



TAKE NOTE


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

OCTOBER 22, 2015


All School Halloween Party Friday, October 30th

<p>11:30 – 12:00</p> <p>12:40</p> <p>1:10-1:55</p> <p>1:55-2:00</p> <p>2:00-2:20</p>	<p>A Hot Dog Lunch will be provided by the PTC/Room parents. Menu to include hallo"weenies," potato chips, apple slices, and cider. Black bean burgers, a vegetarian alternative, will be available. Children who prefer not to eat hot dogs or black bean burgers are invited to bring lunch.</p> <p>All School Costume Parade in the Amphitheater</p> <p>Halloween Parties</p> <p>Clean-up</p> <p>Extra clean-up by the 7th and 8th grades</p>	<ul style="list-style-type: none"> ☺ JK and K in their classrooms ☺ Grade 1 and 7 mentors in the lunch room ☺ Grade 2 in the theatre courtyard ☺ Grade 3 and 7 mentors in the art building courtyard ☺ Grades 4 through 6 and 8 on the recess field
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Parents are welcome to come at 12:30 p.m. and help dress their child(ren) for the costume parade.





If you would like your child's picture re-taken, please remove the class photo from the envelope and send all other pictures back to school. A new portrait will be taken on the make-up day (Wednesday, November 11). If you have any questions, please contact Bonnie at Splendid Portraits 800-230-4602, ext. 2114 or 703-237-8067, ext. 114.




If you enjoy trick-or-treating with your children in the town of Middleburg, please consider bringing a couple of bags of candy to the front desk of Hill School before Halloween. It will be distributed to the Hill teachers who live in town and open their doors to the hundreds of children (many our own) who flock to Middleburg to celebrate. It is a small way that we can thank and help them for the big job they do in making it a fun evening for our children.

Thank you to all the parents who helped with the teachers' lunch on Parent/Teacher Conference Day. The teachers really appreciated it and the food was delicious!!

The daffodil bulbs have arrived and are ready for pick-up. Orders will be bagged and tagged at the back corner of the gym by the school buses, to the right of the art building. Thank you for supporting the 4th Grade!



November Lunch Forms are due, **Tomorrow, Friday, October 23.**

For Sale

Big Hit Water Bottles

\$8

Saturday at
the Big Hit Tournament
7th grade fundraiser
Raising awareness and
helping the environment by
reducing the number of
plastic water bottles we use!



Coming up at Hill:

Sat., Oct. 24	Big Hit Field Hockey Tournament at Hill. See schedule on Page 4.
Tues., Oct 27	JV Boys Soccer Playday at Highland. Games begin at 2:00, dismissal 4:45. See schedule on Page 4. JV Green and JV White Girls Field Hockey Playday at Hill. Games begin at 3:00, dismissal 4:50. See schedule on Page 4.
Thurs., Oct. 29	V Boys Soccer Tournament at Highland. Games begin at 2:00, dismissal 4:45. Schedule on Page 4. V Girls Field Hockey Tournament at Hill. Games begin at 3:00, dismissal 6:00. Schedule on Page 4.
Fri., Oct. 30	Halloween Party - 2:00 pm dismissal for JK - 6, 2:20 pm dismissal for 7&8. NO LATE GATES.
Tues., Nov. 3	4 - 8 Boys and Girls X-Country Meet. at Hill. Races begin at 2:00, dismissal 4:30. Schedule will be in next week's Take Note.

WANTED: We are not able to go to Florida this winter. We are looking for dry stalls to lease for the winter at a barn with an indoor. Middleburg/Purcellville/Upperville area. We are looking for 6-8 stalls, from January to March. We do have some play with the dates. If you are planning on going to Florida and would be willing to lease some stalls, I'd love to talk to you. If you know of a barn with an indoor that might be available, please contact me. Wendy Sams 540-554-8389 or wsams66@aol.com .

FOR RENT: Lovely three bedroom, two bath stone house with almost an acre fenced in back yard, minutes from Middleburg. Hard wood floors and gorgeous views. \$2500 / mo includes landscaping and mowing. Email gshannonoc@hotmail.com for more information or to come see for yourself!

FOR RENT: Three-bed, two-bath, single-level home in beautiful setting on lightly travelled road minutes East of Middleburg. Very convenient location. Bright, spacious kitchen; wood fireplace; built-in bar; two covered porches; so much more. Three-stall barn and five paddocks on eight acres also available. Great ride out. Minutes to Fox Chase and wineries. Call 571-274-0839 or email nedquinn@hotmail.com for details and pictures.

