



TAKE NOTE

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

OCTOBER 23, 2014

All School Halloween Party Friday, October 31st

- 11:30 – 12:00 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.
- 12:40 All School Costume Parade in the Amphitheater
- 1:10-1:55 Halloween Parties
 - ☺ JK and K in their classrooms
 - ☺ Grades 1 and 7 in the lunch room
 - ☺ Grade 2 in the theater courtyard
 - ☺ Grades 3 through 6 and 8 on the recess field
- 1:55-2:00 Clean-up
- 2:00-2:20 Extra clean-up by the 7th and 8th grades

Parents are welcome to come at 12:30 p.m. and help dress their child(ren) for the costume parade.

Tomorrow

The Hill School Board of Trustees
and Head of School
invite you to a cocktail reception
featuring guest speaker Josiah (Si) Bunting, III.

Friday, October 24
6:00 p.m. – 7:30 p.m.

Mr. Bunting will speak on the Importance
of American Independent Schools.



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 5). If you have any questions, please contact Bonnie at Splendid Portraits 800-230-4602, ext. 2114 or 703-237-8067, ext. 114.



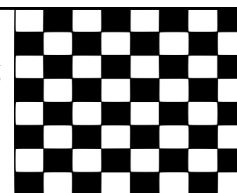
If you enjoy trick-or-treating with your children in the town of Middleburg, please consider bringing a couple of bags of candy to the front desk before Halloween. It will be distributed to the Hill teachers who live in town and open their doors to the hundreds of children who flock to Middleburg to 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!!



November lunch order forms were attached to last week's Take Note. Orders are due by **Monday, October 27.**

Wanted:
Students interested in learning / playing chess.
Thursdays from 4:00-5:00 at Hill
Please see page 5.



Coming up at Hill:

Sat., Oct. 25	Big Hit Field Hockey Tournament at Hill. 10:00 - 2:30 pm. See schedule on Page 4.
Tues., Oct. 28	JV Boys Soccer Playday at Highland. Games begin at 2:00, dismissal 4:45. See schedule on Page 4. JV1 and JV2 Girls Field Hockey Playday at Hill. Games begin at 3:00, dismissal 5:05. See schedule on Page 4.
Wed., Oct 29	Grade 4 Playday Soccer with LCDS at LCDS. Games begin at 1:00, regular 4:00 dismissal Grade 5 Playday Soccer with LCDS at Hill. Games begin 1:00, regular 4:00 dismissal
Thurs., Oct. 30	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 5:05. Schedule on Page 4.
Fri., Oct. 31	Halloween Party - 2:00 pm dismissal for JK - 6, 2:20 pm dismissal for 7&8.
Mon., Nov. 3	Professional Development Day - No School
Tues., Nov. 4	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: Housekeeper needed, Live in or Out/ Must speak English, drive, dependable, honest, cleaning of course and help with errands. Flexible hours and days off. call 703-980-8109.

FOR ADOPTION/SALE: 5 Month old spayed female hound puppy. Wonderful disposition, loves company and would make a great addition to an active family. For More info: 540-687-1183.

WANTED: Need a recommendation for immediate part time help (maid/housekeeper) for Welborne, a Bed and Breakfast in Middleburg, or recommendation for a reputable agency who could help us out. Please contact 540-687-5695 or email sherrymorison@gmail.com.

FOR RENT: House for rent on Oak Hill Farm, Aldie. 2 bedrooms, 1 bath, central air, recently updated kitchen, deck, fenced yard for friendly pets. \$1200.00 per month, security deposit and credit check required. Phone 703-327-0065 or email oakhillhub@aol.com.

Hill School Stadium Chairs



The chair is green with the Hill School logo displayed in white. It features 2 mesh can holders and its own carrying case!

This folding chair with arms has a 300 lb. weight limit. When folded in case, it measures 35" x 7" x 5 1/2".

\$35

Name: _____

Contact Info: _____

_____ Total Qty x \$35.00 = \$_____

Please make checks payable to Hill School. In memo, please note "4th Grade Fundraiser".

Chairs will be available in 2-3 weeks.

Perfect for:

Children's Sporting Events,

Polo/Steeplechase Tailgating,

Horse Shows,

Beach & Camping Trips!

The BIG HIT - October 25 2014



Field # 1

10:00-10:25	Holy Child v Hill School
10:40-11:05	Brookewood v St. Stephen's & St. Agnes
11:20-11:45	St. Stephen's & St. Agnes v Walker Grant
12:00-12:25	Hill School v National Cathedral
12:25-1:00	Lunch
1:00-1:25	Powhatan v Holy Child
1:40-2:05	National Cathedral v Brookewood
2:20-2:45	Walker Grant v Powhatan

Field # 2

10:00-10:25	Brookewood v Walker Grant
10:40-11:05	Powhatan v Hill School
11:20-11:45	Holy Child v National Cathedral
12:00-12:25	St. Stephen's & St. Agnes v Powhatan
12:25-1:00	Lunch
1:00-1:25	National Cathedral v St. Stephen's & St. Agnes
1:40-2:05	Walker Grant v Holy Child
2:20-2:45	Hill School v Brookewood

Field # 3

10:00-10:25	Powhatan v National Cathedral
10:40-11:05	National Cathedral v Walker Grant
11:20-11:45	Brookewood v Powhatan
12:00-12:25	Holy Child v Brookewood
12:25-1:00	Lunch
1:00-1:25	Walker Grant v Hill School
1:40-2:05	Hill School v St. Stephen's & St. Agnes
2:20-2:45	St. Stephen's & St. Agnes v Holy Child

