




TAKE NOTE

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


MAY 29, 2014


This is the last regular Take Note for the 2013-2014 school year. An early summer edition will be mailed to you in mid-June which will include your child's report card and summer reading lists.


Deadline for submissions for the early summer edition is Friday, June 6th. Please e-mail submissions to takenote@thehillschool.org.

 **Last Day of School for JK through Grade 3 students: Thursday, June 5.**
The year will conclude with the class picnic. All students in grades 4 through 8 participate in the Graduation and will rehearse on Friday morning. See page 2.

 **Graduation: Friday, June 6th**
(see information on page 3)

 **Please check lost and found!!**
Unclaimed items will be donated to charity after graduation.

Summer Library Book Check Out!
Students with no outstanding books may check out up to 10 books for the summer with a signed permission slip. (Permission slips were attached to last week's Take Note and are available at the front desk.) 

 **Wednesday, June 4th**
Sports for Grades 4-8
Swimming!
Make sure to bring your swim suit and towel. There is also volleyball for those that do not choose to swim. Weather permitting.

7-8 Concert
TOMORROW,
Friday, May 30
7:00 – 9:00 p.m.
In the Performing Arts Center

 **Summer at Hill!**
Don't forget to sign up for summer camp at Hill School! Camp information and registration is available at the Hill School office or at www.thehillschool.org.

Yearbook orders are due Tomorrow, May 30th.
Books will be distributed on Tuesday, June 3rd. (Order form on page 2.)

FINAL WEEK (JUNE 2-6)



Tuesday, June 3

- **Honor Roll Assembly at 10:30 a.m.** Attended by Grades 4-8. Effort Honor Roll for Grades 5-8, Achievement Honor Roll for Grades 6-8. Leadership recognition (student council, captains, etc.), Grade 8 subject area awards. Yearbook dedication and distribution.

Thursday, June 5

- Regular morning of school for all grades
- **Last Day of School** for Junior Kindergarten through Grade 3 students.
- **JK-7 Class Picnics** in the afternoon
- **Grade 8 Class Trip** to Kings Dominion in the afternoon

Friday, June 6

- No school for Junior Kindergarten through Grade 3.
- **Final Assembly for Grades 4-8 at 8:45.**
- **Grade 8** is dismissed at 11:15—return to school at 3:45
- **Grades 4-7** are dismissed at noon—return to school at 4:30 (to the homeroom)
 - **5:00 Graduation** (Grades 4-7 will participate in the ceremony)



Class Picnic Information

All Picnics are on Thursday, June 5th

- JK 11:00-1:00 at the Hill School Playground. Parent pick up at playground.
- K 12:00-2:00 at the Dornin Science Barn (Walk there; Pick up at the Barn).
- 1 12:00-3:00 at the Hill School Amphitheater/Recess field (Pick up at the amphitheater.)
- 2 12:30-3:30 at the Wakabayashi Family home (Dismissal from the Main Traffic Circle; Pick from the party.)
- 3 12:30-3:00 at the Middleburg Tennis Club (Dismissal from the Lower School Circle; Pick up from the party.)
- 4 12:00-3:00 at the Middleburg Community Center Pool (Dismissal from the Art Circle; Pick up from the party.)
- 5 12:15-3:00 at the Eskew Family Home (Dismissal after Tournament of Champions, Pick up from the party.)
- 6 12:15-3:00 at the Bell Family home (Middleburg Academy Bus will transport students; Pick up from the party.)
- 7 12:30-4:00 at the Currier (McCleary) Family Farm home.
- 8 11:10-9:30 Kings Dominion. Pick up at Hill School.

YEARBOOKS !



Yearbooks will be available Tuesday, June 3
Please return this form to the front office by Friday, May 30th.

Check the appropriate box – each yearbook is \$30.00.

_____ Enclosed is \$_____ for (_____) yearbook(s).

_____ Bill my account for \$_____ for (_____) yearbooks(s).

_____ I would like to be a patron. (\$60.00 – one yearbook is included)

Child's Name: _____ Grade: _____

Parent's Signature: _____

FOUND: Walking cane. Wood, carved in a twist pattern. Inquire at front desk.

WANTED: 78 records from the 1920's and 1930's—or before! Contact Nat Morison (540) 687-5695.

AVAILABLE: Couple looking for work and a place to live! House-sitting, caretaker, gardener, cook and great with animals. Husband is a license A contractor. Wife is a Hungarian chef. Considerable experience and references available. Contact info: Marta Vamosi (703) 691-0195.

