



TAKE NOTE

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

SEPTEMBER 11, 2014

TAKE NOTE

This week's Take Note will be the last paper edition delivered to the entire student body. The families who elected to continue receiving a paper copy will still have Take Note sent home with their child (or one of their children) every Thursday. If you selected **Electronic Copy Only** at registration, your child will not be receiving a paper copy next week. Take Note may also be viewed at www.thehillshool.org. If you would like to add or delete your name from the **Electronic Copy Only** list please contact Silvia Fleming.



PTC PARENT DINNERS (6:30 PM)

Thank you to the Harmon Family for hosting the New Parent Dinner last week and to Kristin and Ned Quinn for hosting the JK-2 Dinner last night.

What a great way to start off the school year!

Wednesday, Sept. 17 – **3-5 Parent Dinner**,
hosted by Cathy Brentzel

Wednesday, Sept. 24 – **6-8 Parent Dinner**,
hosted by Gregg and Mary Looney

Please plan to attend the dinner of your oldest child. An invitation (with directions) has been mailed to you.

Please RSVP to Hill School at (540) 687-5897

Upcoming PIC Parent Meetings:

All Parents are invited to join their class's room parents for an organizational meeting. Come sign up for field trips and other class specific volunteer opportunities. Please note: the Alumni Room is located in the Main Building just inside the front porch.



K - Friday, Sept. 12, 8:30, Alumni Room
2 - Monday, Sept. 15, 8:30, Alumni Room
5 - Wednesday, Sept. 17, 8:30, Lunch Room
6 - Thursday, Sept. 18, 8:30, Lunch Room
8 - Monday, Sept. 15, 8:30, Lunch Room



Picture Day! Tuesday, Sept. 23

Please note: All students will have a picture taken for the yearbook. Orders for prints must be received on or before picture day. Order forms are attached!



After 4:15 p.m. ALL students should be picked up from the traffic circle near the Main Entrance. This includes study hall, tutoring, and post-athletic game dismissals.

HEALTH ALERT

Welcome back to the new school year. I hope it will be a healthy one for you and your family. A couple of notes:

As you may have heard, there is a respiratory virus affecting children across the country. Enterovirus-D68 has been reported to cause mild to severe respiratory illness, requiring hospitalization for some. For your convenience, here is a link to the CDC website:
<http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html>.

To protect yourself and others from this respiratory illness please follow these steps recommended by the CDC:

- Wash hands often with soap and water for 20 seconds
- Avoid touching eyes, nose and mouth with unwashed hands
- Avoid sharing cups or eating utensils with people that are sick
- Disinfect frequently touched surfaces

We also ask parents to keep a sick child out of school until he/she has been fever and symptom free for at least 24 hours. And as always – keep washing those hands!

Silvia Fleming

Coming up at Hill:

Mon., Sept. 15	V Girls Hockey vs. JV Foxcroft at Foxcroft. Game at 3:15, dismissal at 4:15 pm
Wed., Sept. 17	3-5 Parent Dinner hosted by Cathy Brentzel, 6:30pm
Thurs., Sept. 18	V Boys Soccer vs. LCDS at Hill. Game at 3:00, dismissal at 4:15 pm JV Boys Soccer vs. LCDS at Hill. Game at 4:00, dismissal at 5:15 pm V Girls Field Hockey vs. LCDS at LCDS. Game at 3:30, dismissal at 5:15 pm JV1 Girls Field Hockey vs. LCDS at LCDS. Game at 4:30, dismissal at 6:15 pm
Fri., Sept. 19	Grade 7 to Camp Highroad. 9:30-3:00
Sat., Sept. 20	Field Hockey Tournament at Fredericksburg Fieldhouse
Tues., Sept. 23	Picture Day JV Boys Soccer vs. Powhatan at Powhatan. Game at 3:30, dismissal at 5:15 pm V Boys Soccer vs. Powhatan at Powhatan. Game at 4:30, dismissal at 6:15 pm JV2 Girls Field Hockey vs. Powhatan at Hill. Game at 3:30, dismissal at 4:45 pm V Girls Field Hockey vs. Powhatan at Hill. Game at 4:30, dismissal at 5:45 pm
Wed., Sept. 24	Grade 3 Apple Gleaning. 8:30-1:00 6-8 Parent Dinner hosted by Gregg and Mary Looney, 6:30 pm
Thurs.-Fri., Sept. 25-26	Grade 8 Rock climbing trip/camping trip (overnight). Leave Thursday at 8:30 am, return Friday at 7:30 pm
Sat., Sept. 27	Country Fair

Hill School Country Fair Pony Show

September 27, 8 – 12 pm.

