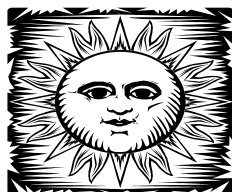




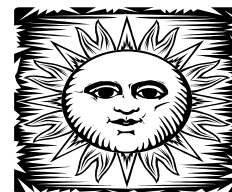
# TAKE NOTE

The Hill School  
(540) 687-5897  
[www.thehillschool.org](http://www.thehillschool.org)

## MAY 19, 2016



### School's OUTside for Summer!



Registration is open for Hill School's summer camp! The summer of 2016 will be filled with adventure, friend-making, and fun as campers explore our 137 acre campus and many of our region's attractions. Campers can explore the world of coding, outdoor sports, drama, the arts, science, and the Civil War.

The Hill School even has a camp for incoming JK and K students! Visit our website <http://www.thehillschool.org/program/summer-camp/> for more information. Additionally, registration forms are located at the Front Desk. Questions can be directed to Bee Stribling at [summerathill@thehillschool.org](mailto:summerathill@thehillschool.org).



### 2016 Green-White Track Meet

Monday, June 6 12:45-4:00

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

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

### "Minute to Win it" Carnival

- Friday, May 20<sup>th</sup> 3:00 – 4:00
- Dozens of games and challenges!
- Suggested donation: \$5
- Donations accepted in advance at the front desk or at the door
- All proceeds benefit Heifer International
- Hosted by the Seventh Grade
- Open to all ages
- Where: Hill School gym



### Mariposa and Little Sisters Concert

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

Sunday, May 22nd  
3:00 in the Music Room

Questions? Please contact Mrs. Chase at [kchase@thehillschool.org](mailto:kchase@thehillschool.org)

### SPRING BOOK FAIR

Tues., May 31st to Thurs., June 2nd  
[See page 7 for schedule.](#)

### Parent Forum – May 24th

8:30 am – 9:30 am in the Alumni Room

### Mindfulness for Children:

Supporting education and development.

Join Hill School teachers Dr. Paul Haefner, Dr. Hunt Lyman and William (B.) Stribling to explore Mindfulness and how it can be used to support our children's education and development. Learn how Mindfulness is integrated into portions of the curriculum at Hill School.

RSVP to [phaefner@thehillschool.org](mailto:phaefner@thehillschool.org)

## Coming up at Hill:

Fri., May 20	Family Movie Night, featuring “Minions” and sponsored by Grade 3 in the Amphitheater at 7 pm
Sun., May 22	Color Run—Check in begins at 9:00 am Mariposa and Little Sisters Concert, 3:00 pm in the Music Room
Wed., May 25	Spanish Assembly. Grades K-3 perform Spanish skits and songs at 11:00 am
Mon., May 30	Memorial Day - No School
Tues.-Thurs., May 31 - June 2	Spring Book Fair
Wed. - Fri., June 1– 3	Grade 5 to New York City
Fri., June 3	Grades 7 & 8 Concert at 7:00 pm
Mon., June 6	Green & White Track Meet 12:45 pm - 4:00 pm

**AVAILABLE:** Hannah All (Hill School Class of 2010) and Emma All, UVA students/daughters of Denise All, available all summer for house sitting and/or pet care! Please text or call directly at (540) 878-8303 (Hannah) or (540) 878-0008 (Emma) and certainly one of them can help you or your family!

**AVAILABLE:** Tickets available for "The Music of Andrew Lloyd Webber," at Riverside Center for the performing arts, in Fredericksburg, Va. The show runs May 14th Through July 10th, with 5 performances/week, with matinees on Wednesdays and Sundays. Hill 4th grader, Briggs W. will sing a duet with Sopranos, Kelly Curtin, and perform many other songs alongside the cast. Anyone interested in seeing the show should contact Martha Williamson at willkis@hotmail.com/ or text 3042831593 for *discounted tickets for dinner and a show* (\$45/person, which are normally \$60/person).

**FOR SALE:** Iron Horse Maverick 1.2 Girls Mountain Bike, good for 5th grade and up. 24" wheels, front suspension fork, nice gearing and easy to ride, fantastic condition - \$75. Please contact Kelly Johnson, kjohnson@thehillsschool.org.

