



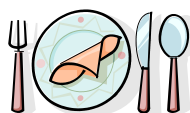
TAKE NOTE

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

SEPTEMBER 12, 2013

TAKE NOTE

This week's Take Note will be the last paper edition delivered to the entire student body. The families who elected to continue receiving a paper copy will still have Take Note sent home with their child (or one of their children) every Thursday. If you selected **Electronic Copy Only** at registration, your child will not be receiving a paper copy next week. All parents who marked the option of being notified via e-mail when Take Note is posted should have received an e-mail today. Take Note may also be viewed at www.thehillshool.org. If you would like to add or delete your name from the **Electronic Copy Only** list please contact Silvia Fleming.



PTC PARENT DINNERS (6:30 PM)

Thank you to the Harmon Family for hosting the New Parent Dinner last week and to Ashley Whitner for hosting the K-2 Dinner last night.

What a great way to start off the school year!

Wednesday, Sept. 18 – **6-8 Parent Dinner,**

hosted by Sasha and Matt Cahir

Wednesday, Sept. 25 – **3-5 Parent Dinner,**

hosted by Misia & Anthony Barham and Karen & Chris Elliott

Please plan to attend the dinner of your oldest child. An invitation (with directions) has been mailed to you.

Please RSVP to Hill School at (540) 687-5897

Upcoming PTC Parent Meetings:

All Parents are invited to join their class's room parents for an organizational meeting. Come sign up for field trips and other class specific volunteer opportunities. Please note: the Alumni Room is located in the Main Building just inside the front porch.



JK - Friday, Sept. 13, 8:30, Alumni Room

K - Monday, Sept. 16, 8:30, Lunch Room

1 - Wednesday, Sept. 18, 8:30, Alumni Room

2 - **NEW:** Friday, Sept. 20, 8:30, Alumni Room

3 - Tuesday, Sept. 17, 8:30, Alumni Room

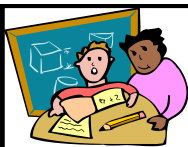
4 - Thursday, Sept. 19, 8:30, Lunch Room

5 - Wednesday, Sept. 25, 8:30, Lunch Room

6 - Wednesday, Sept, 25, 8:30, Alumni Room

7 - Friday, Sept. 20, 8:30, Lunch Room

8 - Wednesday, Sept. 18, 8:30, Lunch Room



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

Thursday, October 3rd
7:00 – 9:00 p.m.

The evening will begin at 7:00 p.m. with a brief All-School meeting in the Athletic Center.

After this meeting, parents will go to their child(ren)'s home-room(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 childcare available during the meeting.

Picture Day! Tuesday, Sept. 24



Please note: All students will have a picture taken for the yearbook. Orders for prints must be received on or before picture day. Order forms are attached!



Please see attached October Lunch Order Forms!



After 4:15 p.m. ALL students should be picked up from the traffic circle near the Main Entrance. This includes study hall, tutoring, and post-athletic game dismissals.

Coming up at Hill:

- Wed., Sept. 18 6-8 Parent Dinner at the home of Sasha & Matt Cahir, 6:30 pm
- Thurs., Sept. 19 JV Girls Field Hockey vs. Walker Grant at Hill. Game at 3:45, dismissal at 5:00 pm
V Girls Field Hockey vs. Walker Grant at Hill. Game at 4:45, dismissal at 6:00 pm
- Tues., Sept. 24 Picture Day
- JV Boys Soccer vs. Powhatan at Powhatan. Game at 3:30, dismissal at 5:15 pm
V Boys Soccer vs. Powhatan at Powhatan. Game at 4:30, dismissal at 6:15 pm
JV Girls Field Hockey vs. Powhatan at Hill. Game at 3:30, dismissal at 4:45 pm
V Girls Field Hockey vs. Powhatan at Hill. Game at 4:30, dismissal at 5:45 pm
- Wed., Sept. 25 3-5 Parent Dinner hosted by Karen & Chris Elliott and Misia & Anthony Barham at Glen-Ora Farm, 6:30 pm
- Thurs.-Fri., Sept. 26-27 Grade 8 Rock climbing trip/camping trip (overnight). Leave Thursday at 8:30 am, return Friday at 7:30 pm

Take Note Submissions

Take Note is published weekly each Thursday. DEADLINE for submission of items is NOON on TUESDAY. E-mail articles and/or classified ads to: takenote@thehillsschool.org.

