



# TAKE NOTE

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

## FEBRUARY 6, 2014

### Tomorrow, February 7: Dismissal at 11:50



#### Because Snow Days shouldn't cause a Snow Daze...

We are excited to announce that we are making a few improvements to how we communicate changes to the school schedule during inclement weather.

- ◆ The automated voice recording will continue to be our primary means of communicating late openings and school closings. This message is typically broadcast at 6:30 in the morning. Closings and delays are also posted on the Hill School website as soon as we have made a decision, which is often before 6:30.

- ◆ As of last week, we have additional channels to communicate late openings and closings. Hill School is now announcing these changes on NBC 4 (TV station and website); WINC (radio channel 92.5 and website); and WTOP news (radio channel 107.7 and website). Schedule changes will be posted to these sites as soon as a decision is made—always by 6:30 and often earlier.

- ◆ Finally, in the event that Hill is open on time when other schools are delayed or closed, we will post this on Hill's website (e.g. "Hill School is opening on time today").

We hope that these additional channels of communication during inclement weather will be helpful to parents, students, faculty, and staff in planning their days.

Thank you,  
Treavor Lord



#### **Student re-enrollment for the 2014-2015 school year**

Re-enrollment for the 2014-2015 is beginning. If you are interested in learning more about applying for financial aid for the 2014-15 school year, please see Ethan Loufield or Vickie Ralph as the application process is now open.

#### SKI CLUB will meet tomorrow, February 7 at Bryce Resort

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



On **Friday, February, 14**, we will have a full day of skiing and competition (Mini Olympics). There will be no school that day. The Hill School bus transporting students to Bryce will leave Hill at 7:30 a.m., and depart from Bryce after the ceremony at approximately 4:15. The bus will return to Hill at approximately 6:00 p.m. Lift tickets will be available after 9:00 a.m. on the deck in front of the cafeteria. Medals will be awarded in a small ceremony at the conclusion of the day. The ceremony will begin at approximately 3:30 p.m. A schedule of classes and race times will be in next week's Take Note.

***Special Request From Pan Benefield:*** 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 call Pan (540) 878-6931.

# Coming up at Hill:

Fri., Feb 7 Ski Club, dismissal at 11:50 am.

Wed, Feb. 12 Grade 4 Basketball Play Day with Loudoun Country Day School. Boys play at Hill, girls at LCDS. Games begin at 1:00. Regular 4:00 dismissal.

Fri., Feb. 14 No School, all day ski, Mini Olympics. More information in next week's Take Note.

Fri., Feb 21 3rd Grade to Jamestown. Depart 8:30 am, return 8:30 pm.

## 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.

### Topics and Dates:

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. (Chapt. 10)

## Mark your calendars!

On February 23-24, The Education and School Life Committee invites Hill School parents to attend two talks by **Dr. Michelle Parker**. Dr. Parker maintains a private practice while working as a counselor and consultant to Sidwell Friends School in DC. She is an expert on digital technology and children's healthy development. On Sunday, February 23 she will speak about parenting in the digital age, a talk primarily designed for parents of children in grades 4-8. On Monday morning, she will present on the topic of managing a child's time for healthy brain development, which is designed for parents of children in grades PK-4. Presentations will be held in the Performing Arts Center. All parents are welcome to attend both talks, and Dr. Parker will also speak to older students in a special Monday assembly. On Sunday, child care will be provided (please call the front office and sign up for child care). We believe that Dr. Parker will bring to the school a wide experience and a compelling philosophy about how to manage rapidly changing technology to minimize problems and maximize opportunities. We strongly encourage parents to attend.



## 2014 TALENT SHOW

Friday, March 7th , 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. 28th.

A dress rehearsal will be held Tuesday, March 4th, 4-5 pm.

