:00 pm - 2:00 pm. Regular dismissal |
| Thurs., April 30 | Teacher Appreciation Day Varsity Lacrosse Tournament. Boys at Hill, Girls at LCDS. See schedule below. Boys dismissal:5:00, girls dismissal: 5:30 |
| Fri., May 1 | Grade 5 Renaissance Dinner, 6:00 pm at the Dornin Science Center |
| Thurs., May 7 | JV Boys Lacrosse vs. LCDS at LCDS. Game at 4:30, dismissal at 5:15 pm V Boys Lacrosse vs. LCDS at LCDS. Game at 3:30, dismissal at 6:15 pm JV Girls Lacrosse vs. LCDS at Hill. Game at 3:30, dismissal at 4:45 pm V Girls Lacrosse vs. LCDS at Hill. Game at 4:30, dismissal at 5:45 pm |
| Fri., May 8 | Grandparents & Special Friends Day. 1:00 dismissal for all grades. |
| Sat., May 9 | That Night in Rio Auction |

AVAILABLE: Part-time nanny available for the months of June and July. Hill School graduate and current student at Elon University, Brooke McClary loves kids of all ages and is happy to help any busy parent! You can reach Brooke at (540) 454-3321.

SEEKING: In search of 1 or 2 nice roosters, preferably NOT Rhode Island Red. Please call or email Kate if you have a rooster you would like to re-home. Please contact assistant@roland-farm.com or 703-754-8713.

AVAILABLE: Available for housecleaning Mondays and Tuesdays. Hill School family references available. Contact Brenda 540-532-0122.

FOR RENT: House for rent near Aldie overlooking Little River on large farm. 2 bedrooms, 1 bath, central air, W/D, fenced yard for friendly pets. \$1300.00 per month. Available June 1st. Security deposit and credit check required. Call 703-327-0065.

FREE: Free to a loving home. Two adorable lop ear bunnies. Six weeks old. Please email Tom at tcarr62@Verizon.net (Round Hill).



PAC Lacrosse Play Days
Tuesday, April 28th, 2015

JV



PAC Lacrosse Tournaments

Thursday, April 30, 2015

Varsity



Boys at Hill School

| Game Times | Field 1 | Bye |
|------------|-------------------|----------|
| 3:00-3:25 | Hill vs. Highland | LCDS |
| 3:35-4:00 | Highland vs. LCDS | Hill |
| 4:10-4:35 | LCDS vs. Hill | Highland |

2-10 minute halves, 5 minute half-time, 10 minutes between games, no time-outs, running clock

Girls at Loudoun Country Day School

| Game Times | Front Field | Barn Field |
|------------|----------------|--------------------|
| 3:00-3:25 | LCDS vs. Edlin | Hill vs Wakefield |
| 3:35-4:00 | Hill vs. Edlin | LCDS vs Wakefield |
| 4:10-4:35 | LCDS vs. Hill | Edlin vs Wakefield |

2-10 minute halves, 5 minute half-time, 10 minutes between games, no time-outs, running clock

Boys at Hill

| Game Times | Field 1 | Bye |
|------------|--------------------|-----------|
| 3:00-3:30 | LCDS vs. Hill | Wakefield |
| 3:40-4:10 | LCDS vs. Wakefield | Hill |
| 4:20-4:50 | Hill vs. Wakefield | LCDS |

2-12 minute halves, 5 minute half-time, 10 minutes between games, no time-outs, running clock

Girls at Loudoun Country Day School

| Game Times | Front Field | Barn Field |
|------------|------------------|-------------------|
| 3:00-3:30 | Hill vs Highland | LCDS vs. Edlin |
| 3:40-4:10 | LCDS vs Highland | Hill vs. Edlin |
| 4:20-4:50 | Hill vs LCDS | Highland vs Edlin |

2-12 minute halves, 5 minute half-time, 10 minutes between games, no time-outs, running clock

CHILDREN'S ART CLASSES



SPRING

Introduction to Sculpture

An introduction to the principles of dimension, design, form and function using composite and modeling techniques. Wood, clay and found objects.