**VACATION RENTAL:** Last Minute Deal: Two-bed, two-bath Suite at the Ritz Carlton Club in St. Thomas. World-class resort with exceptional amenities. June 3 - 10, 2016. \$4,000 OBO. Call 571-274-0839 or email nedquinn@hotmail.com for details.

**FOR SALE:** Beautiful 2014 black Jeep Grand Cherokee Laredo. Leather, heated seats and steering wheel, sunroof, keyless entry, remote start, touchscreen dash, and much more. Black with 65k miles. New tires and brakes. Clean Carfax report. Asking \$28k. Call Josh at 703-424-5630 or email joshualehman1@gmail.com for more details.



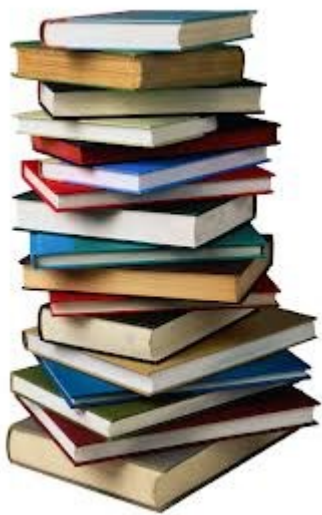
Monday, May 23rd will be the last day for the Hill School Running Club this year!



## Construction continues in Middleburg!

The next phase of construction is about to begin. This will include major impacts to the intersections of Route 50 and Pendleton Street and Route 50 and Madison Street. Please be prepared for delays coming to and from school.

All current information on the project can be found at <http://www.middleburgva.gov/>



## End of the Year News from the Arundel Family Library – 2016

- The **27<sup>th</sup>** of May will be the last day to check books out from the library for this school year.
- Students may keep books until the **6<sup>th</sup>** of June, when ALL books are due back in the library to prepare them for summer check out.
- Any outstanding library books will be charged to the family account after the **17<sup>th</sup>** of June **2016**.

### Summer Reading

*Are you looking forward to stretching out with a good book this summer? Perhaps there are books you didn't have time to read during the school year. Come visit us for some summer suggestions! We have a great selection of new books and old favorites just waiting to be checked out! There are just a few things to remember before you may check books out.*

- Any student, who has **NO OUTSTANDING BOOKS**, may check out up to **TEN** books for the summer, with a signed permission slip from his or her parent, **May 31<sup>st</sup>** through June **9<sup>th</sup>**.
- Books must be returned, *in good condition*, by the week of September **19<sup>th</sup> 2016**.
- Any books not returned by September **23<sup>rd</sup>, 2016** will be charged to my account.
- **Parents: PLEASE SIGN** and return the permission portion of this page if you would like to give permission for your child to check books out from the Hill School Arundel Family Library for the summer.

---

### Summer 2016

#### Permission to check books out from the Hill School Arundel Family Library

Date \_\_\_\_\_

Child's Name \_\_\_\_\_

Entering Grade \_\_\_\_\_

I authorize \_\_\_\_\_  
(Parent's signature)

to check out \_\_\_\_\_ books  
(quantity)

I agree and that any books not returned by September **23<sup>rd</sup>, 2016** will be charged to my account.

## HOOP HILL BASKETBALL CAMP

**REGISTRATION**  
**\$175 A WEEK / \$300 FOR 2 WEEKS**  
**\$500 FOR 4 WEEKS**

SESSION SCHEDULE  
 Session 1  
 June 6th - June 10th  
 Session 2  
 June 13th - June 17th  
 Session 3  
 July 5th - July 8th  
 Session 4  
 July 11 - July 15th  
 Session 5  
 Aug 1 - Aug 5  
 Session 6  
 Aug 8th - Aug 12th  
 Session 7  
 Aug 15th - Aug 19th

**LOCATION:**  
**MIDDLEBURG ACADEMY**  
**35321 NOTRE DAME LANE**  
**MIDDLEBURG VA. 20117**  
**540.687.5581**

**TO REGISTER CALL OR EMAIL COACH JAYE HAGNER**  
**COACHJAYE2016@GMAIL.COM**  
**CELL: 571.526.2117**

**DRAGON  
SUMMER CAMP  
2016**



### GUM TREE FARM

whole, organically raised, lambs for sale.

Ready for delivery or pick up by the end of next week (May 20th) . The price is \$350 per lamb.