**WANTED:** House/Pet Sitter to care for 2 dogs in The Plains while Hill School family travels over long weekends in Feb/Mar as well the second week of Spring Break. Overnight stays required but sitter can come and go during the day as dogs have doggy door access to the house. Looking for someone who would like an ongoing opportunity! Please contact 954-292-5410

**FOR SALE:** Ski and Snowboard equipment for SALE!! All equipment is in very good condition. Worn very little until outgrown. 2 pair of snowboard boots. One pair of Thirty Two, white and green boots mens/boys size 8.5US - 41.5Euro (Hill School colors!) Second pair: Burton Moto, black, boys/mens size 7.5US - 40.5Euro. Both boots are almost new. Worn at most 8 times \$50/each. One pair of Dalbello Aerro 60 mens boots, size 10.5 US - 44Euro, Black and silver \$75. 1 pair of skis and Bindings, Rossignol ACTYS200 154, \$100. Skis, boots and bindings bought together red, black and silver. All items priced less than half of new cost. Please contact me for more information or questions. 571-437-9953 or [sabinebibb@me.com](mailto:sabinebibb@me.com).

**FOR RENT:** Gorgeous and spacious Luxury Home in Brambleton walking distance to amazing town center. 5 BD, 4.5 BA, stainless steel/granite counter expansive kitchen, front-load w/d, large walk-in closets in several bedrooms with two in master suite, finished basement with private kitchen, pool table, 120" theatre system, deck and MUCH MORE! Price based on length of stay, utilities included. 3 months-2 years, avail. Feb 15. Email [brijoy.edwards@gmail.com](mailto:brijoy.edwards@gmail.com) for details.

**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 \$199 or \$69 for individual package. Call [540-784-5391](tel:540-784-5391).

## Spirit Wear Store is NOW OPEN through February 12th!

You can access the store through the following link:

[http://stores.inksoft.com/The\\_Hill\\_School/All-Products/-1](http://stores.inksoft.com/The_Hill_School/All-Products/-1)

Spirit wear delivery is targeted for March 13th. If there is a time sensitive order please contact Kim Medica at [kmedica740@gmail.com](mailto:kmedica740@gmail.com).

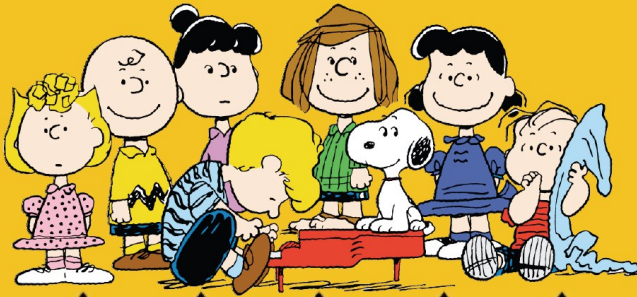
Limited samples will be available at the front desk for sizing.



**A PLACE TO BE**  
Presents  
A Valentine's Weekend Performance of

# You're A Good Man, Charlie Brown

Based on the comic strip "Peanuts" by Charles M. Schulz  
Book, Music and Lyrics by Clark Gesner



Friday, February 14th at 7:00  
(special valentine's kids party after)

Saturday, February 15th at 3:00 & 7:00

Sunday, February 16th at 3:00

call 540-687-6740 to reserve tickets - Very limited seating  
A Place To Be 15 South Madison Street Middleburg, VA

Tickets  
\$10.00 adults  
\$5.00 students

Presented through special arrangement with Tams-Witmark Music Library, Inc.  
560 Lexington Avenue, New York, NY 10022. Phone: (212) 688-9191 Fax: (212) 688-5656



## Men's Clothing Drive

For the past 5 years the current 8th grade class has sponsored a men's clothing drive to benefit Christ House in Washington, DC. Once again this class is asking for your support. Please bring your gently worn men's casual clothing, shoes and coats to the front lobby. Clothes will be collected until February 17th. If you have any questions, please contact Kelly Johnson at 540-687-5897 or [kjohnson@thehillschool.org](mailto:kjohnson@thehillschool.org).



