



TAKE NOTE

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

DECEMBER 18, 2014

All School Holiday Program Friday, December 19

Program begins at 10:30 am in the Athletic Center.
The program features songs performed by all JK-8 students.
Parents, grandparents, and friends are welcome
and encouraged to attend.
Students will be dismissed at the conclusion of the program
(approximately 11:45).



Thanks for
making our
Holiday Auction
a joyful and
successful event!

We wish you the
happiest of Holidays

And look forward to working with
our volunteers in 2015

The Auction Committee

Summer at Hill 2015

Have you heard the exciting news? The Hill School is re-imagining and expanding its summer camp programming, and you have a voice in shaping the content.

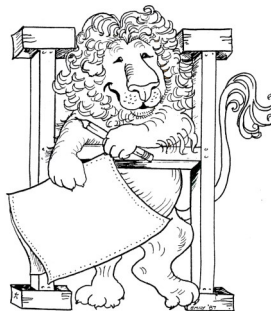
Many thanks to each of you who completed the survey that was launched last week. Your input is greatly appreciated. If you have not had a chance to take it, there is still time to give us your feedback. It takes only one minute to complete the questionnaire. [CLICK HERE](#) for the questionnaire.

Warmest wishes for a wonderful winter break, and remember that summer will be here before we know it!



Ski season is coming!

Parents and students renting
equipment need to pick up
rental forms at the front desk or
download them from The Hill School
website. Completed rental forms
need to be returned to Hill School
TOMORROW,
Friday, Dec. 19th.



The Fall Book Fair was a
tremendous success! Thank
you to all the volunteers that
made it possible and to the
many families who donated
books to the library and
classrooms! Thank you for
inspiring the gift of reading!



Lunch Order Forms for January
were attached to last week's Take Note!
Please return them to the Front Desk
Tomorrow, Friday, Dec. 19th.

Coming up at Hill:

Fri., Dec. 19	Holiday Program at 10:30 am. Students are dismissed for the two week vacation after the program.
Mon. Jan. 5	School re-opens.
Tues., Jan 6	JV1 Boys Basketball vs. Highland at Hill. Game at 3:00, dismissal at 4:15 pm. V Boys Basketball vs. Highland at Hill. Game at 4:00, dismissal at 5:15 pm. JV2 Girls Basketball vs. Highland at Highland. Game at 3:00, dismissal at 4:45 pm. V Girls Basketball vs. Highland at Highland. Game at 3:00, dismissal at 4:45 pm.
Thurs., Jan 8	JV1 Boys Basketball vs. LCDS at Hill. Game at 3:00, dismissal at 4:15 pm. JV2 Boys Basketball vs. LCDS at Hill. Game at 4:00, dismissal at 5:15 pm. V Boys Basketball vs. LCDS at Hill. Game at 5:00, dismissal at 6:15 pm. JV1 Girls Basketball vs. LCDS at LCDS. Game at 3:00, dismissal at 4:45 pm. V Girls Basketball vs. LCDS at LCDS. Game at 4:30, dismissal at 6:15 pm.
Sat., Jan. 10	SSAT testing at Hill. 7th and 8th grade students signed up arrive at 8:00 am.

LEGO ROBOTIC SPORTS

K - 2nd Grade

LEGO ROBOTIC VEHICLES

3rd - 6th Grade

Lego Robotics Sports & Vehicles

Wednesdays

1/21-2/25

Lego Sports- 3pm-3:55pm

Lego Vehicles- 4:05pm-5pm

Room | lower school science room

Sign up Online

WWW.C3CYBERCLUB.COM

-Click on "Book a Service" and
find your school on the left hand side!

ART CLASSES

Walking distance from the Hill School

Christmas Workshops

Make Christmas ornaments, small toys

Saturday December 20th

Grade 1 - 2, 1:00 - 2:30

Grade 3 - 5, 3:00 - 4:30

One session \$20

Holiday Art Camp

Monday December 29 - Friday January 2

2:30 - 4:00

Five sessions \$75

After School Art

Begins January 5, courses run month to month

Focusing on drawing and painting skills for gifted students

Grade 1 - 2 Mondays, 3:00 - 4:30

Grade 3 - 5 Thursdays 4:00 - 5:30

Four sessions \$60 monthly

Preregistration required. Six student maximum

For information, teacher qualifications and course descriptions contact:

Alice Porter aporterart@yahoo.com 540-454-8372

THE DRAWING ROOM

101 WEST FEDERAL STREET, MIDDLEBURG

Hill School will be offering 6th-8th graders the opportunity to sign up to take TWO multiple choice mythology exams this spring. The tests are FREE to students, but please make sure you can attend before signing up, as Hill will order the tests for you. Top scorers can earn nationally recognized awards!

