



TAKE NOTE

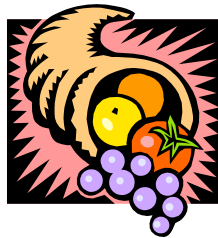
The Hill School
(540) 687-5897
www.thehillschool.org

NOVEMBER 6, 2014

Thanksgiving Baskets for Families in Need Sponsored by the Student Council

The collection for our traditional Thanksgiving food baskets is underway. Each grade has been assigned a non-perishable item to be collected in the homeroom.

- JK-K 2 bags or boxes of stuffing
- 1st 2 cans of peas
- 2nd 2 cans of green beans
- 3rd 1 box dried potatoes and 1 jar of gravy
- 4th 2 cans of fruit
- 5th 2 cans applesauce
- 6th 1 can of sweet potatoes
- 7th 1 container of cookies or canned nuts
- 8th 2 cans of cranberry sauce



Faculty- Pumpkin Pie ingredients

If anyone wishes to contribute to a turkey donation, you may purchase \$10.00 gift certificates at the Middleburg Safeway and add them to your class's collection basket. Interfaith Relief will redeem them to purchase perishable items for distribution.

Donations for Interfaith Relief should be turned in by Friday, Nov. 14, 2014.

Anything collected after this date will be taken to Seven Loaves in Middleburg.

Thank you for your help!
The Hill School Student Council

Many thanks to all who helped with last week's Halloween Parties:

To the PTC for organizing and supervising the "halloweenie" lunch, and to the wonderful **volunteers** who worked in the kitchen preparing plates of hot dogs and black bean burgers.

To the volunteers, who helped run parties in JK-Kindergarten, first, and second grades.

To the eighth graders, who ran the costume parade and organized the party and haunted house.

To the seventh graders, who hosted the first grade party.

And to all the seventh and eighth graders: great job cleaning up after all the fun!



Many thanks to Hill parents for their generous contributions of candy for Halloween festivities in Middleburg! Parent generosity helped teachers provide children with a scary and happy local celebration.

Hunt Lyman



Save the Date

Saturday, December 13

10:00 am - 4:00 pm



Hill Holiday Marketplace!

in the Sheila C. Johnson Performing Arts Center

Now accepting vendors and artisans with items to sell at the marketplace.

- * Come browse and shop for unique items.
- * Great place for children to shop too!
- * Hill School Art Teacher, Linda Conti, will be selling her mixed up stuffed animals along with other fun and imaginative items.
- * Food Vendor: Betty's Chips and Salsa.

Please Contact Haley Walsh
hwalsh@thehillschool.org or
540.687.5897

with questions and interest

The Hill School Greens Sale!

Sponsored by the 2nd Grade. Please see page 4 for an order form.

Hill School is offering an electronics "ECYCLE" recycling program!

Collection is now in progress.

Please place your items on the pallets located by the dumpster at the art circle parking lot. No items will be accepted after *November 20th.*



Coming up at Hill:

Fri., Nov. 7 Grade 6 to Old Rag. Depart 8:30, return 6:00 pm.
Tues., Nov. 11 Regular School Day
Fri. and Sat., Nov. 21-22 8th Grade Play, *Fiddler on the Roof*, 7:00 pm in the Performing Arts Center.
Sun., Nov 23 8th Grade Play, *Fiddler on the Roof*, 2:00pm in the Performing Arts Center.

FOR RENT: Charming small house for rent in Mountville, 10 minutes from Middleburg. Pristine condition with a nice big yard. Two bedrooms, plus small office. Available immediately, call Mrs. Jan Evans, 301-968-4749.

FOR RENT: 3 bed/2 bath House & Barn (10 stalls) on Rockburn Farm. Prime location off Atoka Road. large field, pastures, turn out sheds, wash room. \$3,500 a month (more stalls available) 703-980-8109 or 703-283-0358.