FOR RENT: Cottage near Foxcroft School. New one bedroom/bath, \$1225 mthly utilities included, quiet setting. Call Bill for details- (540) 687-0223.

LOST: The Knisley family has lost a few things that we'd love to locate by the end of the year. If you happen to find them, just give us a call 703.598.0492 or drop them off at the front desk on the Lulu's (2nd) or Mac's (3rd) backpacks. Thanks so much! Boy's gray Northface Fleece jacket, Black Nike Ovechkin zip up hoodie, Blue Nintendo 3DS (may or may not be in orange case), and American Girl doll—"Kanani" with pierced ears.

FREE: Never-used, huge, sturdy, blue umbrella clothesline, Hill Brand, and Saris bike rack (back of car style, not roof rack). Hold 3 bikes. Call Paula at (540) 687-4790.

SEEKING: Hill School family (Richard Williams, class of 1975 and George Williams, class of 2013) seek babysitting/companion services for the afternoons for our three-year-old twins, Ord and Virginia. Their mother, Letitia, may often be at home during these afternoons but is trying to get some work done! We are located just off The Plains Road in Halfway. Please contact Letitia at 540-687-6559.

AVAILABLE: Charming 4BR 2BA cottage in mint condition overlooking panoramic mountain views which is located in scenic easement. Stone fireplace, granite countertops, large walk in closets, high ceiling throughout, separate shower & soaking tub French doors to slate patio. Very private & minutes from downtown Middleburg. \$2600 per month. Available July 1st. Center aisle barn w/2 paddocks also available. Call Kelli 703-966-9432 for more information.

AVAILABLE: Like-new loft apartment above stable with lower-level mudroom (tiled) and new washer/dryer. Beautiful kitchen with granite counters, new cabinetry and stainless steel appliances. Central air and heat. Hardwood floors and skylights on quiet pastoral setting between Purcellville and Middleburg. Private driveway. \$1200/month. Available July 1. Please call Amy 703-600-9758.

AVAILABLE: Top Kick Martial Arts Certificate. \$325 value for \$150. If interested, please call Graham Alcock (540) 338-6682.



What a wonderful Green-White Track meet. Thank you to all the coaches, teachers and volunteers who made it possible. Tal Mack volunteered at high jump daily, and Monique Lynch volunteered at shot put. We are grateful for the sharing of their expertise and enthusiasm with our students. Two Hill Records were broken! Congratulations to Olivia Simmons who threw the soccer ball 49' 5", breaking the former 9-10 girls record and Christian Rader who jumped 5'2", breaking the former 11-12 boys record by 4".



Friday, June 6 ~ Graduation Day

Grades 4-7: Arrive at school at 8:30am for the final assembly, graduation rehearsal and final homeroom activities/cleanup. Students will be dismissed at noon and should meet in their homeroom at 4:30 to prepare for the graduation ceremony .

Grade 8: Arrive at school at 8:30am for the final assembly and graduation rehearsal. At 11:15, eighth graders will be dismissed. They should return at 3:45 for their class picture and to prepare for graduation.

8:45-10:00am: Final Assembly for Grades 4-8. 8th Graders will celebrate their time at Hill with individual speeches. The assembly will conclude with the 8th Grade slide show.

5:00-6:30 Graduation Ceremony in the Athletic Center. All families are invited to attend. A reception will be held immediately following.

6:45 Parents of 4th through 6th grade students should pick up their children. Grade 7 students will clean up after the graduation ceremony (take down platforms, chairs, etc.) and will be dismissed when they finish (approximately 7:15).

Dress for 4-7 students: Girls: Spring dress or skirt, blouse, dress shoes (NO sneakers).
Boys: Dark pants, white or blue shirt, tie, dress shoes (NO sneakers).

PCCC Summer Festival

9121 John Mosby Hwy, Upperville, VA

Saturday, June 28th

Yard Sale & Vendors open @ 7 am

Games & Activities begin @ 10 am

Festival Ends @ 2 pm

Fun for the whole Family!!!

Yard Sale Ponies Tractor Ride

Vendors Kid Zone

Garden Tour Games/Prizes Plant Sale

Hair Wraps Jungle Walk Cake Walk

Moon Bounces Raffle Face Painting

Open to the public. Everyone Welcome!

Please call to reserve your tables as

a vendor or for the yard sale.

540-592-3908



LOUDOUN COUNTY PARKS, RECREATION
AND COMMUNITY SERVICES

MIDDLEBURG COMMUNITY CENTER
P.O. BOX 888 300 W. WASHINGTON STREET MIDDLEBURG, VA 20118



Loudoun County PRCS hosts Summer Camps

Camps held at Middleburg Community Center and around community

Summer is almost here! Loudoun County PRCS has camps for all age groups all summer long. The camps will be held either at Middleburg Community Center or at a location around the community. Your child will learn while having fun during their camp experience.

