



TAKE NOTE

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

December 20, 2012



All School Holiday Program
Tomorrow, December 21
10:00 am
In the Athletic Center

The program features songs performed by all students and the **annual production of "St. George and the Dragon."**

Parents, grandparents, and friends are welcome and encouraged to attend.

The Holiday Program will begin with *St. George and the Dragon* and songs by Third through Eighth Grade. Kindergarten through Second Grade will join the Upper School for the second half of the program.

Students will be dismissed from their Home Room at the conclusion of the program (approximately 11:45).



Head of School Coffee
Wednesday, January 16
at 8:30 in the Alumni Room

Join Treavor for a presentation and discussion of Paul Tough's book *How Children Succeed*.

Learn about the research demonstrating the power of "grit" -- leadership skills including perseverance, resilience, and optimism -- and how parents and teachers can work together to foster this essential quality in children.



Information Sessions
for parents of students interested in the 2013-14 school year.

Thursday, January 10, 2013
9:00 am & 7:00 pm

Coming up at Hill:

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| Fri, December 21 | All School Holiday Concert—in the gym at 10:00. Students are dismissed from their Home Room after the program (approximately 11:45) |
| Sat, January 5 | SSAT at Hill for 7th and 8th graders. Arrival time: 8:00 AM |
| Mon, January 7 | School re-opens after winter break |
| Tues. January 8 | JV Boys Basketball vs Highland at Hill. Game at 3:00, Dismissal at 4:15 V Boys Basketball vs Highland at Hill. Game at 4:00, Dismissal at 5:15 JV Girls Basketball vs Highland at Highland. Game at 3:00, Dismissal at 4:45 V Girls basketball vs Highland at Highland. Game at 4:00, Dismissal at 5:45 |
| Thur. January 10 | 6 Boys Lions Basketball vs LCDS at LCDS. Game at 3:30, Dismissal at 5:15 JV Boys Basketball vs LCDS at LCDS. Game at 4:30, Dismissal at 6:15 V Boys Basket ball vs LCDS at LCDS. Game at 5:30, Dismissal at 7:15 JV Girls Basketball vs LCDS at Hill. Game at 3:00, Dismissal at 4:15 V Girls Basketball vs LCDS at Hill. Game at 4:00, Dismissal at 5:15 |
| Fri. January 11 | First Ski Friday. Extra early dismissal from school; K-8 11:00 |

WANTED: Small cottage/Carriage House to move into before the end of December for one lady and one clean dog.
[703-853-5899](tel:703-853-5899) Tara Planeta (4th grade strings teacher)

FOR SALE: Ski Equipment: All equipment described below used lightly one season at Bryce. Fischer Race 90 Skis with FJ4 binding and Dalbello Size 3 boots. Rossingnol Rebel 130 Skis with LJ 4.5 binding and Nordic boots. Fischer RC4 140 Skis with FJ4 bindings and Dalbello Size 9 1/2 boots. Ladies Rossingnol K2 Skis with Salomon Irony 4 Size 25 boots (about a US 8).
sogegian.m@gmail.com or [703-327-1647](tel:703-327-1647)

AVAILABLE: Still struggling to lose those extra pounds? Frustrated by everything that was supposed to work...but didn't? Certified & Licensed Nutritionist is accepting a limited number of local clients beginning in January. Individualized body composition testing, short term dietary action plans and/or complete weight management programs available. No gimmicks, shakes, bars or pills - just sound guidance and support from a professional that walks the walk ;} Prices vary based on scope of service and length of commitment; Inquiries should be directed to kristin@ybynow.com

Men's Clothing Drive

Once again Hill School, led this year by the Student Council, is working with Christ House in Washington, DC to fill their clothes closet. We are asking for **MEN'S CASUAL** clothing, winter coats, and shoes. These items do not need to be new - these are your gently used items that you no longer need or no longer wear. Clothes can be dropped off at the front desk. Please direct any questions to Kelly Johnson at (540) 687-5897.



The Eighth Grade would like to thank everyone who has contributed so far to Pencils of Promise. So far we have raised enough money to educate fourteen children for one year through the schools in the program.

Barnes and Noble has recently announced that they will double all Pencil of Promise contributions through December 31st. Donation jars remain at the Front Desk and in the Eighth Grade Homeroom. Please take advantage of this matching funds opportunity. We can educate twice as many children with your help. Thank you for your support.

Check out Hill's progress at <http://fundraise.pencilsofpromise.org/fundraise/team?ftid=16737>

The sign in is: awesomeannie17@gmail.com
PASSWORD-thehillschool

General information about Pencils of Promise can be found at www.schools4all.com

Nutrition Nuggets



Ginger

Few aromas top that of ginger during this festive time of year. Whether it is ginger tea, gingerbread cookies or gingerbread houses, the delicious smell is sure to put you in the holiday spirit! Ginger comes from the underground rhizome of the ginger plant and is available throughout the year. While not a significant source of vitamins and minerals, it offers other healthy benefits that rank it up there as a holiday (and every day) must!

Tummy Troubles - Ginger is one of the best cures for an upset stomach. Just the smallest portion can help calm a nauseous tummy or alleviate symptoms of motion sickness (dizziness, nausea, vomiting, cold sweats). The compounds in ginger also promote the elimination of intestinal gas and help to relax and soothe the intestinal tract - beneficial for all times of the year, but extra helpful during the holidays when our typical eating patterns are thrown off and we might not always feel the best.

Anti-Inflammatory - Ginger contains powerful **anti-inflammatory compounds called gingerols (which also give ginger its distinctive flavor)**. These compounds have been shown to reduce pain in those with arthritis when consumed daily. If you **don't have arthritis, these anti-inflammatory properties** can still benefit you by alleviating sore or painful muscles. Anti-inflammatories are also good for heart health.

Anti-Carcinogenic - The gingerol compounds may also possess anti-cancer properties by inhibiting the growth of colorectal cancer cells and by killing ovarian cancer cells through programmed cell death (apoptosis) and self-digestion.

Respiratory - Ginger is a natural expectorant and stimulates the secretion of mucus from your nasal passages as well as your respiratory tract. Mixing it with honey can provide relief for an irritated throat as well.

So whether you are curling up with a warm cup of ginger tea or biting into a tasty gingerbread cookie this holiday season, enjoy the spicy flavor and know that the ginger is working hard to keep you healthy.

* Reference: WHF:Ginger

*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?

The botanical name for ginger is *Zingiber officinale*, which is thought to be derived from its Sanskrit name, *singabera*, meaning horn shaped.

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

To your health,
Cristin Wipfler, MPH, RD