



TAKE NOTE

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

MAY 7, 2015

Spring Weekend at Hill

Friday: Grandparents and Special Friends Day.
(See schedule below and Dress for children on page 2).
Student Art Show in the Art Room (See information on page 2).
Alumni Spring Reception in the Performing Arts Center lobby.



Saturday: Auction – **That Night in Rio**

Grandparents & Special Friends Day Friday, May 8th

9:30-10:15 Registration / Reception in the Peard Music and Lunchroom Building. Refreshments will be available in the Lunchroom throughout the day.

10:15 Welcome/Opening Remarks by Treavor Lord.

10:30-12:40 Classroom Visits and Performances.

Chorus Concerts in the Performing Arts Center.

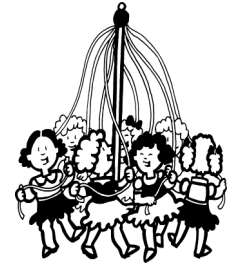
10:30-11:05	JK, Kindergarten, 1, 2
11:10-11:30	7, 8
11:30-12:05	5, 6
12:05-12:40	3, 4

When children are not performing, they will be in their classrooms for special activities.

12:45 **Carnival Chances Drawing** for \$10,000

Maypole, performed by Eighth Grade Girls.

1:00 Dismissal for all students in Grades JK-8



That Night in Rio is here!



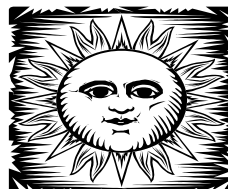
The BID-PAL center will be up and running on Friday - it will allow you to preview items, pre-register with your credit card and begin bidding. We highly recommend that you pre-register in person with Vickie Ralph and Pan Benefield in the gym during Grandparent's Day. If you pre-register, you will bypass Saturday's check-in line entirely! You will receive a text message on Saturday afternoon with your table assignment and bid number. Go straight to your table and start bidding!

Use this URL <http://bidpal.net/hill2015> to begin the registration process.

SPRING BOOK FAIR



Tues., May 26th to Thurs., May 28th
The fair will be held in the Performing Arts Center.



School's OUTside for Summer!

Register for Day Camp by May 22nd and receive a \$50 discount per week!

Coming up at Hill:

Fri., May 8	Grandparents & Special Friends Day. 1:00 dismissal for all grades
Sat., May 9	That Night in Rio Auction
Thurs., May 14	Grade 3 to Montpelier. 8:30-4:00 6th Grade presents: "Chronicles of Jane: Book Seven" at 11:00 am and 7:00 pm
Sun., May 17	Mariposa and Little Sisters Concert, 3:00 in the Music Room
Tues., May 19	Grade 5 to National Gallery, 8:30-4:00
Wed., May 20	Grade 7 Kayaking, 8:45-5:00
Thurs., May 21	Spanish Assembly. Grades K-3 perform Spanish skits and songs at 11:10 am
Fri., May 22	Green & White Track Meet 12:00-3:00
Mon., May 25	Memorial Day - No School
Tues.-Thurs., May 26-28	Spring Book Fair
Wed. - Fri., May 27-29	Grade 5 to New York City
Thurs., May 28	Grade 4 to Skyline Cavern, depart 8:30, regular dismissal.
Fri., May 29	Grades 7 & 8 Concert at 7:00

Dress for Grandparents and Special Friends Day:

Grades JK-3

Girls: Spring dresses, or bright, colorful shirts with skirts, pants, or shorts.

Boys: Colorful polo shirts, nice shorts or pants.



Grades 4-8

Girls: Spring dresses, or blouse and skirt. No shorts. Shoes – no sneakers.

4-7 Boys: Bright or pastel colored polo or button-down shirts and khakis (long or short). Shoes – no sneakers.

8 Boys: White or pastel colored button-down shirts and khaki pants (no shorts). Shoes – no sneakers.

**screen-free
week**



To participate, submit the form from last week's Take Note to the Front Desk by Monday, May 11th.

Everyone who successfully completes the entire week "screen free" will be treated by Mrs. Looney to an ice-cream sundae in the lunchroom, date to be determined.

Mariposa and Little Sisters Concert

Don't miss a chance to see your favorite singing girls!

Sunday, May 17th
3:00 in the Music Room

Questions? Please contact Mrs. Chase at kchase@thehillschool.org

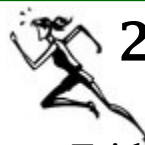
Hill School Art Show 2015

May 8th 8:30 a.m. to 2:00 p.m.

This year's art show will be a real treat, so make sure you stop by the Art Building on Friday, May 8th to see the students' work!

Recommended visiting times for students and their grandparents:

10:30-11:00	Grades 7 & 8
11:00-11:30	Grades 5 & 6
11:30-12:00	Grade 4
12:00-12:30	Kindergarten, 1 & 2



2015 Green-White Track Meet

Friday, May 22nd 12:00-3:00

All 4-8 students participate in Green – White competition. Parents are invited and encouraged to attend.

A schedule of events will be distributed in a future Take Note.

Students in grades K-3 will have a regular school day.

Come one, come all!

3rd Annual

Hill Family Fun Night

Friday May 15 at the Amphitheater

Rain or shine!