Some of the camps available are:

Artful Thinking, Planes, Trains, & Automobiles, Who's Your Hero?, Going to the Farmer's Market, Colorful World of Eric Carle, Under the Sea, Photography & Art, Challenger Soccer Stonelea Riding Camps- 6 weeks!, Girl Power, Down on the Farm Camp Adventure, Sewing Camp- 2 Sessions!, Camp Can I Cook It?, and Engineering for Kids - LEGO Robotics & Jr. Lego Olympics

Please call PRCS at Middleburg Community Center at 540-687-6375 for more information or go online at <https://webtrac.loudoun.gov/wbws/wbtrac.wsc/wbsearch.html?wbsi=ae758671-1e9d-289a-e3111-aae59677bb57>

2014 summer @ foxcroft

fun days @ foxcroft summer camps

Parents, want to have fun too?

Sign your child up for a week at [fun days @ foxcroft summer camp](#) & you can come too! During your camper's week enjoy 9:00am-3:00pm access to our fitness center, pool & tennis courts as well as walking trails around the campus.

For more information contact Michelle Woodruff at
540.687.4488 or michelle.woodruff@foxcroft.org

www.foxcroft.org/gofundays

swim @ foxcroft

Pool Membership—\$350.00 for a family of 4

(no children under the age of 18 unattended please! anyone under the age of 18 must have a parent or legal guardian with them)

June 1—August 24

Monday—Friday 3:00pm—Close

Saturday/Sunday Noon—Close

If you would like to bring a guest please contact Michelle Woodruff to purchase guest passes (\$25.00 for a 5 punch card) at: 540.687.4488 or michelle.woodruff@foxcroft.org

fitness @ foxcroft

Fitness Center Members! Summer Bonus!

1. Come enjoy Wednesday evenings at the pool from 4:00pm-close! (must bring your fitness center I.D., no more than 4 people with you please!)
2. Want to enjoy the pool all summer? Have a friend sign up for a fitness center membership and receive a pool pass for 15 visits (m-f 4:00pm-close, sat/sun noon-close)
3. New fitness center members— receive a pool pass for 8 visits with a new membership! (m-f 4:00pm-close, sat/sun noon-close)

contact Michelle Woodruff for more information at
540.687.4488 or michelle.woodruff@foxcroft.org

MINECRAFT

CAMP

Hosted by Alumni Harrison Whitner and Matthew Simon

For rising 2nd graders and up

From July 7th to July 11th

9 AM to 12 Noon; with snack

\$100 per week

Minecraft account required

Contact hillschoolminecraftcamp@gmail.com

for help signing up

(URL for accounts found below)

<https://minecraft.net/store/minecraft>

Send any questions to the Camp email

hillschoolminecraftcamp@gmail.com

The camp will allow any range of skill to enjoy building, surviving and playing many games in Minecraft.

There will be many building challenges as well as

Minigames and Survival

If you have no idea what Minecraft is,

check out the URL below-

<http://mininum.com>



Tickets are available for Hill School's Car Raffle. Purchases can be made through the website, or by contacting Jennifer Sirianni or Don Woodruff.

Featured below is an overview of the "Car Raffle" which we are holding to raise funds to support our need-based financial aid program.

While we have a core group of volunteer salespeople, we would love to have more people involved. If you are willing to assist us please contact Jennifer Sirianni at jsirianni@thehillsschool.org or 540-454-4526.

GOAL:

To raise funds to support The Hill School's need-based financial aid program.

RAFFLE TICKET PRICE:

\$50 each / a maximum of 2,500 tickets will be sold.

PRIZE:

A \$25,000 voucher toward the car of your choice at any Pohanka Automotive Group Dealership. The Federal Income Tax on the \$25,000 voucher will be paid by The Hill School and reported at year-end on form W2-G.

Drawing will be held at The Hill School on Saturday, November 15, 2014 at 1:00 pm. Winner need not be present.

EDUCATIONAL WORKSHOP

Presented by Tom Northrup

Gum Springs Library

Saturday, May 31, 2:00 pm

Taking the Long View:

What Really Matters at Home and at School
as Children Grow into Adults



Possible 2014 Summer Chess Camp and Chess Club at Hill School

Students/parents are invited for an Information Session
on June 2nd at 4:00 p.m.

You will have the opportunity to:

Meet with the coach and learn more about the programs.

