



TAKE NOTE

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

SEPTEMBER 24, 2015

Hill School Country Fair!
Sat., Sept. 26
Dornin Science Center



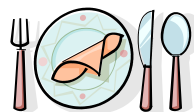
Parent Teacher Club (PTC) Back-to-School Night

Thursday, October 8th, 7:00 – 9:00 p.m.

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

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 childcare available during the meeting.



PTC PARENT DINNERS (6:30 PM)

Thank you to Kate Armfield and Chet Fannon for hosting the 3-5 Dinner last night. What a wonderful evening!

Wednesday, Sept. 30 – **JK-2 Parent Dinner**, hosted by Sheila and Martin Harrell

Please RSVP to Hill School at 540-687-5897

Hill School Country Fair Schedule of Events—page 3



**Ice Cream for Sale!
Every Wednesday at lunch**

\$1.00

Proceeds support the 5th grade



October Lunch Order Forms are due tomorrow, Friday, September 25.

Hill School Country Fair Potluck Family Picnic

September 26, 2015
Dornin Science Barn



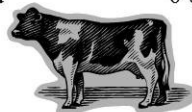
The PTC brings some delicious fried chicken. Each family brings a dish according to last name on the list below. Each dish should serve 15 - 20 people and be table ready. There is no refrigerator so bring any perishable items in a cooler marked with your name. Other tasks to help pull the picnic together are assigned by grade.

Dish by Last Name:

A-F - Pasta or Potato salad
G-J - Fruit
K-M - Kid's Sandwiches
N-P - Green Salad
Q-S - Cookies
T-Z - Brownies

Tasks by Grades:

JK-3: Help with picnic set up
4-5: Provide "Bee-Proof" drinks & coolers
6-8: Help with clean up



Questions about food: Emily Tyler Et Tyler@thehillschool.org

Questions about the fair: Leslie VanSant lesliekvansant@gmail.com

JK-3: Set Up, 4-6 volunteers per grade at 11:30 am
4-5: Juice boxes/pouches - drinks for 120 (each grade), in coolers with ice

6-8: Clean Up, 4-6 volunteers per grade at 1 pm

*The Hill School will provide bottled water

Join Hill School Friday, September 25 for **Open Late** at the National Sporting Library. See Page 3 for more information.

Coming up at Hill:

Thurs.-Fri., Sept. 25-26	Grade 8 Rock climbing/camping trip (overnight). Leave Thursday at 8:30 am, return Friday at 7:30 pm
Fri., Sept. 25	Open Late at the National Sporting Library sponsored by the Hill School
Sat., Sept. 26	Country Fair
Tues., Sept. 29	JV Boys Soccer vs. LCDS at LCDS. Game at 4:30, dismissal at 6:15pm V Boys Soccer vs. LCDS at LCDS. Game at 3:30, dismissal at 5:15 pm JV White 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
Wed., Sept. 30	Grade 7 to Camp Highroad. Regular 4:00 pm dismissal JK-2 Parent Dinner hosted by Sheila and Martin Harrell, 6:30 pm
Thurs., Oct. 1	Grade 6 Overnight Camp Out at the Dornin Science Center JV Boys Soccer vs. Powhatan at Powhatan. Game at 3:30, dismissal at 5:15pm V Boys Soccer vs. Powhatan at Powhatan. Game at 4:30, dismissal at 6:15 pm JV Green 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
Fri., Oct. 2	Grade 4 to Sky Meadow. Regular 4:00 pm dismissal Grade 7 to Torpedo Factory. Regular 4:00 pm dismissal
Tues., Oct. 6	JV Boys Soccer vs. Highland at Highland. Game at 3:30, dismissal at 5:15pm JV Green Girls Field Hockey vs. Edlin at Hill. Game at 3:30, dismissal at 4:45 pm V Girls Field Hockey vs. Highland at Highland. Game at 3:30, dismissal at 4:45 pm
Thurs., Oct. 8	JV White Girls Field Hockey vs. LCDS at LCDS. Game at 3:30, dismissal at 5:15 pm

FOR RENT: Lovely 4 bedroom, 3 bath plus den/5th BR. Play set, trampoline, tree house, and 2 storage sheds on 1 acre lot adjacent to horse facility. Cherry hardwood floors, wood burning fireplace, modern appliances, gas range, WD, central AC & heat, T1 line for high speed internet. Mother in law suite in basement with separate entry. Beautiful wrap around balcony and patio. 5 miles from Hill School. Pets considered. \$3000 - perfect for multiple families or roommates. Call Mary Ann McGowan (540) 270-1124 or Ilene Tognini 540-687-5775.

