



TAKE NOTE

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

FEBRUARY 9, 2017



SKI CLUB will meet tomorrow
February 10th
Bryce Resort ~ Dismissal: 11:50

Pick up times for bus riders:

Upperville Trinity Church: 6:30 p.m./Hill School: 6:45 p.m.

On *Friday, February, 17*, we will have a full day of skiing and competition (Mini Olympics). There will be no school that day. More information on Mini Olympics will be in next week's Take Note.

Special Request From Pan Benefield, Carol Caballero, and Monique Lynch (Ski Club Coordinators): Please bring to Mini-Olympics your favorite sweet (homemade or store bought) to be given to the instructors and staff at Bryce. Any questions, please contact Monique at drmlynch@yahoo.com or 703-728-9522.



The Education and School Life
Committee Presents

A Forum on Hill School's Math Curriculum

Wednesday, February 22

4:00 p.m.

The Alumni Room

Please join us for a presentation on the philosophy, scope, and sequence of math at Hill, and the evolution of instructional methods in the United States.



2017 TALENT SHOW
Friday, February 24th
1:30-3:00 pm

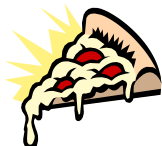
Sign-up forms are now available in the front office. They must be completed and turned in by Thursday, Feb. 16th.

FCD Counselor on Campus Feb 20 - 23

Seventh and eighth graders will participate in four one-hour workshops led by George Brown of Freedom from Chemical Dependency (FCD) next week. George will hold an information session/parent coffee to describe the program and answer any questions on Wednesday Feb 22nd at 8:30 am in the Alumni Room.

FCD is a non-profit educational service located outside Boston, MA. Founded in 1977, it is the leading organization in school based drug education programs in the country. FCD teachers have been running programs at Hill for over 20 years.

If you have any questions about these meetings or the FCD program, please contact Treavor Lord.



Lunch Order Forms for March are attached! Please return to the Front Desk by Friday, February 24th.

Student re-enrollment for the 2017-2018 school year

- Re-enrollment for the 2017-18 school year is under way!
- The financial aid online application process (FAST) opened January 20th - **the deadline for applying for financial aid is Tuesday, February 28th.**
- The FAST application icon is located on the home page of Hill's website under Helpful Links.
- If you have any questions about financial aid, please contact Ethan Loufield or Vickie Ralph.

Coming up at Hill:

Fri., Feb. 10 Ski Friday. Dismissal at 11:50 am.
Fri., Feb 17 No School, all day ski, Mini Olympics.
Fri., Feb. 24 The Hill School Talent Show, 1:30 - 3:00 pm.
Student Faculty Basketball Game, 5:00 - 7:00 pm.
Wed., Mar. 1 Grades 2 & 3 and 6-8 Gymnastics Assembly at 11:00 am in the Gym.
Fri., Mar. 3 Grade 4 Play at 11:00 am and at 7:00 pm in the Performing Arts Center.

SEEKING: Respectful, discreet professional and outstanding, no-hassle tenant with ties to the community seeks budget apartment or cottage Loudoun/Fauquier, ideally Aldie/Middleburg/Unison/Upperville area. After nine wonderful years in my current apartment, the space is no longer available for rent. Seeking 1-2 bedroom, private, cat-friendly space with good light near 50 or 66 with Internet (or Internet capability), washer/dryer, some outdoor space, and a decent kitchen/bathroom. Ideally also have some outdoor storage, good closet space, bathtub and dishwasher. Also prefer no wall-to-wall carpet. Exceptional references available. Looking to move in March. Please email mollie.bailey@gmail.com.

AVAILABLE: Housekeeper available Monday's. Currently working for 3 Hill School families. Please call Brenda 540-818-0557 if interested.

AVAILABLE: Housekeeping services available. Reliable and thorough. References available. Deisy Correa (703) 725-0340.

AVAILABLE: Responsible 7th grader available as mother's helper, babysitter, pet sitter and for other projects. Available weekends, holidays and breaks. Please call or text Lewis at 540-878-0540.

FOR SALE: Beautiful litter of 5 Australian Shepherd puppies: 1 tri-colored Aussie female, 2 blue-Merle female, and 2 blue-Merle males available. Please visit stoneycobblersaussies.com for more information, schedule a visit, or call 304.283.1593. Pictures available upon request.



