



TAKE NOTE

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

JANUARY 16, 2014

Tomorrow, January 17th Dismissal at 11:50

Upcoming Dates for Taking Charge - A PTC Discussion Series for Parents

Please join Hill School's Kasia Daum, M.A., L.P.C., Thursdays from 3-4 pm in the Alumni Room.

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:

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

SKI CLUB will meet tomorrow, January 17th at Bryce Resort

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

Other Ski Club Meetings:

- Friday, January 24 (all day, **No School**, Ski and Snowboard classes will be held at their usual afternoon time. Bus leaves Hill at 9:00 am; returns at regular time)
- Friday, January 31 (11:50 Dismissal)
- Friday, February 7 (11:50 Dismissal)



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.



Pumpkin Bars for Sale!

Wednesday, January 22 at Lunch
\$1

This is a fundraiser by the first graders for their community service project. They will use the proceeds to buy groceries and will deliver them to the food bank to help people in our community. Thank you for your support.

PTC Parent Meetings

- JK - Thursday, Jan 23, 8:30, Lunch Room
- K - TBD
- 1 - Friday, Jan. 31, 8:30, Lunch Room
- 2 - Monday, Jan. 20, 8:30, Alumni Room
- 4 - Thursday, Jan. 23, 8:30, Alumni Room
- 5 - Wednesday, Jan 29, Lunch Room
- 7 - Monday, Jan. 27, 8:30, Lunch Room



February Lunch Order Forms are attached. Please return them to the Front Office by Thursday, January 23rd.

SAVE THE DATE

FEBRUARY 23 AND 24

THE EDUCATION SCHOOL LIFE COMMITTEE INVITES ALL PARENTS TO A FORUM ON PARENTING IN THE DIGITAL AGE. MORE INFORMATION TO FOLLOW IN FUTURE TAKE NOTES.

Coming up at Hill:

- 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 5:15 pm
V Girls Basketball vs. Wakefield at Wakefield. Game at 4:30 pm, dismissal at 6:15 pm
- Wed, Jan 22 4th Grade Basketball Playday with LCDS. Boys at Hill, girls at LCDS. Games begin at 1:00 pm, regular dismissal.
- Thurs., Jan 23 V Girls vs Loudoun County Patriots at Purcellville Baptist Church (601 Yaxley Drive, Purcellville). Game at 3:30, dismissal at 5:15
V Boys vs Loudoun County Patriots at Purcellville Baptist Church (601 Yaxley Drive, Purcellville). Game at 4:30, dismissal at 6:15
- Fri., Jan. 24 No School, full day of skiing.
- Tue., Jan. 28 V Boys Basketball Tournament at Wakefield. Games begin at 1:30 pm, dismissal 4:00 pm.
V Girls Basketball Tournament at Foxcroft. Games begin at 3:00 pm, dismissal at 5:00 pm.
- Thurs., Jan. 30 4th Grade Play at 11:00 and 7:00
- Fri., Jan. 31 Ski Club, dismissal at 11:50 am.

FREE: For anyone who can use them - all excellent condition: 1 pair Burton snowboard pants black size XS, 1 snow bib overall black size med (10/12), 1 ski suit blue w orange trim size S, 1 LL Bean ski suit red with blue & yellow trim size kids Medium., All at Hill school front desk. Ilene Tognini

AVAILABLE: My niece from Switzerland is looking for an opportunity to improve her English this summer while she is between schools. She is 18, a trained vet assistant (thus experienced with animals of all sizes), experienced with horses, riding, and with children. Available July and August. Silvia Fleming 540-687-5897 or sfleming@thehillsschool.org

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



Proceeds to benefit
Four Diamonds
Pediatric Cancer Funds

\$5/per person

7th and 8th Grade
Winter Semi-Formal Dance
Saturday, January 18
7-9 pm in the Theater



