



TAKE NOTE

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

MARCH 7, 2013

Culture Study Feast



The Hill School's Culture Study of Poland is next week, Wed.-Fri. March 13— 15! Recipes for Thursday's All-School "Feast" are available on The Hill School homepage and at the front desk. Please contact your class Room Parents if you are available to help prepare food and/or serve it at the "Feast."

Thank you!

The All School Feast will be at noon on Thursday, March 14th
Students who do not wish to sample Polish cuisine should bring a lunch.

The Deadline for Financial Aid Applications for the 2013-2014 school year is **before Spring Break, Fri. March 15th**. If you miss the deadline but still would like to apply for financial aid, or you have any questions about the application process, please contact Vickie or Ethan in the Business Office as soon as possible.



2013 TALENT SHOW TOMORROW

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



THANK YOU!

Thank you to all the parent volunteers that helped out during gymnastics season.



Thank You to all the people who donated books to Bingo for Books.

Also a huge **Thank You** to all the volunteers who helped out before and during the event, and the parents who donated food and drinks for the dinner.

And a special **Thank You** to the 8th Grade for doing such a wonderful job, sorting books, serving dinner, and babysitting, and helping out wherever needed.



Lunch Order Forms for April are attached. Orders are due before Spring Break, Friday, March 15th

Tomorrow, March 8th

After School Climbing Club

FREE—3 to 4pm

Families Climb the Walls

\$20/family—5:30 to 7pm



Coming up at Hill:

Fri. March 8	All School Talent Show at 1:00 PM in the Performing Arts Center
Wed. March 13 - Fri. March 15	Culture Study Program—Poland
Fri. March 15	Spring Break begins. Dismissal at noon.
Mon, April 1	School reopens

Do you know which Hill alumna is a scientist in the Brazilian Rainforest?
Do you know which class has raised over \$7000 in the last 3 years for a global charity?
Do you know which Hill School faculty member was inducted into his high school's Hall of Fame?
You can find the answers on the "**Spotlight**" section of the **Hill School Website!**

Please support **Stefanie Hoerner** in her effort to raise funds for the **Four Diamonds Fund.**

The Four Diamonds Fund was established to help end pediatric cancer. Its purpose is to help support families pay medical bills related to cancer treatments that their insurance does not cover. Thank you for everyone's support! If you have any questions regarding this foundation please feel free to email me at stefhoerner16@hotmail.com.

A collection jar is at the front desk.



Local filmmaker and environmentalist Lavinia Currier presents: "OKA!"

Tuesday, March 12, 2013 at 7pm in the Foxcroft Student/Athletic Center, we will be screening the recent film "OKA!" by local filmmaker and environmentalist Lavinia Currier. While admission is free and open to the public, we do request that people call 540-687-4510 to reserve a spot so we can plan accordingly. More information about the movie is available through Foxcroft's website: www.foxcroft.org.

A Night to Yourself!



Foxcroft School is pleased to offer you and your families a service that will not only give you some free time, but will also give your children a special opportunity to have fun at Foxcroft. In an effort to raise money for the Student Council, the students are offering their babysitting services to local families for an evening full of fun. The Student Council helps fund student clubs, student activities, and donates money to the community and organizations that Foxcroft loyally supports. We are offering 5 hours of supervised fun, games, dinner and dessert for your child on the evening of **March 9th, 2013.**

Time: 5:00-10:00pm

Where: Foxcroft School Athletic and Student Center

Ages: 1 to 12 years old

Activities: Movies, games, sports, coloring (All in our three gyms and beautiful activities center)

Dinner: 6pm

Chaperones: Foxcroft School Students and Faculty Members- Jane Lockhart, Sheila McKibbin and Jessi Coil

Cost: \$40 for one child and \$10 for each additional child



To reserve spaces for your children, please contact: **Jessi Coil** or **Jane Lockhart** at 540.687.5555

MIDDLEBURG COMMUNITY CENTER'S

EASTER EGG HUNT & ROLL

SATURDAY, MARCH 23, 2013

10AM - NOON

AGES 2-10

Bring your own basket and camera for a fun filled morning, playing games, rolling & hunting eggs!

For more information call Middleburg Community Center at 540-687-6373

FOR SALE: 2003 Mercedes C320 wagon, silver with black leather interior, all wheel drive, 128,000 miles, great condition. All service completed by Mercedes. Istrohl@me.com or 202.270.6651. Asking \$8,000 OBO.

