



# TAKE NOTE

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

## MAY 28, 2015

This is the last regular Take Note for the 2014-2015 school year. An early summer edition will be mailed to you in mid-June which will include your child's report card and summer reading lists.

**Deadline for submissions for the early summer edition is Friday, June 5th. Please e-mail submissions to [takenote@thehillschool.org](mailto:takenote@thehillschool.org).**



**Last Day of School for JK through Grade 3 students: Thursday, June 4.**

The year will conclude with the class picnic. All students in grades 4 through 8 participate in the Graduation and will rehearse on Friday morning. See page 2.



**Graduation: Friday, June 5th**  
(see information on page 2)



**Please check lost and found!!**

Unclaimed items will be donated to charity after graduation.

**Summer Library Book Check Out!**

Students with no outstanding books may check out up to 10 books for the summer with a signed permission slip. (Permission slips were attached to last week's Take Note and are available at the front desk.)



**Wednesday, June 3rd  
Sports for Grades 4-8  
Swimming!**

**Make sure to bring your swim suit and towel. There is also volleyball for those that do not choose to swim. Weather permitting.**

## 7-8 Concert

**TOMORROW,  
Friday, May 29  
7:00 – 9:00 p.m.**

**In the Performing  
Arts Center**



**School's OUTside  
for Summer**

**DON'T FORGET TO SIGN UP  
FOR SUMMER CAMP AT HILL  
SIX WEEKS OF FUN, LEARNING AND  
ADVENTURE!**

Camp information and registration is available at the Hill School office or at [www.thehillschool.org](http://www.thehillschool.org) under Summer Camps.

Yearbook orders are due Tomorrow, May 29th.

Books will be distributed on Tuesday, June 2nd. (Order form on page 3.)

## FINAL WEEK (JUNE 1-5)



### Tuesday, June 2

- **Honor Roll Assembly at 10:30 a.m.** Attended by Grades 4-8. Effort Honor Roll for Grades 5-8, Achievement Honor Roll for Grades 6-8. Leadership recognition (student council, captains, etc.), Grade 8 subject area awards. Yearbook dedication and distribution.

### Thursday, June 4

- Regular morning of school for all grades
- **Last Day of School** for Junior Kindergarten through Grade 3 students.
- **JK-7 Class Picnics** in the afternoon (see more information below)
- **Grade 8 Class Trip** to Kings Dominion in the afternoon

### Friday, June 5

- No school for Junior Kindergarten through Grade 3.
- **Final Assembly for Grades 4-8 at 8:45.**
- **Grade 8** is dismissed at 11:15 - return to school at 3:45
- **Grades 4-7** are dismissed at noon - return to school at 4:30 (to the homeroom)
- **5:00 Graduation** (Grades 4-7 will participate in the ceremony)



## Class Picnic Information

All Picnics are on Thursday, June 4th

JK 12:00-1:30 at the Hill School Playground. Parent pick up at playground.

K 12:00-2:00 at the Dornin Science Barn (Walk there; Pick up at the Barn).

- 1 12:00-2:00 at the Hill School Westpark field (grass area by the Art Circle) Will start event in classroom and then move to Westpark. (Pick up at Westpark).
- 2 12:30-3:30 at the Hill School Recess field (Pick up at the Recess Field).
- 3 12:00-3:00 at the Fannon Family Home (Dismissal from the Lower School Circle; Pick up from the party).
- 4 12:00-4:00 at the Strohl/Riddleberger Home (Dismissal from the Art Circle; Pick up from the party).
- 5 12:15-3:30 at the Barham/Broadhead Family Home—Glen Ora (Dismissal after Tournament of Champions, Pick up from the party).
- 6 12:15-3:00 at Middleburg Tennis Club Pool. (Carpool from school. Pick up from the party).
- 7 12:30-4:00 at the Ohrstrom Family home. Parents drop off and pick up at the farm.
- 8 11:10-9:00 Kings Dominion. Pick up at Hill School.

## Friday, June 5 ~ Graduation Day



**Grades 4-7:** Arrive at school at 8:30am for the final assembly, graduation rehearsal and final homeroom activities/cleanup. Students will be dismissed at noon and should meet in their homeroom at 4:30 to prepare for the graduation ceremony .

