TAKE NOTE

February 19, 2015

Ski Club Mini-Olympics

Many thanks to Pan Benefield and her helpers for their work organizing another successful Ski Club season. Mini Olympics turned out to be a great day! Skiers and snowboarders demonstrated how much they had learned.

Congratulations to all ski and snow board racers and to the following students:

Fastest Overall Skier: Abby Le       Fastest Girl Snow Boarder: Willa Cahir
Fastest Boy Skier: Rowan Rowley     Fastest Boy Snow Boarder: Michael McCleary

Climbing Wall Events:

Friday, February 20th

After School Climbing Club
3:00-4:00 pm (free for Hill School Students)

Families Climbing the Walls
5:30-7:00 pm ($30/family, extended families welcome!)

Questions?
Please contact Mrs. Kidder at pkidder@thehillschool.org

2015 Talent Show

Friday, February 27th
1:30-3:00 pm

Sign-up forms are now available in the front office. They must be completed and turned in by TOMORROW. Dress rehearsal is Wednesday, Feb 25th at 4:00 in the theater.

Lunch Order Forms for March were attached to last week’s Take Note. Please return to the Front Desk by TOMORROW, 2/20.
**Coming up at Hill:**

Fri., Feb. 27  
The Hill School Talent Show, 1:30 - 3:00 pm in the Performing Arts Center.

Tues., March 3  
Grades 2 and 3 Gymnastics Assembly at 10:30 am in the Gym.

Thurs., March 5  
3rd Grade Play at 11:00 am and 7 pm in the Performing Arts Center.

Wed—Fri, March 11-13  
Culture Study Program (China)

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**Assembly Schedule:**

| Thurs., March 5 | 3rd Grade Play at 11:00 am |

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**SEEKING:** Drama department is looking to borrow a small personal sized trampoline for the 3rd grade play. It will not be altered in any way and will be returned after the show. If you can help, please contact Raven Owen-Beyer at rowenbeyer@thehillschool.org

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**FOR RENT:** Inside Town of Middleburg. Excellent condition, fenced front and side yards, storage shed, 3 Br, 1 Ba with private parking. $1,425 monthly. Call Chip White 540-454-4240.

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**AVAILABLE:** Hi my name is Tim Bartz and I am both an alumni of The Hill School and a freshman at the University of Virginia. This summer I will be working as a branch manager of College Works Painting, www.collegeworkspainting.com. Please contact me if you have any exterior painting needs! My email is tbartz14@gmail.com and my phone number is 540-454-7767.

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**AVAILABLE:** Nursing student looking for summer employment as Au Pair/Nanny. Willing to travel with the family, or as needed. Competent, nurturing teacher and care provider. CPR and first aid certified. References available upon request. Please contact Kayleen Galvan for more information at 703-727-0602/ kayleeng@me.com.

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**AVAILABLE:** My name is Rowan Bishop and I taught at Hill School as an intern in 2008 I am available for babysitting on Mondays and Fridays all day then other evenings during the week. 540-219-7800

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**AVAILABLE:** Fleetwood Mac concert- Anyone need ride to Charlottesville March 15th. Can't miss this show and have room for 4 more and tickets available if you want. Ted 571-233-9978.

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**FOR RENT:** Apartment available in the lower level of the “Middleburg House” across from Middleburg Millworks. It is one bedroom with a kitchen, bath and sitting area, and although it is small, it is quite charming. There is a nice patio at the entrance, and that can be seen as you drive by to the Hill School. The rent is $875/month and includes utilities. Please call Thomas and Talbot Real Estate at 540-687-5523 if anyone is interested.

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**AVAILABLE:** Nanny with seven years experience is available immediately. 37 years old and has a car. Recommendations from Liz Mandros and Yvonne Miller. Very cooperative and well organized. Flexible days and time. Good with boys and girls all ages. (703) 728-6633.

