



TAKE NOTE

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

November 15, 2012

There will be no Take Note next week. Happy Thanksgiving!

The Thanksgiving Holiday begins at noon on Wednesday, November 21st. All students participate in our traditional Thanksgiving Service at the United Methodist Church in Middleburg from 11:00 a.m. to 11:50. The eighth grade students will be leading this service. Due to space limitations, we ask that only eighth grade parents attend.



DISMISSAL at NOON

- 8th graders and their siblings may leave with their parents directly from the church
- All other students will walk back to Hill School for dismissal
- Students in Grades 4-7: pick up at the Art Circle
- Students in K-3 (and their older siblings) will be dismissed from the main circle

School will re-open on Monday, November 26th.

The Hill School 8th Grade presents
at The Hill School Middleburg, VA

Admission is free!
See you at the show!

Friday, November 16th at 7:00 pm
Saturday, November 17th at 7:00 pm
Sunday, November 18th at 2:00 pm

Thanksgiving Baskets for Families in Need
Sponsored by the Student Council
The collection for our traditional Thanksgiving food baskets is underway. Each grade has been assigned a non-perishable item to be collected in the homeroom.

- K 2 bags or boxes of stuffing
- 1st 2 cans of peas
- 2nd 2 cans of green beans
- 3rd 1 box dried potatoes and 1 jar of gravy
- 4th 2 cans of fruit
- 5th 2 cans applesauce
- 6th 1 can of sweet potatoes
- 7th 1 container of cookies or canned nuts
- 8th- 2 cans of cranberry sauce



Faculty- Pumpkin Pie ingredients

If anyone wishes to contribute to a turkey donation, you may purchase \$10.00 gift certificates at the Middleburg Safeway and add them to your class's collection basket. Interfaith Relief will redeem them to purchase perishable items for distribution.

Donations for Interfaith Relief should be turned in by **TOMORROW**, Friday, November 16, 2011. Anything collected after this date will be taken to Seven Loaves in Middleburg.

December lunch order forms are attached. Orders are due By Wednesday, November 21.

Coming up at Hill:

- Fri., Nov. 16 Bye Bye Birdie, presented by the eighth grade. 7:00 pm performance, no charge.
- Sat., Nov. 17 Bye Bye Birdie, presented by the eighth grade. 7:00 pm performance, no charge.
- Sun., Nov. 18 Bye Bye Birdie, presented by the eighth grade. 2:00 pm matinee, no charge.
- Tues. Nov. 20 Alumni Games. Green & White field hockey/soccer games Game time: 3:30-4:30 PM
- Wed., Nov 21 Alumni Pancake Breakfast, at 9:45 - 10:45 AM
Thanksgiving Assembly at the Middleburg Methodist Church. Dismissal from Hill at NOON

Thanksgiving Vacation begin at NOON
- Mon., Nov. 26 School re-opens.
- Tues., Nov. 27 Middleburg Christmas Parade: Hill School Gingerbread House float decorating. 3:15—5:00 pm at The Dornin Science Center
- Tue.—Thu,
Nov. 27-29 Book Fair, for the visiting schedule and additional info see page 3
- Wed.—Fri,
Nov. 28-30 Grade 7 to Williamsburg. Return at 3:00 on Friday.
- Fri. Nov. 30 After School Climbing Club. 3:15 - 4:00 pm. Sign up at the Front Desk.
Families Climb The Walls night. 5:30 - 7:00 pm. Sign up at the Front Desk



The Hill School Greens Sale!

Sponsored by the Second Grade
Please see page 3 for an order form



Dress Down Day - New Date

The Student Council has rescheduled its
Dress Down Day for
Tuesday, November 20th.

\$1 in advance, \$2 on Dress Down Day.

Proceeds will be donated to Canine Companions
for Independence.

Check out the cool new drinking fountain located across from the library - fresh filtered water to refill your water bottle - no more need to buy disposable bottles - just refill at the fountain! Thank you to the Hill School class of 2012 for this wonderful, environmentally friendly class gift.



Climbers wanted!

After School Climbing club (free to all Hill students - sign up at front desk before hand) November 30th, 3:15 -4:00pm

Families Climb the Walls night (\$20 per family - 8th grade fund raiser - sign up at front desk) Nov. 30, 5:30 -7pm

Cardboard circles needed



The first and seventh grades are making decorations for the Holiday Program. We are in need of lots of the cardboard circles found in boxes of frozen pizza. Please save any and all cardboard circles that you have and drop them off in the first grade room. Thanks!

Thanksgiving at Hill

*Alumni
Green & White
Field Hockey/Soccer Games*
Tuesday, November 20

3:30-4:30 pm

(plan to play indoors if it is raining)

Pizza following the games
4:30-5:00 pm



*Alumni
Pancake Breakfast*
Wednesday, November 21

9:45- 10:45 am

Join us for the service at
**Middleburg United
Methodist Church**

11:00 am



Book Fair!