FOR SALE: 2004 BMW 325 I, 67,625 miles, Silver, 4 door sedan. \$7,500 OBO. 703-980-8109.

FOR RENT: Historic House available in Upperville. 4 plus bedrooms in a lovely rural location, less than 15 minutes from school. \$2,500 a month. please contact Pan 540-878-6931.

AVAILABLE: FOR BABYSITTING/PET SITTING/BIRTHDAY PARTY HELPER: Addie Jenkins, current Hill School 7th grader. Very responsible, loves kids, cleans up and organizes! Lots of experience with younger brothers and neighbors. Rate: \$5/hour. Call or text my mom, Kerrie Jenkins, for references and bookings: 302-463-5547.

FOR SALE: 1992 Weber F Style Bitterroot Open Hole Mandolin w/case. Mint condition. 540.522.8713

WANTED: Someone to bushhog and remove overgrowth from fence line and get it in mow-able condition. Some areas are tangled in briars. Need own equipment. Call Richard 703-623-4721.

WANTED: To contract with someone with a snow plow to clear driveway after storms this winter. Located on the very north end of Zulla. Call Richard 703-623-4721.

FREE: We have a lot of year-old stacked wood that we can't possibly use. Bring a truck, a strong back, and haul it away! We also have a large cherry tree that we didn't get cut up that anyone may have. Call Richard 703-623-4721.

FOR SALE: Wii Rock Band Bundle: Guitar, Drum set, microphone, guitar stand and sticks. Includes PS3 Lego Rock Band game. Asking \$175. Please call/text Cricket Bedford at 540-229-3201.



The Theater Department is looking for an antique cast iron wood stove (does not need to work) to borrow for the 8th grade production of *Fiddler on the Roof*. It would not be altered in any way and would be returned after the show. Also needed old men's knee high boots. Black or brown. Will be returned. Please contact Raven Owen-Beyer at rowenbeyer@thehillsschool.org

Developing Life-Long Readers Strategies for Parents & Schools in Working with Children

Gum Spring Library
Sunday, November 16 2:00 pm: Grades 9-12

Hunt Lyman, Academic Dean at the Hill School will lead the November 16 presentations.

Announcing the 23rd Annual Middleburg Cotillion

Grades 4-5 Club Cotillion
Grades 6-7 Social Skills Essentials

Registration opens at www.cotillion.com
on Tuesday, November 11 at 10:00 a.m.

Classes will be held
at the Middleburg Community Center
on Sunday evenings, beginning January 11, 2015

Please note: class size is limited.
All registrations are taken on a first-come, first-served basis,
so register early to ensure a space in the program.

For further information, please call
Carol Jahnke at 540.687.6269 or
Gail Wofford at 540.592.3755

THE HILL SCHOOL 2014 GREENS ORDER FORM

All greens are provided by local greenhouse Abernathy and Spencer and are excellent quality.
Order by Monday, November 24th

Name _____ Phone _____
*Delivery Address _____

WREATHS and ROPING

Size based on outside diameter, single faced combinations of Boxwood, White Pine, Cedar, Spruce and Holly.

20"-24" Mixed Green Wreath	_____	x\$24.00 = _____
42" Mixed Green Wreath	_____	x\$80.00 = _____
75 feet White Pine Roping	_____	x\$36.00 = _____

POINTSETTIAS

7" pot (8-12 blooms)		
Red	_____	x\$14.00 = _____
Pink	_____	x\$14.00 = _____
White	_____	x\$14.00 = _____
Marble (cream and pink)	_____	x\$14.00 = _____
Jingle Bell (red and white)	_____	x\$14.00 = _____
10" pot (20 plus blooms)		
Red	_____	x\$40.00 = _____
Pink	_____	x\$40.00 = _____
White	_____	x\$40.00 = _____