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### “Minute to Win it” Carnival

- Dozens of games and challenges!
- Friday, March 6th 3:00 – 4:00
- $5 Admission  
  - pay in advance at the front desk or at the door
- All proceeds benefit Seven Loaves Food Pantry
- Hosted by the Seventh Grade
- Open to all ages
- Where: Hill School gym
Middleburg Academy 2015 Tennis Camp
Coach Carla Adgate
Session I – June 8-12
Session II – June 15-19
9:00 am to 12:00 pm
Boys & Girls -- Grades Kindergarten through 7th
$130.00

The 2015 Middleburg Academy Tennis Camp is open to boys and girls of grades Kindergarten through 7th. Space is reserved on a first come first serve basis and will be limited so sign up now! Camp is held on the beautiful campus of Middleburg Academy, located at 35321 Notre Dame Lane in Middleburg, VA and directed by Carla Adgate, a USPTR Certified Professional since 1994. Please email cadgate@middleburgacademy.org.
“THAT NIGHT IN RIO” UPDATE

Acquisitions are beginning to come in but we are still eagerly awaiting your donation! We are putting together some “packages” and could really use your help.

Would you be interested in helping host a party with other parents at the Dornin Barn? Ideas for parties have included Halloween for Adults, Scavenger Hunts for both adults and children, Clam or Crab feasts. What a wonderful way to get involved, meet new friends, and have fun!

We also have tickets to various events and want to add dinners and/or accommodations. Do you think you might be able to help in this way?

These are just a few of the ideas we are working on. Join us for our Acquisition Meeting this Tuesday, February 24th at 8:30 in the Alumni Room. We really want to hear your ideas!

Do you have any questions? Please come to the Auction office, or call Kim, Chris, or Jennifer.

JOIN US FOR
THE CELEBRATION OF CARNIVAL
Sloppy Joe Lunch

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

~ Sloppy Joe Sandwich ~
~ Mini carrots ~
~ Brownie (no nuts) ~
$7 each

Thursday, February 26th
Please remit order form below to front desk by Tuesday, February 24

THANK YOU FROM THE 6TH GRADE!!

Sloppy Joe Lunch Order Form

Name: ____________________________________________

Grade: ___________ Amount Paid: ___________

Please make check payable to: The Hill School
Memo line: Class of 2017 Fundraiser
B-Mine: The B Vitamins

I hope you all had a lovely Valentine’s Day!

Of all of the Vitamins, the B-Vitamins are the most confusing because instead of having only one, there are eight – all with different numbers and names. So let’s take a look at these definitely "above average" nutrients. As you will notice, many of their roles involve metabolism (energy) and cell health.

**Thiamine (B1)** - *Important for:* metabolizing carbohydrates, regulating appetite, and nervous system growth and repair. *Find it in:* wheat germ, pork, whole & enriched grains, dried beans, seafood

**Riboflavin (B2)** - *Important for:* metabolizing the macronutrients (carbs, protein, and fat), and essential for cell respiration and mucous membranes. *Find it in:* dairy products, green leafy veggies, whole and enriched grains, beef, lamb, eggs.

**Pyridoxine (B6)** - *Important for:* metabolizing the macronutrients, nerve function, and the formation of antibodies and red blood cells. *Find it in:* fish, poultry, lean meat, whole grains, potatoes

**Cobalamin (B12)** - *Important for:* Metabolizing the macronutrients, formation of red blood cells, and maintaining the nervous system. *Find it in:* beef, fish, poultry, eggs, dairy products

**Biotin (B7)** - *Important for:* metabolizing the macronutrients, fatty acid production, and utilization of B vitamins. *Find it in:* egg yolk, meat, dairy products, dark green leafy veggies (also made by microorganisms inside intestinal tract)

**Folic Acid (B9)** - *Important for:* Protein metabolism, red blood cell formation, cell division and growth. *Find it in:* green leafy veggies, dried beans, poultry, fortified cereals, oranges, nuts.

**Niacin (B3)** - *Important for:* metabolizing the macronutrients, blood circulation, nerve function, GI system maintenance, appetite regulation. *Find it in:* meat, fish, whole and enriched grains, beans, nuts, peas.

**Pantothenic Acid (B5)** - *Important for:* converting nutrients into energy, vitamin utilization, nerve function. *Find it in:* most plant and animal foods (especially, lean meats, whole grains, legumes).

*Reference: Health Castle
*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?**

Even though many of the top sources of B vitamins are meat/animal products, it is still important for vegetarians and vegans to get B vitamins through plant sources or supplements.

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

To your health.
Cristin Wipfler, MPH, RD