



TAKE NOTE

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

MAY 30, 2013

This is the last regular Take Note for the 2012-2013 school year. An early summer edition, which will include summer reading lists, will be mailed to you in mid-June with your child's report card.

Deadline for submissions for the early summer edition is Friday, June 7th. Please e-mail submissions to takenote@thehillschool.org.



Last Day of School for Kindergarten through Grade 3 students: Thursday, June 6.
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.



Please check lost and found!!

Unclaimed items will be donated to charity after graduation.

Summer Library Book Check Out!

Starting today, May 30th, students with no outstanding books may check out up to 10 books for the summer with a signed permission slip. (Permission slips are available at the front desk.)



7-8 Concert
Tomorrow
Friday, May 31st
7:00 – 9:00 p.m.
In the Performing Arts Center

Class Picnics on Thursday, June 6

Parents carpool to the party (dismissal is the time noted as the beginning time of the picnic) – unless otherwise noted, pick up is directly from the party site:

- K 12:00-2:00 at the Dornin Science Barn (Main Circle Dismissal)
- 1 12:00-3:00 at the Vogel Family home (Lower School Circle Dismissal)
- 2 12:30-3:00 at the Middleburg Tennis Club (Lower School Circle Dismissal)
- 3 12:00-2:00 at the Hill School Playground. Parents pick up at the playground.
- 4 12:00-3:30 at the Cahir Family home (Art Circle Dismissal)
- 5 12:15-3:00 at the Currier Family home (Main Circle Dismissal).
- 6 12:15-4:00 at the Currier (McCleary) Family – buses to party, **pick up at Hill School (Art Circle) at 4:30.**
- 7 12:30-4:00 at the deButts Family home (Art Circle Dismissal).
- 8 11:10-9:30 Kings Dominion. **Pick up at Hill School (Art Circle) at 9:30**



Yearbook

Yearbook orders are due Tomorrow, May 31st.
Books will be distributed on Tuesday, June 4th.

FINAL WEEK (JUNE 3-7)



Tuesday, June 4

- **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 6

- Regular morning of school for all grades
- **Last Day of School** for Kindergarten through Grade 3 students.
- **K-7 Class Picnics** in the afternoon (more information will be in next week's Take Note)
- **Grade 8 Class Trip** to Kings Dominion in the afternoon

Friday, June 7

- No school for 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)



Friday, June 7 ~ Graduation Day

Grades 4-7: Arrive at school at 8:30am for the final assembly, graduation rehearsal and final home-room 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).

YEARBOOKS !



Yearbooks will be available Tuesday, June 4.
Please return this form to the front office by Friday, May 31st.

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: _____

AVAILABLE: Housesitter. Hill School staff member is available during the Summer to take care of your house and or your pets. Call Barbara at 540-687-1183.

AVAILABLE: EXPERIENCED HOUSEKEEPER looking for work. Sparkling references available. Call Maria, 540.272.6660.

FOR SALE: Nice Ludwig 7 piece drum set - used but in good shape. Reduced , NOW ONLY \$200.00!!!! Do-All Skeet thrower machine - single stack, with deep cycle marine battery, mounted on a steel wagon, NOW ONLY \$275.00!!!! Weight bench complete with set of graduated dumbbells - 5-25 lbs, Now for ONLY \$75.00!! Please call Martha or Landon Burke 540-592-3001

AVAILABLE: Summer rental- Prouts Neck, Maine where Winslow Homer painted his world famous paintings. - Available June 3 to June 21. Miles of gorgeous beaches, public golf and tennis near by. Call for details. Ted [571-233-9978](tel:571-233-9978)

AVAILABLE: We are looking for a kind, gentle, loving nanny for our 2-month-old baby girl. The applicant must have extensive newborn experience and be very patient. This is a part time position ranging from 3-4 days and 20-30 hours per week. We live in Middleburg VA and would prefer to have care within the home. Must have transportation, be good with dogs, and willing to do light housework. Please contact: suzi.molak@gmail.com.

