



# TAKE NOTE

The Hill School  
(540) 687-5897  
[www.thehillschool.org](http://www.thehillschool.org)

## SEPTEMBER 26, 2013



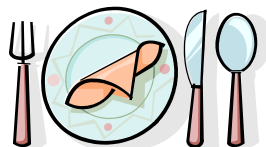
### Parent Teacher Club (PTC) Back-to-School Night

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 homeroom(s) for a presentation by the homeroom teachers 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.



### PTC PARENT DINNERS

Thank you to Misia & Anthony Barham  
and Karen & Chris Elliott

for hosting such a wonderful 3-5 Dinner last night!

### Hill School Country Fair Potluck Family Picnic

October 12, 2013  
Dornin Science Barn



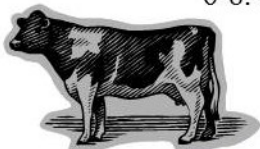
*The PTC brings some delicious fried chicken. Each family brings a dish according to last name on the list below. Each dish should serve 15 - 20 people and be table ready. There is no refrigerator so bring any perishable items in a cooler marked with your name. Other tasks to help pull the picnic together are assigned by grade.*

#### Dish by Last Name:

- A-F - Pasta or Potato salad
- G-J - Fruit
- K-M - Kid's Sandwiches
- N-P - Green Salad
- Q-S - Cookies
- T-Z - Brownies

#### Tasks by Grades:

- JK-3: Help with picnic set up
- 4-5: Provide "Bee-Proof" drinks & coolers
- 6-8: Help with clean up



Questions about food: Emily Tyler [Et Tyler@thehillschool.org](mailto:Et Tyler@thehillschool.org)

Questions about the fair: Leslie VanSant [lesliekvansant@gmail.com](mailto:lesliekvansant@gmail.com)

### The Hill School Golf Open Tues., October 18 12:00 noon



Golfers Wanted!

We still have spots available for more golfers at this great annual event sponsored by The Hill School Alumni Association.

Please contact Haley Walsh at  
(540) 687-5897 or  
[hw Walsh@thehillschool.org](mailto:hw Walsh@thehillschool.org)

### Ice Cream for Sale! Every Wednesday at lunch



## \$1.00

Proceeds support the  
5th grade

# Coming up at Hill:

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

Tues., Oct. 1 V Boys Soccer vs. LCDS at LCDS. Game at 3:30, dismissal at 5:15 pm  
JV Boys Soccer vs. LCDS at LCDS. Game at 4:30, dismissal at 6:15 pm  
V Girls Field Hockey vs. LCDS at Hill. Game at 3:00, dismissal at 4:15 pm  
JV Girls Field Hockey vs. LCDS at Hill. Game at 4:00, dismissal at 5:15 pm

Thurs., Oct. 3 PTC Back to School Night, 7:00 pm - 9:00 pm  
JV Girls Field Hockey vs. Edlin at Hill. Game at 3:00, dismissal at 4:15 pm  
V Girls Field Hockey vs. Holy Cross at Hill. Game at 4:00, dismissal at 5:15 pm

Tues., Oct. 8 JV Boys Soccer vs. Highland at Highland. Game at 3:30, dismissal at 5:15 pm  
V Boys Soccer vs. Highland at Highland. Game at 4:30, dismissal at 6:15 pm  
V Girls Field Hockey vs. Highland at Highland. Game at 3:30, dismissal at 5:15 pm

Thurs.-Fri., Oct. 10-11 Grade 4 Catoctin Zoo (overnight). Depart Thursday at 2:30 pm, regular 3:00 dismissal on Friday.  
Grade 6 Campout at the Dornin Science Center. Leave after school on Thursday, regular 3:00 dismissal on Friday.

Fri., Oct 11 Grade 8 Antietam. Leave at 8:30, return for regular 3:00 dismissal.  
Grade 7 Hiking at Buzzard Rock. Leave at 10:30, return for regular 3:00 dismissal.

**FOR RENT:** Adorable 3 bedroom, 2.5 bath home for rent in downtown Purcellville. Vintage charm with modern luxuries. Office/den on first floor. Huge master bedroom/bath, walk in closet with custom cabinetry. Fenced yard, double screened porches. One block off Main St. Walk everywhere. Pets ok. \$2400/month plus one month deposit and \$500 pet deposit Avail Oct 1. Call Aimee Martin (703) 431-2622.

**WANTED:** Looking for place to live within Middleburg town limits. Prefer small place with 1 bdrm +, under \$ 1100. Need soon. Call Kathy Jo or Jilann at the bookstore -540-687-8049.

**WANTED:** Hill Family seeks nanny, starting early to mid October. Live in or Live out. Please contact dunlaptf@hotmail.com or 703-507-2885 for more information.

**FOR SALE:** Circa 1919 Kimball mahogany baby grand piano for sale. 5ft 7 body, fair to good condition. Soundboard is in great shape. Antique/traditional finish. A beautiful piece that needs some TLC. \$1000 obo. Buyer moves. Located in Bluemont. Call 540-974-7791



Please join  
The Hill School Alumni  
Association Board  
at the Virginia Fall Races

Glenwood Park, Middleburg  
Saturday, October 5th 1-4 p.m.

