



TAKE NOTE

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

OCTOBER 9, 2014



Parent Teacher Club (PTC) Back-to-School Night

TONIGHT, October 9th, 7:00 – 9:00 p.m.

The evening will begin at 7:00 p.m. with a brief all-School meeting in the Theater.

After this meeting, parents will go to their child(ren)'s homeroom(s) for a presentation by the homeroom teacher of this year's curriculum and events. The evening will conclude at approximately 9:00 p.m.

Please Note: We will not have child care available during the meeting.

Next week's Take Note will be published on **Wednesday, October 15**. (Deadline for submissions: Monday, October 13 at noon)
Thursday, October 16 - Parent Teacher Conferences, no school
Friday, October 17 - Fall Holiday, no school



Thank you to all the sponsors and golfers who participated in The Hill School Golf Tournament on Tuesday, Oct. 7th!

What a great day and wonderful way to support The Hill School Alumni Association!

Save the Date

Saturday, December 13

10:00 am - 4:00 pm

3rd Annual

Hill Holiday Marketplace !

in the Sheila C. Johnson Performing Arts Center

Now accepting vendors with unique items to sell at the marketplace.

Vendors of all kinds are welcome.

Hosted by:



Thehillschool.org

Space is limited - available on a first come basis.

Please Contact Haley Walsh
hwalsh@thehillschool.org or
540.687.5897

with questions and interest.



WANTED !!!!



The Theater Department is looking for some antique metal milk cans to use as props for the 8th grade musical, Fiddler on the Roof. If you can help, please contact Raven Owen-Beyer at (540) 253-5902

or rowenbeyer@thehillschool.org.

Coming up at Hill:

Mon, Oct. 13	Grade 1 to Ashburn. 9:00-noon.
Tues., Oct. 14	JK & K to pumpkin patch. 8:30-12:30 JV Boys Soccer vs. Highland at Highland. Game at 3:00, dismissal at 4:45 pm V Boys Soccer vs. Highland at Highland. Game at 4:00, dismissal at 5:45 pm V Girls Field Hockey vs. Highland at Highland. Game at 3:00, dismissal at 4:45 pm
Wed., Oct. 15	Grade 4 to Catoctin Zoo. Depart 8:30, regular dismissal.
Thurs., Oct. 16	No School - Parent-Teacher Conferences
Fri., Oct. 17	No School - Fall Holiday
Tues., Oct. 21	JV Boys Soccer vs. Wakefield at Wakefield. Game at 3:30, dismissal at 5:15 pm V Boys Soccer vs. Wakefield at Wakefield. Game at 4:30, dismissal at 6:15 pm JV1 Girls Field Hockey vs. Powhatan at Powhatan. Game at 3:30, dismissal at 5:15 pm
Wed., Oct. 22	Grade 4 Playday Soccer with LCDS at LCDS. Games begin 1:00, regular 4:00 dismissal Grade 5 Playday Soccer with LCDS at Hill. Games begin 1:00, regular 4:00 dismissal
Thurs., Oct. 23	JV Boys Soccer vs. LCDS at LCDS. Game at 4:30, dismissal at 6:15 pm V Boys Soccer vs. LCDS at LCDS. Game at 3:30, dismissal at 5:15 pm JV2 Girls Field Hockey vs. LCDS at Hill. Game at 4:30, dismissal at 5:45 pm V Girls Field Hockey vs. LCDS at Hill. Game at 3:30, dismissal at 4:45 pm

AVAILABLE: Live in nanny available full time. Have been helping Hill families for several years and have great references. Live in preferred, but flexible. Can clean, cook, babysit, help with homework, drive children to after school activities, teach Spanish to children. Please call Diana if interested: 540-454-4488.

WANTED: Looking for part-time nanny / babysitting help. Approximately 9-12 hours/ week, flexible days and times. We are located ten minutes from downtown Middleburg, toward The Plains. Email Kelly at kellyeventis@hotmail.com if interested.

WANTED: Looking for a part-time housekeeper in The Plains. Qualifications are: English, Valid driver's license and Team Player. Duties include: working with two full time household staff, cleaning, cooking, serving at parties and errands. 30 hours per week to include evenings and weekends. Please contact Leslie Dykes at 703-272-2719 if interested.

FOR RENT: Studio apartment above garage on beautiful Zulla road estate. Suitable for a single person. Sorry no pets. All utilities included. \$650/month. call 540-270-9363 or email okeyturner@gmail.com.

AVAILABLE: House Cleaner -- I have a terrific house cleaner who is seeking more work in the area. She is trustworthy, thorough and speaks some English. If you are in need, please call or text "La La" at 540/428-6442 or contact me directly at 703/628-7402.

YARD SALE at 104 Locust St. on October 18th from 8-2pm .

WANTED: Someone to clean houses two days/week. If interested, call 540-687-4140.



The Painted Pot By Kristen Swanson

October 12, 2 – 4:00 PM
Live An Artful Life, 6474 Main Street, The Plains, VA

New pottery artist Kristen Swanson will demonstrate how she paints pottery and talk about her process. Kristen creates wheel thrown and hand built ceramic art out of beautiful porcelain clay. She draws inspiration from Japanese art, traditional botanical motifs and contemporary textiles. Her work includes Woodpeckers, Chickadees and Cherry Blossoms playfully wrapped around mugs, bowls, vases, teapots, dinnerware and service platters.