AVAILABLE: Connor Mulherin, 2011 Hill School graduate and rising junior at Christchurch School, seeking summer employment. Willing and able to assist with outdoor/farm work, indoor work, child care, office work, camp counselor etc. Please call 703-200-6589.

FOR SALE: Adorable Welsh Springer Spaniel puppies for sale. Will be 8 weeks old by graduation. Please call Martha Burke for more information. 540-592-3001.

Live at the Hill School Amphitheater

Summer SOULstice

A festival of funk, folk, and soul music

Featuring:

Baychester Blues

Jamie Potter :: Swift Runner :: Fooly Kooly

Foreign Film Society :: Jiamie Pyles

Saturday, June 8 From 3:30 - 8:00

\$15 admission/FREE for kids 14 and under

(accompanied by adult)

Rain or Shine (Rain location in Hill PAC)

BYO Blankets/Chairs



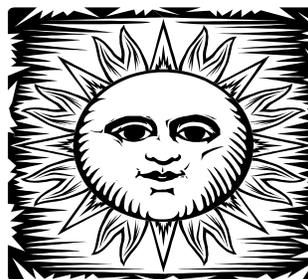
NO PETS

Proceeds to benefit Hill Performing Arts

www.thehillschool.org || Supported by



Our next sketching session at the National Sporting Library and Museum will be on Sunday the 2nd of June, 2 to 4 pm. The great new Munnings show is there now. It's free and open to everyone. Misia Broadhead and Tony Barham will be there to help with drawing.



Summer 2013 at Hill

Registration forms are available at the front desk or www.thehillschool.org



Middleburg Lacrosse Camp

CAMP INFORMATION

DATES: June 24- June 28th & July 22 - July 26th

AGES: Boys ages 9 to 14

LOCATION: The Hill School Athletic Field, Middleburg

TIME: 9:00 AM -12:00 PM (early drop-off at 8:30 AM)

COST: \$100.00 per player

EQUIPMENT: Players will need a Helmet, Shoulder Pads, Arm Pads, Gloves, Stick, Mouthpiece and water.

MLC will offer the opportunity to improve your boy's lacrosse IQ , help improve ability levels and practice skills. The goal of the camp is to teach the fundamentals of the game, while giving the players a new appreciation for the sport. The camp is designed to take the experienced players to the next level and to assist the beginning players in developing a solid foundation.

MLC coaches: Tomas Miller, Phillip Holtz, Austin Moore and Will Finn.
Contact Elizabeth Mandros Miller 540454-7009 and or email eam428@gmail.com for additional information and sign up.



NoVa West Girls Lacrosse still has openings on teams for the summer, 2013.

Contact Ruth Marshall for details at rumarshall@aol.com or go to the web page, www.novawestgirlslax.com.

Tennis Lessons

for Adults and Children
at **Foxcroft School**

Private and Semi-private lessons

(Semi Private: max is 5 players, fee divided among players) *Lessons taught by Gabie Batista, former collegiate tennis player.*

Tennis Memberships available for \$400 a family per year!
Gym Memberships available for \$350 a person per year!
(Gym membership is available to ladies only)

If you are interested, please contact Michelle at 540-687-4553 or michelle.woodruff@foxcroft.org



HELP!!! Volunteers are needed for the Surefire Horse Trials June 22-23, 2013.

We need:

Dressage: scribes, bit check, ring stewards
Showjump: scribes, timer, jump crew
Cross Country: jump judges

We would love it if any of you or friends, neighbors, students, etc. could help out for a wonderful day (or even a half day) in the country! We provide lunch, snacks, a great goodie bag and you will receive a certificate for a free cross country schooling.

Remember we couldn't compete without the volunteers!! Please contact me if you or someone you know is interested in helping out.

Christy (540) 295-1024 or info@surefireventing.com

See www.surefireventing.com for information on Jan and the horse trials.



Join The Community Music School of the Piedmont for a fun summer music program!

Music from Under the Sea



A 7 week course on Wednesdays for children ages 4 and 5 will begin on June 12th at 2:30 pm. Classes are 45 minutes. Cost: \$70

Children will learn through ocean themed musical activities: To play xylophone, metalophone, tone chimes, and small percussion instruments. Elementary music theory- notes, beat, tempo, dynamics, rhythm and pitch.

