



TAKE NOTE

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

JANUARY 9, 2014

Taking Charge - A PTC Discussion Series for Parents

Please join Hill School's Kasia Daum, M.A., L.P.C., in a 7-week series of discussions about effective discipline on Thursdays from 3-4 pm in the alumni room beginning on January 16th.

As our guide, we will use the book *Taking Charge: Caring Discipline that Works at Home and at School* by JoAnne Nordling, M.S., M.Ed. This is one of the many books that helps inform Hill School's teaching philosophy.

Copies of Taking Charge are available at Hill School

Topics and Dates:

1. January 16: Working with your natural parenting style and the magic of emotional attention. (Chapters 1 and 2)
2. January 23: Watch out for these four ways that parents sabotage their parenting! (Chapter 3)
3. January 30: Negative behaviors: what do they mean and how to respond effectively (Chapters 4-5)
4. February 6: What to do about whining and not listening. (Chapter 6)
5. February 13: What to do about "forgetting" to do something and out of control behavior. (Chapters 7-8)
6. February 20: How to listen to your child or teen. (Chapter 9)
7. February 27: Sing praise to encourage not discourage. (Chapter 10)



SKI CLUB

Tomorrow, January 10th, Dismissal at 11:00 a.m.

Tomorrow, January 10th will be the first meeting of the Ski Club at Bryce. To give students a bit more time to get organized at Bryce (get their rental equipment, find their ski school class, etc.), school will dismiss earlier than other "Ski Fridays." Dismissal tomorrow for all students will be at 11:00.

Subsequent Ski Friday dismissals will be at 11:50.

Ski Club members need to check in (stating Ski/Snowboard Class number and name) with our Ski Club Coordinator Pan Benefield to receive a lift ticket. Please attach tickets to hooks on jackets immediately; note that a lost ticket cannot be replaced. Half of the Ski and Snow Board classes will begin at 2:00, the others will begin at 3:15.

Please note: All students who participated in the program previously have been assigned to ski classes by their instructors based on their mastery of technical skills last year. New participants were assigned to classes based on their experience. The ski school director will make all adjustments necessary after the first meeting.

Pick up times for bus riders: Upperville Trinity Church: 6:30 p.m. / Hill School: 6:45 p.m.

See page 2 for Directions to Bryce



We are excited to announce that Hill School has a Facebook page.

Please like us
(The Hill School-Middleburg).

Any photos used on our Facebook page will be based on the photo release form signed by parents at registration. If you have any questions, please contact Haley Walsh or Dorsey deButts at (540) 687- 5897.

PTC Parent Meetings

JK - Wed., Jan. 22, 8:30, Alumni Room
K - TBD

- 1 - Friday, Jan. 31, 8:30, Lunch Room
- 2 - Monday, Jan. 20, 8:30, Alumni Room
- 3 - Thursday, Jan. 16, 8:30, Lunch Room
- 4 - Thursday, Jan. 23, 8:30, Alumni Room
- 5 - Wednesday, Jan 29, Lunch Room
- 6 - Wednesday, Jan. 15, 8:30, Alumni Room
- 7 - Monday, Jan. 27, 8:30, Lunch Room
- 8 - Thursday, Jan. 16, 8:30, Alumni Room



Coming up at Hill:

