



# TAKE NOTE

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

## FEBRUARY 20, 2014



### SKI CLUB Mini Olympics FRIDAY, February 21st at Bryce Resort Full Day of Skiing and Competition



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 4:00. The bus will return to Hill at approximately 6:00 p.m.



Lift tickets will be available after **9:00 a.m.** inside or in front of the cafeteria.



Medals will be awarded in a small ceremony on the deck in front of the ski lodge. The ceremony will begin at the conclusion of all races, at approximately 3:00 p.m.



Classes will meet their instructors, at the time listed, on page 2, in front of the Ski School. Instructors will not be able to wait for stragglers due to a tight schedule for the races, so please be on time.

Please note: A student who does not wish to race still needs to go to the meeting place at the appointed time and talk to his/her instructor. Racing is encouraged, but voluntary.

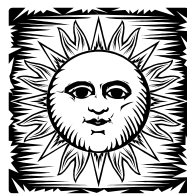


Alumni/Parent Race around 12 pm.  
Register at the Ski School by 11:30 am.

## Parenting in the Digital Age

### Please come to the FORUM

This Sunday at 5:00 pm and  
Monday at 8:45 am (See Page 5)



## Summer at Hill 2014

Please see attached overview for camps at Hill. More information and a sign up sheet will be in next week's Take Note.

### ACQUISITION UPDATE!

Thank you to everyone who has already sent in their acquisition form. We are getting some great items. There will be something for everyone who attends!

Did you know that acquisition forms are available on Hill's Website? Simply click on Support Hill, then Auction and it will take you to the form.

Still stumped on what to give? Please come by the Auction office, we would love to discuss ideas with you!

Keep those forms coming in!



**Lunch Order Forms for March** due TOMORROW. Note: the form included Spring Break dates—please cross out all days between March 17th and 26th.

We apologize for the error.

# Coming up at Hill:

- Fri., Feb. 21 Mini Olympics—no school
- Wed., Feb. 26 4th Grade to Richmond. Depart at 8:30 am, return 5:00 pm.
- Fri., Feb 28 3rd Grade to Jamestown. Depart 8:30 am, return 8:30 pm.
- Tues., Mar. 4 Grades 2 and 3 Gymnastics Assembly at 10:30 am in the Gym.
- Thurs., Mar. 6 Grades 6-8 Gymnastics Assembly at **10:30 am (please note new time)** in the Gym.
- Fri., Mar. 7 The Hill School Talent Show, 1:00-3:00 pm in the Performing Arts Center.  
After School Climbing Club, 3:00-4:00 pm. Families Climbing the Walls, 5:30-7:00 pm.
- Fri. Mar. 14 Spring Break begins. Noon dismissal for all grades.
- Mon., Mar. 31 School re-opens.



## Race Schedule for Mini Olympics Friday, February 21st

<u>Skiing Classes</u>	<u>Time</u>	<u>Location</u>
20	9:45	Bootlegger
19	9:45	Bootlegger
18	10:00	Bootlegger
17	10:15	Bootlegger
16	10:30	Bootlegger
15	10:15	Lower Slope
14	10:15	Lower Slope
13	10:30	Lower Slope
12	10:45	Lower Slope
11	11:00	Lower Slope
10	11:15	Lower Slope
9	11:30	Lower Slope
8	11:45	Lower Slope
7	12:45	Lower Slope
6	12:45	Lower Slope
5	1:00	Lower Slope
4	1:15	Lower Slope
3	1:30	Little Nip
2	1:30	Little Nip
1	1:45	Little Nip
<u>Snowboarding</u>		
SB 5	11:00	Bootlegger
SB 4	11:15	Bootlegger
SB 3	11:30	1/2 Bootlegger
SB 2	1:45	Lower Slope
SB 1	2:00	Lower Slope

Adults (Parents and Alumni) (must register before 11:30 at the Ski School)  
11:45 Bootlegger



## 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 on Tuesday, March 4th, 4-5 pm.

## Mark your calendars! Climbing Wall Events: Changed to Friday, March 7th

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

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

Questions?  
Please contact Mrs. Kidder at  
[pkidder@thehillschool.org](mailto:pkidder@thehillschool.org)



## Directions to Bryce (about 1 hour 30 minutes)

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

Friday, Feb. 28<sup>th</sup> at 5:00 pm!