Performance for family and friends at the last class!

For questions, and to register, please contact CMSP 540.592.3040 or email piedmontmusic@aol.com

Middleburg Academy Tennis Camp

Coach Carla Adgate

Session I – June 10-14

Session II – June 17-21

9:00 am to 12 pm

Boys & Girls Ages 5-12

\$150.00



The 2013 Middleburg Academy Tennis Camp is open to boys and girls of all levels ages 5-12. Please email cadgate@middleburgacademy.org or call 540-687-5581 ext. 3007 to sign up. Space is reserved on a first come first serve basis so sign up now. Private and/or small group lessons for children and adults are also available. Camp is held on the beautiful campus of Middleburg Academy, located at 35321 Notre Dame Lane in Middleburg, VA and directed by Carla Adgate, a USPTR Certified Professional since 1994.

DEAR FARM PONY CAMP

JUNE 17TH THRU 21ST

JUNE 24TH THRU 28TH

Time: 9:30 to 4:30

Healthy lunch served every day!



Beautiful selection of ponies, children will learn all aspects of pony care, safety, equipment, grooming... Q&A with veterenarian, Equine Art Class with Misia and Anthony Barham....

We will offer trail riding, costume day, many different activities....

Cost per child per week 400.00
Carol and Felipe Zuniga 540-841-4415

Nutrition Nuggets



Road Trip Anyone?!?

Summer break is only a few days away and that means pool days, playing in the sprinklers, and bare feet are just around the corner! But if you're like our family, summer is also a time for road trips. We have already started to plan for our drive up to New Hampshire, and one of the most important things to think about is what food we will bring for our long drive. So whether you are taking-on a multi-state voyage or staying closer to home, I hope these "road trip tips" will help you have a yummy, safe, and healthy adventure :)

Breakfast: Start your driving day with a healthy breakfast. This is good for your body in general but will also keep you feeling full for longer and less tempted about the snacks just an arms-reach away. A healthy breakfast should include complex carbohydrates, protein, healthy fat, and fiber.

Keep your cool: with an insulated cooler that is! Some of the best road trip snacks need to be kept cool for safety reasons. It also opens up so many healthy options for snack foods: sandwiches, yogurts (Greek is my personal fav), part-skim string cheese, fruits, veggies, milk boxes, hummus, etc. If your trip takes more than one day, be sure to refreeze your ice or frozen ice pack overnight.

Hydrate: I know what you are probably thinking..."but then we'll have to keep stopping for bathroom breaks." It is true that you might have to stop more often, but staying hydrated is important for overall health and to prevent dehydration, which can feel like hunger and lead to unnecessary snacking. So bring plenty of water bottles for all travelers. And use those bathroom breaks as a much-needed opportunity to streeetch and walk around!

Healthy snacks: Let's be honest, one of the best parts of a good road trip is the fun snack food! It is perfectly okay to have some of those "special treats" for the drive, but try to make the bulk of the options healthy choices that everyone will enjoy. In addition to the perishable snacks mentioned above, here are some of my favorites: portable fruits (apples, oranges, bananas), whole grain cereals, *Justin's* travel pack nut butters (good with fruits, whole wheat crackers, whole wheat bread), bars (*MaJo* and *Lara* are two of my go-to's), trail mix snack packs (but still be mindful of portions), pretzels, snack packs of almonds, cashews or walnuts (about 20 per pack), low-fat popcorn, *Kind* granola (good to eat alone or to mix in yogurt). P.S. don't forget utensils and napkins (lots of napkins!).

Listen to your body: Only snack when you are really hungry, not just because you are bored. Make sure you bring plenty of car-friendly activities to drive away (no pun intended) boredom.

Happy Summer Everyone!

*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?

When choosing a snack bar, look for those high in fiber (5g+) and high in protein (7g+) but lower in sugar.

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

To your health,
Cristin Wipfler, MPH, RD