For Questions:

E-mail: chesswizardsschool@gmail.com

Visit: www.chesswizardsschool.com

Omba Yoga Workshop Spring 2014



@ Mold Me Fitness
7 West Washington Street, Middleburg, VA

Omba Yoga Level 2: Wednesdays & Fridays 3:30 – 5:00 pm

Classical Hatha Yoga with energizing movement focused on providing a cardio workout while attending to more detailed alignment, strength, and flexibility issues for advancing core practice.

Omba Yoga Level 1/2: Wednesdays & Fridays 6:30 – 8:00 pm & Saturdays 11:00 – 12:30 noon

A stress-free class for all levels emphasizing "feel good" movement to increase flexibility and strength while reducing body fatigue.

For more information, please call or email Mary
at (571) 969-6622,

OmbaYoga@gmail.com and visit www.ombayogaworkshop.com.

First classes are always free. All are welcomed.

MIDDLEBURG ACADEMY

AN INDEPENDENT SCHOOL SERVING GRADES 9-12

*Student-centered,
active learning
environment*

*Average class sizes
of 12-14*



ADMISSION OPEN HOUSE

Sunday, June 1
1 - 3 p.m.

We have a class to welcome you

Other Summer Open Houses

Thursday, July 17

Thursday, August 7

For more information contact

Doug Goodman

Director of Admission

540.687.5581

dgoodman@middleburgacademy.org

www.middleburgacademy.org



Summer 2014

Grades 3rd-8th

www.sportsadventurecamp.com

Ropes Course. Rafting. Kayaking. Mountain-Biking. Rock-Climbing. Hiking. Tubing. Water Park. Soccer. Basketball. Flag-Football. Camping Overnight. Active Games and much more!

All in ONE camp!



*The benefit of a camp that provides both **Sports and Adventure** activities is that it offers more to a child's **whole development** than any sports camp or adventure camp can alone.*



Two Camps in One



Session Dates and Cost

June 16 – 20, \$450

June 23 – 27, \$450

At Sports & Adventure Camp, you receive the best of both worlds!

Contact :
Paul Harrington
(703)-795-7239
info@sportsadventurecamp.com



**Friends for Life
Fundraiser for Lynne Kelly**

Buy one ticket for \$100 for the chance to win \$5000.00 and help Lynne with her cancer treatments. Drawing will be 6/28.

Visit the website www.giveforward.com for more information. You can also contact Sue Lyman 703-999-7608 to purchase tickets. Checks made to Lynne Kelly cancer fund.

Nutrition Nuggets



Building a Better Smoothie

Summer is almost here and nothing tastes better on a hot day than a cold, nutritious smoothie! But, creating smoothies takes some thought so that it is not just a glorified milkshake :) Follow these simple steps to build yourself a better smoothie for an easy breakfast or on-the-go snack.

Add Protein

Adding a protein source ensures that your smoothie will keep you feeling full and provides extra nutrients (calcium, vitamin D, etc.). Some of my favorites are nonfat milk or almond milk and/or Greek yogurt. Adding a nut butter, like natural peanut or almond butter, can also bump up the protein and give you a little healthy fat too. There are plenty of healthy real-food protein sources out there to choose from that there really isn't a need for most of those expensive protein powders.

Use frozen fruit

I usually use frozen fruit, even if I am also using fresh fruit. Frozen fruit provides a good alternative to ice and won't dilute the flavor. It also gives your smoothie a thicker consistency AND is more practical because it doesn't spoil as quickly. We use everything from berry mixtures to mango to pineapple. So many delicious fruits to choose from and it's hard to go wrong, so experiment with some fun combinations! Just be ready for some interesting colors and have some clever names on hand - "Green Slime Smoothie," "Purple Power," etc.

Extras

Get creative and see how adventurous you can get! This is a good opportunity to try adding some wheat germ (for a nutty flavor plus B vitamins, vitamin E, and fiber) or chia seeds (for crunch plus protein and omega-3s). Ground flaxseed (nutty flavor with some omega-3s) or old-fashioned oats (fiber) are also good additions. Adding in some leafy greens is also a good way to sneak in some extra nutrition and with most fruit smoothies you won't even know it's in there. Feel free to toss in some spices like cinnamon or ginger...or try some fresh herbs like mint (so refreshing!).

Now, put it in a fun glass or travel mug, sip and ENJOY!

Happy summer everyone! See you next year!

* Reference: Ellie Krieger, MS RD, www.eatingwell.com.

*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?

Greek yogurt is higher in protein than regular yogurt but lower in calcium.

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

To your health,



Cristin Wipfler, MPH, RD