POTTED PLANTS/BULBS

Paper Whites (6" pot)	_____	x\$14.00 = _____
Amaryllis (7" terra cotta pot)		
Red	_____	x\$20.00 = _____
White	_____	x\$20.00 = _____
Cyclamen (4" terra cotta pot)		
Red	_____	x\$ 7.00 = _____
Pink	_____	x\$ 7.00 = _____
White	_____	x\$ 7.00 = _____
Cyclamen (7" terra cotta pot)		
Red	_____	x\$20.00 = _____
Pink	_____	x\$20.00 = _____
White	_____	x\$20.00 = _____
*Optional Delivery Service (see below)	_____	x\$ 8.00 = _____

TOTAL ENCLOSED: \$ _____

Please indicate your pickup/delivery preference below:

___ Pick up at Hill School Dec. 4 or 5

___ Pick up at Hill School Dec. 11 or 12

___ *Have items delivered between Dec. 4 and Dec. 6 (\$8 charge applies, only for those within 12 mile radius).

___ *Have items delivered between Dec. 11 and Dec. 13 (\$8 charge applies, only for those within 12 mile radius).

Please make checks payable to: The Hill School, memo: "Class of 2021"

The Greens Sale benefits our current Second Grade class. Thank you sincerely for your support.

Questions? Please contact Wendy Heuer at wendyheuer@live.com

Hill School Blankets

Order Now!!!

Last Chance to place your order before the Holidays.

*Perfect for Holiday Gifts, Dorm Rooms,
Ski Fridays and more!!!*

*** Sweatshirt Blanket by MV Sport, size is 54"x84" ***

Available colors are:

Forest Green, Hot Pink or

Rainbow (Tie Dye).

All blankets come with white Hill School logo.

Cost: \$40.00/ea.

Name: _____

Contact Info: _____

Forest Green _____ Qty
Hot Pink _____ Qty
Rainbow _____ Qty
Total Qty _____ x 40.00 = \$ _____

Please make checks payable to Hill School. In memo, please note "8th Grade Fundraiser".

Orders must be placed **prior to November 14th** to ensure they will arrive
before the Holidays.



Wakefield School

High School Open House

Tuesday, November 11, 2014 - 9 a.m.

We hope to see you there!

4439 Old Tavern Road, The Plains, VA

www.wakefieldschool.org

(540) 253 -7600

THE HILL SCHOOL
CONCOURS d'
ELEGANCE



JOIN US ON SATURDAY NOVEMBER 15, 2014
FROM 11AM-1PM
130 SOUTH MADISON STREET MIDDLEBURG, VIRGINIA

Admission is free

WINNING CAR RAFFLE TICKET WILL BE DRAWN AT 1PM-
CAR RAFFLE TICKETS ARE STILL AVAILABLE FOR
PURCHASE @ www.thehillschool.org
ALL PROCEEDS BENEFIT THE HILL SCHOOL FINANCIAL AID PROGRAM

MUSIC PERFORMED BY HIGHLAND SCHOOL MUSICIANS
FOOD BY BETTY'S CHIPS AND SALSA

FEATURING:





The Parents Council of Washington
presents

PARENT SPEAK

A come-as-you-are facilitated discussion of parenting topics selected by you!

Wednesday, November 19, 2014

8:30 – 9:00 am ~ Light breakfast

9:00 - 11:00 am ~ Conversation

The Potomac School

Ramsey Room, Lower School Building

1301 Potomac School Road, McLean, VA 22101

We invite all PCW member school parents to PARENT SPEAK, a chance for parents to talk about the challenges, joys, and rewards of parenting in the DC area. Join us for an honest exchange of ideas, concerns, and tried-and-true tips for parenting at every age and stage of development through a facilitated discussion. We are delighted to welcome back experienced moderator Mary Cohen, former PCW Board Member and mother of two independent school graduates, to serve as our conversation guide.