1) National Mythology Exam - Wednesday, March 4th at 4:15pm.

30 general knowledge mythology questions + 10 questions on this year's theme "Transformations" + 10 questions on AT LEAST ONE additional subtopic (choose from The Iliad, The Odyssey, The Aeneid, African Myths, Norse Myths, and Native American Myths)

2) Medusa Mythology Exam - Wednesday, April 1st at 4:15pm. 40 questions on this year's theme - Mythological Monsters

Please sign-up for either or both exams with Ms. Roberts before winter break!

WANTED: Skies and helmet for a 4 year old. Beginner. Please call Susan McCaskey at 540-226-8096

AVAIABLE: Need a babysitter for all those Holiday parties? Or someone to watch your children while you finish shopping? Call Campbell Hartley (Cathy Hartley's 19 year old daughter) to schedule your days. She drives too! 540-359-9115. References available.

FOR SALE: Men's ski boots size 10.5-11. Used only one season, \$50. Please contact Erica Wiley (703) 201-3902.

LOST: Men's Black G-shock watch. If found, please email Rachel at rachelweber@hotmail.com or call (703) 542-5181.

FOR RENT: 3050 Landmark Road, The Plains. Very private 2 Bedroom, 2 full bath upper level apartment located on a large farm between Middleburg & The Plains. Open kitchen with custom cabinetry, granite & large island, hardwood floors, Dining Room, Family Room, laundry room/mudroom with separate entrance, large deck off kitchen, ceramic tile in bathrooms & walk-in closets. No smokers. Pets on case-by-case basis. Asking \$2,000 a month. Lower Level is rented separately. Security Deposit, credit check and references required. Please call or text Cricket Bedford at (540) 229-3201.

FOR RENT: Little Cotland Farm House – 2811 Burrland Lane, The Plains. Farm house with 3-4 Bedrooms, 1 full bath. Located between Middleburg & The Plains. Country kitchen with built-in cabinets, Family Room, Master on the main level, and 2 bedrooms up. There is a 4th Bedroom or possible Home Office. Electric baseboard heat. Fenced yard. Small Storage shed. No smokers. Pets on case-by-case basis. Must be horse friendly pets as farm is an active horse farm. Asking \$1,300 a month. Security Deposit, credit check and references required. Please call or text Cricket Bedford at (540) 229-3201.

FOR SALE: Wii Rock Band Bundle: Guitar, Drum set, microphone, guitar stand and sticks. Includes PS3 Lego Rock Band game. Asking \$100. Please call/text Cricket Bedford at 540-229-3201.

SEEKING: The Gravelys (Roman '15) seek a housesitter/dogsitter for their home near Foxcroft School. We need you for 3 night from this Sunday (21st) until our return Wednesday the 24th. We have 3 dogs to feed/care for. Please call 540-687-4252 if available.

WANTED: Used ski equipment for Hill School teacher. Looking for boots (Men's size 11) and skis (170-180). Contact Paul Haefner at (703) 727-3205.

FOR SALE: Girls K2 skis, 122 cm, with marker binding and poles. Pair ski boots black - size 2(?). Elan skis - 160cm w Elan bindings. Pair Lange ski boots - mens size 9 -9.5. Pair Burton white snowboard boots - size 8. All in very good to excellent condition. Any reasonable offer: call 703-999-6268. Lara Dunlap.

THIRD GRADE NEEDS CRAYONS!

Please consider donating your used crayons to the third grade for an upcoming art project. Crayons may be in any condition. We need lots! Crayons may be turned in at the front desk.

Thank you!