E-mail is the preferred method for submissions, however, you may also drop off your ad at the front desk or fax it to 540-687-3132.

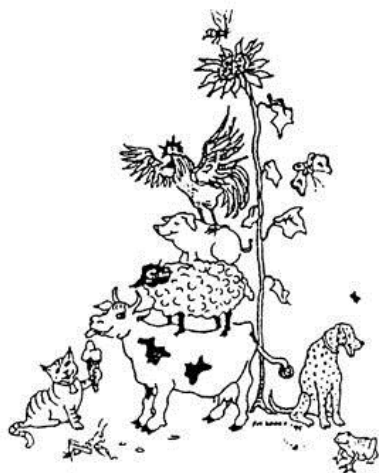
HEALTH ALERT

Welcome back to the new school year. I hope it will be a healthy one for you and your family. A couple of notes:

We have several students at Hill who are unusually sensitive to streptococcus infections. We ask that you please be especially vigilant about strep and notify us if you or your child contract an infection.

We also ask parents to keep a sick child out of school, until he/she has been fever and symptom free for at least 24 hours. And as always – keep washing those hands!

Silvia Fleming



Country Fair T-Shirts

\$10 ea. – pre-order/pay today!
Proceeds help support the Fair Fun.

YS-YM-YL-YXL-AS-AM-AL-AXL

Size: _____ Quantity: _____

Name: _____

Grade: _____

Please send check to Hill School
with "Country Fair" in memo line.

Hill School Country Fair

October 12, 2013 – 9 – 2p.m.

Dornin Science Barn

An event for all Hill School Families to enjoy & reconnect.

Fun activities for everyone:

Horse & pony show

Bike Race

Games

Dog Agility

Kids Baking Contest

Petting Zoo

"Amazing Race" by teachers

Potluck Lunch (dish list to be sent by room parents)

Want to volunteer? Email lesliekvansant@gmail.com

SEEKING



CHILDREN'S FILM SUBMISSIONS



FOR THE
1ST ANNUAL KIDS FILM FEST
OCTOBER 22-23 2013 5-7 P.M.
MIDDLEBURG, VIRGINIA

INFO: <https://www.facebook.com/Backyardshortsfilmfest>

UPLOAD VIDEO TO YOUTUBE 2 MINUTE LIMIT

AGE CATEGORIES 6-8, 9-11, 12-15, 16-18

COMEDY DRAMA MUSICAL DOCUMENTARY ANIMATION



OPEN TO THE PUBLIC!
RED CARPET PHOTOS!
BRING YOUR FRIENDS!



For more information please email questions
and suggestions to:
wendy@wendypepper.com

INTRODUCING



Nutritional Strategies • Dietary Therapy
Personal Training

Now accepting a small number of motivated
clients in our private studio opening
September 16th, just around the corner at 2
1/2 E. Federal Street.

Hours by appointment only, all inquiries will
be kept private and confidential.

Please call Hill School mom Kristin Quinn at [540/270-3393](tel:5402703393) or visit us
online at www.facebook.com/middleburgbodyworks for more infor-
mation.

lou lou

Lou Lou will be having their semi-annual
Ladies Night Out on Thursday, September 26th!

Take 40% off one regular priced clothing item or 25% off a
pair of boots.

Join us for shopping, treats and socializing!



INTO THE WOODS

Music and Lyrics by Stephen Sondheim Book by James Lapine



at A Place to Be

15 South Madison Street Middleburg, VA

Fri. Sept. 20 & Sept. 27 ~ 7 pm
Sat. Sept. 21 & Sept. 28 ~ 3 pm & 7 pm
Sun. Sept. 22 & Sept. 29 ~ 3 pm

All Tickets \$15

(only 50 Seats per performance)

To Reserve your tickets, call
540-687-6740

Presented through special arrangement with Music Theater International (MTI). All authorized performance materials are also supplied by MTI.
421 West 54th Street, New York, NY 10019. Phone: (212) 541-1684 Fax: (212) 397-1684 www.MTIShows.com



Don't miss the Middleburg Community Service Fair!

See if there's a volunteer activity that interests you. Or showcase your service and recruit volunteers.

Date: Saturday, September 21, 2013
Time: 11:00 a.m. to 2:00 p.m.
Where: Emmanuel Church Parish House,
105 East Washington St.