The Hill School Book Fair will be held
Tues., November 27th through Thurs., November 29th
In the Performing Arts Center

Visiting Author/Illustrator: Henry Cole

Workshops with students:

9:30-10:00	K & 1
10:15-11:15	4 & 5
11:30-12:15	2 & 3
1:40-2:40	6 & 8
2:40-3:30	Book Fair, book signing

Permission Slip Information

Parents of K-3 students are encouraged to visit the Book Fair with your child(ren). See schedule on page 5. **Children will bring home a "Wish List/Permission Slip" after their first visit on Tuesday. Parents who are unable** to visit the Fair with their child may approve all or parts of this list, which will serve as a permission slip for the child to purchase the books the next day.

Parents of 4-8 students who do not plan to attend the Fair with their child should complete the attached permission slip and return it to the front office prior to the Book Fair.

In lieu of turning in a permission slip, please email Caroline Schaefer (LineeSchaefer@msn.com) with any dollar or other limits.

Parents come shop THE DEAN'S LIST - adult reading that inspires The Hill School philosophy suggested by Head of School, Treavor Lord and Academic Dean, Hunt Lyman!

Book Fair Permission Slip (for students in grades 4-8)

_____ (student's name and grade) has my permission to charge up to
\$_____ to my Hill School account at the 2012 Hill School Book Fair.

If a child does not have a permission slip, we will allow him or her to charge ONE book up to 15.00 to your account unless you check the space below.

_____ My child may NOT charge any books to my account.

Parents' Signature _____

Book Fair 2012

Parents of younger students are encouraged to visit the Book Fair with their children, see page 6 for a permission slip for 4-8 students. Classes will visit the Book Fair at the following times.

Tuesday, November 27

8:45-9:15	1
9:15-9:30	1 & 7 (as mentors)
9:30-10:10	7
10:40-11:10	2
11:10-11:25	2 & 8 (as mentors)
11:25-11:50	8
11:50-12:30	6
12:40-1:10	3
1:10-1:40	4
1:40-2:10	Kindergarten
2:10-2:40	5

Wednesday, November 28

8:30-9:00	K
9:00-9:30	3
9:45-10:10	8
10:30-11:00	6
11:15-11:45	5
11:45-12:15	4
12:30-1:00	2
1:00-1:30	6
1:40-2:10	1



Join Hill's Gingerbread House in the Christmas in Middleburg Parade!

Please come help decorate the Hill School Gingerbread House float on Tuesday, November 27, 3:15—5:00 pm at the Dornin Science Center.

K-3 students are invited to join us on the float to ride through town in the *Christmas in Middleburg Parade* on Saturday, December 1. Parents are encouraged to walk along. We meet at the Hill School float in the line-up **along Hill's Cross**-Campus Road at 1:30. Please note: limited parking is available on campus and in town, and the cross-campus road is closed to all through traffic.

After the parade, children must be picked up immediately from the Hill School back traffic circle (near Art Room).

If you are interested in helping with the decorating and/or participating in the parade, please contact Donna Potter at montog@aol.com.



ENGLAND FOR GROWN-UPS!

Join a small group of adults seeking out all that is classic, cool, off-beat, and quirky about the U.K. historic sites, great pubs, Shakespeare & Dickens, Welsh castle country, medieval York, and the very best of London!

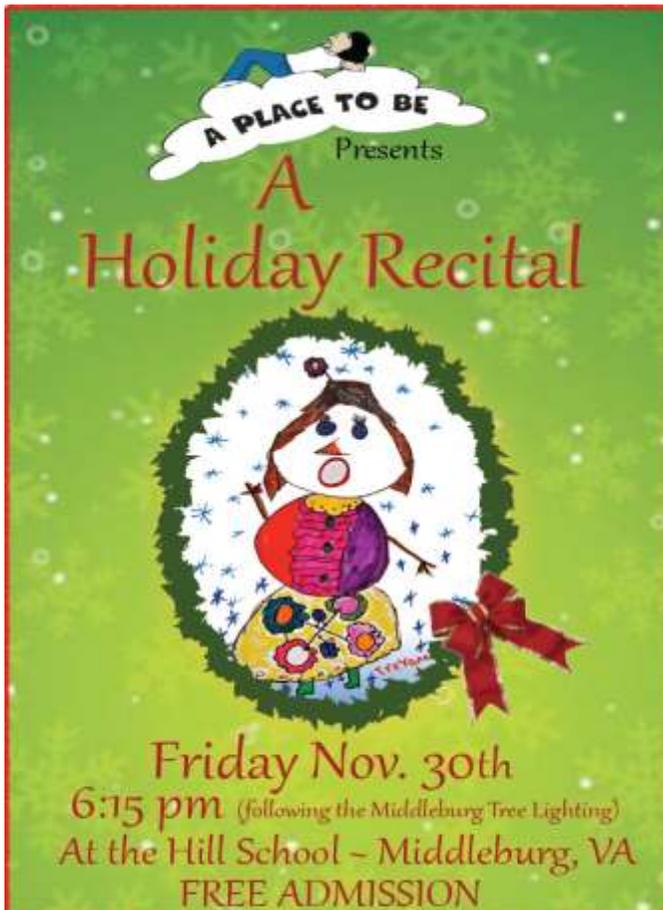
Departs JUNE 22 - Returns JULY 2

Contact John Daum at DAUMADVENTURES@GMAIL.COM

AVAILABLE: Nanny/Housekeeper. Former Hill School family moving from area would like to find a good position for our treasured nanny/housekeeper, excellent with young children. Preferably The Plains area, she does not drive. Call 540-270-9363 for more information.