Cuts include:

2 legs of lamb  
 loin chops  
 rib chops  
 shanks  
 spare ribs or riblets  
 2 shoulder roasts (bone in or out)  
 ground lamb, stew lamb, & sausage

OR it can be delivered whole to you or your favorite butcher...

A whole lamb takes 2 sq feet of freezer space - please let me know if you have any interest.

540 454 3130 ~ [frannykansteiner@me.com](mailto:frannykansteiner@me.com) ~ 540 592 9561

21980 Quaker Lane ~ Middleburg, Virginia 20117



### 2016 POTOMAC FIELD HOCKEY SUMMER CAMPS RISING 1ST-8TH GRADERS

**JULY 11-13, 3-day camp for rising 5-8 graders**  
**JULY 14-15, 2-day camp for rising 1-4 graders**  
**JULY 25-27, 3-day camp for rising 5-8 graders**  
**JULY 28-29, 2-day camp for rising 1-4 graders**  
**8am-5pm**

**Dulles Sportsplex, 21610 Atlantic Blvd, Sterling, VA**

Join us for a total hockey experience! Players will learn both indoor and outdoor hockey led by our awesome coaches. Our camps are for rising 1st through 8th graders for girls and boys. Campers will be divided by age and skill level. Our program will introduce new players to the game and develop more experienced players. Held indoors so no rain outs or sunburn!

#### REGISTRATION IS NOW OPEN!

During the morning sessions, we will set up the court and learn essential stickwork and work on indoor passing skills. After lunch, we will hit the turf to work on our outdoor game. Lunch is provided by Pizza Boli's at the Dulles Sportsplex.

<http://potomacfieldhockey.org/>

### MIDDLEBURG ACADEMY 2016 TENNIS CAMP



Session I – June 13-17  
 Session II – June 20-24  
 9:00 am to 12:00 pm  
 \$135

The 2016 Middleburg Academy Tennis Camp is open to boys and girls Boys & Girls of all levels ages 4-13.

Please email [cadgate@middleburgacademy.org](mailto:cadgate@middleburgacademy.org).

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.



### MILLWOOD COUNTRY CLUB

#### JUNIOR GOLF CAMP

AGES 7-15

JUNE 15-18

9:00 – 11:30 DAILY

- BASIC GOLF SKILLS
- GOLF ETIQUETTE
- CHIPPING & PUTTING
- 3 HOLES PLAY
- LAST DAY TOURNAMENT
- SNACKS & BEVERAGES DAILY
- PLAYERS MUST PROVIDE OWN CLUBS

To Register Call 540-837-1080 OR

E-MAIL [clubhouse@millwoodcc.org](mailto:clubhouse@millwoodcc.org)

CHECKS PAYABLE TO:

EDDIE CASSIDY

\$200.00 MEMBERS

\$210.00 NON-MEMBERS



JOIN US UNDER THE STARS AND SUPPORT THE HILL SCHOOL 3<sup>rd</sup> GRADE CLASS

AT

# FAMILY MOVIE NIGHT!!

FEATURING

## Minions

Starting at 7 p.m. on May 20<sup>th</sup> in the Hill School Amphitheater  
Rain or Shine!!



# MINIONS

Bring Your Blankets and Lawn Chairs...  
Come Early and Come Hungry!!  
We will be selling Teddy's Pizza, Hot Dogs,  
Popcorn, Candy, Minions-Themed Baked Goods, and Drinks!!

**Tell Your Friends & Family... Everyone is Welcome**  
**This is a community event!**

Admission is \$5 per child under 18  
Adults are free when accompanying a child

# Sunday, May 22<sup>nd</sup>

Check In  
Begins at  
9:00 AM

9:45 AM  
1 Mile  
Fun Run

9:30 AM  
Zumba

10:30 AM  
5K Run



The Hill School  
130 South Madison Street • Middleburg, VA

There is still time to register!

Sign up at:

[runsignup.com/Race/VA/Middleburg/TheHillSchoolColorRun](https://runsignup.com/Race/VA/Middleburg/TheHillSchoolColorRun)



# YEARBOOKS !



Yearbooks will be available Wednesday, June 8th.  
Please return this form to the front office by Friday, June 3rd.

Check the appropriate box – each yearbook is \$30.00.