Bye

10:00-10:25	St. Stephen's & St. Agnes
10:40-11:05	Holy Child
11:20-11:45	Hill School
12:00-12:25	Walker Grant
12:25-1:00	Lunch
1:00-1:25	Brookewood
1:40-2:05	Powhatan
2:20-2:45	National Cathedral

JV Play Day Tuesday, October 28



JV Girls Field Hockey at Hill

Time	Team	Home Team	Field
3:00-3:30	Hill 1	LCDS	Upper
3:00-3:30	Edlin	Hill 2	Lower
3:40-4:10	LCDS	Edlin	Upper
3:40-4:10	Hill 2	Hill 1	Lower
4:20-4:50	Edlin	Hill 1	Upper
4:20-4:50	Hill 2	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 30



Varsity Girls Field Hockey at Hill

Time	Team	Home Team	Field
3:00-3:30	Hill	LCDS	Upper
3:40-4:10	LCDS	Highland	Upper
4:20-4:50	Highland	Hill	Upper

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






Special Offer
for Hill School families,
friends & faculty!

On each Sunday in November and December, Empower Adventures will offer The Hill School families, friends and faculty a discounted rate of \$60/person (regularly \$123) for our 2-hour Tree Top Zip Tour located at Salamander Resort & Spa. This experience is a guided canopy tour spanning 20 acres behind the Resort and includes 5 different zip lines from 275' to 670' as well as two suspension sky bridges.

To make reservations, please contact Salamander's Reservations Dept at [866-938-7370](tel:866-938-7370) and mention the "Hill School Sunday Special!"

Visit us on Facebook at Empower Middleburg or online at EmpowerAdventures.com



Ice Cream for Sale!
Every Wednesday at Lunch

\$1.00

Proceeds support the 5th grade
Dairy Free Options Available!

Inspiring Your Creative Side



October Fall Exhibitions

Fri. 17th—Sat. 18th—Sun. 19th
Fri. 24th—Sat 25th—Sun. 26th

OPEN 10 AM—4 PM Weekends
Midweek by Appointment

Join Us for Our Super Saturdays 3PM-6PM

Reception Party / Meet the Artists

Live Music Showcasing **Jacob Garbus** Tenor Saxophone with Bass and Guitar

Pop in For a Feast for the Senses

All Welcome!

The Learning Curve

of Northern Virginia

Tutoring services for K-12 in Middleburg and Warrenton in all subject areas; specializing in special needs, learning disabilities, online high school, SAT/ACT test prep and distance learning.

www.thelearningcurveofnva.com

Contact Us:

Katy Carter Carley Leins
571.246.5029 540.764.0130
katy.carter@learningcurvenva.com
carley.leins@learningcurvenva.com



Virginia Commonwealth
Chess Kids
Let's Play Smart Chess!

You can still sign up!

**Classes: Thursday Afternoons
4:00 – 5:00 pm Grades 1 - 8 Welcome**

More information about the program is also available
at the front desk or at www.vcchesskids.com

7th Annual Chinn Lane Yard Sale

Saturday, October 25th, 8 AM to 1 PM

It is that time of year again.....we are cleaning out attics and basements and finding real treasures. We are hoping for good weather. The street will be lined with something for everyone.....



Mabel is hoping to see you here.....



Special Leo Talks
Documentary
Screening Event
October 28, 2014
6-8pm

RACE TO NOWHERE is an 85 minute documentary highlighting the pressures we are putting on our students to be high-achievers.

A group discussion, led by MCCS Principal Dr. Barb Smith, will follow the movie.

Free to MCCS PTO Members
Guests & Others \$5

Childcare offered for \$5/family
Pizza, popcorn and water for sale

Middleburg Community
Charter School
101 N. Madison St.
Middleburg, VA 20117

RaceToNowhere.org

You are Invited!

Sunday, October 26th
2:00 pm
Foxcroft School Library

Come watch the
Foxcroft Robotics Club
test fly their drones!

Learn about the operation of
unmanned aerial vehicles in
an up close and
personal setting.

Nutrition Nuggets



Trick or Treat?

Vitamin Waters

In the early 2000's vitamin enhanced beverages became extremely popular, and still are today. We all want to be healthier so, naturally, if we can drink water AND get extra vitamins why wouldn't we? But are these enhanced drinks really "healthy"? Yes, they are a better option than a regular soda; however, they may not be as good for us as their name suggests.

For starters, they contain sugar to give them a sweet flavor. While not as much as a sugary soda, a 20-ounce bottle of Vitamin Water packs 8 teaspoons of sugar, which equals 33 grams of sugar in that one serving. That is already over the daily amount of recommended added sugar for both men and women.

Vitamin Water also contains the sweetener crystalline fructose, which has raised concerns about its potential risk to the liver. The addition of citric acid may also wear down tooth enamel, which does not come back, if consumed in excess.

Finally, do our bodies really benefit from the synthetic vitamins used to enhance these beverages like Vitamin Water? Maybe a little, but not really. Our bodies are designed to use vitamins in their natural form (i.e. from the whole food) and do not process much of the synthetic vitamins. It is also possible to get too much of a synthetically made vitamin if consumed in excess.

So all in all, it's best to opt for regular water with some natural flavoring such as lemon, lime or cucumber, and eat a variety of fruits and vegetables for those extra vitamins.

*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?

Coca Cola is the parent company of Glaceau Vitamin Water?

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

To your health,
Cristin Wipfler, MPH, RD