Behind the Dornin Science Barn

Fun classes for everyone of all skill levels including:

- Walk trot
- Equitation
- Outside course
- Games



Entry forms will be available at the front desk and in next week's Take Note.

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

Sunday, September 21, 2:00 pm:
Pre-K-Grade 3

Sunday, October 19, 2:00 pm: Grades 4-8
Sunday, November 16 2:00 pm: Grades 9-12

Debbie Sharples, Reading Specialist at the Hill School in Middleburg, will lead the September 21 presentation.

Hunt Lyman, Academic Dean at the Hill School will lead the October 19 & November 16 presentations.

Take Note Submissions

Take Note is published weekly each Thursday. DEADLINE for submission of items is NOON on TUESDAY. E-mail articles and/or classified ads to: takenote@thehillsschool.org.

E-mail is the preferred method for submissions, however, you may also drop off your ad at the front desk.



Box Tops for Education

Box Tops are being collected at the Front Desk.

Please bring them in, Hill School receives money for every box top we send back!

Mountain Bike Trail at Hill School Country Fair

September 27 – 9 – 2p.m.
Dornin Science Barn

- Ride through the woods and open spaces at Hill.
- Easily marked trail.
- Fun for all levels.
- Helmets required.



Questions – Mat Rowley
or Leslie VanSant
lesliekvansant@gmail.com

The 8th Grade Presents:

Cookout with the Dads



Friday, September 19th

Hamburger, Hot Dog, or Veggie Burger

Chips and Dessert

Cost: \$7.00

Name: _____

Grade: _____ Circle Choice: **Hamburger** Hot Dog Veggie Burger

***** Order forms due by September 17th, 2014 *****

Drop your order form at the Front Desk. Please write "Class of 2015 Lunch" in Check Memo.

Thank you for your Support!

FOR RENT: 708 Stonewall Street in Middleburg: Charming two bedroom, two full bath brick house in town on .26 acres with one car attached garage and fenced back yard. Asking \$1,850. Credit report & references required. Please call Cricket Bedford at (540)229-3201.

FOR RENT: 1533 Rokeby Road, Upperville - "Kilravock" - Gorgeous, fully renovated 4 bedroom, 2 1/2 bath Colonial home in private setting just off Rte. 50 on Rokeby Road before Upperville. Fresh paint inside & out, new appliances, new windows & more. Eat-in Kitchen, formal Dining Rm, formal Living Rm, sep. Family Rm. & Laundry. Hardwood floors & 2 fireplaces. in-ground pool. Credit report & references required. please call Cricket Bedford at (540) 229-3201.

WANTED: Driver needed to transport Highland School student from Warrenton to Middleburg late afternoons/evenings during the week and some weekends. Must be over 18 with excellent driving record and references. Please call: 650-269-8892.

FOR RENT: Lovely 3 bedroom, 3 1/2 bath townhouse in Middleburg. Hardwood floors and tile throughout. Beautiful gourmet kitchen Asking \$2,500.. Credit report & references required. Short-term lease available. Please call Lisa Patterson at (540) 454-2826.

FOR RENT: Middleburg Cottage. 1 Bedroom, 1 Bath, den, kitchen eat-in living area. \$850/month plus utilities. Non smokers. Please call Debby at 540 454 7646.

WANTED: If you are looking to sell a standard sized ping pong table that is in decent condition, please call Joy Frelinghuysen (mother of River and Gus de Vink) at 540-550-2007.

FOR RENT: Recently renovated cottage on large private horse farm located between Middleburg and Upperville. Two bedrooms, 1 full bath, living room, dining room, sun room, kitchen with dish washer, garage, storage area, washer/dryer, and covered deck New heatpump and automatic generator. Security deposit and references required. Pets considered. (Run in shed and paddock may also be available for additional charge.) \$1,500 per month plus utilities. Call 540-687-5424.

WANTED: Responsible driver with car to drive Justin Haefner (Hill 2014) from The Plains to Hill School three times per week (Mon., Tues. and Thurs. at 2:15). Please call Paul at 703-727-3205 or Pam at 703-727-3208.

