



TAKE NOTE

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

DECEMBER 5, 2013

CLIMBERS WANTED!

TOMORROW, DECEMBER 6

After School Climbing club (free to all Hill students - JK-7th - MUST sign up at front desk beforehand) Dec. 6, 3:00 - 4:00pm



Families Climb the Walls night (\$20 per family - sign up at front desk) Dec. 6, 5:30 - 7:00pm



2013-14 Parent Survey Update

Thank you to all the parents who have participated in the Parent Survey. If you have not completed the survey yet, there is still time before the survey closes December 13. If you need the link, please email Hunt Lyman at hlyman@thehillschool.org.



Ski season is coming!

Sign up forms are enclosed and are due to the office by **Friday, Dec. 13**

Parents and students renting equipment need to pick up rental forms at the front desk or download them from The Hill School website. Completed rental forms need to be returned to Hill School **before** Winter Break.

Lions and Children and Parades ... Oh My! Join us for the Christmas in Middleburg Parade

Saturday, December 7th, all JK-3 children are invited to ride on the new Hill School Float in the Christmas in Middleburg Parade. Dress warmly and meet at the float along the Hill School's Cross-Campus Road between 1:30 and 1:45. Pick up will be immediately after the parade at the Hill School's traffic circle (near Art room).



Questions? Contact Donna Potter at montog@aol.com.



Hill Holiday Marketplace !

Saturday, December 14
10:00 am - 4:00 pm

in the Sheila C. Johnson Performing Arts Center

You will have the opportunity to browse and shop for unique items, created and brought to you by current Hill Parents, Alumni, and Friends of The Hill School.

Some space is still available. Vendors of all kinds are welcome.

Please contact Haley Walsh hwalsh@thehillschool.org or 540-687-5897 to sign up or for details.

The 1st Grade Presents Lunch!

on Thursday, Dec. 12th

Includes:

Panko Breaded Chicken Breasts

*Gluten Free Option Available

Chips

Veggies with Ranch

Holiday Ice Cream Sundae

for \$7

Name _____

Grade _____

Gluten Free _____

Please Drop your Order off at the Front Desk

Thank you from the Class of 2021

Coming up at Hill:

Fri., Dec. 6	Grade 7 returns from Williamsburg at 3:00 pm on Friday.
Sat., Dec. 7	Christmas in Middleburg Parade (see page 1 for more information on the Hill School float)
Tue., Dec. 10	JV2 Boys Basketball vs. Linton Hall at Linton Hall. Game at 4:00, dismissal at 5:45 pm V Boys Basketball vs. Linton Hall at Linton Hall. Game at 5:00, dismissal at 6:45 pm JV2 Girls Basketball vs. Linton Hall at Hill. Game at 4:00, dismissal at 5:15 pm V Girls Basketball vs. Linton Hall at Hill. Game at 5:00, dismissal at 6:15 pm
Thurs., Dec. 12	JV2 Boys Basketball vs. LCDS at LCDS. Game at 3:00, dismissal at 4:45 pm JV1 Boys Basketball vs. LCDS at LCDS. Game at 4:00, dismissal at 5:45 pm V Boys Basketball vs. LCDS at LCDS. Game at 5:00, dismissal at 6:45 pm JV2 Girls Basketball vs. LCDS at Hill. Game at 3:00, dismissal at 4:15 pm V Girls Basketball vs. LCDS at Hill. Game at 4:00, dismissal at 5:15 pm
Fri., Dec. 13	Noon Dismissal for all grades. Faculty meetings will be held in the afternoon.
Sat., Dec. 14	Alumni Holiday Marketplace (see page 1 for more information)
Tues., Dec. 17	JV2 Boys Basketball vs. Powhatan at Hill. Game at 3:15, dismissal at 4:15 pm JV1 Boys Basketball vs. Powhatan at Hill. Game at 4:00, dismissal at 5:15 pm V Boys Basketball vs. Powhatan at Hill. Game at 5:00, dismissal at 6:15 pm JV2 Girls Basketball vs. Powhatan at Powhatan. Game at 3:15, dismissal at 4:45 pm JV1 Girls Basketball vs. Powhatan at Powhatan. Game at 4:00, dismissal at 5:45 pm V Girls Basketball vs. Powhatan at Powhatan. Game at 5:00, dismissal at 6:45 pm
Fri., Dec. 20	Holiday Program at 10:00 am. Students are dismissed for the two week vacation after the program (approx. 11:45)
Mon. Jan. 6	School re-opens.