Ages 5 and up
Mondays 3:30 – 5:00. May 4-15 (excluding May 25 Memorial Day)
Six sessions \$120.



Drawing from Nature

Work from an extensive specimen collection of marine life, flora and fauna. Instruction includes simple and complex structures in nature, as well as drawing techniques in detail, texture and shading.

Ages 10 and up
Thursdays 4:30- 6:00. May 7 – June 11
Six sessions \$120

Tuesday Teens

Intermediate Drawing. Theme to be determined.
Tuesday 7:00 – 8:30pm. May 5 – June 9
Six sessions \$ 120



Classes limited to 6 students. Convenient Middleburg location with plenty of parking

*Preregistration required by April 28, 2015
Also offering adult classes*

Instructor Alice Porter, MAT
THE DRAWING ROOM
101 WEST FEDERAL STREET
MIDDLEBURG, VA
aporterart@yahoo.com
540-454-8372

#NSLMOPENLATE

April 24

Middleburg Hunt Point-to-Point Night

featuring

Difficult Run Jazz Band

South Street Brewing | Three Fox Vineyards

This Friday is the first of the new concert series called Open Late at the National Sporting Library & Museum. Come listen to free music on the lawn and get yourself a beer or some wine. Bring your lawn chairs or picnic blankets. The Museum will be open until 8pm if you want to check out the new exhibitions. We'll also have art activities for the kids. Admission is FREE.

Chinese Diabolo YoYo's

Available:

We have a number of Chinese diabolo yo-yo's available at the front desk on a first-come basis.

\$5 each (less than half of the cost elsewhere)



**Pick up Service at Hill School
available**

sportsadventurecamp.com

**RAFTING. MOUNTAIN BIKING.
ROPES COURSE WITH ZIP LINES.
SOCCER. BASKETBALL. LAX. WATER
PARK. CAMPING OVERNIGHT AND
MORE!!**

*The benefit of a camp that
provides both **Sports and
Adventure** activities is that it
offers more to a child's **whole
development** than any
specialized sports camp or
adventure camp.*

Session Dates and Cost

June 15 – 19, \$475

June 22 – 26, \$475

**Apply online at:
sportsadventurecamp.com**

Contact:
Paul Harrington
(703)-795-7239
info@sportsadventurecamp.com



**Tuesday,
May 5 6-8pm
Middleburg
Community Center**

**Tacos! Piñatas!
Betty's Goodies!
\$20 per family**



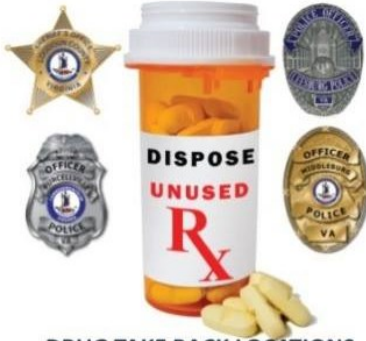
**Call 540-687-6375 to
RSVP by April 30.**



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

Middleburg Police Department, LCSO, & GO-Green Prescription Take Back Day

Turn in your unused or expired medications for safe disposal
Saturday, April 25, 10AM - 2PM



DRUG TAKE BACK LOCATIONS (No Syringes, Needles, IV Bags, or Epi Pens Accepted)

Loudoun County Sheriff's Office
Eastern Loudoun Station
46620 East Frederick Drive
Sterling, VA 20164

Dulles South Public Safety Center
25216 Loudoun County Parkway
Chantilly, VA 20152

Lansdowne Public Safety Center
19485 Sandridge Way
Leesburg, VA 20176

Leesburg Police Department
65 Plaza Street NE
Leesburg, VA 20176

Purcellville Police Location
Bush Tabernacle
250 South Nursery Avenue
Purcellville, VA 20132

Middleburg Police Location
Middleburg Town Hall
10 West Marshall Street
Middleburg, VA 20118

Leesburg Police Department • Loudoun County Sheriff's Office • Middleburg Police Department • Purcellville Police Department



2015 Community-Wide FOOD DRIVE

TO BENEFIT
LOUDOUN COUNTY
AREA FOOD PANTRIES

TOGETHER, WE CAN
MAKE A DIFFERENCE.