For more information visit www.parentscouncil.org.

lou lou
is hosting an exclusive
Holiday Pre-Order Party
November 13th, 2014
8:30am-6:00pm

18 EAST WASHINGTON ST. MIDDLEBURG



Starting November 13th at Native Barre Studios Girls Youth Ballet (7-10)! The workshop will be held on Thursdays from 11/13/14 to 1/8/15 for six weeks.

These Creative Movement classes are engaging, carefully structured, and a fun adventure for your girls! The 6 week workshop is available for \$120.

Please visit our website, www.nativebarre.com or stop by the studio located at 22 E. Washington Street in Middleburg to register your daughters. If you have any questions, please call us at [540.687.4643](tel:540.687.4643).



Please don't forget Amy!!!

Help a member of our community through an incredibly difficult time, and boost your own health in the process. Join us for a Community Bootcamp Workout in Amy Panebianco's honor!

All ages & fitness levels are invited to participate in this fun and challenging hour! No equipment required. Bring the kids and let them share in the feeling of giving back to their community!! 100% of the money raised will go directly to the Panebianco family immediately following the event.

When: THIS SATURDAY, November 8th at 8 a.m. (please arrive between 7:30 and 7:50 if you have not pre-registered so we can begin & end on time!)

Where: The Hill School Gymnasium

Fee*: \$15 donation per person. Please give all you can!

***Preregistration** greatly appreciated or register on-site from 7:30 - 7:50 on Nov. 8th. To pre-register or donate email kristin@middleburgbodyworks.com or leave your payment marked "registration" or "donation" in the "Nurse Amy" envelope at the Hill School front desk. Thank you in advance for your support!

Nutrition Nuggets



Water!

One of my favorite topics! Sixty percent of your body weight is water and every system in your body depends on water to function efficiently. It's no wonder that this simple liquid gets so much attention. Here are some of the primary roles that water plays in your body:

- Serves as a lubricant for the eyes, mouth, nose, and joints
- Regulates body temperature (cooling and heating occurs through perspiration)
- Helps to flush out waste products and helps prevent constipation
- Regulates metabolism
- Protects body organs and tissues
- Carries nutrients and oxygen to the cells

Plus, it saves you the empty calories from other sugary beverages such as soda, "juice" drinks, etc. Despite its obvious importance, the human body does not replenish the water naturally; therefore, it is up to YOU to supply your body with all of the necessary water it needs. Without the appropriate amount of water, your body will suffer from dehydration; which leads to a reduction of both mental and physical performance. The human brain is made up of 95% water, making it essential for children of school age. It is believed that a loss of 2% of body fluids causes a 20% reduction in mental and physical performances; therefore, drinking plenty of water throughout the day is critical for optimal performance in the classroom and on the sports field. Not only that, but the brain is said to function over 63% better 15 minutes after drinking water!

So how about coconut water? If you enjoy it as a beverage or during/after an exercise class, go for it, particularly if it helps motivate you to keep hydrated. Just remember that it does contain some calories, which can add up over time. But if you are more actively exercising for a long period of time, coconut water is not an equal substitute for a sports drink (which provides carbohydrates and important electrolytes such as sodium) or does not take the place of the hydration and nutrients found in water and a good snack (pretzels, raisins, banana, etc.).

Cheers!

* Reference: www.mayoclinic.com, Health Magazine March 2007.

*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?

What you eat also provides about 20% of your water intake. Many fruits and vegetables are nearly 100% water by weight - another good reason to eat your fruits and veggies!

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

To your health,
Cristin Wipfler, MPH, RD



3rd Grade presents

Spaghetti & Meatballs

Thursday, November 20th



Spaghetti & meatballs with a roll, carrots, and brownie

_____ 3 meatballs \$7.00

_____ 6 meatballs \$8.00

Name: _____

Grade: _____

Cash or checks made payable to The Hill School, with Class of 2020 in the memo line. **Orders must be received no later than Monday, November 17th.** Please contact Cammie Furgal via e-mail, at cams13@verizon.net, with any questions.