PLEASE COME TO THE

STUDENT VS FACULTY basketball game!

3 games: 6<sup>th</sup> vs Faculty  
7<sup>th</sup> vs Faculty  
8<sup>th</sup> vs Faculty

\* Concessions! Hot dogs, pizza, candy, drinks and more!

\* Games, raffle, prizes!

Tickets: 2 DOLLARS per person!



Registration for Girls on the Run closes this Sunday, Feb. 23. There are still a few spaces available in the Hill program, led by Caitlin McNaughton (for girls in Grade 3-6). Please register at [www.gotrnova.org](http://www.gotrnova.org).

### 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 27: How to listen to your child or teen. (Chapter 9)
- March 6: Sing praise to encourage not discourage. (Chapt. 10)



## The *Snow Show* at Hill—A Pop-Up Exhibition March 7, 2014

Calling all artists: students, parents, alumni, faculty, and those connected to the Hill School community!



We are having a *SNOW SHOW* in the Hill school theater lobby on **Friday, March 7<sup>th</sup> at 6pm.**

We are looking for a positive side to all this snow, so print out your best picture of the snow, and bring it to Hill! If you frame it, we will hang it up, if not, we will pin it up. 8"x 10" minimum, please. Paintings and sculptures welcome if they were made during the snow time.

All entries are due to Hill School by Thursday, March 6<sup>th</sup>, so as to allow for time to hang. No more than three entries per person!

Opening night will be Friday, March 7<sup>th</sup> at 6 pm. Bring a treat to share! Prefer Hostess snowballs, sno-cones, or frozen drinks! It may be warm by then, but we will never forget.

Contact Linda Conti for more information. 540-687-5897. [Lconti@thehillschool.org](mailto:Lconti@thehillschool.org)

**For the Art of it!**



BINGO

14	29	38	52	74
4	18	33	46	62
7	16	★	60	71
9	27	44	51	67
12	23	35	47	73

# Bingo For Books!

April 11, 2014

5:30pm-8:30pm

Sponsored by the 8<sup>th</sup> grade class

If you have any books you would like to donate please bring them to the front desk. We would love to have books for adults i.e. cookbooks, gardening, as well as books for children of all ages.

BINGO

14	29	38	52	74
4	18	33	46	62
7	16	★	60	71
9	27	44	51	67
12	23	35	47	73

# lou lou

Thursday March 6<sup>th</sup> (5-8pm)

## Lou Lou's semi-annual Girl's Night Out!

Join us this year for a special trunk show featuring Sseko wrap sandals and take 40% off a single item!

**FOR RENT:** Early summer in Prouts Neck, Maine- Discover this charming place made famous by the painter Winslow Homer. Miles of sand beaches and close to Portland. Available June 1 thru June 28th. House sleeps 8. Call for details- Ted Eldredge 571-233-9978.

**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! Monthly rent negotiable, utilities included! 3 months-2 years, avail. Feb 15. Email [brijoy.edwards@gmail.com](mailto:brijoy.edwards@gmail.com) for details.

**AVAILABLE:** Luxury suite at the Ritz Carlton Club in St. Thomas, USVI, from March 21-28, 2014. Two bed, two-bath, suite with w/d and full kitchen. 1500+ sq ft of living space. Two large balconies. Two private beaches, three pools, and multiple bars and restaurants on-site. Amazing views of Great Bay and St. John. Close to Red Hook, with restaurants, shopping, charter boats, ferry to St. John, and more. Access to a world-class, members-only restaurant. Ritz Kids club. Exemplary amenities and service, including dedicated concierge and twice-daily housekeeping. \$5,500 or best offer. Call 571-274-0839 or email [nedquinn@hotmail.com](mailto:nedquinn@hotmail.com).

**FOR RENT:** Bring your horses! New construction. Nicely furnished apartment above detached garage. Immaculate condition, granite counters, kitchen table, living room, 1 large bedroom plus an extra room. Room for 1 or 2 people. Access to washer & dryer in garage below unit. Very nice 4-stall bar w/ tack & feed room. Ample turnout for horses. Lovely setting. \$1,600 per month. Call 540-454-4240.