- Fri., Jan. 10 Extra early dismissal (11:00 am) for Ski Club.
- Sat., Jan. 11 V Girls Basketball at the Think Pink Tournament at Foxcroft. Game time TBD.
- Tue, Jan. 14 JV Boys 2 Basketball vs. Powhatan at Powhatan. Game at 3:15 pm, dismissal at 4:45 pm.
JV Boys 1 Basketball vs. Powhatan at Powhatan. Game at 4:00 pm, dismissal at 5:45 pm.
V Boys Basketball vs. Powhatan at Powhatan. Game at 5:00 pm, dismissal at 6:45 pm.
JV Girls 2 Basketball vs. Powhatan at Hill. Game at 3:15 pm, dismissal at 4:15 pm.
JV Girls 1 Basketball vs. Powhatan at Hill. Game at 4:00 pm, dismissal at 5:15 pm.
V Girls Basketball Powhatan vs. Hill. Game at 5:00 pm, dismissal at 6:15 pm.
- Wed, Jan. 15 5th Grade Basketball Playday with LCDS. Boys at Hill, girls at LCDS. Games begin at 1:00 pm, regular dismissal.
- Thu, Jan. 16 JV Boys 2 Basketball vs. Linton Hall at Linton Hall. Game at 4:00 pm, dismissal at 5:45 pm.
V Boys Basketball vs. Linton Hall at Linton Hall. Game at 5:00 pm, dismissal at 6:45 pm.
JV Girls 2 Basketball vs. Linton Hall at Hill. Game at 4:00 pm, dismissal at 5:15 pm.
V Girls Basketball vs. Linton Hall at Hill. Game at 5:00 pm, dismissal at 6:15 pm.
- Fri., Jan. 17 Ski Club, dismissal at 11:50 am.
- Tue, Jan. 21 JV Boys 1 Basketball vs. Wakefield at Hill. Game at 3:30 pm, dismissal at 4:45 pm.
V Boys Basketball vs. Wakefield at Hill. Game at 4:30 pm, dismissal at 5:45 pm
JV Girls 1 Basketball vs. Wakefield at Wakefield. Game at 3:30 pm, dismissal at 5:00 pm
V Girls Basketball vs. Wakefield at Wakefield. Game at 4:30 pm, dismissal at 6:00 pm
- Wed, Jan 22 4th Grade Basketball Playday with LCDS. Boys at Hill, girls at LCDS. Games begin at 1:00 pm, regular dismissal.
- Fri., Jan. 24 No School, full day of skiing.

FOR SALE: Bryce Resort condo 2BR/2BATH, cozy, well appointed, great for Ski Fridays/Weekends and swimming, golf, tennis, hiking, mountain biking in summer. Enjoy all four season. Negotiable, please call 540-454-1911.

What is Habitat for Hill?

We are parents, teachers and other Hill community members who collaborate to:

- encourage a healthy, green lifestyle for our families
- actively improve Hill's sustainability
- promote Place-Based Learning at Hill

Come join us!

We meet the 1st Monday of each month at the Hill School library at 4:15.

Call Pat Kidder for more information



Attention Hill Families:

Are you interested in growing your own produce in a community garden with the help and advice of a master gardener? Grow with us in the Gunnell Garden! Each year interested and committed families are invited to enter their names in the Gunnell Community Garden lottery. If your name is drawn, you will pay a small maintenance fee of \$25 to use a raised bed in the Gunnell Community Garden for one growing season.

Local families will be given priority as gardening requires commitment and regular maintenance! Please email or call Martha Burke by February 1, 2014 to be entered in the garden drawing. 540-592-3001, or mburke@thehillsschool.org



Directions to Bryce: (about 1 hour 30 minutes)

- Middleburg to Interstate 81 S.
- From Interstate 81 S. take Exit 273 (Mt. Jackson, Basye).
- Make a right at stop sign at the end of the exit ramp. (Rt. 703 W)
- Continue until next stop sign - take a left. (Rt. 614)
- Stay on this road until you come to a stop sign - make a right. (Rt. 263 W)
- Follow this road until you turn right into Bryce Resort.





Many thanks to everyone who donated to the Toy Drive benefiting Windy Hill in Middleburg. The toys and games donated were very appreciated. Thank you to everyone in the Hill School community who responded with such generosity and spirit of the season.



Future Ski Club meetings

Friday, January 17

Friday, January 24 (all day) - No School
more information in a future Take Note

Friday, January 31

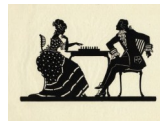
Friday, February 7

Friday, February 14

On Friday, February, 14, 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.