Middleburg is the little town that cares big. At our last fair over 30 non-profits and service organizations showed how they keep the service torch burning bright. Want to get involved or involve others? Call the Emmanuel church office at 540-687-6297 or email parishsecretary@emmanuelmiddleburg.org. This is a community-wide event.

It's really easy to "be green".

Practical suggestions for trashless
lunches at Hill School!

- Reusable utensils.
- Cloth napkin - well marked.
- Reusable containers - well marked.
- Lunch box or bag.



www.sciencewithme.com

Nutrition Nuggets



Packing a Healthy Lunch

Welcome back everyone!

To kick-off this school year, let's talk about something we now have to think about every day...packing lunches! Here are some tips to help you plan a healthy lunch that will fuel your child (or yourself -these tips apply to adults too!) for a day full of learning and play.

Plan ahead - Mornings are busy so plan ahead the night before. Prepare anything that will be okay overnight so that you can just scoop it into the appropriate containers in the morning. Wash and cut up fruits and veggies so they, too, are ready to go. At the very least, think about what you want to pack, make sure you have everything you need, and make any alternate plans if necessary so you don't have to audible in the morning.

Involve your kids - Kids love to help and children who are more involved in the kitchen typically eat a wider variety of foods and tend to eat healthier than those who do not get involved. Ask for your children's help in choosing some recipes to try for lunches (and dinners!), have them help pick out food in the grocery store (try something new each week!), and ask for them to help you prepare and pack their own lunches (with your guidance).

Pack appropriate portion sizes - Each child needs a different amount of food. Make sure they are getting enough at lunch to fuel their brain and body but not so much that they overeat.

Practice good lunchbox anatomy - a healthy lunch (for children and adults) includes carbohydrates, protein, and fat. Be sure to include all three to ensure the lunch is packing the biggest nutrient punch it can.

Carbohydrates: choose 100% whole grain products (should be the 1st ingredient listed) such as bread, pasta, grains. Low fat dairy, beans and legumes, and fruits and veggies are other great carbohydrates to include.

Protein: Opt for lean protein choices such as chicken, turkey, or fish. Beans and legumes, grains such as quinoa, nut butters, and low fat dairy also provide protein.

Fats: choose healthy fats! Skip the overly processed crackers, pastries, cookies, and "treats," which contain unhealthy fats. Instead, get your healthy fats from olive oil, avocados, nuts, fish, etc.

Paint the Rainbow - Include as many colors of fruits and vegetables as you can throughout the day! The different colors represent different nutrients, antioxidants, and health benefits, so getting a variety will help ensure you are getting everything you need. I often recommend making a fun chart to check-off the different colors as they are eaten throughout the day. You can make this a fun game with stickers and prizes for the younger kids (or any age!) or simply use as a tool to reference for older kids and adults.

Here's to a happy, healthy school year ahead!

*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?

Many delicious apple varieties are now in season, such as Gala & Honeycrisp!

Questions or comments? Please email me at Cris-tin@myCompleatNutrition.com.

To your health,



2013 FALL ATHLETIC GAME SCHEDULE updated 9-6

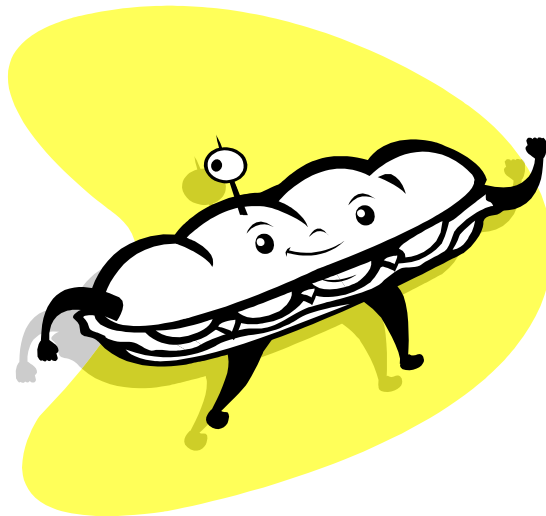
Please check Take Note to confirm game and dismissal times

