



# TAKE NOTE

The Hill School  
(540) 687-5897  
[www.thehillsschool.org](http://www.thehillsschool.org)

APRIL 21, 2016



## Teacher Appreciation Day

On Wednesday, April 27th, the student body will be honoring our faculty and staff with fresh flowers. Each student is asked to bring in a bouquet of flowers (5 to 10 flowers) from his/her home garden or a favorite source. Please have your child drop off the flowers in the lobby of the Performing Arts Center on Wednesday morning by 8:15 a.m. For any bus riders, there will be a bucket with water to place flowers in. Each teacher and staff member will receive an arrangement at the assembly at 11:10 a.m. Parents are invited and encouraged to join the fun and help arrange bouquets! Please come to the theatre courtyard after drop off to help and please bring your garden clippers.

If you have any questions or can volunteer, please email [msimmons@thehillsschool.org](mailto:msimmons@thehillsschool.org).



A big thank-you from Teachers and Staff to all parents who brought in lunch for Parent - Teacher Conference Day! It was delicious and always much appreciated!

## Climbing Club Tomorrow, Friday, April 22nd

After School Climbing Club  
3:00-4:30 pm (\$10/Hill School Student)

Questions?

Please contact Mr. Bowers at [jbowers@thehillsschool.org](mailto:jbowers@thehillsschool.org) or Mr. Wipfler at [mwipfler@thehillsschool.org](mailto:mwipfler@thehillsschool.org)



## School's OUTside for Summer!

Registration is now open for Hill School's summer camp!

The summer of 2016 will be filled with adventure, friend-making, and fun as campers explore our 137 acre campus and many of our region's attractions. Campers can explore the world of coding, outdoor sports, drama, the arts, science, and the Civil War.

The Hill School even has a camp for incoming JK and K students!

Camps will start July 5th. Visit our website <http://www.thehillsschool.org/program/summer-camp/> for more information. Additionally, registration forms are located at the Front Desk.

Questions can be directed to Bee Stribling at [summerathill@thehillsschool.org](mailto:summerathill@thehillsschool.org).



### Lunch Order

Forms for May and June are attached!

Please return to the Front Desk by Friday, April 22.



Mark your Calendars for a special event you won't want to miss!

May 3rd & 4th

Internationally acclaimed speaker, child psychologist and best selling author Dr. Michael Thompson, Ph. D. will be conducting 3 presentations at Hill.

See attached flyer for more information.

# Coming up at Hill:

Tues., April 26

V Boys Lacrosse vs. LCDS at Hill. Game at 3:30, dismissal at 4:45 pm  
 JV Boys Lacrosse vs. LCDS at Hill. Game at 4:30, dismissal at 5:45 pm  
 JV Girls White Lacrosse vs. LCDS at LCDS. Game at 3:30, dismissal at 5:15 pm  
 V Girls Lacrosse vs. LCDS at LCDS. Game at 4:30, dismissal at 6:15 pm

Thurs., April 28

V Boys Lacrosse vs. Highland at Hill. Game at 3:00, dismissal at 4:15 pm  
 V Girls Lacrosse vs. Highland at Highland. Game at 3:30, dismissal at 5:15 pm  
 JV Playday. Boys and Hill, Girls at LCDS. Games begin at 3 pm, Boys dismiss at 4:45p m, Girls at 5:15 pm.  
 See below for schedule.

**SUMMER INTERNSHIPS:** The National Sporting Library & Museum is accepting applications for student interns! Positions for college students or recent graduates are available in marketing, education, curatorial, and library departments. Visit [www.NationalSporting.org](http://www.NationalSporting.org) for more details and how to apply. Contact Nicole Stribling, Curator of Permanent Collections, with questions: [nstribling@NationalSporting.org](mailto:nstribling@NationalSporting.org)

**BIG HOUSE SALE:** 6284 Rock Hill Road The Plains 20198 • Fabulous furniture including antiques • pine dining chairs • Swedish faux painted dining chairs • Antique pine Irish Cupboard • Mahogany Q sized bed and dresser • tables • boys bedroom furniture • artwork • upholstered pieces • rugs • china • crystal • beds • bedding • linens • lamps • needlepoint pillows • LAX goal and backboard • Legos • outdoor furniture. C'mon Over! Friday, April 29 5:00-8:00, Wine and Cheese and Saturday, April 20 open all day 8:00-3:00. Call or email with inquiries: Megan Witt, [wittsend6@earthlink.net](mailto:wittsend6@earthlink.net) or 540-454-4933.