# T'ai Chi



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

Classes throughout the year  
Monday 4.30 - 5.30  
Thursday 3.30 - 4.30

Private classes available  
Price on request



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



**Personal Chef Lauren Sutton**

Providing consultation and personalized meal planning for individuals and/or families.

- Food is focused on eating clean, healthy, and local; when possible
- Available Mon, Wed, Thurs, Fri (weekends for caterings only)
- Serve Safe Certified, as well as other credentials, references
- Can deliver meals to client, or prepare in clients home (personal preference)

For more information please contact: [sutton.lauren28@gmail.com](mailto:sutton.lauren28@gmail.com) or cell 815.871.3774.

# Crème de la Crème

Table Linens  
Pottery



Specialty  
Items

Monday, February 24<sup>th</sup> until Sunday, March 2<sup>nd</sup>!

## Crème de la Crème is having their Annual Gambler's Sale!

Come in the store and draw a card for up to 40% off your entire purchase! (See store for full details!)



# Parenting in the Digital Age



The Hill School Hosts Forums with  
**Dr. Michelle Parker, Ph.D.**  
*Child Psychologist and Counselor*

- Reap the Benefits of Technology
- Manage the Challenges of Social Media
- Educate Yourself About Their Digital World
  - Teach “Techno-Manners”
- Understand the Developing Brain

**Sunday, February 23 • 5:00 pm**  
*Focus on Grades 4 - 8*

**Monday, February 24 • 8:45 am**  
*Focus on Pre-K - Grade 4*

The Hill School  
Sheila C. Johnson Theater  
130 South Madison Street  
Middleburg, Virginia  
540-687-5897  
hlyman@thehillschool.org



On Sunday, child care will be provided (please call the front office and sign up for child care).



**LOUDOUN COUNTY PARKS, RECREATION  
AND COMMUNITY SERVICES**

**MIDDLEBURG COMMUNITY CENTER  
300 W. WASHINGTON STREET MIDDLEBURG, VA 20118**



**MIDDLEBURG CREATIVE PRESCHOOL—Registration has begun for 2014-2015 School Year!**

(Ages 3-5) We offer a nine-month preschool program that follows the Loudoun County School Calendar. We offer a safe, healthy learning environment. Our curriculum helps develop and implement age and stage developmentally appropriate activities. **Location: Middleburg Community Center. Call 540-687-6375 for more information.**

**M, W, F 9:00A-12:00P \$231.00/month Extended Day 9:30A-2:30P \$390.00/month (Ages 4-5)**

**KIDS RUNNING CLUB Tuesday, March 4th-May 27th Free 2:45P-4:00P**  
(Ages 6-12) Get your kids running with our after school running club. A healthy kids a happy kid.

**ONCE UPON A KITCHEN Wednesday, March 5th-March 26th 11:00A-12:00P \$50.00**  
(Ages 3-5) Explore the world of fairy tale friends as you and your child travel through favorite fairy tales and cook up well-love treats.

**AMAZING ATHLETES Friday, March 7th-March 28th 1:00P-1:45P \$46.00**  
(Ages 2.5-5) Your child will learn the basic fundamentals and mechanics of many different sports while improving hand-eye coordination, gross motor skills, cardiovascular health, muscle tone, confidence, teamwork and much more! **Instructor: Amazing Athletes.**

**AMAZING ATHLETES Friday, March 7th-March 28th 3:00P-3:45P \$46.00**  
(Ages 6-12) This is a game based sports program designed to keep older children active, through physical fitness challenges and sports lessons. **Instructor: Amazing Athletes.**

**SPRING MURAL Wednesday, March 19th 9:00A-10:00A \$10.00**  
(Ages 2-5) Celebrate the return of spring by painting a mural, and listening to a great spring book!

**CAPTURE THE FLAG Thursday, March, 27 2:45P-4:45P \$5.00**  
(Ages 5-12) Hide the flag, but beware of spies and lookouts ready to spill the beans in this outdoor game of capture the flag.

**PRE-BALLET Tuesday, January 28th-May 13th 1:00P-2:00P \$250.00**

(Ages 3-4) Students will discover how to move their bodies in new ways, learn concepts through exploration and be introduced to classical dance structure. Students will have a recital on May 14th.

**BEGINNING BALLET Tuesday, January 28th-May 13th 3:30P-4:30P \$250.00**

(Ages 5-7) Students will prepare physically and mentally for traditional syllabi ballet class. They will be taught traditional structure and will learn introductory ballet exercises and steps. Students will have a recital on May 14th.