DATE	TEAM	SPORT	OPPONENT	LOCATION	TIME	DISMISSAL
Sat, Sept 14	Girls	FH	Fredricksburg Field Hockey playday			
Thu, Sept. 19	JV Girls	FH	Walker Grant	Hill	3:45	5:00
	V Girls	FH	Walker Grant	Hill	4:45	6:00
Tue, Sept. 24	JV Boys	Soccer	<i>Powhatan</i>	Powhatan	3:30	5:15
	V Boys	Soccer	<i>Powhatan</i>	Powhatan	4:30	6:15
	JV Girls	FH	<i>Powhatan</i>	Hill	3:30	4:45
	V Girls	FH	<i>Powhatan</i>	Hill	4:30	5:45
Tue, Oct. 1	JV Boys	Soccer	LCDS	LCDS	4:30	6:15
	V Boys	Soccer	<i>LCDS</i>	LCDS	3:30	5:15
	JV Girls	FH	<i>LCDS</i>	Hill	4:00	5:15
	V Girls	FH	<i>LCDS</i>	Hill	3:00	4:15
Thu, Oct. 3	JV Girls	FH	<i>Edlin</i>	Hill	3:00	4:15
	V Girls	FH	<i>Holy Cross</i>	Hill	4:00	5:15
Tue, Oct. 8	JV Boys	Soccer	Highland	Highland	3:30	5:15
	V Boys	Soccer	Highland	Highland	4:30	6:15
	V Girls	FH	Highland	Highland	3:30	5:15
Tue, Oct. 15	JV Boys	Soccer	Powhatan	Hill	3:30	4:45
	V Boys	Soccer	Powhatan	Hill	4:30	5:45
	JV Girls	FH	Powhatan	Powhatan	3:30	5:15
	V Girls	FH	Powhatan	Powhatan	4:30	6:15
Tue, Oct. 22	JV Boys	Soccer	<i>Wakefield</i>	Wakefield	3:30	5:00
	V Boys	Soccer	<i>Wakefield</i>	Wakefield	4:30	6:00
Wed, Oct. 23	4-5 Playday	Soccer	<i>LCDS</i>	TBD	1:00	reg 4:00
Thu, Oct. 24	JV Boys	Soccer	LCDS	Hill	4:00	5:15
	V Boys	Soccer	<i>LCDS</i>	Hill	3:00	4:15
	JV Girls	FH	<i>LCDS</i>	LCDS	3:30	5:15
	V Girls	FH	<i>LCDS</i>	LCDS	4:30	6:15
Sat, Oct. 26	BIG HIT FIELD HOCKEY TOURNAMENT			Hill	10:00	2:30
Raindate for Big Hit: Saturday, November 2						
Tue, Oct. 29	JV Boys	Soccer	<i>Playday</i>	Highland	2:00	TBD
	JV Girls	FH	<i>Playday</i>	Hill	3:00	TBD
Wed, Oct. 30	4-5 Pladay raindate	Soccer	<i>LCDS</i>	TBD	1:00	reg 4:00
Thu, Oct. 31	V Boys	Soccer	Tournament	Highland	2:00	TBD
	V Girls	FH	Tournament	Hill	3:00	TBD
Tue, Nov. 5	B & G 4-8	X-Country Meet at Hill			2:00	reg 4:00
Tue, Nov. 26	V Girls/ Alumnae	FH	<i>Hill</i>	Hill	3:00	4:30
	V Boys/ Alumni	Soccer	<i>Hill</i>	Hill	3:00	4:30

**8th Grade Presents Lunch:
Wednesday September 25th**

Menu:

Meatball Sub Sandwich



**With chips
And a Dessert.....Yum!**

\$7

**Drop off your order at
the Front Desk**

Name: _____ Grade _____

**Sponsored by the 8th Grade. Please make checks payable to
The Hill School and write Class of 2014 on the memo line.**

Thank you!



The Hill School Open Golf Tournament

Tuesday, October 1st, 2013

Captain's Choice

12 noon shotgun start

Shenandoah Valley Golf Club
Front Royal, Virginia

Rain Date: Tuesday, October 8th, 2013
Organized by the Alumni Association



Golf, Range, Awards, Prizes, Goodie Bag and Dinner.

Space is limited and will be filled on a first come first served basis. All levels of golfers are welcome!

Registration 11:00-11:30 am

Mulligans may be purchased the morning of the tournament.

