



TAKE NOTE

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

OCTOBER 8, 2015



Parent Teacher Club (PTC) Back-to-School Night

TONIGHT, October 8th, 7:00 – 9:00 p.m.

The evening will begin at 7:00 p.m. with a brief all-School meeting in the Theatre.

After this meeting, parents will go to their child(ren)'s homeroom(s) for a presentation by the homeroom teacher of this year's curriculum and events. The evening will conclude at approximately 9:00 p.m.

Please Note: We will not have child care available during the meeting.

Next week's Take Note will be published on
Wednesday, October 14.

(Deadline for submissions: Monday, October 13 at noon)

**Thursday, October 15 - Parent Teacher
Conferences, no school**

Friday, October 16 - Fall Holiday, no school



Hill School Fall Daffodil Bulb Sale



Bulb Sale Orders due TOMORROW, Oct. 9.

See page 3 for the order form.
Proceeds support the 4th grade.

Hill School Country Fair T-Shirts

Classic Em Sharp design of the animal pyramid.
White tee with green design.

Available at Back to School Night
or order one.

____ x S
____ x M
____ x L
____ x XL

Adult small x ____

Total t-shirts = ____ x \$8 = ____

Make checks payable to The Hill
School



Thank you to all the sponsors and golfers
who participated in The Hill School Golf
Tournament on Tuesday, Oct. 6th!

It was a great day and what a wonderful
way to support The Hill School Alumni
Association!



This Saturday please join
The Hill School Alumni
Association Board
at the Virginia Fall Races

Glenwood Park, Middleburg
Saturday, October 10th 1-4 p.m.

We will be at patron parking spaces 1 & 2
(against the stone wall.)
Visit www.vafallraces.com for ticket information.

Questions?

Please contact Lisa Patterson at 540-687-5897
lpatterson@thehillschool.org



Hill School Running Club, coached by
Chris Northrup, will be offered
Mondays 4:00 to 5:00 and is open to
4th - 8th graders. This is a drop-in club.
Please come as many or as few times as
you want. There is no cost. Meet in the
gym at 4:00. Pick up at the front circle at 5:00.

Any questions, email cnorthrup@thehillschool.org

Coming up at Hill:

Tues., Oct. 13	JK & K to Pumpkin Patch. Regular dismissal JV White Girls Field Hockey vs. LCDS at Hill. Game at 3:30, dismissal at 4:45 pm JV Green Girls Field Hockey vs. LCDS at Hill. Game at 4:30, dismissal at 5:45 pm
Wed., Oct. 14	Grade 4 to Catoctin Zoo. Regular 4:00 pm dismissal JV Boys Soccer vs. Highland at Hill. Game at 4:15, dismissal at 5:30 pm V Boys Soccer vs. Highland at Hill. Game at 4:15, dismissal at 5:30 pm
Thurs., Oct. 15	Conference Day—No School
Fri., Oct. 16	Fall Holiday— No School
Tues., Oct. 20	JV Boys Soccer vs. Wakefield at Wakefield. Game at 3:30, dismissal at 5:00 pm V Boys Soccer vs. Wakefield at Wakefield. Game at 4:30, dismissal at 6:00 pm
Wed., Oct. 21	NOTE CHANGE OF LOCATIONS 4-5 Playday Soccer with LCDS 4th at LCDS/5th at Hill. Play begins at 1:00, regular dismissal at 4:00 pm

AVAILABLE: Town - Country Animal/Estate Sitting. Solid enthusiastic references, 30 years experience, short and long term availability, gifted animal communication, extensive experience coordinating home-farm-stable-estate operations, former VA realtor - recognized hunt member sensitive to land conservation / owner relations. Contact Pamela J Donehower at 571-271-4177 or pampac99@yahoo.com.

FOR RENT: House for rent on Oak Hill Farm, Aldie. 2 bedrooms, one bath, geo-thermal heating and air conditioning system, new kitchen, living room, dining room, large deck, pets allowed. Very private. \$1500.00 a month. Available November 1st. Call 703-327-0065.

FOR RENT: Two bedroom, two bath cottage on farm close to Hill School. \$2,000/month. Contact John Coles (540) 270-0094.

WANTED: Private family hunter/jumper horse farm in Middleburg in search of an experienced barn manager. Must be detail oriented and have experience with hunters/jumpers, and must be able to travel to shows (including WEF for several months). Please contact tim@windfieldsfarmllc.com



Birds of a Feather

A Pop-Up Exhibition at
The Hill School
October 9, 2015

Join us for a “Birds of a Feather” Show
in the Hill School theatre lobby.

Opening night will be **Friday, October 9th**
from **6 to 8pm**.

Bring a treat to share.

Come share your art and celebrate the birds of a feather—
We flock together!

Contact Linda Conti for more information at 540-687-5897,
or lconti@thehillschool.org





Hill School Fall Daffodil Bulb Sale

Presented by  the 4th grade



- Premium (large) native, deer-resistant bulbs.
- Will divide and naturalize, blooming for years to come!
- A mix of colors- yellows, oranges, creams and more.

Bulb bags will be ready for pick up at school in October, or delivered within 15 miles of Hill for \$10.

Excellent prices!

10 bulb bag	_____ x \$7.50 =	_____
25 bulb bag	_____ x \$18.00 =	_____
50 bulb bag	_____ x \$36.00 =	_____
100 bulb bag	_____ x \$72.00 =	_____
6lb bulb food	_____ x \$10.00 =	_____

Orders due October 9th.

Please make checks payable to "The Hill School" with "class of 2020" in the memo.