Girl Scout Cookies Are Here!  
Support Troop 5293  
Thin Mint, Tagalongs, Trefoils  
and more!  
Contact Caroline Schaefer  
to place an order

[Caroline@SchaeferTroupe.com](mailto:Caroline@SchaeferTroupe.com)

## Kingswood Camp For Boys: Information Session



Tuesday, February 18  
in the Hill School Alumni Room

*Kingswood Camp is a traditional boys summer camp located on Lake Tarleton in Piermont, New Hampshire. Run by the Wipfler family, Kingswood features a dynamic program set in a friendly and welcoming community. Boys choose their own schedules from a wide array of activities including sports, hiking/trips, waterfront activities, unique games, and much more.*

5:00 to 5:30 PM: Informal Meet and Greet  
Light refreshments will be served.  
5:30-6:30: Slideshow and Question & Answer Session

[www.kingswoodcamp.com](http://www.kingswoodcamp.com)

RSVP to [wipfler@kingswoodcamp.com](mailto:wipfler@kingswoodcamp.com)  
603-795-2235



If you've ever been curious about martial arts, Blue Ridge Tae Kwon Do would like to invite you to come check us out! For information on free introductory lessons, call 540-592-3171.

We offer classes for everyone — moms, dads, children, teachers — we have a class for you! Check our website for more information: [www.blueridgetaekwondo.com](http://www.blueridgetaekwondo.com)  
Come have a kicking good time with us!



# fun days foxcroft

## SUMMER CAMPS OPEN HOUSE

Sunday, February 23rd

1-3pm Foxcroft's Athletic Center

# Nutrition Nuggets



## Valentine's Day ~ Beyond the Chocolate!

In the spirit of Valentine's Day next week, let's explore some healthy and delicious **red** and **pink** foods! The colors of fruits and vegetables reflect their nutritional make-up. Powerful compounds found in plant-based foods, called phytonutrients (or phytochemicals), have been shown to serve as antioxidants, improve immune function, repair damaged DNA, improve cell-to-cell communication, and detoxify carcinogens (cancer causing compounds). There are many types of phytonutrients and in addition to all of these health-promoting benefits, they also provide color to the produce we eat. Red and pink hues primarily come from the phytonutrients lycopene and anthocyanins, which may be linked to promoting heart health, reducing the risk of some cancers, and improving vision, memory, and immunity. Here are some of my favorite red and pink foods to celebrate this season of St. Valentine! What would you add to the list?

**Cherries:** Rich in anthocyanins, cherries are good at helping to fight and prevent diseases, such as diabetes, cancer, and arthritis due to their anti-inflammatory properties. They are also a good source of fiber, potassium, vitamin A and vitamin C. If you think that cherry pits are the pits (ha!) try a cherry pitter.

**Pomegranate:** There is a lot of research being done on the pomegranate and all of its nutritional super powers. It is believed to help reduce plaque build-up in the arteries, which, in turn, can help lower blood pressure. Pomegranates are also rich in vitamins C and E, as well as the B-vitamin, folate.

**Beets:** Loaded with folate, manganese, potassium, vitamin C, magnesium, iron and fiber, beets are a nutritional superstar! They also contain the phytonutrient betalain, which provides antioxidant, anti-inflammatory, and detoxification support.

**Tomatoes:** Rich in lycopene which may help prevent heart disease and some cancers, tomatoes are also a good source of vitamin A, vitamin C, potassium, and fiber.

**Strawberries:** There are over 600 varieties of this popular berry (wow!), which has been ranked as one of the highest antioxidant-containing foods available! They are rich in anthocyanins, but are also a good source of vitamin C, fiber, and manganese.

**Pink Grapefruit:** The redder, the better! Pink and red grapefruits contain lycopene, while white grapefruits do not. So always opt for the colorful fruits when available. Grapefruit is also a good source of vitamin C, and pectin, which helps lower cholesterol.

\*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?***

A red pepper has the same amount of vitamin C as an orange?

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

To your health,  
Cristin Wipfler, MPH, RD