\_\_\_\_\_ Enclosed is \$ \_\_\_\_\_ for ( \_\_\_\_\_ ) yearbook(s).

\_\_\_\_\_ Bill my account for \$ \_\_\_\_\_ for ( \_\_\_\_\_ ) yearbooks(s).

Child's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_



## Eagle Eye Services LLC

Going out of town for  
all or part of the  
summer?

### Eagle Eye Services can...

- ✓ Watch over your home and property while you are out of town
- ✓ Inspect and maintain home systems
- ✓ Inspect and maintain property and farm equipment
- ✓ Provide an alternative to hiring a house-sitter

Relax knowing your home and property are being well looked after.

[www.eagle-eye-services.com](http://www.eagle-eye-services.com)

(540)316-6501

Bespoke Education is offering private tutoring for all ages and subjects. Give your child the competitive edge with specialized tutoring in math, writing and reading.

Call or email for an individualized assessment. Kristiane Kristensen (703) 801-6719 or [kristiane@me.com](mailto:kristiane@me.com)



bespoke  
education

Bringing custom tutoring to your doorstep.

(703) 801-6719  
[kristiane@me.com](mailto:kristiane@me.com)



Hi, I am a Hill graduate (Class of 2014) and a student at Foxcroft. I am making all natural Body products to help me attend a summer program in New Zealand and Fiji. On this trip I will experience these spectacular cultures: from helping to expand recycling efforts, participating in community development projects in Fiji, & scuba diving in the beautiful blue waters to rural homestay visits, & many more once in a lifetime opportunities.

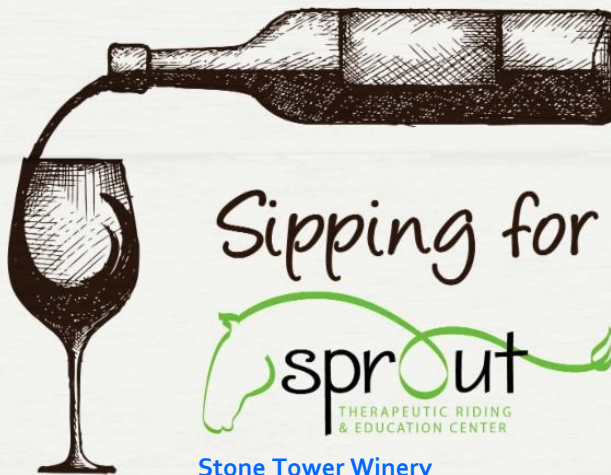
Lip Balm: \$6    Body scrub: \$10    Body Butter: \$12

All come in Grapefruit, Lavender, and Lemon (and lip balm and body scrub also are available with Mint)

If you are interested, please text or email me at: 540-326-6077 or [piascharf@yahoo.com](mailto:piascharf@yahoo.com)

Please join Sprout for the 4th Annual "Sipping for Sprout"

Wine Tasting and Family Fun Day Fundraiser!

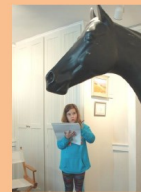


[Stone Tower Winery](http://www.stonetowerwinery.com)

Sunday, May 22

12 - 4:00 p.m.

(Rain or shine) Pack up the family and head to Stone Tower Winery in Leesburg, VA!



UPCOMING  
CHILDREN'S ART CLASSES  
**DRAWING HORSES**

MAY 10 - JUNE 14  
Children, after school 4:30 - 5:45

CAMP  
JUNE 21 - 25  
**MY HORSE STORY**

Grade 3 and up write and illustrate their own horse book  
1:00 - 5:00 Monday - Friday

ADULT/TEEN WORKSHOPS

\$50 half day  
MAY 14 DRAWING HORSES  
MAY 15 DRAWING PEOPLE  
MAY 21 CHINESE PAINTING (Art in the Burg)  
MAY 22 PHOTOGRAPHY

Location The Drawing Room, 101 West Federal Street, Middleburg  
Preregistration required  
Contact Alice Porter  
540-454-8372 [aporterart@yahoo.com](mailto:aporterart@yahoo.com)

# SPRING BOOK FAIR NEWS

The Hill School Spring Book Fair will be held

Tuesday, May 31st from 8:30am - 5:00pm

Wednesday, June 1st from 8:30am - 5:00pm and

Thursday, June 2nd from 8:30am - 4:00pm

in the Performing Arts Center.

