



TAKE NOTE

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

SEPTEMBER 25, 2014

Hill School Country Fair!
Sat., Sept. 27 9am-2pm
Dornin Science Center

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

Thursday, 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.



PTC PARENT DINNERS

Thank you to Gregg and Mary Looney for hosting the 6-8 Dinner last night. What a fabulous evening!

Hill School Country Fair Potluck Family Picnic

September 27, 2014
Dornin Science Barn



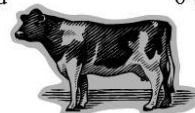
The PTC brings some delicious fried chicken. Each family brings a dish according to last name on the list below. Each dish should serve 15 - 20 people and be table ready. There is no refrigerator so bring any perishable items in a cooler marked with your name. Other tasks to help pull the picnic together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

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.

More information to follow in an invitation next week.



October Lunch Order Forms
Due tomorrow!

**Hill School Country Fair
Schedule of Events—page 3**

Coming up at Hill:

Thurs.-Fri., Sept. 25-26	Grade 8 Rock climbing trip/camping trip (overnight). Leave Thursday at 8:30 am, return Friday at 7:00 pm
Sat., Sept. 27	Country Fair
Tues., Sept. 30	JV1 Girls Field Hockey vs. Edlin at Hill. Game at 3:00, dismissal at 4:15 pm
Thurs., Oct. 2	V Boys Soccer vs. Powhatan at Powhatan. Game at 3:30, dismissal at 5:15 pm V Girls Field Hockey vs. Powhatan at Powhatan. Game at 3:30, dismissal at 5:15 pm
Tues., Oct. 7	JV Boys Soccer vs. Highland at Hill. Game at 3:30, dismissal at 4:45 pm V Boys Soccer vs. Highland at Hill. Game at 4:30, dismissal at 5:45 pm V Girls Field Hockey vs. Highland at Hill. Game at 3:30, dismissal at 4:45 pm
Thurs., Oct. 9	JV Boys Soccer vs. Powhatan at Powhatan. Game at 3:15, dismissal at 5:00 pm JV1 Girls Field Hockey vs. Powhatan at Powhatan. Game at 3:15, dismissal at 5:00 pm JV2 Girls Field Hockey vs. Walker Grant at Hill. Game at 4:15, dismissal at 5:30 pm V Girls Field Hockey vs. Walker Grant at Hill. Game at 4:15, dismissal at 5:30 pm

Would you like to be able to minimize your personal vulnerability AND have the chance to win a car?

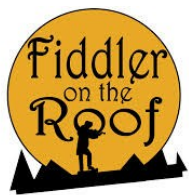


Join us at Middleburg Bodyworks to learn the CAP system (Confidence, Awareness and Preparation) CAP is a self- defense system that combines physical tactics from Combat Martial Arts with mental strategies to increase individual protection.

Two individual sessions being offered – Saturday, October 11 and Saturday, October 25 from 8:30-3:00pm. CLASS SPACE IS LIMITED TO 8.

The class fee of \$115 includes 2 tickets for the Hill School Car Raffle that supports the Financial Aid Program.

If you have any questions contact Matt Foosaner foosaner@gmail.com.



The Theater Department is looking for an antique sewing machine (with or without cabinet) to borrow for the 8th grade musical, Fiddler on the Roof. It does not need to operate.

The Theater Department is also seeking some antique metal milk cans to use as props.



If you can help, please contact Raven Owen-Beyer at (540) 253-5902 or rowenbeyer@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 4th 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 Haley Walsh at 540-687-5897
hwash@thehillsschool.org

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.

LOST: Small, green & white Hill School sweatshirt last seen folded on the picnic table next to Mrs. Tyler at Late Gates on Thursday, Sept. 18. Sentimental value - Ryan's first Hill School sweatshirt. Please contact Monique Lynch at drmlynch@yahoo.com or 703-728-9522 (cell).