6:30 Gates open- Dinner is available- pizza, hotdogs, chicken tenders,
movie concessions

Games and activities until it is dark enough to start the movie

8:30 LEGO MOVIE shown on the huge outdoor screen
(in PAC if it rains)

Bring a blanket or chairs

Pre-register to automatically be entered to win the movie basket

Sponsored by the 2nd grade

Name _____

No. of Tickets (\$5.00) _____ Total \$ _____

Phone _____

email _____

(So we can let you know if you've won the basket)

AVAILABLE: Housesitting, pet sitting, and babysitting. Montana (Hill '07) 703 459-3358.

WANTED: Two-bedroom cottage in Middleburg area-- on a farm or in town - maximum rent \$1000. Please email me with pictures and information, sherrymorison@gmail.com.

WANTED: Reliable used car - inexpensive - please email me with pictures and information, sherrymorison@gmail.com.

WANTED: We live in the Middleburg area. We are looking for someone to do yard maintenance this summer and fall. Job Description: work about 30 hours a week. Job requires some grass cutting, weeding, mulching, weed wacking, arena dragging, removing horse manure from pastures, plant watering, and some general miscellaneous horse barn/ yard related jobs. Trustworthy, responsible, self starter, that is very efficient with their work. Must have a source of transportation to and from work. References and or recommendations a plus! Competitive pay. Darcie M. Shipka 307.690.5470.

AVAILABLE: Hastings Williamson, an almost eighteen year old sister of Briggs Williamson, is currently looking for work as a part time nanny, babysitter, and pet/ house sitter. She is an high-honor student at Wakefield School, kind, and reliable. She has her driver's license and her own transportation, if needed. Calls are being taken by Hastings mother, Martha, for scheduling. Contact: 304-283-1593

THE PERFECT MOTHER'S DAY GIFT

The clock is ticking but it's not too late!

Two Charmed's beautiful signature Mother's Day gift box is here to save you on Mother's Day. You look thoughtful, Mom will be delighted. Win win. Boxes contain LaVache caramels, JQ Dickinson gourmet small batch sea salt, Malin + Goetz light and lovely scented candle, flour sack tea towel from Kei and Molly, and Mother's Bouquet tea from Harney and Sons. \$65.00
Call or text (407) 701-1293 to order by 8pm Thursday, and Hill School parent Courtney McGowan will bring the boxes to drop off on Friday am.

Virginia International Polo Club Junior Summer Camp
Come learn to play polo with professional coaches, the
best polo facility, on great horses.

June 16 - 19th
July 15-18th.
9am-2pm
\$450 per week
Lunch included

We provide everything, just turn up with your boots
ready to have fun on horseback! Suitable for ages 10 +
For enquiries or to register contact Kirsten
at 561-203-0400 or Kirsten@poloconcierge.com
www.vipoloclub.com

Second Grade Lunch

THURSDAY, MAY 29

\$7.00

Panko Breaded Chicken Breast
Salad
Chips
Special Ice Cream Dessert

C**

Name: _____

Grade: _____

Cash or Checks are to be made out to Hill School
(with Class of 2021 on memo line please)

Orders must be received no later than Tuesday, May 19th

Nutrition Nuggets



Sports Drinks - yea or nay?

Spring is finally here and spring sports have already started! If you are an athlete, or involved in any physical activity, it is extremely important to remain hydrated. To maintain the proper hydration, fluids should be consumed before, during, and after an activity. We know that water is a primary source of fluid, but what about sports drinks? They seem to be everywhere and are available in everything from low-calorie flavors to vitamin-fortified varieties. So, are they as good as they sound or are they just sugar water?

Sports drinks can be beneficial to those athletes participating in endurance events lasting more than 60 - 90 minutes, high-intensity activities (sprinting, ice hockey, etc.) lasting more than 30 minutes, or for athletes in very hot and humid weather. In these conditions, sports drinks with 6 to 8 percent carbohydrate (14 to 19 grams of carbohydrate per 8 ounces) can provide better fluid replacement than water or diluted fruit juice. The carbohydrates in sports drinks deliver more immediate fuel (energy) to the muscles and the bloodstream, which not only help with fluid replacement, but can also prevent the muscles from exhausting as quickly and thus increase performance. In addition, sports drinks also supply electrolytes. When you sweat, your body loses small amounts of sodium (salt) and other electrolytes. In general, these can be replaced through the diet; however, for athletes who perspire much more, a sports drink will help to replace electrolytes and prevent complications such as sodium depletion. As for the drinks that claim to be fortified with vitamins - you do not lose vitamins when you exercise or sweat, so you are ultimately paying for something that you don't need.

To summarize, sports drinks are recommended for athletes who will be sweating a lot due to heat or the intensity/endurance of their sport. If you do not fall into these more extreme conditions when you exercise, you do not need a sports drink for performance or health reasons and it may only be supplying you with extra calories. All this being said, however, if you are more likely to continuously hydrate yourself if drinking a flavored sports drink, by all means, drink away. Preventing dehydration is the main goal!

* Reference: American Dietetic Association – Complete Food and Nutrition Guide

*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?

Gatorade was originally developed as a training drink for the Florida Gators! And given their resulting success on the football field, the rest of the country started to catch on and Gatorade was born!

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

To your health,
Cristin Wipfler, MPH, RD