**Grade 8:** Arrive at school at 8:30am for the final assembly and graduation rehearsal. At 11:15, eighth graders will be dismissed. They should return at 3:45 for their class picture and to prepare for graduation.

**8:45-10:00am: Final Assembly for Grades 4-8.** 8th Graders will celebrate their time at Hill with individual speeches. The assembly will conclude with the 8th Grade slide show.

**5:00-6:30** Graduation Ceremony in the Athletic Center. All families are invited to attend. A reception will be held immediately following.

**6:45** Parents of 4th through 6th grade students should pick up their children. Grade 7 students will clean up after the graduation ceremony (take down platforms, chairs, etc.) and will be dismissed when they finish (approximately 7:15).

**Dress for 4-7 students:** Girls: Spring dress or skirt, blouse, dress shoes (NO sneakers).  
Boys: Dark pants, white or blue shirt, tie, dress shoes (NO sneakers).



Thank you to all the coaches, parent-coaches Monique Lynch and Tod Jones, Silvia Fleming for all the prework and running headquarters, Gregg Looney and Bob Dornin for field prep, Stephen Price and Mike Barreda for planning, set up, and coaching, and all the teachers and administrators that came out to help run events. Thank you all the parents who came out to support their children! What a successful, collaborative event for our 4-8th grade students. Thank you !!!!

**WANTED:** Cottage with pasture for retired horses. Please contact Janet 540-771-4530.

**SUMMER POSITION AVAILABLE:** Looking for someone to tutor my 15 year old son in 8th Grade math (he has his own books) and to act as study guide for his online courses. The ideal person would also be available to drive my 9 year old daughter to the Hill School summer camps. We are located in Upperville. Position would start in July and end the end of August. Please call Kirsten Braden at (404) 713-4011 or [kirsten@poloconcierge.com](mailto:kirsten@poloconcierge.com)

**AVAILABLE:** Available for summer baby-sitting, Louise Chapman (Hill '09). Call or text (540) 687-1020.

**AVAILABLE:** Available for part-time nanny, and baby-sitting, Merrill Andrews (rising Junior at the University of the South: Sewanee). Please call (540)931-3271.

**AVAILABLE:** Available experienced house-sitter, and pet-sitter as well as child care provider, Emma All (UVA student and daughter of Kindergarten teacher, Denise All). Call (540) 878-0008.

**FOR RENT:** Charming 3.5 BR and 2.5 bath historic home in the village of Upperville. Recently renovated, the house features a large living room, full dining room, sun room, utility room, breakfast area off the kitchen, sunny back yard and four-bay garage with garden and storage sheds. High-speed internet available. \$2200 per month, including lawn service. Available June 1, 2015. No smokers. 540-592-3107.

**FREE:** Large cherry tree trunk. If you can haul it, you can have it! Call Richard at 703-623-4721.

**AVAILABLE:** 3 kind adorable male beagles that are up for retirement and need homes as pets. Ages vary from 10, 8, to 4. Contact Nina at [gallery2@crosslink.net](mailto:gallery2@crosslink.net).

**WANTED:** White shirts (blouses, polo, dress shirts) for Cambodian school children. Short- or long sleeved. Gentle used. Contact BJ Baltz for more information. 364-3696. Bj will leave for Cambodia on July 1.

**MOVING SALE:** Queen size mattress/box spring/metal frame, nearly new, in excellent condition (\$300). Men's and lady's mahogany dressers (\$250 each or \$400 for both). 32" flat screen TV (\$150) and chest freezer (\$100). Miscellaneous kitchen items. Contact Kate Aldrich ('05) at 540-222-0613 or [khaldrich@gmail.com](mailto:khaldrich@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:** 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.

**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.

**AVAILABLE:** For graduation – Navy wool blend blazer 20R – Contact Kate at [assistant@roland-farm.com](mailto:assistant@roland-farm.com).

**MISSING:** Light purple framed sunglasses – last seen at Field Day – If found, please contact Kate at [assistant@roland-farm.com](mailto:assistant@roland-farm.com)

## YEARBOOKS !



*Yearbooks will be available Tuesday, June 2*  
Please return this form to the front office by tomorrow, May 29th.