**FOR RENT:** Middleburg - In town, 3 bedroom, 1 1/2 bath well maintained property. Small fenced yard, storage shed and paved private drive. \$1,425 per month. Call Chip White - White & Company Real Estate 540-454-4240.

**SEEKING:** The Go Green committee on health and environmental sustainability in Middleburg is looking for new members. Several members are moving from the immediate area, and to be effective we need to have new participants who are willing to give up an evening a month to discuss and work on various green projects. The meetings are held on the first Wednesday of the month from 6:00 to 7:30 in the town office building. The next meeting will be May 4<sup>th</sup>. If interested, please attend the next meeting to meet the current members and learn about the vision of the committee. Please contact Rhonda North at [townclerk@middleburgva.gov](mailto:townclerk@middleburgva.gov) or Mary Woodruff at [mwoodruff@thehillsschool.org](mailto:mwoodruff@thehillsschool.org)

If you love to draw horses, here is the contest for you!  
 Create horse-themed art and submit it to the  
 Great Meadow International Art Contest.



Due May 20<sup>th</sup>, 2016  
 K-12 students only  
 \*Bring art to Mrs. Conti  
 before May 20<sup>th</sup>.



## Saturday April 30<sup>th</sup>

**National Drug Take-Back Day**  
**Household Battery Recycling Day**

**TIME:** 10:00 a.m. to 2:00 p.m.

**LOCATION:** Middleburg Town Hall  
 10 West Marshall Street in Middleburg

\*Discard potentially dangerous expired, unused  
 and unwanted prescription drugs.

\*Keep household batteries out of the landfill.



**PAC Lacrosse Play Days**  
**Thursday, April 28<sup>th</sup>, 2016**

**JV**



**PAC Lacrosse Tournaments**  
**Tuesday, May 3, 2016**

**Varsity**



### Boys at Hill School

Game Times	Field 1	Bye
3:00-3:25	Hill vs. Edlin	LCDS
3:35-4:00	Edlin vs. LCDS	Hill
4:10-4:35	LCDS vs. Hill	Edlin

2-10 minute halves, 5 minute half-time, 10 minutes  
 between games, no time-outs, running clock

### Girls at Loudoun Country Day School

Game Times	Front Field	Barn Field
3:00-3:25	LCDS vs. Edlin	Hill vs Wakefield
3:35-4:00	Hill vs. Edlin	LCDS vs Wakefield
4:10-4:35	LCDS vs. Hill	Edlin vs Wakefield

2-10 minute halves, 5 minute half-time, 10 minutes  
 between games, no time-outs, running clock

### Boys at Hill

Game Times	Field 1	Field 2
3:00-3:30	LCDS vs. Hill	Wake vs Highland
3:40-4:10	LCDS vs. Wakefield	Hill vs Highland
4:20-4:50	Hill vs. Wakefield	LCDS vs Highland

2-12 minute halves, 5 minute half-time, 10 minutes between games, no time-outs,  
 running clock

### Girls at Loudoun Country Day School

Game Times	Front Field	Barn Field
3:00-3:30	Hill vs Highland	LCDS vs. Edlin
3:40-4:10	LCDS vs Highland	Hill vs. Edlin
4:20-4:50	Hill vs LCDS	Highland vs Edlin

2-12 minute halves, 5 minute half-time, 10 minutes between games, no time-outs,  
 running clock

*Magalen Bryant and Second Chapter Books would like to invite you to meet the Author, Eliza McGraw, as she introduces her new release:*

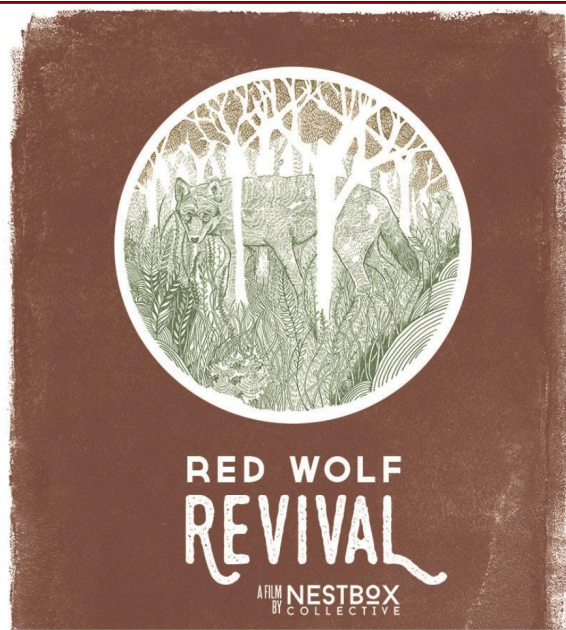
*Here Comes Exterminator! The Longshot Horse, The Great War, and the Making of an American Hero*