Market Salamander Winter Olympics Specials



February 7th – 23rd

Friday Feb. 7th: **SPAIN!** *Chicken, Sausage, Shrimp, & Mussel Paella*

Saturday Feb. 8th: **CHINA!** *Chicken Teriyaki Stir-Fry*

Sunday Feb. 10th: **POLAND!** *Perogies*

Monday Feb. 11th: **UNITED STATES!** *Chili Cheese Dogs with Fries*

Tuesday Feb. 12th: **FRANCE!** *Coq Au Vin*

Wednesday Feb. 13th: **MOROCCO!** *Lamb Cous Cous*

Thursday Feb. 14th: **JAPAN!** *Habachi Tuna*

Friday Feb. 15th: **GERMANY!** *Brats & Sauerkraut*

Saturday Feb. 16th: **AUSTRALIA!** *Shrimp on the Barbie*

Sunday Feb. 17th: **GUATEMALA!** *Enchiladas*

Monday Feb. 18th: **GREECE!** *Herb Crusted Leg of Lamb with Tzatziki Sauce*

Tuesday Feb. 19th: **ENGLAND!** *Shepard's Pie*

Wednesday Feb. 20th: **IRELAND!** *Corn Beef and Cabbage*

Thursday Feb. 21st: **MEXICO!** *Tacos Carnitas*

Friday Feb. 22nd: **ITALY!** *Lasagna*

Saturday Feb. 23rd: **INDIA!** *Curried Chicken*

All Specials are \$12.99



T'ai Chi



T'ai Chi increases relaxation, awareness, mind body coordination while improving posture, breathing and balance.

**January 9th to
January 30th**

**Monday 4.30-5.30
Thursday 3.30-4.30**

**Classes will be held
throughout the year**



Location

**Parish Hall
of the
Emmanuel Church
on
E. Washington st
Middleburg**

**\$15 per class
Including \$5 donation to
the Church**

**Instructor
Misia Broadhead
540 687 5947**



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.

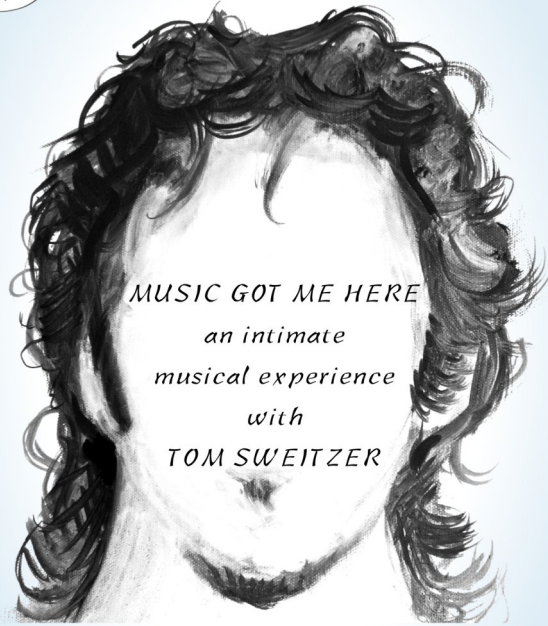
Every Friday from
January 10th until February 14
12 noon until 4 P.M.



PopcornMonkey
PUT SOME FLAVOR IN YOUR MOUTH!

*excludes gourmet flavors

*Fridays only & please mention this ad



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.

“Lessons in the Piedmont”
 is a short documentary film, produced
 by Piedmont Fox Hounds as a tribute to
 Nancy Dillon,
 grandmother of Hayley, Nancy, and
 Beverly Alcock.

Due to its overwhelming reception at
 Buchanan Hall in November, and re-
 quests that it be made available at a later
 date, it will be shown in
 the Sheila Johnson
 Performing Arts Center at Hill School.
 January 25th at 6:00 p.m.

Admission is a suggested donation of
 \$4.00,
 all children are free.

Call for Camels!



If you have a nativity
 camel we could
BORROW for Cultural
 Study, please put your name on it
 and drop to Linda Conti.

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/>

Market Salamander Catering SUPER BOWL XLVIII

Sunday, February 2nd 2014

BUILD YOUR OWN NACHOS with Betty's Chips

Choose. Seasoned Ground Beef or Shredded Chicken

Includes. Betty's Salsa, Lettuce, Cheese, and Sour Cream

Feeds 4-5 people Beef. \$50 Chicken. \$60

Naked Chicken Wings with Spicy Wing Sauce on the Side

\$9.99 for 10 Wings

Market Salamander Signature Chicken Tenders with Honey Mustard

\$9.99 for 10 Tenders

Crudité Platter with Red Pepper Dipping Sauce

\$30 (for a party of 10 people)

Virginia Black Angus Chili with Black Beans, Sour Cream, & Cheddar Cheese

\$9.99 a quart

Available for Pick Up or Delivery

Orders must be placed by January 27th

Call or email to order. 540-687-9724 Jslusser@market-salamander.com

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 (11:50).

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 – February, 2014

Return to the Office **by Thursday, January 23**

MONDAYS – TEDDY’S PIZZA – 687-8880

\$4.25 per order

One form per student, please.

