



# TAKE NOTE

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

JANUARY 10, 2013

WELCOME BACK AND HAPPY NEW YEAR!



## SKI CLUB

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

Tomorrow, January 11th 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. See attached sheet for classes and their beginning times.*

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 at the Art Circle: 6:45 p.m.

**See page 2 for Directions to Bryce**

### HILL SCHOOL HAS A NEW WEBSITE!

When you next log in to [www.thehillschool.org](http://www.thehillschool.org), you will see our brand new website with many additional features and a lot more information. We have tried hard to convey the "feel" of the school while bringing our online presence up to date.

Parents will notice there is a portal login for parents which will lead to lower school newsletters and a link for Haiku, the school's learning management system. Please let us know your reactions and any suggestions you might have!

### AUCTION ACQUISITION MEETINGS HAVE BEGUN!

You have 3 more opportunities to join our dynamic team! We need fresh ideas and we know you can bring them!

What would you like to see offered at our auction? All ideas from Silent items to Live items are needed. Have you attended an auction and you thought, wow what a great idea that is? We need to hear about it!

Please join us for the next 3 Tuesday mornings at 8:30 in the Alumni Room. Coffee and breakfast treats provided!

### Head of School Coffee

Wednesday, January 16  
at 8:30 in the Alumni Room

Join Treavor for a presentation and discussion of Paul Tough's book *How Children Succeed*.



Learn about the research demonstrating the power of "grit" -- leadership skills including perseverance, resilience, and optimism -- and how parents and teachers can work together to foster this essential quality in children.

## Coming up at Hill:

Fri. January 11	First Ski Friday. Extra early dismissal from school; K-8 11:00
Tues. January 15	6 Boys Pride Basketball vs Powhatan at Hill. Game at 3:15, Dismissal at 4:15 JV Boys Basketball vs Powhatan at Hill. Game at 4:00, Dismissal at 5:15 V Boys Basket ball vs Powhatan at Hill. Game at 5:00, Dismissal at 6:15 6 Girls Basketball vs Powhatan at Powhatan. Game at 3:00. Dismissal at 4:45 JV Girls Basketball vs Powhatan at Powhatan. Game at 4:00, Dismissal at 5:45 V Girls Basketball vs Powhatan at Powhatan. Game at 5:00, Dismissal at 6:45
Wed. January 16	Head of School Coffee; <i>How Children Succeed</i> by Paul Tough. 8:30 AM in the Alumni Room 5 Basketball Play Day with LCDS. Boys at Hill, girls at LCDS. Games begin at 1:00, regular 4:00 dismissal
Thurs. January 17	6 Boys Lions Basketball vs Edlin at Hill. Game at 2:30, regular 4:00 dismissal JV Boys Basketball vs Wakefield at Wakefield. Game at 3:30, Dismissal at 5:15 V Boys Basketball vs Wakefield at Wakefield. Game at 4:30, Dismissal at 6:15 JV Girls Basketball vs Wakefield at Hill. Game at 3:15, Dismissal at 4:30 V Girls Basketball vs Wakefield at Hill. Game at 4:15, Dismissal at 5:30
Tues. January 22	6 Girls vs Edlin at Hill. Game at 5:00, Dismissal at 6:15

## PIC Parent Meetings

- K - Thursday, January 17, 8:30, Alumni Room
- 1 - Monday, January 21, 8:30, Alumni Room
- 2 - TBD
- 3 - Wednesday, January 16, 3:00, Alumni Room
- 4 - Monday, January 21, 8:30, Lunchroom
- 5 - Thursday, January 24, 8:30, Lunchroom
- 6 - Wednesday, January 23, 8:30, Alumni Room
- 7 - Tentative: Wednesday, January 23, 8:30, Lunchroom
- 8 - Thursday, January 17, 8:30, Lunchroom



Many thanks to everyone who donated to the Toy Drive benefiting Seven Loaves 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 18
- Friday, January 25 (all day)- **No School!**  
*more information in a future Take Note*
- Friday, February 1
- Friday, February 8

On **Friday, February, 15** 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.

## This year, Hill School will again be offering the **MEDUSA MYTHOLOGY EXAM!**

(50 multiple choice questions about Greek & Roman Mythology)

This year's theme: **LIFE & DEATH ON TROJAN SOIL**  
All 6<sup>th</sup>-8<sup>th</sup> graders are eligible to sign up with Ms. Roberts to take the test!

Sign-up by Thursday, January 24<sup>th</sup>

A review group (optional) will meet each Thursday to prepare for the test from 4:15-5:00

## 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.



**AVAILABLE:** Alex Munn (Hill class of 2002) for Pet Sitting, Dog Walking, Overnight Stays. Member National Association of Professional Pet Sitters Bonded and Insured Red Cross Certified in Pet First Aid and CPR. References Available.  
Phone: [540-364-6341](tel:540-364-6341) (H) [443-440-2060](tel:443-440-2060) © [alexcustompetcare@gmail.com](mailto:alexcustompetcare@gmail.com)

**WANTED:** Room to rent. My name is Juman Almughir. My daughter is a student at Foxcroft School in Middleburg. I am trying to find a room to rent and spend the last four months in Middleburg. I can be contacted by email: [jmughir@yahoo.com](mailto:jmughir@yahoo.com) or call me at 571-332-9491

**FOR SALE:** Three (3) LL Bean-Discovery Jr.-Kids Cross Country Ski Packages – includes skis, bindings, boots and poles. Everything is in excellent condition. All skis (3 pair) are 130 cm. long. One pair of poles are 130cm, two pair are 125cm. Two pair of boots are size 38; two pair are size 36; two pair are size 34 (there are six pair of boots in all). Retail for each package is \$199.00. Selling all three packages together for \$299 or \$99 for individual package. Call [540-364-6270](tel:540-364-6270).