*April 27 at 6:00  
At Locust Hill Farm  
2247 Locust Hill Lane*

*Books will be available for purchase and can be autographed by the author.*

*Refreshments will be served*

*Please RSVP  
by calling or emailing the bookstore at 687-7016 or [secondchapterbks@gmail.com](mailto:secondchapterbks@gmail.com)*

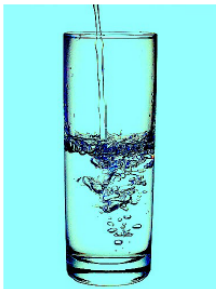


May 14, 2016  
6pm

The Hill School Auditorium  
Middleburg, VA

Q&A with Smithsonian scientists after the screening  
For more information contact Molly Dodge at [dodgem@si.edu](mailto:dodgem@si.edu) or 540-635-0071

WRITTEN BY ROSHAN PATEL PRODUCED BY MADISON MCCLINTOCK AND ROSHAN PATEL EDITED BY SUSANNAH SMITH MUSIC BY THE LONE BELLOW  
[WWW.REDWOLFREVIVAL.ORG](http://WWW.REDWOLFREVIVAL.ORG)



### STONEWALL AVENUE WATER TREATMENT PLANT TOURS

Friday, May 13

Starting Times:

9:00 AM	10:00 AM
11:00 AM	1:00 PM
2:00 PM	3:00 PM

(30 minute tours, limited to 25 people/tour)

*\*Non-slip shoes required for tour\**

Presented by: Town of Middleburg  
Wellhead Protection Advisory Committee  
For more info: (540) 687-5152

Learn about how your drinking water is produced, the importance of protecting our water sources & what you can do to keep it clean.

9th Annual Chinn Lane  
Yard Sale  
Saturday, April 30  
8 am - 1 pm  
Multi-family yard sale:  
clothes, toys and  
games, furniture and  
much, much more!

### Salamander Resort & Spa

Michael Thompson - Lecture and Book Signing

May 3, 12:00pm to 1:00pm Lecture

1:00pm to 1:30pm Informal Q&A and Book Signing

New York Times Best Selling Author Michael G. Thompson, Ph.D. will join us at Salamander Resort & Spa to discuss the subjects of children, schools and parenting. The author of such books as "Raising Cain" and "The Pressured Child," will focus on the emotional lives of boys, friendships, social cruelty in childhood, and the impact of summer camp experiences on child development. The talk is offered as complimentary, but reservations are required.

Please call the concierge at [540-326-4020](tel:540-326-4020) to register.

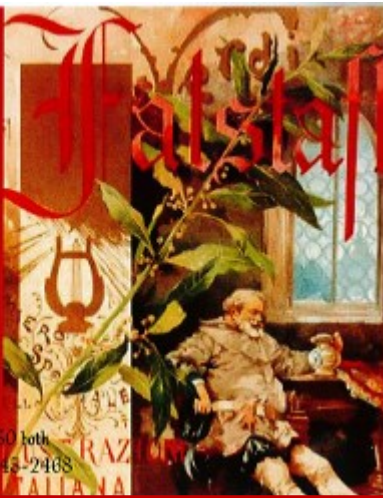


Featuring 4th grader Briggs Williamson

**Shakespeare  
Opera Theatre  
presents**

Shakespeare's "The Merry Wives of Windsor" in repertory with Verdi's "Falstaff"  
April 24th-May 7th at The Hilton Center in Manassas, Virginia

Tickets: \$45/\$30 Single, \$75/\$50 both  
www.hiltoncenter.com or 888-043-2468



April 24, 2016 at 8:00 pm  
April 29, 2016 at 8:00 pm  
May 1, 2016 at 3:00 pm  
May 7, 2016 at 8:00 pm  
Gregory Family Theater

"LIKE DAVID ATTENBOROUGH AND MORGAN SPURLOCK GOT DRUNK AND HAD A BABY"  
"THIS FILM WILL CHANGE YOUR LIFE"