FOR RENT: Charming Stone Farm House for Rent on Halfway Rd. 3 bedrooms, 2 bathrooms, fire places, English basement with Kitchen, Beautiful views and scenery, mowed paths for walking and great neighbors. 10 minute drive from The Hill School. Possible guest house if needed with price adjustment..\$3,500 call Lilla 540 270 0402

FOR RENT: Home for Rent in Aldie -- Pristine, three-story A-frame on Tail Race Road. On 1.8 acres surrounded by horse farms. Top level offers two large bedrooms and full bath with tub. Main level has kitchen, LR/DR, bedroom, full bath and gas fireplace. Lower level is walk out with study, possible forth bedroom, living area and kitchen. Full laundry on lower level. Stacked washer/dryer off main kitchen. Wood floors throughout. All levels have walk-out decks. Lots of light, clean and airy. A great space! Seeking long-term rental and/or option to purchase. \$2700. per month plus utilities. Land maintenance, trash pick up, pest control, snow removal all included. Unfurnished. NO-smoking. Dogs welcome. Available now. Please call or text 703-628-7402.

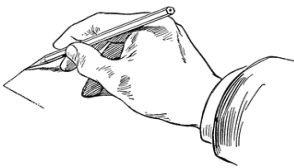
FOR SALE/ADOPTION: 14 week old Hound mix puppy. She's spayed and has had her shots. Great demeanor and fun loving companion. She'd love to be in a family with kids and room to run & play. Please call 540-687-1183 for more info .



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

\$1.00

Proceeds support the 5th grade



Our next sketching session at the National Sporting Library and Museum will be on **Sunday the 28th of September, 2 to 4 pm.**

It is free and open to everyone. Misia Broadhead and Tony Barham will be there to help with drawing.



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.****

Seven Loaves
& A Baguette

5 COURSE
MEAL

TO BENEFIT
SEVEN LOAVES
FOOD PANTRY

OCTOBER 1, 2014 - 6:00 PM
DONATED & HOSTED BY JULIEN'S CAFÉ
\$100 PER PERSON
ALCOHOL NOT INCLUDED

IN MEMORY OF MICHELINE LACAZE
MOTHER OF JEAN-MICHEL
GRANDMOTHER OF JULIEN, NATALIE & MICHELLE
ALL PROCEEDS EXCLUDING ALCOHOL TO BENEFIT SEVEN LOAVES

3 WASHINGTON ST.
MIDDLEBURG, VA
20117



RESERVATIONS
RECOMMENDED
PLEASE CALL
AHEAD
540.687.3123

7th Grade Lunch!

Thursday, October 9th



Includes:
Mac n Cheese
Salad
Dessert
Lemonade
for \$7

Name _____

Grade _____

Please Drop your Order off at the Front Desk
by Tuesday, October 7th.

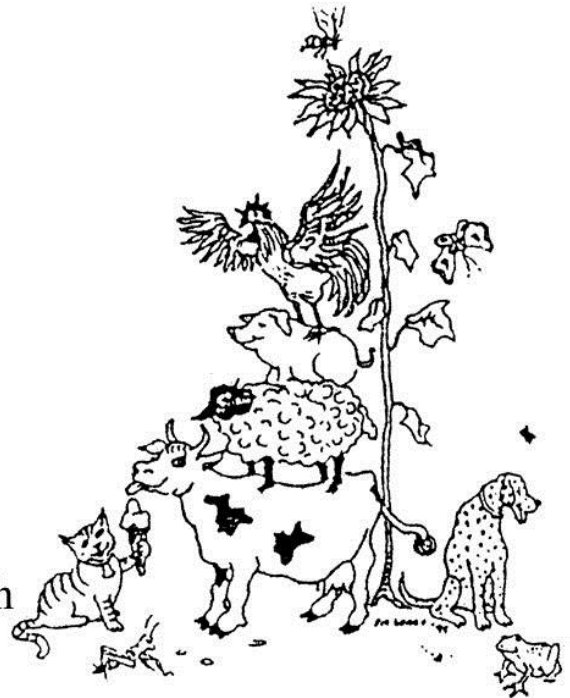
Thank you from the Class of 2016

Hill School Country Fair

An all-school family event – September 27, 2014
Dornin Science Barn 9am – 2 pm

The Country Fair is this Saturday – come out and be a part of the fun!!!