MIDDLEBURG COMMUNITY CENTER IS SELLING ONLY 300 RAFFLE TICKETS AT \$25 EACH - TO WIN USE OF THE COMMUNITY CENTER FOR FREE ANYTIME IN 2015 OR 2016, A VALUE OF UP TO \$2,750! THE WINNING RAFFLE TICKET WILL BE DRAWN ON JANUARY 2ND, YOU DO NOT NEED TO BE PRESENT TO WIN. THIS IS A GREAT OPPORTUNITY TO SAVE ON YOUR NEXT POOL PARTY, BIRTHDAY PARTY, RECEPTION, COCKTAIL PARTY, FUNDRAISER, OR MEETING SPACE.

EVEN IF YOU DON'T WIN YOU'RE CONTRIBUTING TO A WONDERFUL LOCAL CHARITY! IT'S A WIN - WIN !



GOT MICE?? Need a barn cat?

Middleburg Humane recently took in many cats from a hoarding situation and we are looking for barn homes to place some kitties.

www.middleburghumane.org

(540) 364-3272

January Special Events at Middleburg Community Center

INTRO INTO INDIAN CUISINE

(Ages 8-adult) Acclaimed author Nani Power will take you through the joy and discovery of Indian spices and food in this 2 hour make and taste workshop. Nani will also have her latest book Ginger and Ganesh available for purchase. **RSVP by Friday 1/2 to 540-687-6375.**

Wednesday 1/7 7:00P- 9:00P \$50.00

LIVING WITH ALZHEIMER'S

(All Ages) Memory loss that disrupts your everyday life is not a typical part of aging. It may be a sign of Alzheimer's disease, a fatal brain disease that gets worse over time and causes changes in memory, thinking and reasoning behavior. Knowing the Warning Signs and Basics of Alzheimer's disease is vital to being diagnosed early and receiving the best help and care possible. **RSVP by Friday 1/9 and 2/6 to 540-687-6375.**

208705-01 The 10 Warning Signs Tuesday 1/13 7:00P- 8:30P
208705-02 The Basics of Alzheimer's Tuesday 2/10 7:00P- 8:00P

SNOWFLAKE BALL

(All Ages) Break out of that cabin fever for a night of snowflakes and sounds! Bring the family to dance the night away and enjoy some winter treats. \$20 per couple/\$5 each additional family member. **RSVP by Wednesday 1/20 to 540-687-6375.**

Saturday 1/24 7:00P- 9:00P \$20.00 per couple

SCHOOLS OUT

(Ages 5-12) A day off doesn't mean you have to stay home! We will have a full day of games, crafts, and activities. Call 540-687-6375 for more information.

Monday 1/19 7:45A- 6:00P \$55.00 President's Trivia
Monday 1/26 7:45A- 6:00P \$55.00 Engineering/Design

January Programs at Middleburg Community Center

BALLET

(Ages 3-12) Students will discover how to move their bodies to music and as a group. The Level 1 class will continue advancing in the concepts and exercises in the Ballet Syllabus for Level 1. Both class will culminate in a spring recital for friends & family! No class 1/19, 1/26, 2/16, 3/30, 4/1, 4/6. Call 540-687-6375 for more information.

Monday 1/5-5/11 5:00P- 6:00P \$345.00 Beginner Ballet (Ages 3-7)
Wednesday 1/7-5/13 5:00P- 6:00P \$400.00 Level 1 (Ages 7-12)

1ST FRIDAY

(Ages 7-12) Looking for a fun group activity Parent-free? Dinner and transportation is provided. A field trip form must be filled out. **RSVP by 1/7 to 540-687-6375.**

Friday 1/9 4:30P- 8:30P \$30.00 Monkey Joe's

PARENT'S NIGHT OUT

(Ages 5-12) Head out on the town and leave the fun kid's stuff to us! We'll have dinner, a movie, crafts, and activities for the kids to do while you enjoy your date night. Call 540-687-6375 for more information. \$20 first child, \$15 each additional child. **RSVP by 1/14 to 540-687-6375.**

Friday 1/16 6:00P-10:00P \$20.00 LEGOs Galore

ZIG ZAG ART!

(Ages 5-13) Artists from Zig Zag Gallery will introduce children to a new art medium each month and expand their artistic abilities. Drop ins are welcome at \$10 per child. Call 540-687-6375 for more information.

