



TAKE NOTE

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

JANUARY 21, 2016

No School Tomorrow, January 22



SKI CLUB will meet tomorrow January 22nd at Bryce Resort



No School

Ski lifts will open at 9:00 am.

Please note new class times!

Ski Classes 1-10 and SB 1 & 2 at 11:00 am.

Ski Classes 11-20 and SB 3 & 4 at 12:15 pm.

There will be no bus service!

Other Ski Club Meetings:

<i>Friday, January 29</i>	<i>11:50 Dismissal</i>
<i>Friday, February 5</i>	<i>11:50 Dismissal</i>

On **Friday, February, 12**, 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 a future Take Note.

Student re-enrollment for the 2016-2017 school year

- Re-enrollment for the 2016-17 school year is under way!
- The financial aid online application process (FAST) is open until February 19th.
- 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 Vickie Ralph.



2016 TALENT SHOW

Friday, February 19th
1:00-3:00 pm

Sign-up forms are now available
in the front office.

They must be completed and
turned in by Friday, Feb. 12th.

PIC Parent Meetings

3 - **RESCHEDULED** - Fri., January 29
(Lunch Room)

7 - Tues., January 26 (Lunch Room)

All meetings begin after drop off at 8:30.



Lunch Order Forms for February
Were attached to last week's Take
Note. Please return them to the Front
Desk no later than
Monday, January 25th.

Coming up at Hill:

Tues., Jan. 26 JV Boys Basketball Tournament at Wakefield. Starts at 2:00 pm, dismissal at 4:45 pm.
 JV Girls Basketball Tournament at Foxcroft. Starts at 2:00 pm, dismissal at 4:45 pm.

Wed., Jan. 27 Grade 4 Boys Basketball Playday with LCDS at Hill. From 1:00pm to 2:00 pm. Regular 4:00 dismissal.
 Grade 4 Girls Basketball Playday with LCDS at LCDS. From 1:00pm to 2:00 pm. Regular 4:00 dismissal.

Thurs., Jan. 28 V Boys Basketball Tournament at Wakefield. Games begin at 2:00. Schedule in next week's Take Note.
 V Girls Basketball Tournament at Foxcroft. Games begin at 2:00. Schedule in next week's Take Note.

Tues., Feb. 2 JV White Girls Basketball vs. LCDS at Hill. Starts at 4:00 pm, dismissal at 5:15 pm.
 JV Green Girls Basketball vs. Randolph Macon at Hill. Starts at 5:00 pm, dismissal at 6:15 pm.

FOR RENT: 3 bedroom, 1 full bath cottage on farm two miles west of Middleburg. \$1500 month. References required.
 Call 540.270.1675.

AVAILABLE: Local young professional preparing to join the 2016 Teach for America corps as a high school math teacher. Available for math tutoring evenings and weekends. Please contact Christina Naramore at 540.272.2081 or cenaramore05@gmail.com.

FOR RENT: Charming 4BR 2BA cottage in mint condition overlooking panoramic mountain views which is located in scenic easement. Stone fireplace, granite countertops, large walk in closets, high ceiling throughout, separate shower & soaking tub, French doors to slate patio. Very private & minutes from downtown Middleburg. \$2600 per month. Center aisle barn w/2 paddocks also available. Call Kelli 703-966-9432 for more information.

FOUND: 1 black Patagonia jacket that completely matches my own. Possibly found at Ski Friday on Friday January 8th. If you are missing this jacket, please contact Jenna Korff at jennakorff@gmail.com.

AVAILABLE: Excellent Housekeeper available 2-3 days per week Wednesday – Friday. Call Aracely at 540-272-4556.