Bingo For Books!

Friday, March 31st

Sponsored by the 8th grade class

If you have any books you would like to donate please bring them to the front desk. We would love to have books for adults i.e. cookbooks, gardening, as well as books for children of all ages.



The Middleburg Library will no longer hold its Used-Book Sale and will no longer accept donated books. For information on Libraries that still accept book donations, please go to <http://library.loudoun.gov/About-the-Library/Donations>



Many thanks to all who attended **SCREENAGERS: Growing Up in the Digital Age** on Tuesday evening. Even if you were unable to see the documentary, please know that there are many useful resources available through the film's web site at <http://screenagersmovie.com>. These include a list of apps to control screen time, medical studies on technology usage and sleep patterns, and sample smart phone contracts for families. Not available at the web site but provided to us by the filmmaker and attached here is a Parent's Guide to helping children find a healthy balance with screen time.

Missing Teddy's?
First Grade will save the day!



Thursday, March 2nd



pizza, carrots, grapes
and a brownie

one slice - \$6.00 two slices - \$8.00 three slices - \$10.00

Name: _____ Grade: _____

Cash or checks made payable to The Hill School, with "Class of 2024" in the memo line.
Orders must be received no later than Tuesday, February 28th.

Student *www* VS. Faculty

Basketball Game

Feb 24, 2017
5:00 - 7:00 pm

Grades 6-8: Concessions Available for Sale

Sign up to play with your Student Council representatives!
Must bring in a non-perishable can of food.

Pizza, Chips, Drinks, and Candy!

C3 Cyber Club
After School Enrichment
MOBILE CLASSES
Kids Computer Classes

As a part of Hill School's After School Program

Engineering using Little Bits

In this class, younger students are introduced to basic electronics including input/output through hand-on learning and projects. Kids combine everyday supplies and color-coded modules that utilize LED lights, fans, sliders, pressure sensors, and more! Students work together in small teams to in order create different projects such as custom flashlights, touch sensors, alarm clocks, and more! Have you ever wanted to learn about the science behind how some machines work? Take this class today!

Grades K - 2



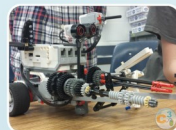
Topics Learned
- Circuit boards
- Input/Output

Skills Gained
- Creativity
- Problem-solving
- Teamwork

LEGO Mechanics & Engineering

Powered by the LEGO® MINDSTORMS® Education EV3 Base Set and Software, our Lego Robotics class combines the exciting world of Lego with programming to manipulate and program your own personal robot. Learn how to use the simple, but powerful software to create commands with drag and-drop visual programming. Configure different sensors that track motion, light, & touch to create the ultimate robot! Students will work together as a small team of young engineers to build and program their designs. This class is great for children who are hands on and like working together in small teams.

Grades 3 - 8



Topics Learned
- Programming concepts
- Flow charts
- Engineering concepts
- How gears work

Skills Gained
- Problem-solving
- Teamwork

Class Information

Eng. using LittleBits (K-2)
- Wednesdays
- 3/1 - 4/19 off 3/15 & 3/22
- 3 pm - 4 pm
- Room | TBD

LEGO Mech. & Eng. (3-8)
- Wednesdays
- 3/1 - 4/19 off 3/15 & 3/22
- 4 pm - 5 pm
- Room | TBD

Sign up Online!
WWW.C3CYBERCLUB.COM

Click on "Register Class/Party" then find your school on the left!

6 Classes
\$145
per Student

Need assistance? Contact us: computerclasses@c3cyberclub.com

Learn more about us! Visit www.c3cyberclub.com

We Provide Laptops & Software!

UPCOMING ELEMENTARY PROGRAMS

@ MIDDLEBURG COMMUNITY CENTER

PLEASE NOTE: CLASSES MUST HAVE MINIMUM PARTICIPATION 1 WEEK PRIOR IN ORDER TO RUN. DON'T WAIT, SIGN UP TODAY!