FOR SALE: Harry Dabbs Prix D 16" saddle, gently used. Comes with stirrups and stirrup leathers. \$500,- Call Susie 703-626-7574

WANTED Good home for a 9-year-old chestnut Quarter horse gelding @ 16hh. Quiet, sensible trail horse, will lead or follow. Has showed and fox-hunted but not recently -- price is low so you can see what he will do for you! Lives out, no vices, easy keeper. \$3,000 OBO. 202.270.6651 or Istrohl@me.com.

WANTED someone to help clean out a garage over spring break. Power-washing, moving equipment and/or boxes, etc. No equipment is needed. For more information or to schedule a time talk to Pippa at school (6th grade) Or email her at pippa@suzannestroh.com.

AVAILABLE: Very nice home in the town of Middleburg. Hardwood floors, 3 bedrooms (plus extra room), 2 baths, traditional wood burning fireplace, private rear patio and garden shed. Call Lisa at [703-819-3099](tel:703-819-3099). \$1,800 a month.

Thursday March 14th, 5:00-8:00

7th semi-annual Girls Night Out
Shopping (take 40% off any regular priced item, boots 25% off, select style boots 40% off). Drinks - Treats



4th Annual St. Patrick's Day Seniors Luncheon
Middleburg Community Center and Board of Directors Invite you to
join us
Thursday March 14, 2013
12 Noon.
Middleburg Community Center
300 W. Washington Street
Middleburg



Piedmont Child Care Center Presents...
Spaghetti Dinner and Raffle
Come join us for this fun-filled family event
Friday, March 15th
from 6:00 - 8:00PM
At Trinity Church Parish Hall, on Route 50 in Upperville

Only \$7 per adult, \$5 per child (3-12)
(2 and under are free)
Presale tickets available: \$1 off per person,
SALE ENDS MARCH 13th
Call PCCC for details 540-592-3908

Try your luck with our
Pot of Gold Raffle
Tickets are \$1 each
Winner will receive pot full of
VA lottery scratch-off tickets
winner will be announced at
7:30pm on 3/15/13

Menu items include:
UNLIMITED
Spaghetti, salad, rolls
refreshments and desserts
*vegetarian meal available

All proceeds benefit:
Piedmont Child Care Center
A nonprofit organization



FUTURE SOCCER PRO
Spring Break Camp at
The Hill School
March 18th - 22nd 2013

Kindergarten: 9am - 11am (Cost - \$110)
Grade 1-3: 9am - 12pm (Cost - \$150)
Grade 4-8: 9am - 3pm (Cost - \$200)

REGISTRATION INFORMATION: Please visit
www.futuresoccerpro.com/spring-break-camps-at-the-hill-school/

Mark Parsons, Future Soccer PRO Founder, 8 years of executing training, clinics, camps and coach education around the globe and formerly for Chelsea FC. 9,000+ hours of experience working at the grassroots level. Passion and LOVE for child, social and player development. PRO brings together world class coaches with a revolutionary coaching philosophy

CONTACT INFORMATION: Mark Parsons 540 729 9938
info@futuresoccerpro.com
Love. Learn. Play



FUTURE SOCCER PRO
Soccer Taster Session
DATE: Tuesday March 12th
TIME: 5:30-6:30pm

AFTER SCHOOL - FREE 60 MINUTES TASTER SESSIONS
Come Join the FSP Team for technical training and small sided games

Mark Parsons, Future Soccer PRO Founder, 8 years of executing training, clinics, camps and coach education around the globe and formerly for Chelsea FC. 9,000+ hours of experience working at the grassroots level. Passion and LOVE for child, social and player development. PRO brings together world class coaches with a revolutionary coaching philosophy

REGISTRATION INFORMATION: To Register a FREE place on the taster sessions please email: info@futuresoccerpro.com with your child's name and grade.
Love. Learn. Play

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 – April, 2013

Return to the Office by Friday, March 15th

MONDAYS – TEDDY'S PIZZA – 687-8880

\$4.25 per order

One form per student, please.