Summer Program Opportunity

The campuses of Virginia Tech and the University of Virginia are hosting FREE three-day residential summer STEM programs for 8th and 9th grade students in July 2014. The BLAST (Building Leaders for Advancing Science and Technology) Program is a joint effort between the Virginia Space Grant Consortium, Virginia Tech, University of Virginia, and the Commonwealth of Virginia. Please see the website for further details. The application deadline is February 1, 2014. <http://blast.spacegrant.org/>



Middleburg Cotillion

There is still time to register for JDW Cotillion, which kicks off this Sunday at the Middleburg Community Center!

Club Cotillion 4th and 5th Grade
(spaces for boys, only)

Social Skills Essentials 6th and 7th Grade
(limited spaces for boys and girls)

Please see www.cotillion.com or contact Caroline Schaefer (Caroline@SchaeferTroupe.com) for more information.

JANUARY 26, 2014

Girls Lacrosse Clinic

The Potomac Chapter of US Lacrosse along with the James Madison University Women's Lacrosse team is hosting a girls lacrosse clinic at the Episcopal School in Alexandria, VA on Sunday, January 26, 2014. Players in grades 3 - 8 will come from 9:30 to 12:00 and players in grades 9 - 12 will come from 1:00 - 3:30. There will be a goalie training available. This is an indoor clinic - players need to bring a stick, goggles and mouth guard. All participants must be members of US Lacrosse. If you are not a member of US Lacrosse at the time of registration, you will receive an email stating you must join. Your registration is NOT complete until the participant is a current member of US Lacrosse. Cost is \$55 per person and everyone will receive a ball and t-shirt. Come out and receive top training from the James Madison University team.

Questions? Email Elaine Knobloch <elaine.knobloch@verizon.net>
<http://www.eventbrite.com/e/girls-lacrosse-clinic-registration-9402672647>

Popcorn Monkey LLC 2 1/2 E. Federal, Middleburg, VA is having a special for The Hill School!

We all know Skiing is fun and it takes a lot of energy. Why not stop in and refuel with a tasty treat!

Buy 2 bags get 1 free.

Every Friday from
January 10th until February 14
12 noon until 4 P.M.

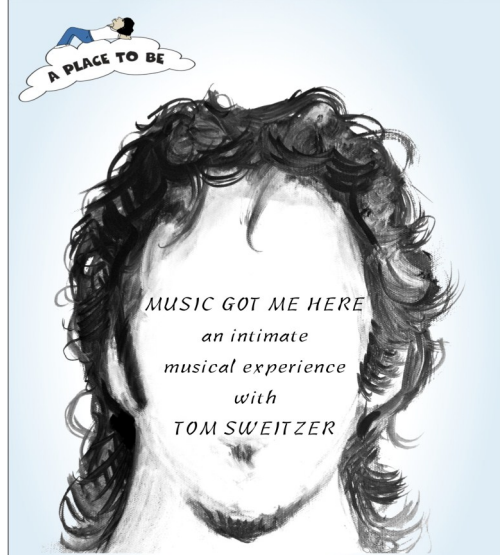


Popcorn Monkey
PUT SOME FLAVOR IN YOUR MOUTH!

*excludes gourmet flavors
*Fridays only & please mention this ad

“Lessons in the Piedmont”

a short documentary film, produced as a tribute to Nancy Dillon, grandmother of Hayley, Nancy, and Beverly Alcock. Due to its overwhelming reception at Buchanan Hall in November, and requests that it be made available at a later date, it will be shown in the Shiela Johnson Performing Arts Center at Hill School. January 25th at 6:00 pm. See “Take Note” next week for further details.



MUSIC GOT ME HERE
an intimate
musical experience
with
TOM SWEITZER

Friday January 31st at 7:30
Saturday, February 1st at 7:30

\$20.00 tickets - must reserve, call (540) 687-6740
at A PLACE TO BE
15 South Madison Street Middleburg Va.
Enjoy dinner in Middleburg and have dessert at the show.



