



TAKE NOTE

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

FEBRUARY 21, 2013

Information Sessions



for parents of students interested in the 2013-14 school year, including Hill's new Junior Kindergarten

Wednesday, February 27, 2013
9:00 am & 7:00 pm

Come and cheer on your team at the

STUDENT VS FACULTY BASKETBALL GAME.

5:00 PM
tomorrow
February 22

- Concessions!
- Games
- Raffle



Ski Club Mini-Olympics



Many thanks to Pan Benefield, and her helpers Kris Dahl and Devin Keeler, for their work organizing another successful Ski Club season. Mini Olympics turned out to be a great day! The conditions were great for a fun day of racing. All the skiers and snowboarders showed off their newly acquired skills..



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

Fastest Overall Skier: Will Driskill

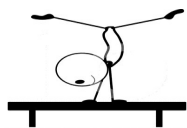
Fastest Girl Snow Boarder: Annie Dunlap

Fastest Girl Skier: Leland Burke

Fastest Boy Snow Boarder: Tucker Graves

Student re-enrollment for the 2013-2014 school year

Re-enrollment for 2013-2014 is beginning. If you are interested in learning more about applying for financial aid for the 2013-14 school year, please see Ethan Loufield or Vickie Ralph as the application process is now open.



6 - 8th grade Gymnastics Assembly

Thursday, March 7th at 11:00

- * a retrospective slideshow of upper school students in gymnastics in 2nd and 3rd grades
- * individual demonstrations by 6 - 8th graders on: vault, beam, uneven bars, parallel bars, rings, floor, climbing wall, and conditioning station

All families and friends are welcome

Coming up at Hill:

Fri. February 22	Grade 3 to Jamestown . Depart at 8:30 am. Return at 8:30 pm. Faculty-Students Basketball games beginning at 5:00. Fun for the whole family!
Wed. February 27	Information Sessions for Prospective Parents – 9:00 am & 7:00 pm
Thurs. February 28	4th Grade play. <i>Just So Stories</i> at 11:00am and 7:00 pm in The Performing Arts Center.
Fri. March 1	Bingo for Books. 6:00—8:00 PM in the lunch room
Tues. March 5	2nd & 3rd Grade. Gymnastics Assembly at 10:30 AM in the gym.
Thurs. March 7	6th-8th Grade Gymnastics Assembly at 11:00 AM in the gym
Fri. March 8	All School Talent Show at 1:00 PM in the Performing Arts Center
Wed. March 13 - Fri. March 15	Cultural Study Program—Poland
Fri. March 15	Spring Break begins. Dismissal At noon.



BINGO FOR BOOKS!!!



FRIDAY, March 1st at 6:00 pm
Join us for some family fun in the
Hill School Lunchroom!

Doors will open at 5:30 p.m.

Bingo Games from 6:00 - 8:00p.m.

A \$5.00/person entry fee pays for an entire night of BINGO!! The winners of each game will select a book (and we have lots and lots of GREAT BOOKS to choose from!!).

\$5 for Dinner (hot dogs, Chili & drinks)

\$10 for babysitting

The 8th grade will provide assistance to all students but are available for baby-sitting for the younger students and siblings



Lunch Order Forms for March
are due at the Front Desk
Tomorrow, Friday, Feb. 22!



2013 TALENT SHOW

Friday, March 8th 1:00-3:00 pm
Performing Arts Center

Sign-up forms are now available in the front office. They must be completed and turned in by Friday, March 1st. A dress rehearsal on will be held Tuesday, March 5th, 3-5 pm.



Congratulations to Joan Stetson.
She was the lucky winner of the \$100 iTunes Raffle.

Notes from the Tree



uggers:

We would like to thank everyone who participated in purchasing Tree Hugger Treats at our recent Bake Sale. We raised 103.15 and plan to send a \$50.00 "Paw Print" donation to Polar Bears International, our fundraising beneficiary to plant trees in new habitats to combat climate change.