We will be at patron parking spaces 1 & 2 (against the stone wall.) Food and refreshments will be provided.

All Hill School alumni, friends and families are welcome!

Questions?  
Please contact Haley Walsh at 540-687-5897  
hwalsh@thehillsschool.org



## Country Fair T- Shirts

\$10 ea.  
Classic Em Sharp  
design. Proceeds  
support the Fair.

Already ordered a t-shirt? Please send in your payment!

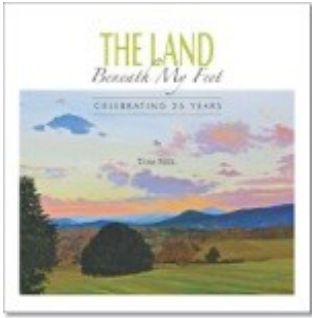
Need a t-shirt? Limited quantity of sizes still available for purchase before the Fair. Complete the form and return with payment to front desk, your order/sizes will be confirmed!

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

Size: \_\_\_\_\_ Quantity: \_\_\_\_\_

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Please send check to Front Desk,  
"Country Fair" in memo line.



## “The Land Beneath My Feet” Tom Neel Celebrating 25 Years

September 28, 6 – 8:30 PM  
& September 29, 2 – 4:00 PM

The Sheila C. Johnson Performing Arts Center  
The Hill School

Acclaimed Marshall, Virginia artist, Tom Neel celebrates his 25th year of fine art sales this year with a land loving event in September. His one man show "The Land Beneath My Feet" will not only feature new paintings but will debut a new full color book with the Forward written by Head of School, Treavor Lord, and short film, both also sharing the show's title. This event will focus on the beauty of our area and a painter's passion to capture it. The artist reception is free and open to the public and will be hosted by The Hill School at The Sheila C. Johnson Performing Arts Center.

For more information: [www.LiveAnArtfulLife.com/events](http://www.LiveAnArtfulLife.com/events) or please call [540-253-9797](tel:540-253-9797).

## BIG HIT!

### Hill's Invitational Field Hockey Tournament

This year the Big Hit Tournament t-shirts are lime green long sleeve T-shirts with white print. The back says Hill Invitational Tournament with the participating schools underneath. The cost per shirt is \$15. Orders are due by Monday, September 30.



Name \_\_\_\_\_

Adult Small \_\_\_\_\_ Adult Medium \_\_\_\_\_ Adult Large \_\_\_\_\_

Adult X-Large \_\_\_\_\_

Check Amount \_\_\_\_\_

(made out to The Hill School with Big Hit shirts written on the memo)

The Third Grade will be making Stone Soup on Friday, Oct. 4th.  
We will supply the cooks. We ask that the rest of the school pitch in, Stone Soup style,  
following the list below, and

# Help Fill our Empty Bowls

- JK: a quart of chicken stock per child
  - K: one bag of Jasmine rice from Costco for the whole class
  - 1st: one pound of hamburger per child
  - 2nd: a quart of chicken stock per child
  - 3rd: beg or borrow one crockpot per child
  - 4th: one 28 oz. can of diced tomatoes per child
  - 5th: one bag of frozen onions per boy; one bag of frozen peas per girl
  - 6th: one 28 oz. can of diced tomatoes per child
  - 7th: a can of beans or a bag of lentils from each student, so that we end up with  
7 cans of chickpeas, 7 cans of black beans, 7 cans of kidney beans  
2 bags of green lentils, 2 bags of red lentils
  - 8th: one pound of carrots from each boy; one bunch of celery from each girl
- Faculty will provide the herbs, spices, olive oil, and lemon



The Bowls: Hill School students have been hard at work making soup bowls in their art classes. They are donating these bowls to support hungry people in our local communities.

Where and When: These hand-crafted bowls will be on display and sold in the Hill School theater lobby on Sunday, October 6. See below for more information.

Donation: Students and families are invited to attend. For a suggested donation of \$5, participants may purchase a bowl of soup and take home the hand-crafted bowl.

What will we learn? Seventh graders are preparing posters about hunger in America. We will watch clips of the film *A Place at the Table*. This film is most appropriate for students in middle and upper grades (5-8).

What if we cannot attend the event on Oct. 6? If you wish to pre-purchase your child's bowl, you may deliver your donation to the front desk and your child's bowl will be reserved for you. Left-over bowls will be available at the Country Fair.

Where should we deliver the Stone Soup ingredients? There will be a box or cooler in each classroom beginning on Monday, Sept. 30.



The Northern Piedmont Chapter of the Virginia Interfaith Center for Public Policy invites you to:

## ***Share a Place at the Table***

This is an educational program, designed for all ages, about HIDDEN HUNGER in our community. We will view clips from the award winning film ***A Place at the Table***, followed by a short discussion.

At the program you will have the opportunity to purchase a handcrafted soup bowl and meal (\$5 suggested donation) to benefit the Fauquier Community Food Bank and Seven Loaves Services in Middleburg.