FOR SALE: Cathy Zimmerman has a litter of Jack Russell pups ready to go just before Christmas. There is one boy and three girls, all broken coated (I think) and wonderful tricolored markings. Six hundred dollars...Come get a xmas tree and a pup!!! 687-3260

AVAILABLE: Hill School parent offering short term or long term dog and housesitting services. References available upon request. Please contact Barbara 540-687-1183



Shopping Online?

Use eScrip Online Mall and Hill School will benefit. Sign into eScrip at www.escrip.com, and select a participating website. eScrip will donate to Hill School a percentage of your purchase. Just take a look at some of the participating websites and the percentages (see website for complete list):

J. Crew 6% , Gap 3%, Nordstrom 5.7%, hotels.com 4.2%, eBags 7.8%, Amazon 2.4%, Dell Home 4.8%, Apple Store 1.2%, Harry and David 4.2%, 1-800-FLOWERS 12%, Sharper Image 6%, Williams-Sonoma 2.4%, My M&M's 6%, Sur La Table 4.2%, Walgreens 4.2%, Sephora 4.2%, Crate & Barrel 3%, Home Depot 3.6%, Target 2.4%, REI 3% , Nike Store 3.6%, Toys R Us 1.2%, LEGO 1.8%

A PLACE TO BE Presents
A Holiday Recital

Friday December 6th
6:15 pm & 7:45 pm
At A Place To Be
15 South Madison Street Middleburg, VA
FREE ADMISSION ~ Limited Seating

HILL SCHOOL SKI CLUB 2014

The 2014 Ski Club will again be held at Bryce Resort in Basye, Virginia. The Ski Club offers a series of five 50-minute lessons and a Mini-Olympic race. Half of the ski classes will meet at 2:15; the remaining classes will meet at 3:30. Before and after the lessons the students are allowed to ski on their own.

SNOW BOARDING: Bryce will offer snow boarding classes (for beginners and for advanced boarders) parallel to the regular ski school classes. These snow boarding classes are open to children 10 years and older (4th grade and up). Classes have only a limited number of openings; the slots will be filled on a first come-first served basis.

1. **Friday, January 10** (Extra early dismissal from school: K-8 11:00)
2. **Friday, January 17** *School will dismiss at 11:50 for K-8*
3. **Friday, January 24** **Full day of Skiing (Faculty Retreat)**
4. **Friday, January 31** *School will dismiss at 11:50 for K-8*
5. **Friday, February 7** *School will dismiss at 11:50 for K-8*
6. **Friday, February 14** **MINI-OLYMPICS** (More information will be sent home later)

Miscellaneous Information

A. **ELIGIBILITY:** All Hill School students are welcome to participate. **Children in Grades PreK-3 must be accompanied by a parent or an adult who is responsible for them and is willing to assist the children during and after their classes (especially beginner skiers).**

B. **COST:** Option #1: With Ski or Snowboard Rental: **\$230** (*includes lessons, slope fees, skis or board, and boot rental*)
 Option #2: Without Rental: **\$150** (*includes lessons, slope fees*)

Prices are for the entire season. Adjustments will be made only for sessions cancelled by Hill School or Bryce Resort .

If you choose options #1 and turn in your rental forms before Christmas break, your equipment will be ready for your pick-up at the beginning of each Ski Club session. You may also rent your equipment individually every week, but for CASH only (cannot be charged to your Hill School account).

C. **TRANSPORTATION:** Private car or Hill School Ski Bus. Hill School bus ticket is \$15 per round-trip. Students should be in the 4th grade or above to ride the bus without supervision of an older student or adult. (Riders should sign up for the bus the mornings of the ski trips). Parents of younger students who would like their child to ride the bus should contact Mrs. Fleming to arrange for supervision.

D. **ENROLLMENT:** If you wish to enroll, please complete the form below and return it to the office no later than Friday, December 13. **YOUR ACCOUNT WILL BE BILLED.**

E. **MINI-OLYMPICS:** Competition will begin in mid-morning and continue into the afternoon. The schedule for each class will be published the preceding week. More information will be published in a future Take Note.

If your child(ren) are renting equipment this year, you must complete a special form, and it must be returned to the office before Christmas Break. Forms may be obtained in the Front Office or via the Hill School Website.