FOR RENT: "Tree Top" is available (21219 Foxcroft Road). Private drive leads past an historic log cabin to a secluded 3-story, 3 bedroom, 1.5 bath house with skylight, great room, kitchen, deck, an unfinished full basement with washer/dryer and lots of dry storage space. Totally renovated inside and out in 2013 with all new appliances, flooring, bathrooms, lighting, freshly painted, landscaped, improved driveway. DTV and internet available. \$2,000 per month plus electricity. 12-month lease. Sorry, no pets. Contact Jim or Carol 540-687-3775 or brookcliffe@gmail.com.

FOR SALE: Beval Junior 13" Close Contact/Jumping saddle, wide tree, excellent condition, sadly outgrown. Retail for \$1895, asking \$950. Will throw in pair of children's break-away stirrup irons. Please call 540-687-4121 for more information.

FOR SALE: Michael McCleary (8th Grade) is selling farm fresh, free-range eggs. \$5.00/ dozen. Please email him to order: mmcleary10@yahoo.com



Little Tiger Tae Kwon Do

Wednesdays, 5 to 5:45 pm

Children ages five to seven, join Ms. Kidder for some martial arts fun ~ develop self-discipline and self-confidence. Classes held at Blue Ridge Tae Kwon Do in Upperville.

For more information:

pjk4tkd@aol.com or 540-550-7695

Wanted for the Science Lab

Old but functional external webcams for a science project. Accompanying software (webcam drivers) helpful but not necessary. Contact Dr. Haefner at phaefer@thehillschool.org



Over the Grass Farm has been contacted by several parents of young boys looking for avenues to get them moving and off the couch and away from the tv/ video games.

We are offering a 6 weeks "boys camp" where after school one day per week for about 2 hours a group of similar aged boys can come ride together. This will be geared towards trail riding and herding our sheep and cattle, not round and round in circles in the ring. No riding experience necessary. Ages currently interested are 7-12. Contact me for more info and help spread the word!

Please contact 540-253-5228 or 540-272-8331 for more information.



September 20th 12 pm to 4 pm

Quattro Goombas Winery
22860 James Monroe Highway
Aldie, VA 20105

Please join us September 20th for "Sipping for Sprout" at the Quattro Goombas Winery to raise funds and awareness for Sprout Therapeutic Riding & Education Center.

- ~ Food & Fun
- ~ Awesome Silent Auction
- ~ Activities for Children

Wine Tasting Tickets \$30
Non-Drinking Tickets \$15
Children 12 & Under are Free



visit www.sproutcenter.org for more information

Hill School Country Fair

Saturday, September 27th

BAKING CONTEST

DIG UP YOUR SECRET FAMILY RECIPES, *make an old favorite* **or create something NEW & DELICIOUS!**



BRING YOUR:

CUPCAKES, COOKIES, CAKES,
PIES & TARTS!

To the **DORNIN BARN** by **10:15 AM ON FAIR DAY.**

Hill School Country Fair

BAKING CONTEST

-Entry form-

Student Name: _____

Name of Dessert : _____

Entries will be judged on PRESENTATION, ORIGINALITY & TASTE.

Please deliver entries to the Dornin Barn by 10:15 am on Fair day.



The Hill School Green and White Store
Now Open!

Go to [http://t-shirtpeople.com/
The_Hill_School/All-Products/-1](http://t-shirtpeople.com/The_Hill_School/All-Products/-1)

The Online Store is Only Open Until
Sunday, September 21st

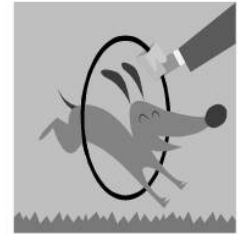
Hill School Country Fair

An all-school family event – September 27, 2014

Dornin Science Barn 9am – 2 pm

The Country Fair is a great place to meet up with old friends and make new ones. Activities for everyone – rain or shine! Come out to the Fair and have a blast! We even have t-shirts for sale!

- Horse Show & Pony Games (registration starts at 8am)
- Mountain Bike Trail
- Games & Crafts
- Baking Contest
- Dog & Pet Agility Course
- Pet Parade
- Amazing Teacher Race (12:30pm)
- Picnic Luncheon 12:45pm with Square Dancing!