Basketball Tournaments Schedules

Tuesday, January 26

JV Girls at Foxcroft

Game Times	Foxcroft 1	Foxcroft 2
2:00	Wakefield vs Highland	Hill Green vs LCDS
2:45	Hill White vs Highland	Wakefield vs LCDS
3:30	Hill Green vs Highland	Hill White vs LCDS
4:15	Wakefield vs Hill Green	Highland vs LCDS
5:00	Wakefield vs Hill White	None

Tuesday, January 26

JV Boys at Wakefield

Game Times	Upper Gym	Lower Gym
2:00	Wakefield vs Highland	Hill vs LCDS
2:45	LCDS 2 vs Highland	Wakefield vs Hill
3:30	LCDS vs Highland	LCDS 2 vs Hill
4:15	Wakefield vs LCDS	Highland vs Hill
5:00	None	Wakefield vs LCDS 2

Thursday, January 28

Varsity Girls at Foxcroft

Game Times	Foxcroft 1	Foxcroft 2
2:00	Wakefield vs Highland	Hill vs LCDS
2:45	Wakefield vs LCDS	Hill vs Highland
3:30	Highland vs LCDS	Hill vs Wakefield

Thursday, January 28

Varsity Boys at Wakefield

Game Times	Upper Gym	Lower Gym
2:00	Wakefield vs Highland	Hill vs LCDS
2:45	Wakefield vs LCDS	Hill vs Highland
3:30	Highland vs LCDS	Hill vs Wakefield



KEEP WARM AND SKI ON

Support the Kindergarten Class with a Hill School hat

Limited quantities
still available



BULA CLASSIC BEANIE
100% wool hat with fleece liner
for extra warmth.
One size fits most.



BULA LILI HAT
100% wool hat with fleece liner
for extra warmth.
One size fits most.



FIRM GRIP FLEECE HEADBANDS
One size fits most.

HAT	COLOR	COST EACH	QUANTITY	TOTAL
Bula Classic Beanie	Black	\$25.00		\$
Bula Classic Beanie	Gray	\$25.00		\$
Bula Lili Hat	White	\$25.00		\$
Fleece Headband	Black	\$15.00		\$
			TOTAL	\$

Name: _____ Grade: _____

Make checks payable to Hill School. Please include "Class of 2024" in the Memo.

3rd Grade Chili Lunch



Support the Hill School Third Grade while enjoying a delicious hot lunch including:

Chili and Betty's Chips
Carrots with Ranch
Ice Cream Sandwich
\$7 each

Thursday, January 28th.

Please return to the Front Desk by Tuesday, January 26th.

THANK YOU FROM THE 3rd GRADE!



Chili Lunch Order Form

Name: _____

Grade: _____ Amount Paid: _____

Please make check payable to: The Hill School
Memo line: Class of 2021 Fundraiser

Nutrition Nuggets



Lentils

Lentils are a member of the legume family; however, unlike other popular legumes, lentils require no overnight cooking/soaking and cook quickly in 15-20 minutes, making them a perfect ingredient for most on-the-go families. Rich in protein (18g per cup, cooked) and fiber (16 grams per cup, cooked) lentils are a perfect meat substitute or a healthy, hearty addition to any soup, side, or salad. They are packed with phytonutrients (nutrients from plants) and contain a wide variety of minerals including, manganese, iron, phosphorous, magnesium, and potassium. Not only that, but lentils are an excellent source of the B vitamins folate, B6, and thiamin.

Lentils come in a variety of colors, sizes and shapes.

- Brown lentils: the most common variety within the lentil family. Mild in flavor and maintain their texture and shape when cooked.
- Red lentils: Thinner and softer than brown lentils, red lentils break down more easily and are therefore a great addition to soups and stews.
- Yellow lentils: Also great for soups as they break down very easily when cooked.
- Black lentils: Typically more expensive than brown lentils, black lentils are visually stunning in a dish, and tend to keep their shape and texture in the cooking process. Strong, nutty, and earthy in flavor.
- Pink lentils: very common in Indian cuisine, these lentils break down into a smooth texture when cooked.

Although many varieties of lentils do cook quickly, always ensure that they are fully cooked (not crunchy). If undercooked it can prohibit mineral absorption in the body and can cause some gastric distress as they are digested. Those with gout or kidney problems should avoid lentils, as they contain purines that can be harmful to people with those conditions.

With so many varieties, the possibilities for lentils are endless! As the weather gets colder, consider adding these healthy and delicious protein-packed legumes into your staple wintertime dishes.

*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?

Lentils contain 20 of the 22 amino acids needed to make a complete protein. By sprouting your lentils, they develop the extra two amino acids needed to make it complete.

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

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