**SUNDAY, OCTOBER 6<sup>th</sup>**

**5:00-6:30pm**

**The Hill School**

**130 Madison St.**

**Middleburg, VA**

**20117**







# 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 Musio 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

Come see Hill Alumni perform: Chris Aldrich '01, Kyle Boardman '11, Sarah Crane '00, Finley Ohrstrom '10, and Derek White '08. Also a cast member is Hill's Academic Dean and teacher Hunt Lyman.

## 7<sup>TH</sup> AND 8<sup>TH</sup> GRADE STUDENTS AND PARENTS

*Are cordially invited to attend*

### THE 15<sup>TH</sup> ANNUAL SECONDARY SCHOOL FAIR



**THURSDAY, OCTOBER 3, 2013**

**6:00 PM—8:00 PM**

**NORWOOD SCHOOL  
RALES ATHLETIC CENTER  
8821 RIVER ROAD  
BETHESDA, MARYLAND**

Meet Admissions Representatives from  
more than 100 boarding and day schools!

OPEN TO THE PUBLIC — RESERVATIONS NOT REQUIRED



Thursday, September 26<sup>th</sup>  
5:00-8:00pm

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

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

Join us for shopping,  
treats, and socializing!

BACK BY POPULAR DEMAND...

## STORAGE BINS!



Dimensions: 15"x22"13"

Cost: \$8/each or 3 for \$20

These handy flip top storage bins are great for storing class mementos, classroom supplies or anything you need out of sight but not out of mind!

Pre-Order Yours Today! Boxes will be ready for pick up by the end of October.

Consider Asking Your Child's Teacher If They Need A Box or Two for Extra Storage!

Thank You for Supporting the 4th Grade Class of 2018!

Name: \_\_\_\_\_

# of Boxes: \_\_\_\_\_ TOTAL: \_\_\_\_\_ (\$8/each or 3 for \$20)

Make Checks Payable to Hill School and note Class of 2018 Boxes in memo line.

Please bring your order forms to the front desk.

# Nutrition Nuggets



## **Help! My kids won't eat vegetables!**

How many of you can relate? Try as you might, your kids (and maybe even yourself) won't eat vegetables. It is not unusual for pre-schoolers to dislike veggies. This is a developmentally normal stage. Our bodies are evolutionarily designed to be cautious about foods with a bitter taste (to keep us from eating anything harmful). However, the more you can encourage these foods at a young age, the more accepting your children will be in the future. For those of you who continue to struggle with your older children, here are some tips that may help them reach the goal of 1-3 cups of veggies each day.

**Good modeling** - make sure that the adults in the house are eating their veggies so that the kids see the positive behavior.

**Grow them** - learning how food is made, where it comes from, and being involved in the growing and picking process makes food fun and real to kids. Plant some veggies in your backyard, visit a farm, or get to know your local farmers at the Farmer's Market. Not only will your kids respond to the experience of local veggies, but they will also learn that fresh, seasonal vegetables taste great!

**Sneak them in** - when all else fails, add vegetable purees or finely cut veggies to sauces, pastas, breads, eggs, etc. They won't even know the veggies are in there, but their bodies will appreciate it!

**Try different preparations** - while sneaking veggies into food gets the job done, it is still important that your kids work to develop the taste for eating actual vegetables. Instead of assuming your child doesn't like carrots because he never eats the baby carrots you put in his lunch, try preparing carrots in different ways. He/she may prefer cooked, grilled, sautéed, or baked with olive oil and spices.

**Dip 'em** - Offer fun and flavorful dips with veggies. Kids often like low-fat dressing, salsa (bonus - more veggies!), hummus, or a Greek yogurt based dip. But remember to keep an eye on the fat content of store-bought dips - they can get quite high.

**Smoothies** - smoothies make excellent breakfasts or afterschool snacks! Add veggies, fruits (fresh or frozen), plain Greek yogurt, ground flaxseed, protein powder and blend! Some fruits and veggies can make unique colors (blue, green, even shades of brown) so be prepared to come up with some creative and fun names for these drinks (or just hide them in a thermos or dark glass!).

**Make them available** - kids (and adults) are more likely to eat veggies if they are simply there and ready! Make sure you always have washed and cut veggies in easy to grab containers and easy to reach places for little hands. Place the yummy dip-of-choice next to the veggies so that both can be grabbed for a quick snack.

**Talk about veggies** - talk with your kids about why vegetables are important to their health. Ask for their ideas of how to make veggies more fun to eat or ask them to pick out a new veggie to try each week. The more they hear about them, talk about them, and try them, the better the chance they will eat them :)

\*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?***

Vegetables contain water and fiber, which help fill you up with very few calories and lots of nutrients! A win-win!

Questions or comments? Please email me at [Cristin@myCompleatNutrition.com](mailto:Cristin@myCompleatNutrition.com).

To your health,



## For Eighth Graders and their Parents

**Local schools will hold information sessions at Hill School in the Alumni Room**

**Wednesday, October 2 at 4:00: Wakefield School**

**Wednesday, October 23 at 4:00: Highland School**

**Wednesday, October 30 at 4:00: Middleburg Academy**

**The schools will send you invitations, and please direct all questions to their admissions offices**