**ADVANCED BALLET Tuesday, January 28th-May 13th 4:30P-5:30P \$250.00**

(Ages 8-12) Students will prepare physically and mentally for a traditional syllabi ballet class. They will be taught structure and will learn advanced ballet exercises and steps. Students will have a recital on May 14th.

**NUTRITION FOR LYME Wednesday, April 2nd 5:00P-6:00P \$10.00**

**Location: Middleburg Community Center:** Learn how nutrition can help you combat Lyme disease. We will show you ways to heal yourself through foods, and improve the quality of your life while treating Lyme. **Call 540-687-6375 for more information and to register.**

**TREASURE SWAP Friday, April 11th 5:00P-8:00P Free**

(All Ages) Treasure Swapping is a way for everyone to get rid of old things, to make room for new! **Proceeds will benefit the LCPRCS @ Middleburg Community Center Activities and Scholarship Fund. Please call 540-687-6375 to donate items.**

**SENIORS DAY TO PLAY Wednesday, April, 9 11:00A-1:00P Pay at the door/\$5.00**

(Seniors) **Location: Middleburg Community Center.** Lunch with old friends and a chance to meet some new ones. A full lunch in a great atmosphere! **For more information call 540-687-6375.**

**SUMMER  
CAMP**

**6 weekly sessions  
June 9, 16, 21 &  
July 7, 14, 21**



Belle Grey Farm in Upperville, is holding summer camps for children ages 6-11. Limited to 5 students each session.

Children will work with our miniature horses to learn horse care, pleasure driving, combined driving, and breed show events.




For additional information or to register, contact (703)774-4688 admin@bellegreyfarm.com




**LEGO CAMP**

Siblings discounts  
When: Spring Break & June  
Extended hours available

540-272-3295 www.fleurdelismontessori.org



please join us for the third  
**Art of the Piedmont**  
Auction & Reception  
at the  
Middleburg Community Center  
Friday • February 21, 2014  
5:30-9:00 pm

- Anthony BARHAM
- Nancy BASS
- Misia BROADHEAD
- Armand CABRERA
- Donna CLARK
- Edward COOPER
- Teresa DUKE
- Gail GUIRRERI-MASLYK
- Charles MATHESON
- Lilla OHRSTROM
- Katherine RIEDEL
- Dana Lee THOMPSON
- Dana VOLKERT
- Antonia WALKER
- Diane R. WEINER
- Dana WESTRING
- David WILLIAMS
- Henry WINGATE
- Cathy ZIMMERMAN

# Nutrition Nuggets



## Mood-Boosting Foods

February can sometimes be a tough month to get through. The excitement of the holidays and New Year are over and Spring Break is within reach but not quite close enough. It can also be cold and we tend to spend most of our days inside. If you find yourself feeling the winter blues, here are some delicious foods to add to your menu to naturally boost your mood! They contain many of the key nutrients that are associated with mood and energy.

**Salmon** - Salmon is high in vitamin D, which is involved in the production of serotonin (a chemical in the brain that gives us a sense of calm and well-being). It is also high in omega-3 fatty acids and vitamin B12, both of which have strong associations with mood.

**Spinach** - This leafy green is high in the B vitamin, folate, which plays a significant role in fighting depression, increasing energy levels, and improving memory. In addition, spinach contains omega-3s and magnesium, which play significant roles in the biochemistry of the brain, and is thus strongly connected with depression.

**Beans & Legumes** - Beans and legumes are filled with so much nutritional goodness and many mood-boosting properties, including selenium, magnesium, and folate! They are also an excellent source of carbohydrates, which increase serotonin levels and provide fuel for your brain (and let's face it, a tired brain leads to a tired body and mindset, right?!). Plus, they are full of protein, in particular the amino acid tyrosine, which may help increase levels of the brain chemicals dopamine and norepinephrine, which can help increase alertness and concentration (yes please!).

**Eggs** - Another mood-boosting powerhouse, eggs provide a good source of vitamin D, selenium, omega-3 (if you get the fortified varieties), and protein!