 Name: _____ Age: _____ Grade: _____

Skiing:

Ski Rental: ___ no ___ yes (*If yes, obtain rental form in the front office and return it before **Christmas break.***)

___ Participated last year in Hill Ski Club - no significant new experience since last winter

___ Participated last year in Hill Ski Club - and had extensive additional experience last spring (please attach list)

___ New participant
 ___ beginner ___ intermediate
 (please attach list of experience)

Snow Boarding

(Grades 4 and above):

Snow Board Rental: ___ no ___ yes (*If yes, obtain rental form in the front office and return it before **Christmas break.***)

___ Snow Boarded last year in Hill Ski Club - no significant new experience since last winter

___ Snow Boarded last year in Hill Ski Club - and had extensive additional experience last spring (please attach list)

___ New Snow Boarder in Hill Ski Club
 ___ beginner, ___ intermediate
 (*please list experience*)

Breakfast With Santa & Silent Auction

December 7, 2013

8:00 - 10:30am

Middleburg Elementary School
101 North Madison Street

Breakfast \$10.00 per adult /\$5 per
child 12 & under

Breakfast in the Fireside Lounge
\$15.00 per adult / \$5 per child 12
& under

Picture with Santa is \$10 per print;
\$5 per emailed digital image
Cookie Decorating for Kids!

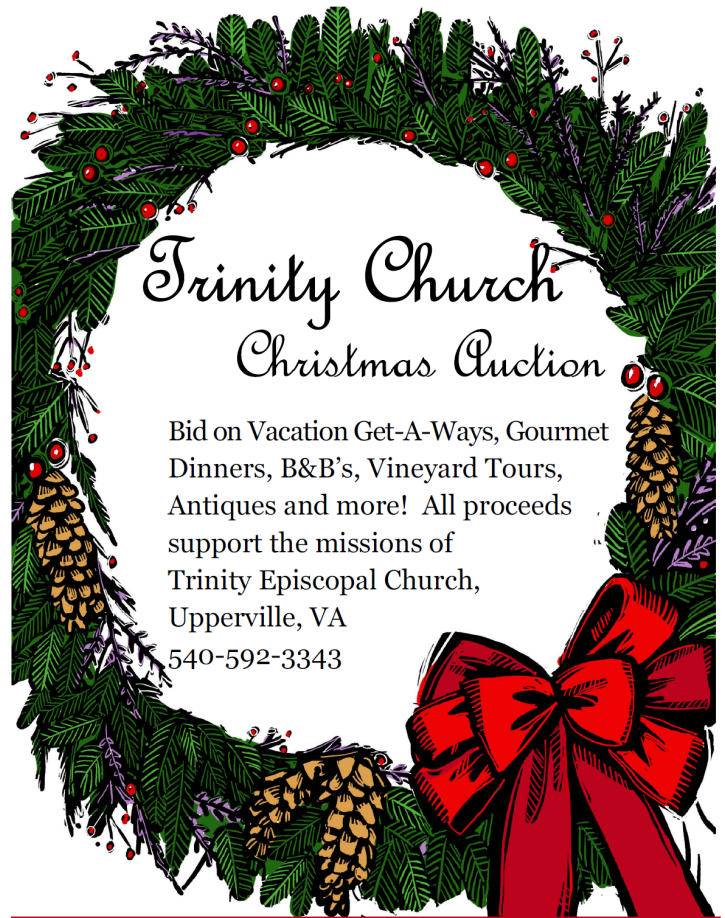
For information or Fireside
Lounge reservations call
Middleburg Elementary
540-751-2490

Gluten Free & Vegetarian Options

No advance payment required;
we accept Personal Checks,
Cash & Credit Cards



For over 20 years, The Middleburg Elementary School PTO's annual Breakfast With Santa has been a cherished holiday tradition. Funds raised go to support educational activities and events throughout the year. Please join us and help us make this the best year ever!



Trinity Church Christmas Auction

Bid on Vacation Get-A-Ways, Gourmet
Dinners, B&B's, Vineyard Tours,
Antiques and more! All proceeds
support the missions of
Trinity Episcopal Church,
Upperville, VA
540-592-3343

Preview Party, Dec. 6, 5:00pm-7:00pm
View & Buy Now, Dec. 7, 10:00 am-4:00 pm
Silent & Live Auction, Dec. 8, 12pm-3:00 pm

Youngblood Art Studio

Reception (Ghosts of Christmas Past)

December 6, 2013

5:00-8:00

Nol Putnam returns...

New works in Forged Bronze WOW!!!

with

Lilla Ohrstrom ... Clay sculpture

Suzita... Painted Paper

Chris Ohrstrom... Adelphi Papers Inc,

and... The Bugatti stories

Charles Matheson... New abstract paintings

Minna Marston ... Jewelry

Youngblood Art Studio

6480 Main Street, The Plains, VA

YAS will have open hours 12:00-5:00

Wed-Sunday 12/6-24

The Dairy Barn Gallery Holiday Exhibition

Dec 7th - 15th
Open Daily 10am - 4pm
Reception Dec 7th
12 - 6:30pm
meet the Artists
Music & Refreshments

Address

22868 Sunny Bank Farm

Middleburg

VA 20117

Phone: 540-687-5517

Modern & Classical Art / Photography / Sculpture
New Artists Something For Everyone
Pop in Before or After Middleburg Parade

Nutrition Nuggets



Probiotics

Probiotics have become extremely popular over the past several years and are one of the food industry's favorite "buzz words". So what are probiotics and do you need them?

