




# TAKE NOTE

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

## APRIL 24, 2014




**screen-free week**  
May 5-11, 2014

You are invited to join in Screen-Free Week, the annual celebration where families, schools and communities all across the country turn off entertainment screen media (TV, video games, computer games, apps, etc.) and turn on life! It's 7 days to unplug and read, play, daydream, create, explore nature, and spend more time with family and friends. You may listen to music and use the computer for homework.


**Everyone who successfully completes the entire week "screen free" will get a coupon from Scruffy's for a "double-dipper" with sprinkles.**

To participate in Screen Free Week, fill out the sheet on page 2 of this week's Take Note and bring it to the Front Desk by Monday, May 12th!




### Teacher Appreciation Day

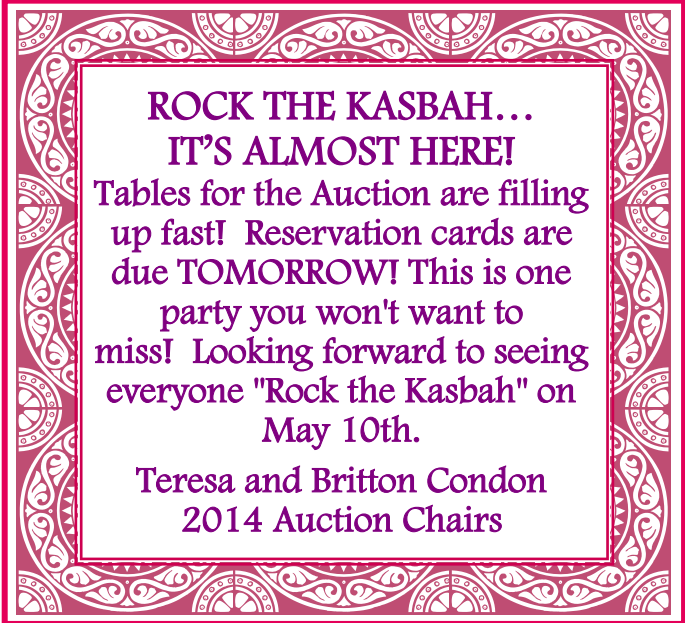
On **Thursday, May 1st**, the student body will be honoring our faculty and staff with fresh flowers. Each student is asked to bring in a bouquet of flowers (5 to 10 flowers) from his/her home garden or a favorite source. Please have your child drop off the flowers in the lobby of the Performing Arts Center on Thursday morning by 8:15 a.m. 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! If you have any questions or can volunteer, please email [kgelliott@gmail.com](mailto:kgelliott@gmail.com).



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!



Lunch Order Forms for **May and June** are due to the front desk **TOMORROW, Friday, April 25th.**



**ROCK THE KASBAH...  
IT'S ALMOST HERE!**

Tables for the Auction are filling up fast! Reservation cards are due **TOMORROW!** This is one party you won't want to miss! Looking forward to seeing everyone "Rock the Kasbah" on **May 10th.**

**Teresa and Britton Condon  
2014 Auction Chairs**

# Coming up at Hill:

- Fri., April 25 Grade 3 returns from Williamsburg at 8:30 pm.
- Mon., April 28 Grade 1 to Air & Space Museum. Leave at 9:00, return for regular 3:00 dismissal.
- Tues., April 29 JV Lacrosse Play Day. Boys at Hill, Girls at LCDS. Games begin at 3:00. See schedule below.
- Thurs., May 1 Teacher Appreciation Day  
Grade 6 Canoe Trip. Depart at 9:00, return at 4:00.  
V Tournament. Boys at Hill, Girls at LCDS. Games begin at 3:00. See schedule below.
- Fri., May 2 Grade 5 Renaissance Dinner, 6:00 pm at the Dornin Science Barn
- Fri., May 9 Grandparents & Special Friends Day
- Sat., May 10 Rock the Kasbah Auction



**PAC Lacrosse Play Days**  
**Tuesday, April 29th, 2014**  
**B/JV**



**PAC Lacrosse Tournaments**  
**Thursday, May 1st, 2014**  
**A/Varsity**



### Boys at Hill School

Game Times	Field 1	Field 2
3:00-3:25	Hill vs. LCDS	Highland vs Wakefield
3:35-4:00	Highland vs. LCDS	Hill vs Wakefield
4:10-4:35	Highland vs. Hill	LCDS vs Wakefield

### Boys at Hill

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

### Girls at Loudoun Country Day School

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

### Girls at Loudoun Country Day School

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

**screen-free week**



May 5-11, 2014

Every student who successfully completes the entire week "screen free" will receive a coupon from Scruffy's for a "double-dipper" with sprinkles.