Questions about food: Emily Tyler Etyler@thehillschool.org
Questions about the fair: Leslie VanSant lesliekvansant@gmail.com
Want to order a t-shirt: Haley Walsh, hwalsh@thehillschool.org

Farewell to Summer!

A Pop-Up Exhibition at The Hill School

September 19, 2014

6 to 8 pm

Calling all artists: students, parents, alumni, faculty, and the Hill School community:

Join us for a “Farewell to Summer” Show

in the Hill School theater

We want to see art that you made this past summer: drawings, photos, paintings, or sculpture.

Photos may be framed or unframed, 8”x10” minimum size.



All entries are due to Hill School by **Thursday, September 18th** to allow time to set up. No more than three entries per person.

Bring a summer-themed treat to share.

Come share your art and celebrate the summer that is past!

Contact Linda Conti for more information at 540-687-5897, or lconti@thehillschool.org



3rd Grade

Daffodil Bulb Sale

- Premium (large), native,
- deer-resistant bulbs.
- Will naturalize and bloom for your enjoyment for years to come!
- A mix of colors yellow, orange, cream and more.
- Orders due September 28.

10 bulb bag _____ x \$7.00 = _____

25 bulb bag _____ x \$17.50 = _____

50 bulb bag _____ x \$35.00 = _____

100 bulb bag _____ x \$70.00 = _____

6lb bag bulb food _____ x \$10.00 = _____

Please deliver my bulbs YES! = \$10

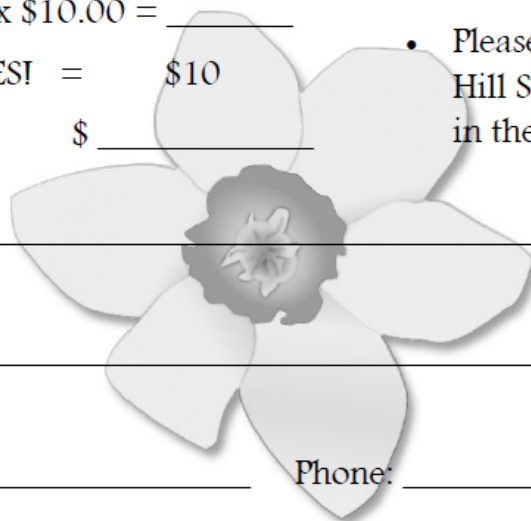
Total Enclosed: \$ _____

Name: _____

Address: _____

Email: _____ Phone: _____

- Bulb bags will be ready for pick up at school in October, or delivered within 15 miles of Hill for a \$10 fee.
- Bulbs make great gifts!
- Please make checks payable to “The Hill School” with “Class of 2020” in the memo.