C3 Cyber Club Presents Kids Computer Classes

As Part of Hill School's After School Program

6 Classes
\$150
Per student

INTRO TO MINECRAFT MODDING

1st - 3rd Grade

In this class, younger students will learn how to create and texture their own blocks and items using the popular game Minecraft. Students will be introduced to very simple Java code, and learn how to create custom classes. Learn how to manipulate code from premade templates, and determine how each of your own items appear and behave. Students will learn how to create unique texture packs that they can use and modify at home! Does your child spend hours at a time playing Minecraft? Have them learn how to improve their gameplay experience, and create your own custom mods today!



Minecraft Modding & Game Programming

4th - 8th Grade

In this class, students will learn how to create and texture their own items and codes using the popular game Minecraft, while at the same time learning the basics of Java! Learn how to create and implement your own custom blocks, weapons, food, recipes, and more! Determine how each of your own items appear and behave. Students will learn from premade templates, and how to create their own Java packages and classes. By the end of the class, students will have their own fully functional Minecraft mod package that they can use and modify at home! Do you spend hours at a time playing Minecraft? Learn how to improve your gameplay experience, and create your own custom mods today!



INFO & REGISTRATION

Intro to Minecraft

- Days: Tuesdays
- 1/14-2/18
- 6 Sessions
- 4pm- 4:55pm
- Room | TBD

Minecraft Modding

- Days: Tuesdays
- 1/14-2/18
- 6 Sessions
- 5:05pm-6pm
- Room | TBD

Sign up Online

WWW.C3CYBERCLUB.COM

-Click on "Book a Service" and find your school on the left hand side!



We Provide Laptops & Software!

Nutrition Nuggets



Mindful Eating

In today's hectic world, it is no wonder that so many of us rush through our meals, eat while doing something else, and pay little attention to our food. But did you know that bringing mindfulness to your meals can improve your health? Not only does it help give you that psychological break from the day-to-day hustle-and-bussle, but it also helps you make better food choices, eat appropriate portions, and prevent overeating.

Here are some easy tips that can help you eat mindfully so that you reap the amazing benefits!

Location: eat your meals in a quiet, consistent location that is free of distractions. This means no TV, emails, cell phones, etc. or while driving. The family table is an ideal spot!

Take a deep breath: before digging into your delicious meal or snack, take a deep breath and relax your body, mind, and digestive system. Use this breath as an opportunity to free your mind of distractions and focus on the food.

Notice the food: before your first bite notice how the food smells, looks, how is it arranged on the plate, etc.

Eat slowly: with each bite, take the time to notice the food's flavors, textures, temperatures, etc. Put your fork down between bites and pause from eating if you are telling a story.

Eat like a baby: when babies are full they refuse any more bites ~ even if the food is delicious! Listen to your inner baby and check-in on your hunger level. Eating more slowly will help you better gauge your actual hunger, but continue to check-in and ask yourself if you are still hungry.

Wait 20 minutes: it takes your body 20 minutes to recognize fullness. So before going back for that second helping, wait to see if you really want it.

These steps may sound a bit tedious and time consuming...but I promise that even if you just adopt one of these tips, you will notice a difference. If you are still skeptical, give it a try for one day or even one meal. Promise yourself to be mindful as you eat and see if you notice a difference. It can truly change the way you experience food!

Happy 2014!

*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?

Thoroughly chewing your food aids the digestive process!

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



To your health,
Cristin Wipfler, MPH, RD

6th Grade Lunch!

Tuesday, January 21st



Includes:

Mac n Cheese
Salad and Carrot Sticks
w/Ranch Dressing
Cookie/brownie
Lemonade
for \$7

Name _____

Grade _____

Please Drop your Order off at the Front Desk
by Monday, January 20th.

Thank you from the Class of 2016