RUNNING CLUB

AGES 5-12
308201-01

MONDAY 3:15 - 4:15 PM
MARCH 6 - MAY 1
\$10.00 PER PERSON

QUILTING & DESIGN

AGES 6-12
308204-01

TUESDAY 4:30 - 5:30 PM
MARCH 7- MAY 2
\$128.00 PER PERSON
(+ \$25 MATERIAL FEE)

JR. AEROSPACE ENGINEERS

AGES 9-11
308209-01

WEDNESDAY 4:30 - 5:30 PM
MARCH 8- MAY 3
\$159.00 PER PERSON

COMIC BOOK PRODUCTION

AGES 6-9
308205-01

THURSDAY 4:30 - 5:30 PM
MARCH 9- MAY 4
\$192.00 PER PERSON



CALL TODAY TO REGISTER OR FOR MORE INFORMATION 540.687.6375

Instructions: Lunch Order Forms

- ◆ Please circle the dates and lunch choices, and return that portion of the menu with the payment in an envelope. Mark the name of the restaurant on the envelope.
- ◆ Checks should be made out to the establishment from which you are ordering lunch(es), cash should be the correct amount. We do not process orders at school and will forward all the envelopes directly to the restaurants on the day named as the return date.
- ◆ Please keep a record of your order; we do not keep a list here at school. Lunches will be delivered to the kitchen by the beginning of the first lunch shift (12:00).

Please note: If you have ordered lunch, and your child is absent (due to illness or a field trip), let us know if you would like us to pass his/her lunch on to another child or if you would like the lunch to be saved overnight in the school refrigerator for your child's lunch the next day.

Lunch Order Forms – March and April, 2017

Return to the Office **by Friday, February 24, 2017**

MONDAYS – UPPERVILLE STORE – 592-7422

\$5.00 per order

One form per student, please.

Name _____ Grade _____

1. Pork BBQ sandwich with small side of coleslaw and an orange	3/6	3/27	4/3	4/10	4/17	4/24
2. Chicken Salad (with grapes, almonds, celery, onion, mayo, salt and pepper) on Croissant with an orange	3/6	3/27	4/3	4/10	4/17	4/24
3. Chicken Wings (5 per order) with baby carrots and ranch dressing	3/6	3/27	4/3	4/10	4/17	4/24

Circle the desired lunch(es) and date(s) and return this portion with payment in an envelope marked with Upperville Store. Return this form (for the whole month) **by Fri., Feb. 24.**

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TUESDAYS – MARKET SALAMANDER – 687-8011

\$5.00 per order

One form per student, please.

Name _____ Grade _____

1. Market Mac 'n Cheese (8 oz), side of vegetable, and a cookie	3/7	3/28	4/4	4/11	4/18	4/25
2. Three Chicken Tenders with honey mustard sauce, side of vegetable, and a cookie.	3/7	3/28	4/4	4/11	4/18	4/25

Circle the desired lunch(es) and date(s) and return this portion with payment in an envelope marked with Market Salamander. Return this form (for the whole month) **by Fri., Feb. 24.**

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WEDNESDAYS – MIDDLEBURG DELI – 687-3456

\$5.00 per order

One form per student, please

Name _____ Grade _____

1. Sliced Turkey Breast on a Soft Roll with Lettuce & Tomato	3/1	3/8	3/29	4/5	4/12	4/19	4/26
2. Sliced Roast Beef on a Soft Roll with Lettuce & Tomato	3/1	3/8	3/28	4/5	4/12	4/19	4/26
3. Sliced Ham & Cheese on a Soft Roll with Lettuce & Tomato	3/1	3/8	3/28	4/5	4/12	4/19	4/26
4. ½ Little Italy Sub (Provolone, Mortadella, Pepperoni, Genoa Salami, Lettuce, Tomato, Sweet Peppers, Oil and Vinegar)	3/1	3/8	3/28	4/5	4/12	4/19	4/26
5. Grand Slam (Turkey, Ham, Swiss, Lettuce, Tomato on a Sub Roll)	3/1	3/8	3/28	4/5	4/12	4/19	4/26

A supreme chocolate chip cookie will be served with all selections.