FOR RENT: Looking for a professional adult, country commuter or foxhunter to share a big beautiful brand NEW charming old home in Middleburg's historic civil war village of Unison in the heart of Piedmont hunt country. 2.9 miles to Foxcroft School. October 1st occupancy \$1150 per month includes utilities (internet, trash, gas, electric) while you get exclusive use of 1 large bedroom with fireplace & attached bathroom and shared use of fantastic house. Request that renter (prefer female) provide solid personal references, no smokers, not handicap accessible and dog considered case by case. No horse accommodations at this point but many beautiful stables surround this home. 2 bed 2.5 bath, gourmet kitchen, laundry, DR, LR, Den, three fireplaces, deck, mudroom & outdoor shower. Located on paved roads 6 miles from Middleburg town 9 miles to Purcellville and 30 miles to Dulles airport. Contact EWBeer2015@gmail.com

FOR RENT: Two-bed, two-bath, single-level home in beautiful setting on lightly travelled road five minutes East of Middleburg. Very convenient location. Bright, spacious kitchen; large office with built-ins; wood fireplace; two covered porches; so much more. Three-stall barn and five paddocks on eight acres also available. Great ride out. Minutes to Fox Chase and half a dozen wineries. Call 571-274-0839 or email nedquinn@hotmail.com for details and pictures.

SEEKING: Seeking an apartment to rent for one of our young professional staff members at *A Place To Be*. Ideal rent between \$600-\$900. She is a quiet, responsible woman. No pets, non-smoker. If you have any information please contact Kim Tapper kim@aptblifecoaching.org



Hill School Running Club, coached by Chris Northrup, will be offered Mondays 4:00 to 5:00 and is open to 4th - 8th graders. This is a drop-in club. Please come to as many or as few as you want. Meet in the gym at 4:00. Pick up at the front circle at 5:00.

Any questions, email
cnorthrup@thehillsschool.org



Please join
The Hill School Alumni
Association Board
at the Virginia Fall Races

All are welcome at our annual tailgate!
We look forward to seeing Hill School alumni,
families and friends.
Please stop by for food, refreshments and fun!

Glenwood Park, Middleburg
Saturday, October 10th 1-4 p.m.

We will be at patron parking spaces 1 & 2
(against the stone wall.)
Visit www.vafallraces.com for ticket information.

Questions?
Please contact Lisa Patterson at 540-687-5897
lpatterson@thehillsschool.org



Friday, September 25

Open Late

at the National Sporting Library & Museum

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

Friends & Family Night

with The Hill School, Foxcroft School,
Middleburg Academy, Middleburg Community
Charter School, and Wakefield School

featuring

~
Lisa Lim Band

~
Legend Brewing

~
Market Salamander

Concerts are FREE and open to the public.
The Museum will be open until 8:00 pm.

6:00-8:00 pm on the 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@NationalSporting.org



Break Out of Your Shell

Oyster Roast 2015

Saturday, October 3rd 4-7pm

Piedmont Child Care Center - Upperville, VA

Oysters from the Northern Neck

BBQ Country - Wine & Beer

Music by Troy and Paula Haag

Tickets:

\$35 in advance - \$45 week of event

Kids under 12: \$5

Contact for Tickets:

PCCC@piedmontchildcare.org

(540) 592-3908



Hill School Country Fair Pony Show

**Sign up for the Pony Show will be
available the morning of the
Country Fair**

Hill School Country Fair - Saturday Sept. 26 Dornin Science Barn

Schedule of Activities

Pony Show 8:00 – 10:30

Classes:

Walk trot

Walk trot canter

Walk trot canter 2 jumps

Cross country

Country Fair 10:00 – 2:00

Games (all day)

Pumpkin painting (10 – 12)

Worlds Greatest Pet Show (until lunch)

Bike Race (until lunch)

Stump the Teacher (11:45)

Lunch @ noon

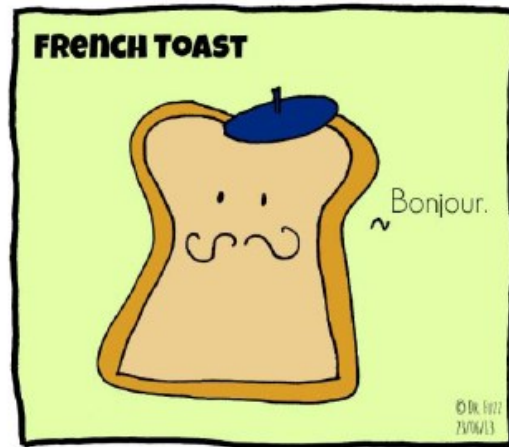
Sing-along with Mr. Lyman (12:30)

Contact lesliekvansant@gmail.com for information



Breakfast for Lunch!

Thursday, October 8th



Includes:

- French Toast Sticks
- Sausage
- Fruit
- Lemonade
- DRESS DOWN DAY!!! (Yes! Order lunch and you can wear pajamas to school! Must be age appropriate modest wear - no short shorts, spaghetti straps, or camisole tops)

**\$8.00 &
Supports 7th Grade Class**

Name: _____

Grade: _____

Please drop your order off at the Front Desk by Wednesday, October 7th. Thank You!



Birds of a Feather

A Pop-Up Exhibition at
The Hill School
October 9, 2015

Calling all artists: students, parents, alumni, faculty,
and the entire Hill School community:
Join us for a “Birds of a Feather” Show
in the Hill School theatre lobby.

We want to see your art about birds:
photos, paintings, drawings, or sculpture.

Art need not be framed.

All entries are due to Hill School by
Thursday, October 8th to allow time to set up.

No more than two entries per person.

Opening night will be **Friday, October 9th**
from **6 to 8pm**.

Bring a treat to share.

Come share your art and celebrate the birds of a
feather—

We flock together!



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



Be part of the Girl Scout Family

Girl Scouts go on fun adventures, travel, learn new skills, make friends, help their community and become the next generation of leaders. Serving girls in grades K-12. Learn about volunteer opportunities too!

JOIN GIRL SCOUTS



Girl Scout Information Session at The Hill School on Tuesday, September 29th from 6:30-9:30 PM.

If you have questions, you may contact Caitlin Serotkin at schoolorganizer1@su70-15.net.

This is an event for both parents and interested girls.

We hope to see you there!

For more information visit: www.gscnc.org
All abilities accommodated, financial assistance and volunteer opportunities available.



Lilly Killinger's First Art Show



Come visit the young artist, Lilly Killinger, at Middleburg's Common Grounds on Sunday, October 4th from 2:00 - 4:00.



All proceeds from Lilly's sales will go towards kids with cancer!

"Horses and Hounds of Middleburg & Orange County Hunt"

October 10-17, 2015
Youngblood Art Studio
6480 Main Street
The Plains, Virginia 20198

Artist: Jennifer Sims

(Opening Reception Oct. 10, 4:30 - 6:30 p.m.)

For more information: 202-550-2361

HILL SCHOOL COUNTRY FAIR

Saturday, September 26th

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-

Name: _____

Dessert : _____

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

That 70's Windy Hill Fashion Show

THE ULTIMATE COLLECTION

- 🍷 Cocktails
- 🍽️ Dinner
- 💃 Dancing
- 🎤 Live Auction
- 👗 Fashion Show
- 👑 Best Dressed 70's Contest

Entertainment by



Right On Band

Saturday, October 17, 2015 6:00 P.M.