Tree Huggers & Saplings want to give a **Green Shout Out** to: the 6th Grade Room Parents who sponsored the yummy Garfield Lasagna on Thursday January 24th. Not only was it delicious, but these parents made the lunch trash-less and eco-responsible. They served lunch on reusable bamboo plates, provided reusable silverware and cloth napkins, and set up a collection station after the meal! We're going to take a leaf out of their book when we sponsor our next event! **Go Green!**

AVAILABLE: Lovely brick townhouse in Middleburg available for rent. 3 bedrooms, 3 1/2 baths, 4 fireplaces and private walled patio & garden. Lower level has private entrance and kitchenette. Excellent opportunity for Tenant to Sub-Lease lower level apartment. Please call Lisa at 703-819-3099. \$2,250 a month.

WANTED: House Sitters Needed! Please contact gbatista813@gmail.com if you would be interested.

AVAILABLE: Talents and experience include over eight yrs nanny experience working with all ages newborn-teens, large families, home/estate management. Wonderful organizational, life management skills, attention to detail. Some retail, receptionist, and restaurant experience as well. Full or part-time employment. Please contact to see how I can be helpful to you! References upon request. Brijoy.Edwards@Gmail.com or 540.270.5400

WANTED: Nanny/housekeeper Full time must be able to drive children to and from activities. Car and Live in possibilities available. Please contact [540-455-3215](tel:540-455-3215).

WANTED: Looking for babysitting help for fun-loving second grade boy for several days during the first week of spring break (while Mom is at work). Prefer all day Monday (3/18), Wednesday (3/20), and Thursday (3/21); Friday (3/22) for the half day. Great opportunity for responsible high school or college student to earn some extra cash. Driver with own car a bonus, but not required. Need not commit to all the days if it doesn't work within your schedule. Please contact megcatwood@aol.com.

FOR SALE: 16 1/2 " Used Beval LTD2 Saddle. \$600 OBO. Andrew Looney has sadly outgrown it. Please call Mary : 540-454-1384



CASINO NIGHT

BRING YOUR POKERFACE & GOOD LUCK CHARM

GET READY FOR A NIGHT OF COMMUNITY FUN, FOOD & GAMBLING!

SATURDAY MARCH 2, 2013, 7-10 PM

TICKETS \$70,- IN ADVANCE/ \$75,- AT THE DOOR.

MIDDLEBURG COMMUNITY CENTER, 300 W. WASHINGTON STREET

CRAPS, ROULETTE, TEXAS HOLD 'EM
BLACKJACK, CARIBBEAN STUD, SLOTS

Free Drawing classes

Everyone is invited to come to our free drawing session at the National Sporting Museum in Middleburg from 2 to 4 pm this upcoming Sunday the 24th. Misia Broadhead and Anthony Barham will be there to help with your drawings.

A Place To Be Music Therapy

And Mr. Anthony Barham and Misia Broadhead
Invite you and your family to

100 people MOVING FOR MUSIC



Saturday Morning, March 2nd, 8:30 – 10:00
at The Hill School Gym

\$20.00 per adult/\$10.00 per child

Every dollar goes to the Scholarship fund at A Place To Be Music Therapy.
90-minutes of Latin, pop, crazy and fun dancing that will make you sweat! Our goal is to have 100 people dancing together. No skills required.



You are invited to our 2nd Annual
Sporting Clay Shoot
Hosted by The Hill School Alumni Association

Saturday, March 9th 9am-12noon
at Prospect Hall, Kearneysville, WV

Teams of 5 with 50 Targets (sporting clays) per person.
Extra: 5 Stand Available, Pay As You Go

Brunch will be provided

\$75 per person

Prizes awarded for high score lady, gentleman, and team. Space is limited (50 people or 10 teams)

Please RSVP to Haley Walsh at
Alumni@thehillsschool.org or (540) 687-5897



Art of the Piedmont Art Auction & Reception 2013

Friday, February 22 5:30-8:00 pm
Middleburg Community Center

Featuring Artists:

Suzanne Lago Arthur	Anthony Barham
Nancy Bass	Misia Broadhead
Beth Cartland	Hwa Crawford
Edward Cooper	Teresa Duke
Mikel Diaz	Charles Matheson
Gail Guirrerri-Maslyk	Lilla Ohrstrom
Rodgers Naylor	Dana Lee thompson
Katherine Riedel	Dan Volkert
Robert Thoren	Roxanne Weidele
Antonia Walker	Henry Wingate
David Williams	Cathy Zimmerman

Proceeds benefit the Middleburg Montessori School

Nutrition Nuggets



KALE!

Kale deserves a lot of praise as one of the healthiest foods around. As a member of the Brassica family, it is related to Brussels sprouts, cabbage, broccoli, and cauliflower. Officially a "dark leafy green," kale also comes in purple and white varieties. It is packed with powerful phytonutrients, vitamins, minerals, and fiber. Because kale leaves are open and exposed to the sun, they contain very high amounts of vitamins A and C, as well as carotenoids. In addition to being rich in vitamins A and C, this cruciferous veggie is also extremely high in vitamin K. In fact, one cup of kale provides 1,300% of the recommended daily allowance for this important vitamin. Wow! As if these high amounts of vitamins were not already reason enough to be impressed, kale is also a great source of manganese, fiber, copper, calcium, B vitamins, iron, magnesium, omega-3s, protein, folate, and phosphorous! Phew! The abundance of antioxidants in kale (45 found so far) help to prevent oxidative stress within the body and decrease cancer risk. The high fiber levels and anti-inflammatory properties of kale also aid in digestive and heart health.

When purchasing kale, look for leaves that are firm, deep in color, and without holes. To help preserve freshness, refrigerate unwashed kale in a plastic bag with the air removed, for up to five days. The longer you keep it, the more bitter it will taste. Also note that kale cooks down a lot, so buy more than you think you need to ensure you have enough. The nutritional value of kale is dramatically impacted by the cooking method used. The best way to prepare this leafy green is to cut it in $\frac{1}{2}$ inch slices (stems: $\frac{1}{4}$ inch) and let sit for 5 minutes before cooking. Then steam it in 2 inches of water for 5 minutes. This technique will not only preserve the nutrients but will even ENHANCE the health promoting qualities.

With so many health benefits, kale is a great addition to any meal!

* Reference: World's Healthiest Foods - Kale; Experience Life Magazine 9/10.

*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?

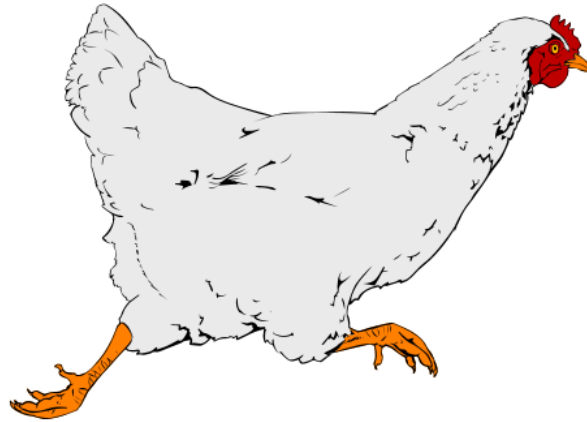
During World War 2 kale was the recommended plant for victory gardens because of its nutrient density!

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



To your health,
Cristin Wipfler, MPH, RD

Join Kindergarten for a fantastic lunch



**Panko breaded chicken breast
Chips
Fruit
Hot fudge ice cream sundae
\$7
Thursday, March 7**

C _____ C _____

Name: _____ Grade: _____

Support the Kindergarten Class!
Please drop off your order form and check made payable to *The Hill School* (with *Class of 2021* on the memo line) to the Front Desk by Monday, March 4!