INTERESTED: Are you interested in praying for your children and the Hill School community? Please join us right after drop-off on Wednesday mornings from 8:45-9:45 for a time of prayer, fellowship and strong coffee at the home of Jim and Mary Brady. Our home is directly in front of the Dornin Science Barn so you can walk on over. No homework, no previous experience needed, drop-ins and sweat pants welcome. We will be loosely following the structure of this ministry: <https://momsinprayer.org/>. Hope to see you starting Wednesday, October 28th!

AVAILABLE: Licensed VA Teacher available for tutoring for all grade levels in the following subjects: Science, Math, Reading, English, Social Studies. No Foreign Languages. Please contact at rigglem@comcast.net or (540) 533-4030.

FOR SALE: Fender Twin Reverb guitar amplifier. This classic amp is a piece of rock n' roll history, perfect for playing with a band. Mint condition, made in '09. \$950, willing to consider other offers. Contact morgan.piedmontvirginian@gmail.com.

FOR SALE: Kubota RTV500. 4 wheel drive. Full Camo, aftermarket Roof and Windshield, 900 hours only, Manual dump, off-road tires, Spot lights, runs great. Had \$1200 major service at Brownings 4 months ago. Wear and tear as expected. \$5000. Contact Matt at 303-324-5195.

FOR SALE: Honda Rancher ES 4x4 Four wheeler, Dark green, gun rack, brush guard, 611 miles, runs great, excellent condition. \$3,500. Contact Matt at 303-324-5195.

FOR SALE: Full herd of sheep. Ram (Rambo), Ewes and Lambs. Combination of Île-de-France breed (wool and great eating) or Katahdin (hair sheep and eating). 33 animals in total, Ewes pregnant and dropping November. Mainly twins and triplets. Amazing pets or for meat production. Currently free range grazing around house. Best offer for herd or by negotiation. Contact Matt at 303-324-5195.

FOR RENT: Lovely stone house, 5 bedrooms, 4 full baths. 5 minutes from Hill School. \$3,500 per month. Contact John Coles 540-270-0094.



Interested in learning to play guitar, banjo, mandolin, bass, ukulele, or fiddle? Mark Maggiolo, Hunt Lyman's guitar teacher (who played at the Hill Country Fair) would like to offer lessons on Saturday mornings at the Methodist church in town if there is sufficient interest. Please contact him at markmaggiolo1@wildblue.net.

GRACE CHURCH CONCERT SERIES

Grace Episcopal Church
The Plains, Virginia

2015-2016

Sunday, October 25, 2015
at 5:00 p.m.

A Celebration of Einstein

With introduction by Michael Stepniak,
Dean of Shenandoah Conservatory

Emily Smith, Violin
Emely Phelps, Piano



Violinist Emily Daggett Smith has been praised as having "a very beautiful tone" and giving performances with "poised elegance" and "irrepressible élan" (The Seattle Times). Honoring the 100th anniversary of Einstein's Theory of General Relativity, her performance will feature several of Einstein's favorite violin compositions.

Grace Episcopal Church
6507 Main Street
The Plains, VA 20198

Single Ticket \$25 • Student \$15
Free admittance to anyone under 18
Season Ticket \$100
Includes 4 concerts and 2 guest passes

For information contact:
540-253-5177 x 107
www.gracetheplains.org
concertseries@gracetheplains.org
www.facebook.com/gracechurchconcertseries

JOIN US FOR OUR 2015 FALL

WARM LOVE PRODUCTION II

curated lifestyle collection
clothes - home - garden - jewelry

@NATIVEBARRESTUDIOS
22 east washington st.
middleburg, va 20117

THURSDAY OCT. 22ND -
SUNDAY OCT. 25TH
11 am - 4pm

GUM TREE FARM
FRANCES DEAN
CORAL + TUSK
THE KENYAN COLLECTION
BITTERSWEET GARDEN

'gum tree farm designs luxury wool pieces for the home + human' @frannykansteiner



GUM TREE FARM
warm love

WARM LOVE PRODUCTION II
INVITES YOU TO A COCKTAIL PREVIEW

and an evening with Martha Wolfe
author of THE GREAT HOUND MATCH OF 1905

WEDNESDAY, OCTOBER 21ST
6:00 - 8:00PM
@nativebarrestudios

The Unison Preservation Society Presents



UNISON HERITAGE DAY

SATURDAY, OCTOBER 31, 2015

1:00-5:00 P.M.

THE VILLAGE OF UNISON, VIRGINIA

\$30

CHILDREN UNDER 12 FREE

FOR EARLY BIRD SAVINGS ON TICKETS PLEASE VISIT OUR WEBSITE WWW.UNISONVA.ORG

BAIT • CUE • FOOD • DRINKS

FRESH OYSTERS
ON THE HALF SHELL

OVER 100 LIVE & SILENT

AUCTION
ITEMS

Including:

- Fabulous surprise trip that everyone will want to bid on!
- Antique Rolls Royce country drive with lunch and champagne!