2014 FALL ATHLETIC GAME SCHEDULE updated 9-10

Please check Take Note to confirm game and dismissal times

DATE	TEAM	SPORT	OPPONENT	LOCATION	TIME	DISMISSAL
Thu, Sept. 18	V Boys	Soccer	<i>LCDS</i>	Hill	3:00	4:15
	JV Boys	Soccer	LCDS	Hill	4:00	5:15
	V Girls	FH	<i>LCDS</i>	LCDS	3:30	5:15
	JV Girls 1	FH	<i>LCDS</i>	LCDS	4:30	6:15
Sat, Sept. 20	Tiger Cup (Field Hockey Tournament) at Fredericksburg Field House					
Tue, Sept. 23	JV Boys	Soccer	<i>Powhatan</i>	Powhatan	3:30	5:15
	V Boys	Soccer	<i>Powhatan</i>	Powhatan	4:30	6:15
	JV Girls 2	FH	<i>Powhatan</i>	Hill	3:30	4:45
	V Girls	FH	<i>Powhatan</i>	Hill	4:30	5:45
Tue, Sept. 30	JV Girls 1	FH	<i>Edlin</i>	Hill	3:00	4:15
Thu, Oct. 2	V Boys	Soccer	<i>Powhatan</i>	Powhatan	3:30	5:15
	V Girls	FH	<i>Powhatan</i>	Powhatan	3:30	5:15
Tue, Oct. 7	JV Boys	Soccer	Highland	Hill	3:30	5:15
	V Boys	Soccer	Highland	Hill	4:30	6:15
	V Girls	FH	Highland	Hill	3:30	5:15
Thurs, Oct. 9	JV Boys	Soccer	<i>Powhatan</i>	Powhatan	3:15	5:00
	JV Girls 2	FH	<i>Powhatan</i>	Powhatan	3:15	5:00
Tue, Oct. 14	V Girls	FH	Highland	Highland	3:00	4:45
	JV Boys	Soccer	Highland	Highland	3:00	4:45
	V Boys	Soccer	Highland	Highland	4:00	5:45
Tue, Oct. 21	JV Boys	Soccer	<i>Wakefield</i>	Wakefield	3:30	5:00
	V Boys	Soccer	<i>Wakefield</i>	Wakefield	4:30	6:00
Wed, Oct. 22	4-5 Playday	Soccer	<i>LCDS</i>	4th Hill/5th LCDS	1:00	reg 4:00
Thu, Oct. 23	JV Boys	Soccer	LCDS	LCDS	4:30	6:15
	V Boys	Soccer	<i>LCDS</i>	LCDS	3:30	5:15
	JV Girls 1	FH	<i>LCDS</i>	Hill	4:30	5:45
	V Girls	FH	<i>LCDS</i>	Hill	3:30	4:45
Sat, Oct. 25	BIG HIT FIELD HOCKEY TOURNAMENT			Hill	10:15	2:30
Raindate for Big Hit: Saturday, November 1						
Tue, Oct. 28	JV Boys	Soccer	<i>Playday</i>	Highland	2:00	TBD
	JV Girls 1 & 2	FH	<i>Playday</i>	Hill	3:00	TBD
Wed, Oct. 29	4-5 Pladay raindate	Soccer	<i>LCDS</i>	TBD	1:00	reg 4:00
Thu, Oct. 30	V Boys	Soccer	Tournament	Highland	2:00	TBD
	V Girls	FH	Tournament	Hill	3:00	TBD
Tue, Nov. 4	B & G 4-8	X-Country Meet at Hill			2:00	4:30
Raindate for x-country Wednesday Nov 5						
Tue, Nov. 25	V Girls/ Alumnae	FH	<i>Hill</i>	Hill	3:00	4:30
	V Boys/ Alumni	Soccer	<i>Hill</i>	Hill	3:00	4:30

Nutrition Nuggets



Cristin's Top Ten

Welcome back! To kick off this school year, I thought I would share some of my top health tips! Here's to a great year ahead!

1. **Eat a Rainbow** - Eat fruits and vegetables at every meal and be sure to eat a rainbow of colors to get the most nutritional benefit.
2. **Choose Whole Foods** - opt for whole foods over processed. They are more nutritious in every way.
3. **Stay Hydrated** - Water is so important for our health! Be sure to drink enough every day to prevent dehydration, which results in fatigue (mental and physical) and decreased performance in the classroom and on the sports field.
4. **Eat Mindfully** - Take your time while eating and appreciate the experience of the meal and the food. This slows down your intake allowing you to eat the right amount for your body and allowing for more efficient digestion.
5. **Think in Three's** - every time you eat, aim to include the three macronutrients for optimal nutrition: carbohydrates, protein, and (healthy) fat.
6. **Plan Ahead** - Time is everything and there is never enough of it. Help increase the opportunity for healthy choices by planning meals and snacks ahead so that they are ready to be enjoyed (healthy choices usually take longer to prep so getting it done ahead of time increases the likelihood of choosing those options).
7. **Eat Breakfast** - Every day! This gives your body and brain the energy it needs to get your day started right and will give you the fuel to keep going.
8. **Get Plenty of Sleep** - Our bodies recover and rebuild while we are sleeping, so getting enough every night is very important.
9. **Read the Ingredients** - If the first ingredient is sugar or processed flour, OR if you cannot pronounce the words listed, put it back on the shelf.
10. **Opt for Quality** - Yes, a calorie is a calorie, but not all calories are created equal. Opt for nutrient rich foods to ensure you are getting the most nutrition from your calories, rather than filling up on calories that don't benefit your body, and may, in fact, be harmful to it.

*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?

To estimate your water needs, multiply your body weight by 0.5 - 1.0 fluid ounces (0.5 - 1.0 x BW) to get fluid ounces needed per day.

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

To your health,
Cristin Wipfler, MPH, RD