Bookworm Central will provide wonderful books for all ages so come and enjoy! This selection will include adult fiction and nonfiction, as well as a plethora of children, youth and young adult books for those long summer days. Summer required and suggested reading books for Rising 6th, 7th and 8th graders will also be available for purchase.

**Please Note: We are not taking orders. All books will be sold on a first come, first served basis.**

**Times for students to visit the Book Fair (updated 5/19/16)**

## Tuesday

8:40-9:10	JK (w. 6 <sup>th</sup> grade mentors)
9:10-9:40	K (w. 6 <sup>th</sup> grade mentors)
9:40-10:10	2 (w. 8 <sup>th</sup> grade mentors)
10:20-10:50	3 (preview, wish lists)
11:00-11:30	1 (w. 7 <sup>th</sup> grade mentors)
12:30-1:15	5-1 (only visit, leaving for NYC)
1:15-2:00	5-2 (only visit)
2:35-3:05	4 (preview)

## Wednesday

8:30-9:15	JK and K (w/ parents)
9:40-10:10	6-1
10:10-10:40	6-2
10:40-11:00	2
1:30-2:00	7-1
2:00-2:30	7-2
2:35-3:15	4-2
3:15-3:55	4-1

## Thursday

8:30-9:15	1 (w/ parents)
9:40-10:10	8-1
10:10-10:40	8-2
12:30-1:05	3-1
1:05-1:40	3-2

## Permission Slip Information

LOWER SCHOOL: Parents of JK-3, please do not fill out the attached form. Students will bring home a "Wish List" after their first visit on Tuesday. Parents may approve all or parts of this list, which will serve as a permission slip for the child to purchase the books the next day.

Please email Carmen Arwine (longacre618@aol.com) with any questions.

---

## Grades 4 - 8 Book Fair Permission Slip Please Return by tomorrow, May 27th

\_\_\_\_\_ in \_\_\_\_\_ has my permission to charge up to \$ \_\_\_\_\_ to  
Student's Name Grade

my Hill School account at the 2016 Spring Hill School Book Fair.

If a child does not have a permission slip, we will allow him or her to charge ONE book up to 15.00 to your account unless you check the space below.

\_\_\_\_\_ My child may NOT charge any books to my account.

Parents' Signature \_\_\_\_\_

## Nutrition Nuggets



### Celebrate Memorial Day with these Family Friendly Thirst Quenchers

As we look forward to Memorial Day weekend, here are some tasty and healthier versions of some old time picnic favorites for the whole family to enjoy! Cheers!

#### **Raspberry Limeade** ~ *from the kitchen of EatingWell Magazine*

*Ingredients:*

2/3 cup fresh lime juice

1/2 cup sugar

1 1/2 cups raspberries (about 6 ounces), fresh or frozen (thawed)

3 cups seltzer

ice cubes

*Directions:* Combine lime juice and sugar in a large pitcher, stirring to help dissolve the sugar. Place berries in a fine mesh sieve over a bowl. Using a rubber spatula, press on the berries to extract the juice and some pulp while leaving the seeds behind. Stir the puree into the pitcher. Stir in seltzer just before serving. Serve over ice.

\*Makes 6 servings

#### **Honey Ginger Lemonade** ~ *from the kitchen of Dr. Andrew Weil*

*Ingredients:*

1 cup freshly squeezed lemon juice

1/2 cup honey

1/4 cup peeled fresh ginger slices

7 sprigs fresh mint

2 cups purified water

4 cups ice cubes

*Directions:* Put the juice, honey, ginger and 1 chopped sprig of mint in a large pitcher and stir, pressing the mint and ginger to release flavor. Add the water and stir until the honey dissolves, then add the ice.

Garnish with fresh mint if desired.

\* Makes 6 servings

*(Please remember that children under 3 should avoid honey).*

\* Reference: EatingWell Magazine, July/August 2010; Dr. Weil's Healthy Kitchen at DrWeil.com.

\*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?***

Honey, lemon and ginger all have healing powers! Serve warm to help with a cold, sore throat or upset tummy.

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

To your health,  
Cristin Wipfler, MPH, RD, CPT