Halloween Contest with prizes for children 12 and under

Live Bluegrass Music From
COBBLER MOUNTAIN
GRASS BAND



Do you want **MORE** for your child?

Karate, Fitness & Life Skills

WEDNESDAYS AT
MIDDLEBURG COMMUNITY CENTER

PRESCHOOL (2PM)

NINJAS

K - 2ND (3:15)

**BLACK BELT
LEADERSHIP
TRAINING**

REGISTER ONLINE
[WWW.WEBTRAC.
LOUDOUN.GOV](http://WWW.WEBTRAC.LOUDOUN.GOV)
540-687-6375



DIETRICH





The BIG HIT - October 24, 2015



Field # 1

10:30-10:55	Brookewood vs Hill
11:15-11:40	Grymes vs St. Stephen's & St. Agnes
12:00-12:25	Walker Grant vs Brookewood
12:25-1:15	Lunch
1:15-1:40	Holy Child vs Walker Grant
2:00-2:25	Hill vs Holy Child

Field # 2

10:30-10:55	Grymes vs Walker Grant
11:15-11:40	Brookewood vs Holy Child
12:00-12:25	St. Stephen's & St. Agnes vs Hill
12:25-1:15	Lunch
1:15-1:40	Hill vs Grymes
2:00-2:25	Walker Grant vs St. Stephen's & St. Agnes

Field # 3

10:30-10:55	St. Stephen's & St. Agnes vs Holy Child
11:15-11:40	Hill vs Walker Grant
12:00-12:25	Holy Child vs Grymes
12:25-1:15	Lunch
1:15-1:40	Brookewood vs St. Stephen's & St. Agnes
2:00-2:25	Grymes vs Brookewood

JV Play Day

Tuesday, October 27



JV Girls Field Hockey at Hill

Time	Team	Home Team	Field
3:00-3:25	Hill G	LCDS	Upper
3:00-3:25	Edlin	Hill W	Lower
3:35-4:00	LCDS	Edlin	Upper
3:35-4:00	Hill W	Hill G	Lower
4:10-4:35	Edlin	Hill G	Upper
4:10-4:35	Hill W	LCDS	Lower

JV Boys Soccer at Highland

Game Time	Team	Home Team	Field
2:00	Highland	Wakefield	Turf
2:30	Hill	LCDS	Turf
3:00	Wakefield	LCDS	Turf
3:00	Highland	Hill	Bermuda
3:30	Wakefield	Hill	Bermuda
4:00	Highland	LCDS	Bermuda



Varsity Tournament

Thursday, October 29



Varsity Girls Field Hockey at Hill

Time	Team	Home Team	Field
3:00-3:25	Hill	LCDS	Upper
3:00-3:25	Highland	Powhatan	Lower
3:35-4:00	Hill	Powhatan	Upper
3:35-4:00	LCDS	Edlin	Lower
4:10-4:35	Edlin	Powhatan	Upper
4:10-4:35	Highland	Hill	Lower
4:45-5:10	Powhatan	LCDS	Upper
4:45-5:10	Edlin	Highland	Lower
5:20-5:45	LCDS	Highland	Upper
5:20-5:45	Edlin	Hill	Lower

Varsity Boys Soccer at Highland

Game Time	Team	Home Team	Field
2:00	Highland	Wakefield	Turf
2:30	Hill	LCDS	Turf
3:00	Wakefield	LCDS	Turf
3:00	Highland	Hill	Bermuda
3:30	Wakefield	Hill	Bermuda
4:00	Highland	LCDS	Bermuda



Main St.

TRICK
OR
Treat

*Join the Businesses of
Middleburg this Halloween!
Starting Friday, October 30th*

FRIDAY:

- 3:00 PM - 6:00 PM- TRICK OR TREATING ON MAIN STREET
** ALL PARTICIPATING BUSINESSES WILL HAVE FLYER DISPLAYED**
- 5:00 PM - 6:00 PM- COSTUME PARADE
Ⓢ THE MIDDLEBURG COMMUNITY CENTER STEPS
- 6:00 PM - 8:00 PM- FALL FAMILY NIGHT
Ⓢ THE MIDDLEBURG COMMUNITY CENTER STEPS
- 6:00 PM - 7:00 PM- HALLOWSCREENING: TOY STORY OF TERROR
Ⓢ NATIONAL SPORTING LIBRARY & MUSEUM
- 7:30 PM - 9:00 PM- HALLOWSCREENING: THE HOUND OF THE BASKERVILLES
Ⓢ NATIONAL SPORTING LIBRARY & MUSEUM

SATURDAY:

- 5:30 PM - 7:00 PM- HOT DOG IT'S HALLOWEEN
Ⓢ THE MIDDLEBURG COMMUNITY CENTER STEPS

BROUGHT TO YOU BY THE MBPA, NSLM, MIDDLEBURG COMMUNITY CENTER AND PRCS

Break Out of Your Shell

Oyster Roast 2015

Saturday, Nov. 7th 4-7pm

Piedmont Child Care Center
Upperville, VA

Oysters from the Northern Neck
BBQ Country - Wine & Beer

Tickets are still available.