PROJECT  
**WILD**  
THING



**Friday, April 22, 2016**

at The Hill School Performing Arts Center, Middleburg, VA

**Two Showings! 4:30 PM\* and 7:15 PM**

\*The 4:30 pm movie will feature Animal Ambassadors from Blue Ridge Wildlife Center who will be on hand for a meet and greet before the film begins

This event is Free to the Public and brought to you by:



FOXCROFT  
SCHOOL

presents

*Twelfth  
Night*

or  
*What You Will*

By William Shakespeare

Friday, April 22nd  
and Saturday, April 23rd  
Curtain at 7:30 pm

FoxHound Auditorium,  
Foxcroft School, Middleburg, Virginia

Admission is free. Space is limited.  
Call 540.687.4511 for more information.



**Market Salamander  
Catering**

PICK UP | DELIVERY | FULL SERVICE EVENTS

Market Salamander® has a gourmet catering menu, specifically designed to suit your upcoming:

- Graduation Party
- Breakfast or Lunch Event
- Tailgate or Picnic
- Seasonal Holiday Party

We specialize in everything from pick-up and delivery orders, to full service events!



Amy Monteleone Catering Sales & Operations Manager  
571.465.6505 or amonteleone@market-salamander.com  
200 W. Washington St Middleburg, VA 20117

Over the Grass Farm offers after school and summer riding lessons for ages 3yrs through adult.

Our equestrian program focuses mainly on junior riders and foxhunting. In addition we will be showing on the local circuit in the hunters, jumpers, and eventing. Our emphasis is on classic horsemanship and a respect for the beautiful countryside on which we ride.

To sign up or for more info contact Shannon at 703-298-3652.  
info.overthegrassfarm@gmail.com www.overthegrassfarm.com

**SADIE'S RACE**  
May 1, 2016

Raising money for



Fifth Annual  
**Sign up NOW!**

**5K Run/Walk &  
Kids' Fun Run**  
(1 and 0.5 mile options)

**\$187,000**  
raised so far!



Join us for a great day with Miss Virginia and Miss Teen Virginia raising money for Smile Train in memory of Sadie Abland.

Certified, chip-timed scenic loop route beginning at Magnolia's at the Mill, plus fun activities for the kids.

Register online at

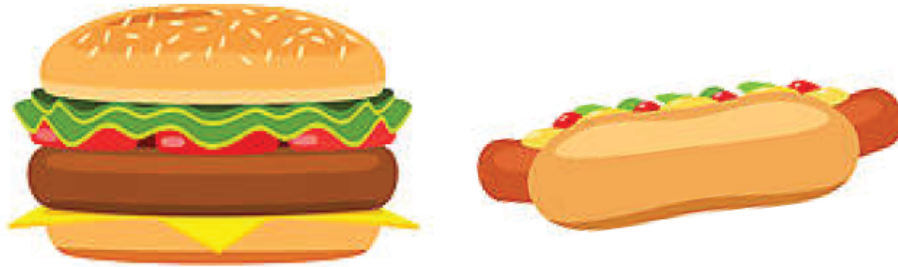
[www.active.com](http://www.active.com)

**TODAY!!!**

May 1st, 2016  
Sunday, 8:00am  
Purcellville, VA



# Hamburger and Hotdog JK lunch!



**Thursday, May 5th 2016**

**This includes:**  
Hamburger or Hotdog  
Carrots  
Chips  
Ice Cream Sandwich

Please drop off your order at the front desk by Tuesday, May 3rd

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Hamburger \$8 \_\_\_\_\_

Hotdog \$7 \_\_\_\_\_

Name: \_\_\_\_\_

Grade: \_\_\_\_\_



# Sunday, May 22<sup>nd</sup>

Check In  
Begins at  
9:00 AM

9:30 AM  
Zumba



9:45 AM  
1 Mile  
Fun Run

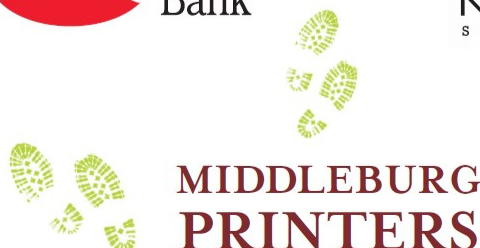
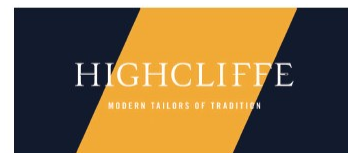
10:30 AM  
5K Run