Circle desired lunch(es) and date(s) and return this portion with payment in an envelope marked with MIDDLEBURG DELI. Return this form (for the whole month) **by Fri., Feb. 24.**

PARENT'S GUIDE

We believe in the importance of parents helping children find a healthy balance with screen time. This is challenging! Our *Screenagers* team is made up of parents who know this all too well. We hope you find the ideas below helpful. You can also consult many resources at www.screenagersmovie.com. We would love to hear from you. Please share your ideas on Facebook (@screenagersmovie).

FAMILY SCREEN TIME CONVERSATIONS

To be effective in influencing your children on this issue, begin by committing to have many short, calm and caring conversations. Start with this guide and continue by participating in **Tech Talk Tuesdays** using conversation prompts from the *Screenagers* website.

Some things to consider before you begin

1. There may be a lot of built-up tension about these topics in your home. That is normal! Parents often express anxiety and frustration, and children may feel defensive.
2. Keep in mind that a big goal is to help everyone become more conscious of when and why they use technology and how it affects self-esteem, social skills, relationships, work, academics and more. Being conscious is key to making realistic use guidelines.
3. Start conversations by encouraging everyone to share positive aspects of technology in their lives. Then move on to ideas about when screens should be turned off.
4. Include your own technology behavior goals in the conversations. Finding balance is a joint family project, not one of adults versus kids.
5. Stick with it — over time, these conversations build trust and understanding so behaviors can really change.

Some discussion questions

- **How much time** do you think kids in the US spend looking at a screen on average? (Kids spend an average of 6.5 hours a day on screens, not including classroom or homework screen time, according to a 2015 Common Sense Media report.)
- How much time do adults spend on their phones? How about teens?
- How much time do you think you spend every week on screen-related activities? (Turn this into a non-judgmental **tech-use inventory** family game and guess what each person wrote.)
- How often do you **multitask**? Do you think it affects you in any way? (A study by Common Sense Media reports that nearly $\frac{2}{3}$ of teens do not think watching television, texting or using social media while doing homework has an impact on them. Meanwhile research has shown that when people “task-shift” — tackle multiple tasks simultaneously — they are less effective than when they do one task at a time. The brain is not capable of focusing on two mental activities at once, and thus the idea that multitasking boosts performance is a myth.)
- What activities do you like that don't involve screens? (Think of **offline activities** that are valuable and fun like playing outside, sports, music, reading, hobbies, community service, family time and even chores.)

- Does using screens **change your brain**? (The film featured a study in which baby mice exposed to screen time developed fewer cells in the areas of learning and memory than non-exposed mice. Could this prove true for humans too?)
- Why do so many **video games** involve violence? (First-person shooter games were first developed by the military to decrease sensitivity to shooting people. What are some popular games that don't involve violence?)
- Have you seen **social media** affect our behavior? (Have you experienced people using screens to avoid face-to-face interactions or make comments they would not make in person?)

FAMILY ACTION ITEMS

Strengthen Self Control (read more about this at our website)

Research shows that strong self control is a better **predictor of academic and other success** than is IQ. To help kids “strengthen the muscle” of self control, clear guidelines around technology are needed. Instructions like, “Don’t be on your phone so much” sets them up for failure because they are too vague. When you connect with your children to decide together **how much screen time** is acceptable, such as 30 minutes for video games every other day, **and when** to be off a cell phone, like at dinner or in the morning before school, success is much more attainable.

Recognize situations when self control is not working for your child. It often makes sense to remove screens or use software that limits screen time. For example, Delaney, the filmmaker, used the app OurPact to turn off her daughter Tessa’s apps at night when Tessa was having a hard time getting off the phone on her own.

Create A Contract / Family Agreement (find examples and templates at our website)

A contract is where you put into writing the guidelines you create together based on your conversations about what are the acceptable amounts of time, times of day and situations to be on screens and be off screens.

Some contracts limit screen use in the car, after certain hours at night, in the bedroom, at the dinner table or during homework except for periodic tech breaks. Different families do it differently, but it is **not too late** to do something.

Build in **rewards** for success in sticking to the contract. Rewards have been proven to be much more effective in creating behavior change than punishments. And be **flexible** about adjusting the contract as you learn what works best.

WE WANT TO HEAR FROM YOU AND YOUR KIDS! The filmmaker and producers can all be reached at info@screenagersmovie.com.

Warmly,
Delaney and the whole team!