Student's Name \_\_\_\_\_

Grade \_\_\_\_\_

My child was screen free the entire week.



\_\_\_\_\_(Parent's signature)

Please bring this form to the Front Desk by Monday, May 12th.

**FOR SALE:** 2005 GMC Yukon Denali: leather, sun roof, navigation, drop down DVD, towing, 160K miles. Normal wear and tear on the interior, but runs great. Lots of life left in her! Would make a great starter car for a new driver. \$7,000. Please contact Kerrie at [kjenkins@thehillsschool.org](mailto:kjenkins@thehillsschool.org) or 302-463-5547.

**AVAILABLE:** House cleaning services available on a weekly basis. Over 15 years of experience, references available. Call Josefina at (571) 271-7091.

**AVAILABLE:** Sublet large one-bedroom basement apartment in a new home in Middleburg. Mid-May through end of August. Possible long term available. Please call (540) 687-1183.

**AVAILABLE:** Available for house, pet and child sitting for the summer. Montana Crawford, Hill '07 and Foxcroft '11 703-459-3358.

**MISSING:** Land's End bran style jacket, dark green with corduroy trim, marked Henry Scott. Please call Angela @ 540-878-7645.

## *Drug Take Back Program*

Join the Middleburg Police Department and the

DEA as we host our

### **First Annual Take Back!**

Dispose of unsafe and out dated RX drugs.

No questions asked.

**WHERE:** Gravel parking lot behind the

Middleburg Community Center

200-400 Stonewall Avenue

**When:** April 26, 2014

**Time:** 10:00 AM—2:00 PM

**PLEASE NO SHARPS!**

## Save the Date:

JOIN US UNDER THE STARS AND SUPPORT THE 1<sup>ST</sup> GRADE CLASS

AT

## FAMILY MOVIE NIGHT!!

FEATURING

## Monsters University

Starting at 7 p.m. on May 16<sup>th</sup> in the Hill School Amphitheater  
(movie will begin at sundown)



**Bring Your Blankets and Lawn Chairs...**

**Come Early and Come Hungry!!**

We will be selling Teddy's Pizza, Hot Dogs, Gluten-Free Chicken Nuggets, Popcorn, Candy, Themed Baked Goods, and Drinks!!

**Tell Your Friends & Family... Everyone is Welcome!**



## **Three Islands Trunk Show**

Hosted by Nan and Jon Knisley

Monday, April 28th  
8:30am-3pm

\*\*Please call first if you'd prefer to come Sunday afternoon/evening\*\*  
540.687.5870

23541 Old Meadow Lane Middleburg, VA 20117

Please join us to shop for affordable, beach chic clothing for women, men and children, as well as women's accessories and table linens!

For examples of prints and styles please visit [www.threeislandslifestyle.com](http://www.threeislandslifestyle.com)



Third Annual

# Sadie's Race

May 18, 2014



**Sign up NOW!**

May 18th, 8am,  
Purcellville, VA

## 5K Run/Walk & Kids' Fun Run

(1 and 0.5 mile options)

Sadie's Race is a 5k and Kids' Fun Run to raise money for Smile Train, a non-profit organization that repairs cleft pallets and cleft lips for children in developing countries with an average cost of \$250 per surgery at no cost to the family. So far Sadie Smile Foundation has raised \$108,000. This effort is in honored memory of Sadie Ablard.

May 12th is her Birthday.

Scenic 5K course and lots of fun activities for the kids. Deals on early registration!

Find us on:



Register online at  
[www.active.com](http://www.active.com)  
TODAY!!!



May 18th, 2014  
Sunday, 8:00am  
Purcellville, VA

## Pastels in the Morning at Hill

Saturday, May 10<sup>th</sup>  
10 am to Noon

Come join Hill parents, special friends, alumni, and current students in a morning spent drawing with beautiful pastels!