**Salamander Resort and Spa
Middleburg, Virginia**

Wear your Stylin' 70's Threads! Disco Fashion!

Be There or Be Square!

Original Artists:

lou lou

Richard Allen Colting


Duchessa

TRI-COUNTY
THEATRE FASHIONS, EVENTS


COUNTRY CLASSICS



NATIVE BARRE

HIGHCLIFFE
WOODEN PATTERNS OF TRADITION

WYLIE WAGG
WAGG • WAGG • WAGG

Tickets available online: www.windyhillfoundation.org

Proceeds benefit the Windy Hill Foundation's Family Development Programs.




A PLACE TO BE Presents

Over 15 thousand students have witnessed The Same Sky Project. See what everyone is talking about!

The Same Sky Project

Young people with physical, emotional, developmental, social, and life challenges take the stage in this poignant, inspiring original musical!



The Same Sky Project reminds us, no matter who we are or what our challenges, we all live under the SAME SKY!


Saturday October 3 - 7:30pm

The Hill School
130 South Madison St.
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 Overheiser duPont Foundation, The VA Commission for the Arts/NEA, Loudoun County FY 2015 non-profit organizations grant funds. APTB is a 501(c)(3) non-profit organization.



Hill School Country Fair T-Shirts

Classic Em Sharp design of the animal pyramid.
White tee with green design.

Order yours today, wear it to the fair on
September 26th!

Youth sizes:

_____ x S

_____ x M


_____ x L

_____ x XL

Adult small x _____

Total t-shirts = _____ x \$8 = _____

Make checks payable to The Hill School





Hill School Fall Daffodil Bulb Sale

Presented by  the 4th grade



- Premium (large) native, deer-resistant bulbs.
- Will divide and naturalize, blooming for years to come!
- A mix of colors- yellows, oranges, creams and more.

Bulb bags will be ready for pick up at school in October, or delivered within 15 miles of Hill for \$10.

Excellent prices!

10 bulb bag	_____ x \$7.50 =	_____
25 bulb bag	_____ x \$18.00 =	_____
50 bulb bag	_____ x \$36.00 =	_____
100 bulb bag	_____ x \$72.00 =	_____
6lb bulb food	_____ x \$10.00 =	_____

Orders due October 9th.

Please make checks payable to "The Hill School" with "class of 2020" in the memo.



*Please deliver my bulbs. Yes! = \$10

Donate ___ bulbs to Hill School = \$___

Total Enclosed = _____

Thank you for supporting the 4th grade!

Name: _____

* Address: _____

Email: _____ Phone: _____

Nutrition Nuggets



'Tis the *Season* ~ Fall Produce

Fall is definitely in the air, especially at farmers' markets which are starting to be blanketed in the yellow, orange, and red hues of autumn. Pumpkins, apples, squash - oh my! I love this time of year for the produce alone (and football!).

Eating seasonal produce has become one of the things about which I am most passionate. It tastes better, looks better, supports the local economy, and is better for the environment. Eating blueberries fresh off the plant during the summer is one of my favorite things to do, but come winter, it is hard to find anything that comes close to resembling what those fresh berries tasted like. By eating seasonally, we can help ensure that we are getting the best tasting and most nutritious produce available (seasonal produce holds more of its nutritional integrity). So here are some of my favorite fall foods to start looking for at the farmers' market or store.

- Apples (check out one of the local orchards - Stribling Orchard is a great one! - to get the hands-on experience of apple picking and to really experience the true variety of apples available).
- Brussels Sprouts
- Squashes: acorn, butternut, pumpkin, etc.
- Pears
- Pomegranate
- Sweet Potatoes
- Cauliflower
- Dark Leafy Greens: kale, spinach, collard greens, turnip greens, mustard greens, etc.
- Mushrooms
- Grapes
- Ginger

Wishing you all a wonderful start to this beautiful time of year and all of the colorful produce that goes with 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?

There are over 7,000 varieties grown throughout the world, but 15 of those make up 90% of our domestic apple production.

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

To your health,
Cristin Wipfler, MPH, RD, CPT