Name _____ Grade _____

- | | | | | | |
|----|------------------------------|-----|------|------|------|
| 1. | 2 slices of CHEESE Pizza. | 2/3 | 2/10 | 2/17 | 2/24 |
| 2. | 2 slices of PEPPERONI Pizza. | 2/3 | 2/10 | 2/17 | 2/24 |

*Circle the desired lunch(es) and date(s) and return this portion with payment in an envelope marked with TEDDY’S. Return this form (for the whole month) **by Thursday, January 23***

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TUESDAYS – MARKET SALAMANDER – 687-8880

\$4.25 per order

One form per student, please.

Name _____ Grade _____

- | | | | | | |
|----|--|-----|------|------|------|
| 1. | Market Mac ‘n Cheese (8 oz), side of fruit, and a cookie | 2/4 | 2/11 | 2/18 | 2/25 |
| 2. | Chicken Tenders with honey mustard sauce, side of fruit, and a cookie. | 2/4 | 2/11 | 2/18 | 2/25 |

*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 Thursday, January 23***

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WEDNESDAYS – MIDDLEBURG DELI – 687-3456

\$4.25 per order

One form per student, please

Name _____ Grade _____

- | | | | | | |
|----|---|-----|------|------|------|
| 1. | Sliced Turkey Breast on a Soft Roll with Lettuce & Tomato | 2/5 | 2/12 | 2/19 | 2/26 |
| 2. | Sliced Roast Beef on a Soft Roll with Lettuce & Tomato | 2/5 | 2/12 | 2/19 | 2/26 |
| 3. | Sliced Ham & Cheese on a Soft Roll with Lettuce & Tomato | 2/5 | 2/12 | 2/19 | 2/26 |
| 4. | ½ Little Italy Sub
(Provolone, Mortadella, Pepperoni, Genoa Salami, Lettuce, Tomato, Sweet Peppers, Oil and Vinegar) | 2/5 | 2/12 | 2/19 | 2/26 |
| 5. | Grand Slam (Turkey, Ham, Swiss, Lettuce, Tomato on a Sub Roll) | 2/8 | 2/15 | 2/22 | 2/28 |

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 Thursday, January 23***

Join Girls on the Run NOVA!



Girls on the Run is a curriculum based program for girls in grades 3-5. Practices combine an innovative and fun curriculum designed exclusively for pre-teen girls addressing specific life skills through the use of games, warm-ups and workouts. The program begins during the week of March 3, and culminates in a 5K - one held May 17 at Mosaic District in Fairfax and one held May 18 at Taste of Arlington. The goal of the program is to encourage positive emotional, social, mental, and physical development. Be sure to check out our website www.gotrnova.org for more information.

The Spring 2014 season runs from March 3 - May 18, 2014.

Practice location: The Hill School (school name)

on: Mondays and Wednesdays (days)

from: 4:00 PM to 5:00 PM (time)

Your coach is: Caitlin McNaughton, Alex Bartz, Tara Wegdam, and Chelsy Coil (coach name)

How to register

Online registration for the Spring 2014 Girls on the Run program will begin on January 20, 2014 via our web site www.gotrnova.org. As in seasons past, there will be an automated lottery for those teams that fill beyond capacity (20 girls). Registration will be open until February 23, 2014 to give everyone time to register.

If your school's team fills to capacity and a lottery is necessary, the randomly selected participants will be notified via email by February 25, 2014; we will also email those participants not selected.

Teams with additional space for more girls will hold a late registration period from February 26 - March 14, 2014 on a first come first served basis. An additional fee of \$25 may be charged for late registrations. **If you do not have internet access, require special assistance or a Spanish-speaking interpreter, please call our registration number: 1-877-749-8831.**

Program Fee

- ★ Standard fee: \$165
- ★ Scholarships available to those who qualify:
 - ★ Families receiving REDUCED meals eligible for \$95 scholarship. Program fee reduced to \$70
 - ★ Families receiving FREE meals eligible for \$148 scholarship. Program fee reduced to \$17

To qualify, you must mail a copy of one of the following to the GOTR NOVA office:

Free and Reduced Meals (FARMs) Form

Supplemental Nutrition Assistance Program (SNAP) Approval Letter (Formerly Food Stamps Program)

Temporary Assistance for Need Families (TANF) Approval Letter

WIC (Special Supplemental program for Women, Infants and Children) Program Approval Letter

Letter from your school principal or administrator stating that you receive Free or Reduced meal benefits

For more information please go to:

www.gotrnova.org

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