**Fruits and Veggies** - The antioxidants in fruits and vegetables help protect your brain (and body!) from free radical damage over time. This damage can lead to decreased health and mental well-being. So be sure to eat a variety of colorful produce but pay particular attention to vitamins C and E, as well as carotenoids (red, yellow, orange fruits and veggies).

And always remember that a little bit of physical activity and sunshine go a long way!

\*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?***

Other dietary sources of vitamin D include: tuna, milk, fortified orange juice, fortified yogurt, and mushrooms!

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

To your health,



Cristin Wipfler, MPH, RD

# Summer 2014 at Hill

**Nature Camp** July 7 - 11  
9am-noon Ages 3-5 \$150  
*Join science teacher Susan McCaskey for a morning of discovering nature on the Hill Campus.*

**Soccer Mornings** July 7 - 11  
9am-noon Rising 1<sup>st</sup> - 4<sup>th</sup> \$150  
*Join Jack Dunlap (Hill '12) and other soccer enthusiasts for a morning of fundamentals and fun.*

**Kiddie Kamp** July 14 - 18  
9am-noon Rising JK & Kindergarteners \$150  
*Get ready for the exciting fall at Hill with Claire Nichols. Meet other new students, get to know your school, and have tons of fun.*

**AM Art Camp** July 14 - 18  
9am-noon Rising 2<sup>nd</sup> and up \$150  
*Join art teacher Mary Woodruff for a morning of art projects and activities. Includes all supplies.*

**Basketball Mornings (coed)** July 14 - 18  
9am-noon Rising 2<sup>nd</sup>-8<sup>th</sup> graders \$150  
*Our coaches and director Don Woodruff will guide boys and girls through a challenging and rewarding week of learning the individual and team fundamentals of basketball.*

**Engineers** July 21-25  
9am-3pm Ages 5-8 \$275  
*Always wanted to engineer your own structures? Here is your big chance. Join Susan McCaskey and start building.*

**Lego World I** July 21 - 25  
**Lego World II** Aug. 4 - 8  
9am-noon Rising 2<sup>nd</sup> - 8<sup>th</sup> graders \$150/week  
*Denise All brings great enthusiasm and expertise in Lego construction back for a morning of "you do it" with Legos. WOW!*

**Lions Roaring Afternoons I** July 21 - 25  
**Lions Roaring Afternoons II** Aug. 4 - 8  
12:30-3pm Rising 1<sup>st</sup> - 8<sup>th</sup> graders \$130/week  
**Limited to 20 participants.**  
*Is the Hill Campus big enough to contain your madcap adventures? Find out just how much fun an afternoon can be. One or two weeks.*

**Lacrosse Mornings (coed)** July 28- Aug. 1  
9am-noon Rising 2<sup>nd</sup> - 8<sup>th</sup> graders \$150  
*Develop the basic skills and the fundamentals of the original American game with coaches Harry Ware, Don Woodruff and more.*

**Lions Day Camp I** July 28- Aug. 1  
**Lions Day Camp I** Aug. 11-15  
9am-3pm Rising 2<sup>nd</sup> - 8<sup>th</sup> graders \$275  
*It's time for FUN! From capture the flag to ultimate water balloon challenge and all the stops along the way you will need lots and lots of energy. A great week of activities with Ms. Bartz and Mrs. All.*

**Civil War Trails** Aug. 4-8  
9am-4pm Rising 5<sup>th</sup> - 8<sup>th</sup> graders \$275  
**Limited to 8 participants**  
*Spend five days visiting key CW battlefields - Manassas, Ball's Bluff, Antietam, and Gettysburg - with the Cliosoph (Don Woodruff). Bring your lunch, interest, and a good pair of shoes. Includes all fees.*

\*\*\*\*\*

## **Dates to be determined:**

**Culinary Capers**  
9am-3pm Rising 4<sup>th</sup> and up \$275/week **Limited to 12 participants** (plus \$10 supplies)  
*Join master chefs Emily Tyler & Christie Roberts for a week of creating delicious dishes & desserts you are bound to enjoy. Afternoons of swimming and other activities.*

**Field Hockey Camp**  
9am-1:00 Rising 5<sup>th</sup> - 12<sup>th</sup> graders \$175  
*In this camp, Sydney Bowers and Cricket Bedford will guide players through a skill building program based on fundamentals, game situations, and conditioning sure to be helpful and fun for girls of all skill levels.*