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

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

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

\_\_\_\_\_ I would like to be a patron. (\$60.00 – one yearbook is included)

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

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

# WORLD OCEAN DAY CELEBRATION

Celebrate the ocean with scientists, artists, performers and more!

Smithsonian National Museum of Natural History

10th Street and Constitution Avenue NW, Washington DC

**Sunday, June 7, 2015 10:00am – 5:00pm**

- ▶ **Sant Ocean Hall** ▶ Explore ocean specimens and objects ▶ Meet ocean experts
- ▶ **Q?rius** ▶ Explore live animals – Jellyfish, crabs, horseshoe crabs and more! ▶ Meet ocean experts
  - ▶ Create ocean art ▶ Share with us! What is Beauty – Citizen Science Project
  - ▶ Draw Inspiration from the Sea with cartoonist and videographer Jim Toomey
- ▶ **Q?rius Jr** ▶ Get Caught Engineering for the Ocean!
  - ▶ Story Time: *A Day in the Deep*, read by author Kevin Kurtz
- ▶ **Baird Auditorium** ▶ *Honu by the Sea*, a family-friendly underwater musical

**Monday June 8, 2015 11:00am – 4:00pm**

- ▶ **Sant Ocean Hall** ▶ Explore ocean specimens and objects ▶ Meet ocean experts
- ▶ **Q?rius** ▶ Explore live animals – A survey of invertebrates! ▶ Meet ocean experts
  - ▶ Create ocean art ▶ Share with us! What is Beauty – Citizen Science Project
  - ▶ Film and Q&A- NOVA's *Lethal Seas* (2:00pm start time)
  - ▶ Film and Q&A- *The Great Tidpool: the story of Ed Ricketts' scientific system* (4:00pm start time)

## SAT. JUNE 20<sup>TH</sup>

REGISTRATION BEGINS @ 7AM  
WALK BEGINS @ 7:30AM

## PIEDMONT PRIDE FAMILY FUN RUN/WALK 5K & 10K

Walk will be held at RT 50 & Greystone Rd. in Upperville VA

Open to the public. Registration packets available at

Piedmont Child Care Center M-F, 7am-6pm, and race day beginning at 7am.

Bring the whole family. Stroller friendly. Leashed pet friendly. Enjoy a scenic

paved walk/run through Greystone Community in Fauquier, VA

### REGISTRATION FEE:

\$20 ADULT, \$15 CHILD (5-13), \$5 CHILD UNDER 5

GROUP OR FAMILY THREE OR MORE \$15 (5 AND UP) \$5 CHILD UNDER 5

Registration fees increase June 1

## Limited time -\$50 off!!

### Sports & Adventure Camp

Pick up Service at Hill School

6/15 – 6/19 & 6/22 – 6/26

Camping Overnight, Mountain Biking, Rafting/Kayaking,  
Tubing, Ropes Course, Sports and more!!

[sportsadventurecamp.com](http://sportsadventurecamp.com)

[info@sportsadventurecamp.com](mailto:info@sportsadventurecamp.com)

(703) | 795-7239

## Middleburg Community Center

### June Happenings

(540) 687- 6375

**Dive In Movie-** Friday, June 19. Gates open at 8 pm;  
movie starts around 8:15 pm FREE

*Summer camp starts the week after school lets out.*

#### Preschool Camp- Ages 3-5:

All About Art 6/22-6/26  
9 am to 2 pm \$175

Spirited Adventures 6/29-7/2 (no camp Friday 7/3)  
9 am to 2 pm \$150

#### Elementary Camp- Ages 6-12:

Artful Expressions 6-22/6/26  
9 am to 2 pm \$175

Camp Chill 6/22-6/26 2 pm to 6 pm \$50

Adventures in Camp 6/29-7/2 (no camp Friday 7/3)  
9 am to 4 pm \$240

#### Horsemanship Camp (held at Stonelea Farms) - Ages 5 and up:

6/22-6/26 9 am to 3 pm \$415

6/29-7/3 9 am to 1:30 pm \$360

#### Swim Lessons- Ages Infant and up:

Session 1: 6/23-7/2; Tues., Wed., Thurs. for 2 weeks;  
\$60 per child

Level 4/5: 8:15 to 8:45 am

Level 2/3: 9:00 to 9:30 am

Preschool Level 1 9:45 to 10:15 am

Parent & Child 10:30 to 11 am



Friday, June 26

## Open Late

at the National Sporting Library & Museum

Join us for Great Music,  
Local Wine & Virginia Craft Beer

#### Virginia Tech Alumni Night

featuring

Piedmont Symphony Orchestra with special  
guests The West Point Academy Alumni Glee  
Club, Supported by the Town of Middleburg