For more information please visit www.LiveAnArtfulLife.com/events or please call 540-253-9797



Virginia Commonwealth Chess Kids *Let's Play Smart Chess!*

Information Session for Students and Parents
Monday, October 20th at 4 pm
Alumni Room at Hill School

Classes: Thursday Afternoons
4:00 – 5:00 pm Grades 1 - 8 Welcome

More information about the program is also available at
the front desk or at www.vcchesskids.com



Anw Shucks, Piedmont is turning 30!



Join us October 11th for an oyster roast.

Call for details 540-592-3908

Oysters Roasted on an open fire,
BBQ, Local Beer and Wine
Bluegrass music,
bounce house for the children,
raffle for kayak
and a Silent Auction, with items
such as:

A Zimmerman watercolor,
An Ellison Canoe trip for 12,
Le Cruset bakeware,
Kitchen Aid Mixer,
and much more!



Save the Date

In appreciation of parents and friends of the school
the Hill School Board of Trustees and Head of School
cordially invite you to a cocktail reception
featuring guest speaker Josiah (Si) Bunting, III.

Friday, October 24
6:00 p.m. – 7:30 p.m.

Mr. Bunting will speak on the Importance
of American Independent Schools.

YoungBlood Art Studio and A Place To Be

Invite you to an Art Opening

Contemplating Peace

photography ~ wood ~ clay

Michael Heufelder ~ Gomer Pyles ~ Lilla Ohrstrom

Sunday October 12

5:00 - 8:00 PM

at

Youngblood Art Studio

6480 Main Street The Plains, VA

Portions of the Proceeds to Benefit APTB

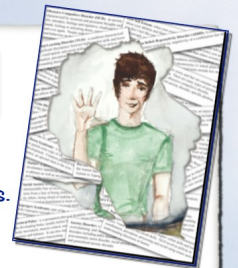


The Same Sky Project

25 Students with diverse backgrounds & challenges tour schools and
community venues performing two original, uplifting pieces.

Behind The Label

This powerful show reminds us to look inside people and
ourselves, and recognize that we are more than just labels.



After a snowboarding accident Forrest Allen
had to learn how to survive the world with a
Traumatic Brain Injury. This show teaches
the power of hope through humor, inspiration
and honesty.

Saturday October 11 - 7:30pm

The Hill School

130 South Madison Street

Middleburg, VA

Tickets \$10 at the door.

For More Information,

Visit: www.aplacetobeva.org

or Call: (540) 687-6740

A Place To Be is made possible in part by grants from: The VA Commission for the Arts/NEA and The Ohrstrom Foundation.
APTB is a 501 (c)3 non profit organization



Hill School Stadium Chairs



Perfect for:
Children's Sporting Events,
Polo/Steeplechase Tailgating,
Horse Shows,
Beach & Camping Trips!

The chair is green with the Hill School logo displayed in white. It features 2 mesh can holders and its own carrying case!

This folding chair with arms has a 300 lb. weight limit. When folded in case, it measures 35" x 7" x 5 1/2".

\$35

ORDER TODAY!

Name: _____

Contact Info: _____

_____ Total Qty x \$35.00= \$_____

Please make checks payable to Hill School. In memo, please note "4th Grade Fundraiser".

Chairs will be available in 2-3 weeks.

Nutrition Nuggets



Fueling Your Young Athlete

We are in the throws of fall sports, both during and after school. Your young athletes are demanding a lot from their bodies during these practices and games. It is important for them to be fueled appropriately to sustain energy, maintain focus, remain hydrated, and perform to their expectations.

Here are some quick tips for fueling your young athletes (that also apply to adult athletes/exercisers!)

- ❑ The number one rule for smart snacking = **be prepared!** Having healthy snacks prepped, portioned, and ready to go, has a significant impact on the quality of snacks provided.
- ❑ What to pack is always a key question. It is important to remember that a good snack for athletes includes both **carbohydrates and protein**. Carbohydrates provide energy to the body for immediate use. Simple carbohydrates, such as fruit and 100% fruit juice are broken down most quickly for energy. Pairing these simple carbs with more complex carbs (whole wheat: crackers, bagels, breads, cereal) as well as protein (cheese, yogurt, hummus, nuts, nut butters, meats), which take longer to break down, will help stabilize their blood sugar so that they do not crash before halftime. These nutrients are also important for post-exercise snacks, as they help to re-build the muscle and replace what has been depleted. Protein is important after a workout, but carbohydrates are just as, if not **MORE**, important immediately following intense activity.
- ❑ Offer **variety**. This tip comes from fellow RD, Jill Castle, and I think it is brilliant! Instead of bringing large quantities of one type of snack (e.g. a bag of tortilla chips and a new jar of salsa), bring a variety of snack options and allow your athlete to pick and choose. This also increases the likelihood of a more diverse nutrient intake.
- ❑ Beverages ~ **Sports drinks**, such as Gatorade, are valuable for those children participating in an activity that lasts for more than an hour and involves a lot of sweating, as these drinks help replenish electrolytes, such as sodium, potassium, and chloride; however, it is important to also consume water in addition to these sports drinks. For all activities that are less strenuous and/or are completed in less than an hour, **water is your best choice!**
- ❑ Encourage your athletes to **eat every 3-4 hours**, whether it is a meal or a snack. This will help their bodies maintain the energy levels required to perform on the field, court, pool, ice, etc. Skipping meals causes the body to hold onto energy for "safe keeping," so to speak, meaning that the energy gets stored for later instead of being on-deck to be used during practice or a game.

* Reference: Jill Castle, RD. Just The Right Byte.

*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?

Dehydration levels of only 4-6% can decrease muscle strength and endurance...so drink that water!!

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

To your health,
Cristin Wipfler, MPH, RD