Entry deadline: Tuesday, September 24th, 2013

Please contact Haley Walsh with questions at 540-687-5897 or alumni@thehillschool.org

Team and Player Registration \$125 per player (non-refundable)

Player1 _____ / _____ / _____

(please provide name, phone number, and handicap)

Player2 _____ / _____ / _____

(please provide name, phone number, and handicap)

Player3 _____ / _____ / _____

(please provide name, phone number, and handicap)

Player4 _____ / _____ / _____

(please provide name, phone number, and handicap)

Enclosed is a check for \$ _____

Number of player(s) 1 2 3 4

Please charge my (circle one) VISA or MASTERCARD

Number of player(s) 1 2 3 4

Cardholder Name: _____

Address: _____

Credit Card Number: _____ Expiration: _____

Hurry! Space is limited! Deadline is Tuesday, September 24, 2013. Please return this portion with checks payable to: The Hill School or Visa/MasterCard information, Mail to: Haley Walsh, Hill School Alumni Golf Outing, PO Box 65, Middleburg, VA 20118

Instructions: Lunch Order Forms

- ◆ Please circle the dates and lunch choices, and return that portion of the menu with the payment in an envelope. Mark the name of the restaurant on the envelope.
- ◆ Checks should be made out to the establishment from which you are ordering lunch(es), cash should be the correct amount. We do not process orders at school and will forward all the envelopes directly to the restaurants on the day named as the return date.
- ◆ Please keep a record of your order; we do not keep a list here at school. Lunches will be delivered to the kitchen by the beginning of the first lunch shift (11:50).

Please note: If you have ordered lunch, and your child is absent (due to illness or a field trip), let us know if you would like us to pass his/her lunch on to another child or if your would like the lunch to be saved overnight in the school refrigerator for your child's lunch the next day.

Lunch Order Forms – October, 2013

Return to the Office no later than **Friday, September 20, 2013**

MONDAYS – TEDDY'S PIZZA – 687-8880

\$4.25 per order

One form per student, please.

Name _____ Grade _____

- | | | | | | |
|----|------------------------------|------|-------|-------|-------|
| 1. | 2 slices of CHEESE Pizza. | 10/7 | 10/14 | 10/21 | 10/28 |
| 2. | 2 slices of PEPPERONI Pizza. | 10/7 | 10/14 | 10/21 | 10/28 |

*Circle the desired lunch(es) and date(s) and return this portion with payment in an envelope marked with TEDDY'S. Return this form (for the whole month) **by Friday, September 20, 2013.***

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TUESDAYS—JULIEN'S — 687-3123

\$4.25 per order

One form per student, please

Name _____ Grade _____

- | | | | | | | |
|----|--|------|------|-------|-------|-------|
| 1. | All Natural Farm Raised Chicken Fingers with potato chips & chocolate mousse | 10/1 | 10/8 | 10/15 | 10/22 | 10/29 |
| 2. | Martin's Local Beef Burger with potato chips & chocolate mousse | 10/1 | 10/8 | 10/15 | 10/22 | 10/29 |

*Circle the desired lunch(es) and date(s) and return this portion with payment in an envelope marked with JULIEN'S. Return this form (for the whole month) **by Friday, September 20, 2013.***

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WEDNESDAYS – MIDDLEBURG DELI – 687-3456

\$4.25 per order

One form per student, please

Name _____ Grade _____

- | | | | | | | |
|----|---|------|------|-------|-------|-------|
| 1. | Sliced Turkey Breast on a Soft Roll with Lettuce & Tomato | 10/2 | 10/9 | 10/16 | 10/23 | 10/30 |
| 2. | Sliced Roast Beef on a Soft Roll, with Lettuce & Tomato | 10/2 | 10/9 | 10/16 | 10/23 | 10/30 |
| 3. | Sliced Ham & Cheese on a Soft Roll, with Lettuce & Tomato | 10/2 | 10/9 | 10/16 | 10/23 | 10/30 |
| 4. | ½ Little Italy Sub
(Provolone, Mortadella, Pepperoni, Genoa Salami, Lettuce, Tomato, Sweet Peppers, Oil and Vinegar) | 10/2 | 10/9 | 10/16 | 10/23 | 10/30 |
| 5. | Grand Slam (Turkey, Ham, Swiss, Lettuce, Tomato on a Sub Roll) | 10/2 | 10/9 | 10/16 | 10/23 | 10/30 |

A supreme chocolate chip cookie will be served with all selections.

*Circle desired lunch(es) and date(s) and return this portion with payment in an envelope marked with MIDDLEBURG DELI. Return this form (for the whole month) **by Friday, September 20, 2013.***