Tuesday 1/6-1/27 4:00P- 5:00P \$40.00 Masterful Pictures

PHOTOGRAPHY CLUB

(Ages 8-13) Have an eye for the perfect shot? Join the club and learn more about digital photography rules, concepts and designs. The club will work on portraiture, tours around town, and photo effects to be presented at a photo exhibit in the spring. No class during MCCS Intersession (March 16-April 3). Call 540-687-6375 for more information.

Thursday 1/8-4/30 3:00P- 4:00P \$100.00 Elementary School
Thursday 1/8-4/30 5:00P- 6:00P \$100.00 Middle School

Just in time for Ski Club...

Hill School Coolers



For Sale ~ \$20 each

Kindergarten Fundraiser

These coolers are great for:

- Lunch, drinks, and snacks on ski Fridays
- Easy storage – folds flat

Name: _____ # of Coolers: _____

Phone or email: _____

Please include cash or check written to "The Hill School" with "Class of 2023" in the memo line.

Orders received by Thursday, Jan. 8 at 12 noon will be ready by the front desk by 3pm that day (in time for the first ski Friday).

Questions? Email Monique Lynch at drmlynch@yahoo.com

Nutrition Nuggets



Healthier Holiday Cookies

Holiday cookies always put me in the holiday spirit! Unfortunately, many cookie recipes are not very healthy. Here are some tips from my friends at *Eating Well* magazine to help keep those cookies tasting delicious, but making them healthier.

- ❖ **Replace unhealthy fats:** butter, margarine, and shortening are all high in unhealthy fats (saturated and trans). Try replacing these ingredients with a healthier fat or lower-fat substitute. You can swap out 50% (or more) of the butter in a recipe for canola or olive oil, or a fruit/veggie puree, such as applesauce, pear butter, prune puree, or pureed pumpkin (this also adds extra nutrients!). Other alternatives include non-fat plain yogurt, not-fat buttermilk, or low-fat milk ~ try using 1-4 tablespoons of these ingredients in place of up to 4 tablespoons of butter. For every tablespoon of butter you remove from a recipe, you are removing 5g of saturated fat. A batch of two dozen cookies made with 1 cup of butter, for example, has 5g saturated fat per cookie. If you have never experimented with these fat substitutions before, I suggest playing around with them and finding a combination of fats and healthy substitutions that works for you and your recipe.
- ❖ **Use whole-wheat flour to increase the fiber and nutrient content:** All-purpose flour (APF) is a staple in most cookie recipes, but it offers little to no nutritional benefit. By replacing some (or all!) of the APF with whole-wheat flour or whole-wheat pastry flour you will be increasing the amount of fiber per batch by 4 times and adding potassium, magnesium, and zinc to your delicious treats! For a less intense whole-wheat flavor/texture, try using finely milled whole-wheat flour or whole-wheat white flour in place of half of the APF. You can also use $\frac{1}{4}$ to $\frac{1}{2}$ cup rolled oats or oats that have been ground into flour. Adding ground flaxseed can also give you a good fiber (and healthy fat) boost!
- ❖ **Limit salt:** Aim for no more than $\frac{1}{2}$ teaspoon of salt per batch of cookies ($\frac{1}{4}$ tsp if you are on a salt-restricted diet).
- ❖ **Avoid artificial and processed ingredients when possible:** Instead of using food dyes and decorations, try using nuts or (real) chocolate drizzle to add pizzazz to your cookies.
- ❖ **Keep the cookie size small:** Keep cookie sizes to a few bites and try to stay mindful of how many you enjoy.
- ❖ **Avoid illness:** I know this is not going to win me popularity points, but please remember that eating raw cookie dough can lead to illnesses caused by salmonella and/or E. coli. So, as tempting as it is to eat half of your delicious treats right from the mixing bowl, please play it safe and wait to enjoy your baked goods after hearing the "ding" of the oven timer.

* Reference: Eating Well Magazine: http://www.eatingwell.com/blogs/healthy_cooking_blog/how_to_make_healthier_holiday_cookies

*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?

Whole-wheat white flour is just as nutritious as regular whole wheat flour! Whole wheat white flour just comes from a lighter colored grain.

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

To your health,
Cristin Wipfler, MPH, RD