\$35 for adults/\$5 for kids under 12

Contact Susan McCaskey for tickets
smccaskey@thehillsschool.org
or Piedmont Child Care at
PCCC@piedmontchildcare.org
(540) 592-3908

FALL ART CLASSES

THE DRAWING ROOM
101 West Federal Street, Middleburg, VA
by appointment 540-454-8372

Introduction to Drawing Comics
Tuesday 4:00 – 5:30 pm
After school for grades 3 – 5. A sequential program beginning with easy lines and common objects- then progress to creatures, three dimensional shapes and familiar places. A fast-moving drawing class designed to develop mechanical and creative skills.

Tuesday Teens
7:00 – 8:30 pm
Applied Figure Drawing. For those with an interest in animation or fashion. Learn the proportions and anatomy of the head and body (without a model), combined with basic perspective in common objects. Exposure to a variety of artist's techniques. Suitable as an introduction or review to both drawing people and perspective.

Wednesday Watercolors
7:00 – 8:30 pm
Intermediate painting class. Reviewing water-based painting techniques. Drawing and painting exercises from example, memory and life.

Introduction to Drawing
Saturday 2:00 – 4:00 pm*
(Two hour class, five sessions, no class 11/28, tuition \$100)
For those who have always wanted to learn to draw- or complete your foundation in drawing. These exercises will get you off to a great start and provide you with skill and confidence to continue. A fast-paced, thorough class.

WORKSHOP!
Drawing in Perspective
Part I: Sunday November 15, 10:00 – 4:00, \$75
Part I: Sunday November 22, 10:00 – 4:00, \$75
A compact over-view of perspective skills required when rendering three dimensional shapes and spaces. For those who draw from memory or from life. A must for those creating realistic compositions.

six-week courses/\$90 per course/six student limit
Students provide materials
Preregistration required by Friday October 30, 2015
Session runs from November 3 – December 9, 2015
Alice Porter MAT, artist-instructor
aporterart@yahoo.com www.aliceporterart.com

Nutrition Nuggets



Halloween Treats

Halloween is a fun time of year for children - dressing up, spooky and festive decorations, and of course...candy! For kids with food allergies, though, (and their parents) the onslaught of candy can be stressful and honestly dangerous for some. Being the mom of a child with a nut allergy, I am becoming more and more aware of how some of the most common allergens hide in the most unexpected places. So as you prepare to purchase your Trick-or-Treat goodies to hand out, or if you are a parent of a child with food allergies, here are a very few of the more common candies and their allergens. For more information, please visit the manufacturers' websites and/or check out this great list from **Wegmans** of their *2015 Halloween Candy Allergens*: <http://www.wegmans.com/pdf/halloweenAllergens.pdf>. Please also be aware that ingredients and formulas are always changing so be sure to check labels every year to be up to date.

- Tootsie Roll Pops: milk and soy
- Skittles Original Fun Size: egg, milk, and soy
- Hershey's Reese's Pieces: peanut, tree nut, egg, milk, and soy
- Reese's Peanut Butter Snack Size: peanut, tree nut, egg, milk, and soy
- Junior Mints: milk and soy
- Starburst: egg, milk, and soy

So what can you do to help those children with food allergies?

1. Hand out non-food items (pencils, spider rings, bubbles, crayons, etc.), even if they are in addition to your regular candy selection.
2. Clearly label which candies have allergens so that other items may be selected.
3. Offer plenty of allergen-free candy options (Ring Pops, Smarties, Disney Family Favorites Lollipops, YumEarth Lollipops or Gummy Bears, or many varieties of Fruit Strips).
4. Go Teal! Join the **Teal Pumpkin Project** - this national campaign encourages parents to offer non-food related treats for children with food allergies. Placing a teal pumpkin on your porch shows Trick-or-Treaters that you have allergy-safe goodies to share.

Happy Halloween!!

*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?

Miniature forms of some of our favorite Halloween candy do NOT include a list of ingredients or allergens on the individual packages. This information can be found on the larger package (i.e. the big bag the mini's come in). Please be sure to read this information carefully so that you can share it with your Trick-or-Treaters ☺

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

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