* Please deliver my bulbs. Yes! = \$10

Total Enclosed = _____

Thank you for supporting the 4th grade!

Name: _____

* Address: _____

Email: _____ Phone: _____

You are Invited to a Trunk Show

HOSTED BY
Lydia Strohl

MONDAY, OCTOBER 19TH
11:00AM - 3:00PM

3074 RECTORTOWN RD,
MARHALL, VA 20115

SHOP THE KATHERINE HOOKER
LONDON FALL 2015
COLLECTION

FOR MORE INFORMATION
E: CHRISTINA@KATHERINEHOOKER.COM
P: 646-771-6725



WWW.KATHERINEHOOKER.COM

That 70's
Windy Hill Fashion Show
THE ULTIMATE COLLECTION

Entertainment by
Right On Band

Cocktails
Dinner
Dancing
Live Auction
Fashion Show
Best Dressed 70's Contest

Saturday, October 17, 2015 6:00 P.M.

Salamander Resort and Spa
Middleburg, Virginia

Original Artists:

low lou
Richard Allen Clothing
Duchessa
Tri-County FEELS, FASHIONS, FINDS
COUNTRY CLASSICS
NATIVE BARRE
HIGHCLIFFE
WYLIE WAGG


Wear your Stylin' 70's Treasures/ Disco Fashion

Be There or Be Square!

Tickets available online: www.windyhillfoundation.org

Proceeds benefit the Windy Hill Foundation Family Development Programs.

Girl Scout Troop 5293 is looking for donations to support the Friends of Homeless Animals. Please bring the following items to the drop off box at the front office to support the shelter:



- Cat and Dog food and Cat and Dog treats
- Cat and Dog toys
- Cat and Dog beds
- Toilet paper rolls
- Empty toilet paper and or paper towel rolls
- Ping Pong balls

氣

Ki Aikido classes for beginners age 10 to 100. Adults encouraged to train with their children.

Ki Aikido is a Japanese discipline that encompasses mind-body development through the non-violent, effective martial art of Aikido. Practices are performed in a non-competitive fashion, by means of harmonizing with your partner's intention with no conflict. The aim is not to injure your opponent but neutralize the aggression using a relaxed internal power.

Class is held every Saturday 12.30 to 1.30 at Blue Ridge Tae Kwon Do 9151 John S Mosby Hwy, Upperville, VA 20184, taught by Tony Barham and son Ted Barham.

For more information call Tony at 540 687 5947.

To learn more about Ki Aikido visit <http://www.easternkifederation.com/>

Join us for the
Opening Reception of
**WHIPPED CREAM
& OTHER DELIGHTS**
Saturday, October 17, 4-6pm
& Closing Reception
November 1, 2-4pm.

Show is open 12-5
OCT 17/18, 24/25, 31/NOV 1
and by appointment.

The Dairy Barn Gallery is located at
22969 Sam Fred Road
2 miles east of Middleburg 20117.
(540) 221-3052

Follow the event
WHIPPED CREAM & OTHER DELIGHTS
on Facebook for frequent updates and
previews of the work.

Get your “BIG HIT” Lunch Delivered to the Field

Saturday, October 24

\$7.00



hot sandwich, chips, water

Name: _____

School: _____

Cash or Checks are to be made out to Hill School
(with Class of 2017 on memo line please)

Orders must be received no later than Monday, October 19!
Questions: contact Marqui Simmons via email msimmons@thehillschool.org

Nutrition Nuggets



Cauliflower

Despite its somewhat bland appearance, cauliflower is packed with nutrients! Perfect for this time of year, this autumn-into-winter vegetable is an excellent natural source of vitamin C, vitamin K, folate, and fiber! It also packs B vitamins, manganese, potassium, phosphorous, magnesium, and even omega-3 fatty acids into its nutritional package! Last, but not least, cauliflower contains many health-promoting phytochemicals, which are compounds that fight cancer, inflammation, and free radicals in the body! This dynamic nutrient combination helps to restore balance in several of the body's defense systems that promote good health and prevent disease. Eating cruciferous vegetables, like cauliflower, 3-5 times per week will help ensure that these systems remain strong.

When choosing cauliflower, look for those with a head (or curd) that is white or creamy white, firm, compact, and heavy for its size. Avoid those with brown spots or loose sections. It will generally keep for up to 5 days if refrigerated and stored in an open or perforated plastic bag. To prevent moisture from collecting, keep the stem side down.

Cauliflower tastes great both raw and cooked! It can be added to many dishes for an extra crunch or to give a nutritional boost. Two of the best cooking methods for retaining nutrients are microwaving or steaming your cauliflower. Microwave: Florets ~ 2 cups in shallow microwave safe dish and cook on High for 3 minutes. Let stand for 2 minutes. Whole ~ cook 3 minutes on High, turn head over and cook for an additional 2-4 minutes. Let stand for 3 minutes. Steaming: Florets ~ steam for 3-5 minutes. Whole ~ steam for 15-20 minutes. Avoid cooking cauliflower in aluminum or iron pots as they will interact with the compounds in the vegetable and cause discoloration.

There are so many wonderful recipes for cauliflower dishes. Some good places to start are Cooking Light Magazine: www.cookinglight.com and Food Network: www.foodnetwork.com ~ the possibilities are endless!

* Reference: Experience Life Magazine, Jan/Feb 2010. The World's Healthiest Foods: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=13>, <http://www.zhion.com/herb/Cauliflower.html>.

*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?

Cauliflower is not always white in color! It also comes in green, orange, and purple varieties! Each color has some slightly different nutrients.

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

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