The Hill School  
130 South Madison Street • Middleburg, VA

Early Registration by May 1<sup>st</sup> includes a FREE T-SHIRT

Sign up at:  
[runsignup.com/Race/VA/Middleburg/TheHillSchoolColorRun](https://runsignup.com/Race/VA/Middleburg/TheHillSchoolColorRun)



## Nutrition Nuggets



### Celebrating Earth Day from your Kitchen

As we celebrate Earth Day this year, here are some tips (some big, some small) to protect our environment from our very own kitchens. The good news is that what's good for the health of our planet is also good for the health of our bodies!

- ❖ *Get un-plugged.* Not just from your smartphones and tablets, but unplug those kitchen electronics that you don't use regularly. No need to keep the energy flowing to them for their once-a-month moment of glory.
- ❖ *Shop local.* Farmer's Markets are starting back up! Shopping local not only supports your local economy but also cuts down on transit time. Think of how much less pollution is put into the air when you buy raspberries from the farmer down the road compared to those raspberries from South America.
- ❖ *Choose organic and non-GMO whenever possible.* Organic farming systems are just better for our environment. Period.
- ❖ *Carry reusable shopping bags.* An oldie but goodie! Keep those reusable totes in your car so that you are sure to have them every time, even when you just pop in for those last minute items.
- ❖ *Grow your own food.* It doesn't get more local than your own back yard! Plant a garden, get your own chickens (or get eggs from someone who does), etc.
- ❖ *Cook for leftovers.* Cook once, eat twice. The planet is a winner and so are you (one less meal to prepare!)
- ❖ *Clean green!* Look for plant-based cleaning products to ensure that you aren't using phosphates or synthetic phosphates. Baking soda, lemons, and white vinegar can go a long way!
- ❖ *Think outside the box!* Cut down on processing and packaging by purchasing foods in bulk and that just don't require a lot of packaging.

Wishing you all a very green Earth Day!

\* Reference: Today's Dietitian April 2010, Center for Urban Education about Sustainable Agriculture.

\*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?***

It is estimated that the average American meal travels 1,500 miles to get from farm to plate.

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

To your health,  
Cristin Wipfler, MPH, RD, CPT





## **AUCTION UPDATE!**

Don't forget, the Auction RSVP date is this Friday!

Please get you reservations in now.  
Seats are going fast, it's going to be a great party and we don't want anyone to miss this year's event!

The Auction Catalog will be on-line Friday Morning!  
Please go to the Hill School Website, click Auction and then go to catalog.

Preview our many items!  
There is something for everyone...  
Parties, furniture, concerts, sporting events, art work...  
Home goods, farm-to table items and so much more!

**DON'T FORGET YOUR POLKA CHANCES!**  
For \$75 win \$10,000 or \$10,000 off next year's tuition!  
Only 350 chances sold.

Join us in the Biergarten on May 7th!



# "THE PRESSURED CHILD"

An Evening with Bestselling Author  
and Child Psychologist

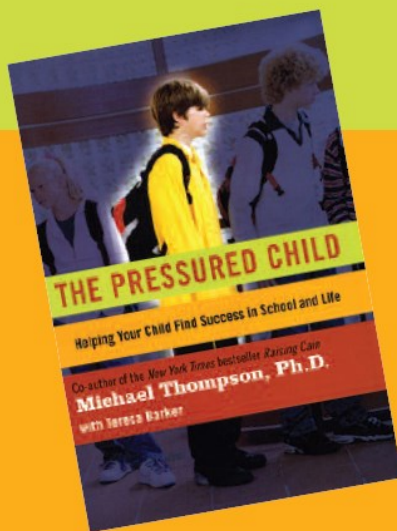
**Michael G. Thompson, Ph.D.**

**Tuesday, May 3  
7 p.m.**

**The Hill School**

Sheila C. Johnson  
Performing Arts Center

**Open to the Public**



Specializing in schools, families, and childhood development, Dr. Thompson has appeared on The Today Show, 20/20, The Oprah Winfrey Show, 60 Minutes, and NPR's The Diane Rehm Show.

**Additional Sessions for Hill School Parents**

**Tuesday, May 3 at 8:30 a.m.**

**"Friendship Development, Popularity & Social Cruelty"**

**Wednesday, May 4 at 8:30 a.m.**

**"How to Raise Responsible Children"**