**WANTED:**The Windy Hill Foundation is seeking one or two working used pick up trucks for residents or maintenance work at the Foundation's several housing facilities. If anyone might have a usable truck to donate in turn for a blue book value tax write-off, your help would be very much appreciated. Please contact Kim Hart ([540-687-5866](tel:540-687-5866)/ [hmpi2000@aol.com](mailto:hmpi2000@aol.com)) or WHF [9540-687-3402](tel:9540-687-3402)/[info@windyhillfoundation.org](mailto:info@windyhillfoundation.org))

**FOR SALE:** For Sale...used 625 Gator, two years old, only 30 hours, has windshield and top...\$10,000 or best offer. Please contact Tricia at [317.701.1584](tel:317.701.1584).



**First Grade's Once-a-Year**

# **Pumpkin Bar Sale!**

**\$1.00**

**Wednesday, January 15**

First Grade will bake and sell the pumpkin bars, then take the proceeds to Safeway to buy groceries for Seven Loaves.

This project ties in with our community service project and our study of Martin Luther King, Jr.

Thank you for your support

Cristin Wipfler is excited to announce the opening of her new Compleat Nutrition office, located on Liberty Street in Middleburg. Now accepting a limited number of clients interested in working with a Registered Dietitian in the areas of exercise nutrition, weight management, or family nutrition. To learn more, please contact me at [Cristin@myCompleatNutrition.com](mailto:Cristin@myCompleatNutrition.com).

### **MIDDLEBURG COTILLION**

Cotillion begins next Sunday, January 13, 2013  
There are still spaces available for boys in the 4, 5 class  
And for both boys and girls in the 6,7 class.  
Register now at [www.cotillion.com](http://www.cotillion.com)

### **Climbers**

Take your rock climbing to the next level!  
Vertical Rock and Summit Point Kart are sponsoring a trip to the Vertical Rock indoor climbing center in Manassas VA on Wednesday, January 16th from 4 - 8pm. Summit Point Kart will provide transportation from Hill School. Vertical Rock will provide safety equipment and professional climbing instruction.  
Cost: FREE! Space is limited to 13 students.

If you are interested, please have your parents contact Jens Scott either by email [jens@summitpointkart.com](mailto:jens@summitpointkart.com) or by phone 540-878-7196.

# Nutrition Nuggets



## Let's Get Cooking!

Happy 2013! If eating healthier as a family is one of your goals for the New Year, try bringing everyone into the kitchen! One of the best ways to encourage healthy eating habits in children is to get them involved in the preparation and cooking of meals. It is fun and easy to do things together! Making meals at home will also help you better control your family's nutritional intake. The following ideas are intended to jump-start your creativity. Please keep in mind that your children should be closely supervised at all times.

For younger children (2-6 years old):

The kitchen is a great place for looking at colors and shapes! Ask your little one to pick out a green vegetable and a round fruit to serve with lunch.

Practice counting and sorting with any kind of food.

Younger children can also help with preparation by using their hands as tools ~ ask them to tear the lettuce, put blueberries in the pancake batter, or sprinkle herbs on your final dish.

Little kids can help wash fruits and veggies, with your help, of course!

Stirring and whisking are also fun activities that help develop fine motor skills

Ask your children to measure ingredients for you.

Older children (7 - 11 years old):

All of the above ~ remember, just because they are older, doesn't mean that they won't enjoy mixing, blending, or choosing fruits and vegetables. Just make the activity more age appropriate.

When a little older, children can begin using a butter knife (with supervision!) to cut very soft foods

Once he/she shows responsibility in the kitchen, show your child how to correctly use some other utensils in the kitchen, such as a paring knife, a vegetable peeler, and a hand blender.

Tweens/Teens (12 and up): By this age, your children can be much more active participants in the meal preparation process. Many can even begin cooking on their own (with their parents' consent), but spending that time with them in the kitchen can be extremely valuable time together.

No matter the age, all children will enjoy helping to make the final product for your family or guests. Ask your children to help with the presentation, or choose and place the vegetables to put on the pizza. Have them take ownership of an entire portion of the meal from start to finish so that they can proudly present it as their own! For the younger ones, giving their creations a special name can help make their efforts even more rewarding.

Then make washing dishes a family activity too :)

\* Reference: Kiwi Magazine 2012, Kids Eat Right

\*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?***

Did you know that cauliflower comes in all different colors, including purple?!

Questions or comments? Please email me at [Cristin@myCompleatNutrition.com](mailto:Cristin@myCompleatNutrition.com).

To your health,  
Cristin Wipfler, MPH, RD

6<sup>th</sup> Grade Invites you to a  
**Garfield Lasagna Lunch!**

Thursday, January 24<sup>th</sup>

\$7 per lunch

Garfield's Meat or Veggie  
Lasagna

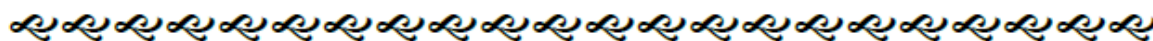


Jon's crunchy romaine spears  
Italian bread  
Clementines

Odie's Doggone Cookies



Cut to turn in to front desk by Wednesday,  
January 23rd



Child(ren)'s name(s) & Grade(s)

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Please make checks to Hill School and write "Class of 2015" on memo line.