~  
Forge Brew Works

~  
Stone Tower Winery

Concerts are FREE and open to the public.

The Museum will be open until 8:00 pm

**6:00-8:00 pm**

**NSLM Lawn**

102 The Plains Road, Middleburg, VA

For more Information or to Volunteer please contact  
Alexandra McKay at 540-687-6542 ext. 24 or [amckay@nsl.org](mailto:amckay@nsl.org)



## Middleburg Festival of Speed To take place June 20, 2015

**Middleburg, VA - May 27, 2015** – The Middleburg Festival of Speed will showcase exquisite automobiles for its inaugural event at the breathtaking Hill School in Middleburg, VA on June 20, 2015.

This highly anticipated event expects local and regional collectors of Ferrari, Porsche, Aston Martin, MG, Morgan, Austin Healy and more, as well as vintage motorcycles, to be on-site to display their masterpieces. This world-class car event is unique in that it will host these spectacular vehicles in the center of Virginia horse country as well as a limited entry driving rally event.

“The enthusiasm for this event has been overwhelming. We are working hard to organize our first Middleburg Festival of Speed and look forward to entertaining both families and car aficionados in our area”, said Event Chair, Brian Wilson.

Middleburg Festival of Speed is a 501(c)3 organization dedicated to supporting local charitable organizations. 2015 Proceeds will benefit The Hill School. Admission to this inaugural event is FREE to the public. Gates will open from 10 AM to 4 PM, Saturday, June 20, and the Rally will set off at 3 PM.

For more information regarding the event please visit: [www.middleburgfestivalofspeed.com](http://www.middleburgfestivalofspeed.com)  
Or call: 1.844.336.MFOS (6367).

## Nutrition Nuggets



### POP Quiz

To round out this school year, I thought it would be fun to test your knowledge on some of the topics that we have covered this year in *Nutrition Nuggets*. So here we go ☺

1. The browning of an apple is an example of which process? \_\_\_\_\_
2. Which vitamin group is best known for energy metabolism and cell health? \_\_\_\_\_
3. \_\_\_\_\_ are at the top of the charts in antioxidants.
4. Another name for Chinese Cabbage is \_\_\_\_\_
5. True or False: If eating clean, it is helpful to limit processed foods.
6. An egg is a \_\_\_\_\_ protein, meaning that it contains the full range of amino acids.
7. The #1 rule for smart snacking is \_\_\_\_\_
8. The most nutrient dense green is \_\_\_\_\_ while the least nutrient dense is \_\_\_\_\_.
9. Hearts of palm are an excellent source of \_\_\_\_\_, which is often associated with bananas.
10. Athletes competing for over an hour or in very hot conditions should drink \_\_\_\_\_ to replace fluids, fuel and electrolytes.
11. One of the best ways to ensure that you are getting a wide variety of nutrients is to eat \_\_\_\_\_ of fruits and vegetables.
12. True or False: Vitamin Water is just water with vitamins in it.
13. 60% of your body weight is \_\_\_\_\_ and every system in your body depends on \_\_\_\_\_ to function efficiently.
14. Opt for \_\_\_\_\_ foods over processed to increase nutritional value.

### Answers!

1. oxidation 2. B vitamins 3. Blueberries 4. Bok Choy 5. True 6. Complete 7. Be prepared 8. Kale; iceberg lettuce 9. Potassium 10. A sports drink 11. A rainbow 12. False 13. Water; Water 14. Whole

\*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?***

This is the final *Nutrition Nuggets* for the school year!  
I wish you all a wonderful summer! See you next year ☺

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

To your health,  
Cristin Wipfler, MPH, RD