Inside our gastrointestinal tracts we have a host of "good" bacteria working to keep our digestive systems healthy and to decrease the growth of harmful bacteria, which can cause illness. Probiotics mimic these "good" bacteria in your gut, helping to keep it healthy. You do not necessarily need probiotics to be healthy, but they may bring you some positive health benefits.

In addition to promoting a healthy digestive tract, probiotics can help alleviate some uncomfortable side effects of common digestive disorders, make dairy foods easier to digest for those with lactose intolerance, boost immunity by helping the body to make antibodies which fight viruses, reduce allergy symptoms, and decrease the chance of dental cavities.

The most common food source of these beneficial microorganisms is yogurt, but not all yogurts contain them. Be sure to look for packaging that says "*live and active cultures*" and be sure that one of these easy-to spell (HA!) and easy-to-pronounce (HA!) culture strains is listed on the ingredients list: *L. acidophilus*, *L. bifidus*, *S. thermophilus*, and *L. bulgaricus*. Yogurt, however, is not the only place to find probiotics. More and more products are emerging including cottage cheese, soy sauce, and kefir (a fermented milk product).

Probiotics are also available in supplement form. If you choose to take the supplement route (and for those suffering from severe digestive troubles, this might be the most sure-fire approach) be sure to do your homework. There are tons of supplement brands out there but not all of them provide the same strain of probiotic; therefore, research the strain you need for your specific health concern (digestive, allergies, etc.) and read the labels carefully to ensure the brand you purchase contains the strain you want. You will want to follow the storage and shelf life directions on the bottle carefully as well because these supplements may spoil over time. And lastly, as with food sources, be sure the label claims that the supplement contains "*live and active cultures*." All of that being said, opt for food sources when possible.

There is no recommendation for the amount of probiotics a person needs, but if you follow a healthy diet that includes probiotic-rich foods, you should get all that you need.

*Resources: Mayo Clinic (Katherine Zeratsky, RD, LD) & FitDay (Kari Hartel, RD, LD)

*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?

Prebiotics are non-digestible carbohydrates that act as food for probiotics (a symbiotic relationship). They are found in whole grains, bananas, onions, garlic, honey, and artichokes.

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



To your health,
Cristin Wipfler, MPH, RD

CHRISTMAS MINI-AUCTION REMINDER!

Hill School's Christmas Mini-Auction returns
December 10th-13th
Great Shopping, Great Bargains and No Shipping Charges!

Hopefully, everyone has received their invitations via email. Acquisition Team Members, please join us for our kick-off Meeting on December 10th at 8:30 in the Alumni Room. New Parents we hope you too will join us that morning for Coffee and Croissants and to learn about the Auction.

All Parents are invited to a special adult-only cocktail and shopping reception Wednesday Evening, December 11th at 5:30-7:30 pm

Please let us hear from you.
Get in the Holiday Spirit at the Mini-Auction!

"Rock the Kasbah...A Night in Morocco"

SPORT PSYCHOLOGY CONSULTATION

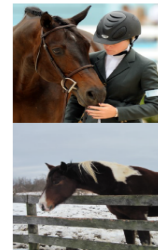
Harnessing the Power of the Mind in Equestrian Sport



Riding Far, LLC presents **Winterize Your Ride**

A Sport Psychology Seminar with
Paul T. Haefner, PhD
Licensed Clinical Sport Psychologist
December 9, 2013
7pm—9pm

The Sheila Johnson Performing Arts Theater
The Hill School in Middleburg, VA



The coming of winter often brings both riders and their horses a change in routine and/or much-needed time off. What many don't realize is that winter offers great opportunities for riders and their horses to improve their ride. Yes... I said **improve your ride in the off-season.** In this seminar you will learn how to:

- Perform a Positive Post-Season Postmortem
- Use the winter months to improve your Mental Attitude and "Grit"
- Strengthen your Focus, Confidence, Skill and Enjoyment in your riding
- Rejuvenate your Relationship with your horse

The cost is \$25 and includes dessert and coffee. For more information contact Dr. Haefner at 703.727.3205 or email him at haefner@ridingfar.com. Directions are available on the Hill School website: www.thehillschool.org under helpful links.