- Horse Show & Pony Games (registration starts at 8am, will conclude at noon)
- Mountain Bike Trail (9am – 12pm)
- Games & Crafts (10 – 2)
- Dog & Kid Agility Course (10 – 2)
- Baking Contest Winner & Pony Show Awards (12:30)
- Amazing Teacher Race (12:35 pm)
- Picnic Luncheon 12:45 – 2:00 pm with Square Dancing!



WINDY HILL FASHION SHOW

Friday, October 17, 2014

6:00 pm

Cocktails ♦ Silent Auction ♦ Dinner ♦ Live Auction ♦ Fashion Show

Salamander Resort & Spa, Middleburg VA

Tickets available online: www.windyhillfoundation.org

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



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

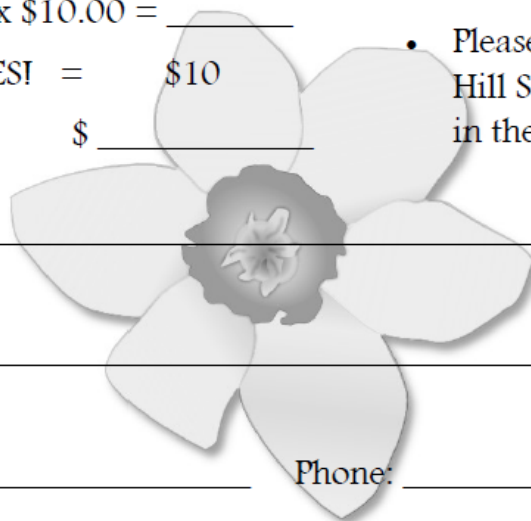
Total Enclosed: \$ _____

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.



Nutrition Nuggets



Blueberries

One of my fondest memories from the past summer is picking fresh blueberries with our son! Compared to other popular fruits and vegetables, blueberries are at the top of the chart in antioxidants. Not too shabby! These antioxidants neutralize free radicals, which cause damage to cellular tissue.

In addition to antioxidants, blueberries are high in:

- **Vitamin C** - absorbs iron, reduces free radicals, and repairs connective tissues, such as skin, blood vessels and bone
- **Vitamin K** - aids in blood clotting and bone health
- **Manganese** - important for the health of your central nervous system.
- **Fiber** - both soluble and insoluble
- Studies have also indicated that the nutrients in blueberries not only prevent oxidative stress on the brain, but also improve learning capacity and motor skills.

Fresh blueberries are in season from May to October (so there is still time!). When selecting, look for berries with a firm skin and a uniform hue. They should move freely in the container. Only wash blueberries just before eating them, as they absorb moisture and begin to degrade sooner. Store in a covered container in your refrigerator for up to a week, but keep in mind that they will be freshest the sooner you eat them. When not in season (or just because), frozen or dried blueberries are excellent alternatives. If frozen, be sure to shake the bag gently, feeling for loose blueberries. Clumps may indicate that the bag has been thawed and refrozen.

Blueberries are not only nutritious but they taste great! It is easy to incorporate them into your diet ~ smoothies, atop yogurt, with your cereal, mixed in salads, or just as is. How will you put blueberries into your meals this week?

*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?

The blueberry is part of the *Heath* family, which makes it a relative of the cranberry and bilberry, as well as azaleas, mountain laurels, and rhododendrons!

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

To your health,
Cristin Wipfler, MPH, RD



Hill School Blankets

Order Now!!!

*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".



Perfect for Birthday
Parties too!

*Looking for boo-tiful & yummy
Halloween party favors?*

Preppy Pops are custom chocolate party
favors hand crafted by Hill School mom,
Brooke Myatt.

Currently taking orders for Halloween.
Hill School delivery available.

Preppy Pops

703-350-2565

brookemyatt11@gmail.com

www.etsy.com/shop/PreppyPops



We can Customize
Just for You!