Name _____ Grade _____

- | | | | | | | |
|----|------------------------------|-----|-----|------|------|------|
| 1. | 2 slices of CHEESE Pizza. | 4/1 | 4/8 | 4/15 | 4/22 | 4/29 |
| 2. | 2 slices of PEPPERONI Pizza. | 4/1 | 4/8 | 4/15 | 4/22 | 4/29 |

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 Friday, March 15th

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TUESDAYS—JULIEN'S — 687-3123

\$4.25 per order

One form per student, please

Name _____ Grade _____

- | | | | | | | |
|----|--|-----|-----|------|------|------|
| 1. | All Natural Farm Raised Chicken Fingers with potato chips & chocolate mousse | 4/2 | 4/9 | 4/16 | 4/23 | 4/30 |
| 2. | Fish Sticks with potato chips & chocolate mousse | 4/2 | 4/9 | 4/16 | 4/23 | 4/30 |
| 3. | Martin's Local Beef Burger with potato chips & chocolate mousse | 4/2 | 4/9 | 4/16 | 4/23 | 4/30 |
| 4. | 1/2 Club Sandwich (ham, turkey, bacon, lettuce, tomato) with potato chips & chocolate mousse | 4/2 | 4/9 | 4/16 | 4/23 | 4/30 |

Circle the desired lunch(es) and date(s) and return this portion with payment in an envelope marked with JULIEN'S. Return this form (for the whole month) by Friday, March 15th

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WEDNESDAYS – DANK'S 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 | 4/3 | 4/10 | 4/17 | 4/24 |
| 2. | Sliced Roast Beef on a Soft Roll, with Lettuce & Tomato | 4/3 | 4/10 | 4/17 | 4/24 |
| 3. | Sliced Ham & Cheese on a Soft Roll, with Lettuce & Tomato | 4/3 | 4/10 | 4/17 | 4/24 |
| 4. | ½ Little Italy Sub
(Provolone, Mortadella, Pepperoni, Genoa Salami, Lettuce, Tomato, Sweet Peppers, Oil and Vinegar) | 4/3 | 4/10 | 4/17 | 4/24 |
| 5. | Grand Slam (Turkey, Ham, Swiss, Lettuce, Tomato on a Sub Roll) | 4/3 | 4/10 | 4/17 | 4/24 |

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 DANK'S DELI. Return this form (for the whole month) by Friday, March 15th

Nutrition Nuggets



Brussels Sprouts (no, don't turn the page!)

Perhaps one of the most defamed foods of all time, Brussels sprouts have taken their share of reputation beating ~ and I am here to say "NO MORE!". Contrary to popular belief, when prepared well, Brussels sprouts are delicious....and, you guessed it, nutritious! This cruciferous vegetable is an excellent source of *vitamins C and K*, as well as *folate, vitamin A, manganese, fiber, potassium, vitamin B6, and thiamin (B1)*. But the list doesn't end there! It can also boast good amounts of *omega-3 fatty acids, iron, phosphorous, protein, molybdenum, magnesium, riboflavin (B2), vitamin E, calcium, and niacin* ~ whew! Impressed yet? All of these amazing nutrients, plus the additional disease fighting phytonutrients they contain, make this vegetable a nutritional powerhouse! In particular, this nutrient combination supports three disease-fighting body systems including the 1. Detox system 2. Antioxidant system 3. Inflammation/anti-inflammatory system. It is believed that their ability to support all three of these systems, makes Brussels sprouts a potential leader in cancer prevention. The anti-inflammatory properties also help protect the heart, which also benefits from the cholesterol lowering abilities of this amazing veggie. Plus, given the high fiber content (4 grams in 1 cup mashed), Brussels sprouts also help with digestive health by moving things (e-hem) through and protecting the stomach lining from bacterial overgrowth of H. Pylori. Have I convinced you to move Brussels sprouts off of your "no way" list and onto your next shopping list?

When selecting, choose Brussels sprouts that are firm, compact, and bright green in color. Avoid any that are yellowed, wilting, or soft. Also avoid those with holes in the leaves, as it may be a sign of insects. Unwashed and untrimmed Brussels sprouts should be kept in the veggie section of your refrigerator and can be stored in a plastic bag for up to 10 days. If freezing, it is recommended to blanch them for 3-5 minutes first. When frozen, they can be stored for up to 1 year.

There are so many delicious recipes out there; however, to preserve the most nutrition and the most flavor, choose steaming (for about 5 minutes) as your preparation of choice. Brussels sprouts should be washed thoroughly before cooking and are typically cooked whole. Peek growing season is between autumn and early spring.

With so many health benefits, Brussels sprouts should be a staple on everyone's table! How will you help to bring them back to celebrity status in your family?

* Reference: World's Healthiest Foods

*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?

March is National Nutrition Month!

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

To your health,





ACQUISITION NEWS FLASH!

We've had a TERRIFIC response to last week's Auction email! We've received donations ranging from a spa pillow to a house in St. Barts! And we are thrilled!

We are still looking for parent participation. And the deadline is fast approaching!

If your item misses the catalogue, it has to be saved for next year. We don't want you to be left out!

**ACQUISITION DEADLINE
MARCH 15TH**