We will be working outside near the art building, so please dress appropriately. Materials will be provided.

Local pastel artist, Tia Maggio will be joining Ms. Conti and Mrs. Woodruff for this special morning. Join us!

Sign up by calling The Hill School front desk at 540-687-5897 by May 9<sup>th</sup>.



MAIN STREET  
THEATER  
PRODUCTIONS  
PRESENTS

ROALD DAHL'S

# WILLY WONKA

STARRING  
TOM SWEITZER

APRIL 25 TO  
MAY 4, 2014

FRIDAYS AND SATURDAYS 8PM  
SUNDAYS AT 2PM

TICKETS: \$20 ADULT  
\$15 FOR SENIORS AND STUDENTS

FRANKLIN PARK ARTS CENTER  
36441 BLUERIDGE VIEW LANE  
PURCELLVILLE VA 20132

[MAINSTREETTHEATERPRODUCTIONS.ORG](http://MAINSTREETTHEATERPRODUCTIONS.ORG)  
540-751-9588 / KARLANLOUIS@AOL.COM

We are rolling out Moroccan - inspired Wear

So you can

Rock the 'Flying' Red Carpet

at

"Rock the Kasbah"

Hill School's 2014 Auction

**When:** Thursday, May 1, 2014  
8:30 AM Coffee Hour  
&  
6 PM Ladies Night and Wine Tasting

**Where:** Lou Lou, Middleburg

Featuring designs by Sale Bob  
LA-based Moroccan Designer to the Stars!

20% of all Sales to benefit  
The Hill School Auction

Auction Wear • Summer Wear • Beach Wear

# Nutrition Nuggets



## Close to Home

In honor of Earth Day (celebrated on Tuesday) we are going to take a look at the "green" side of nutrition this week. More of our favorite produce is coming into season, but before you pick up just any ol' tub of strawberries (a spring fruit), take a look at how far they had to commute and try to choose those close to home. Here is why eating local makes sense.

**It reduces global warming** - It is estimated that at least 20% of the planet's greenhouse gases are from the agriculture industry (planes, trucks, etc. used to transport the goods). The average piece of produce travels 1,500 miles to get from the farm to your local grocery store. A study done by the University of Washington compared two identical meals - one with all local products, and the other with all imported products (see the "Did You Know" for an example). The plate of out-of-town goods produced approximately 68% more greenhouse gases than the plate of the local flavor.

**Taste** - Local produce tastes much better! Why? In addition to leaving a mammoth-sized carbon footprint, shipping produce eliminates that "just picked" taste because it *wasn't* just-picked. By the time most imported produce reaches the grocery store, it is already at least 2 weeks old. Not only that, but many fruits are picked long before they are ripe because they are less likely to get smushed during their travels. Local farmers have the luxury of waiting until produce is perfect for picking because they don't have far to travel. This means that when you bite into that strawberry it will actually taste *good*!

**It is healthier** - A study in the *Journal of the American College of Nutrition* found that between 1950 and 1999 the levels of calcium, iron, protein, phosphorous, riboflavin, and ascorbic acid declined in fruits and vegetables. This dip, researchers believe, is due to the added pressures that farmers have to face today. Producers of mass food cultivate varieties which can withstand machine harvesting and long-distance travel. Unfortunately, these tougher varieties lose many of the nutrients found in their more delicate counterparts. The local farmer does not have to worry about transport and can therefore grow produce packed with all of the expected nutrients.

\*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?*

\* To find local produce near you, check out:

[www.localharvest.org](http://www.localharvest.org)

[www.eatwellguide.org](http://www.eatwellguide.org)

	New Zealand Apple	Local Apple
Miles Traveled	6,446	142
Greenhouse gasses emitted during cultivation	28 grams	21 grams
Greenhouse gasses emitted during transit	42 grams	8 grams

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

To your health,



Cristin Wipfler, MPH, RD

2nd Grade presents:

# PIZZA PARTY LUNCH!



**2 SLICES OF PIZZA  
BABY CARROTS  
& A FREEZE POP!**

**\$7** (Get an extra slice  
for \$2 more!)

## Thursday May 15th

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

Cheese  Pepperoni  Extra Slice for \$2

Please drop order forms at the front desk with cash or check made payable to the Hill School with "Class of 2020" in the memo line, by Tuesday May 13th!