Recommended Items for Donation:

| | |
|------------------------------|-------------------|
| Boxed Cereal | Canned Fruit |
| Hearty Soups | Mac & Cheese |
| Canned Meat (tuna & chicken) | Rice/Pasta |
| Canned Ravioli | Peanut Butter |
| 100% Juice | Granola Bars |
| Spaghetti Sauce (no glass) | Shelf Stable Milk |

Please drop off your non-perishable food donations at:

Location: Seven Loaves Food Pantry, 15 W. Washington Street

Dates: Saturday May 2, 2015

Times: 9:00 A.M. to 3:00 P.M.

For more information, visit our website: www.lynfyn.org

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 7th. 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.



The Phillips Program is seeking gently used clothing. This program provides severely underprivileged students living with unique mental and physical challenges with individualized

accredited education. Any gently used clothing ranging from school aged children to young adults will be greatly appreciated. In particular, they are organizing a fashion show with their students to provide a unique educational experience. A list of needs and the collection box are at the Front Desk.

Nutrition Nuggets



Spring Cleaning Your Eating

If spring-cleaning is on your list this season, why not spring clean your diet too?! Eating clean is about eating more of the healthy foods in their unprocessed form and eating less of the not-so-healthy foods. See my seven tips below on how to eat clean. The best part is that it is realistic, healthy, and manageable. Happy Cleaning!

1. **Bump-up your fruits and veggies:** Fruits and veggies are excellent whole, unprocessed foods straight from nature. They are packed with vitamins and minerals that our bodies need to work well and they provide a good source of satiating fiber. Frozen fruits and vegetables are great substitutions for fresh produce, just be sure that no sugar has been added. If opting for canned fruits, select those packed in their own juice.
2. **Limit Processed Foods:** Processed foods are often a source of excess sodium, sugar, and fat. If you cannot pronounce many of the words on the ingredients list, my advice is to steer clear. But remember that not everything that comes in a box or a bag is highly processed. Whole-wheat pasta, for example, is minimally processed and packed with valuable fiber and nutrients.
3. **Cut down on added sugar:** Sweets such as soda, candy and baked goods are often the primary sources of added sugar; however, it can also be found in otherwise healthy options, such as yogurt. Check out the ingredients list - sugar should be off of the list or one of the last ingredients listed.
4. **Monitor your salt intake:** Too much salt can increase your blood pressure but most Americans get more than the recommended 2300mg (about 1 teaspoon) each day. To minimize your salt intake, limit processed foods, opt for homemade versions of your favorite meals, and flavor with herbs and spices.
5. **Include healthy fats (and decrease saturated fats):** Saturated fats, usually solid at room temperature, are not good for our cholesterol, whereas healthy, unsaturated fats (liquid at room temperature) have been proven to have several health benefits. Choose olive oil, avocados, walnuts, or salmon, for example, over cheese, steak, and mayonnaise.
6. **Select whole grains:** Whole grains are more nutritious than refined grains because the bran (fiber and B vitamins) and germ (antioxidants and healthy fats) are not removed during processing. The word "whole" should be the first ingredient listed (e.g. whole wheat). In addition to whole wheat, choose grains such as quinoa, oats, and brown rice for good variety.
7. **Eat less meat:** Eating less meat will cut down on your intake of saturated fat. One serving of protein is 3oz, which is the size of a deck of cards, but we rarely stick to that portion size. Instead, use meat as more of a side dish, rather than the main dish, and try plant proteins in place of meat, such as beans, tempeh, or tofu. Cutting down on your meat intake is also better for a clean environment too.

*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?

The refining process not only reduces the nutritional value of food, but due to its higher energy use it is also harder on the environment.

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

To your health,
Cristin Wipfler, MPH, RD