AVAILABLE: Hill School staff member is available to house/dog sit over the Christmas holiday break. For more info call Barbara at 540-687-1183

AVAILABLE: Property for Rent: Charming Stone farm house with guest house and 5 stall barn with multiple horse paddocks with running water and electricity. Ideally suited for a Hill School family that likes horses. \$3,500 per month. Please call Lilla Ohrstrom at 540-270-0402 or Gabie Batista at 540-219-9504 if interested!



A PLACE TO BE
Presents
A
Holiday Recital

Friday Nov. 30th
6:15 pm (following the Middleburg Tree Lighting)
At the Hill School - Middleburg, VA
FREE ADMISSION



COMMUNITY THANKSGIVING SERVICE

Please Join Us
WEDNESDAY, NOVEMBER 21 AT 7:30 PM

Upperville Baptist Church
9070 John S. Mosby Highway, Upperville

Enjoy a Great Evening with your Neighbors

Trinity Bell-Ringers, Mt. Pisgah Choir & More Local Talent

Everyone is Welcome!

The Offering Benefits:
The Churches of Upperville Outreach Program
Providing food during this holiday season and throughout the year to those families who need help in our community!

Trinity Church Christmas Auction Preview night

Date: Friday November 30th 6-8 PM
Location: Trinity Church in Upperville
Auction: Sunday December 2nd

Youngblood Art Studio presents Nol Putnam

Nol Putnam's White Oak Forge inhabited the space that is now Youngblood Art Studio for 20 years. Now 10 years after his departure, we celebrate his newest works!

Nol Visits His Old Haunts, December 1, 2012 5-8 pm

Youngblood Art Studio 6480 Main Street, The Plains, VA 20198. If there are any questions, please contact Lilla Ohrstrom at [540-270-0402](tel:540-270-0402) or Gabie Batista at [540-219-9504](tel:540-219-9504). Please be there to join us!

Breakfast with Santa

At the Middleburg Elementary School on
Saturday, December 1,
8:00-10:30am

A great way to start your
"Christmas in Middleburg."

Breakfast (\$7 for adults, \$4 for children)
Buffet (\$14 for adults, \$8 for children)
Pictures with Santa by Kim Basinger
Games and activities for children.
Silent Auction.

All proceeds go to programs sponsored by the Middleburg Elementary PTO.



THE HILL SCHOOL 2012 GREENS ORDER FORM



Order by TOMORROW, November 16th for delivery on Thursday, November 29th
Order by Tuesday, November 27th for delivery on Thursday, December 6th

Name _____
 Phone _____
 *Delivery Address _____

WREATHS

Size based on outside diameter, single faced combinations of Boxwood, White Pine, Cedar, Spruce and Holly.

20"-24" Mixed Green Wreath	_____ x\$24.00 = _____
42" Mixed Green Wreath	_____ x\$80.00 = _____
75 feet White Pine Roping	_____ x\$30.00 = _____

POINTSETTIAS

Available in Red, Pink, White and Marble (cream and pink)

7" pot (6-10 blooms)	Red _____ x\$14.00 = _____ Pink _____ x\$14.00 = _____ White _____ x\$14.00 = _____
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10" pot (20 plus blooms)	Red _____ x\$40.00 = _____ Pink _____ x\$40.00 = _____ White _____ x\$40.00 = _____
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POTTED PLANTS/BULBS

Paper Whites (6" terra cotta pot, 4-5 bulbs)	_____ x\$14.00 = _____
Amaryllis (7" terra cotta pot)	_____ x\$20.00 = _____
Cyclamen (4.5" terra cotta pot)	_____ x\$7.00 = _____
Cyclamen (7" terra cotta pot)	_____ x\$20.00 = _____
*Optional Delivery Service (see below)	_____ x\$8.00 = _____

TOTAL ENCLOSED: \$ _____

Please indicate your pickup/delivery preference below:

- ___ pick up at Hill School Nov. 29 or 30
- ___ pick up at Hill School Dec. 6 or 7
- ___ *Have items delivered between Nov. 29 thru Dec. 3 (\$8 charge applies, only for those within 12 mile radius).
- ___ *Have items delivered between Dec. 6 thru Dec. 10 (\$8 charge applies, only for those within 12 mile radius).



Please make checks payable to: The Hill School, memo: Class of 2019
 The Greens Sale benefits our current Second Grade class. Thank you sincerely for
 your support.

Questions? Please contact Megan Hubbard at megan@middleburg.com



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).

Lunch Order Forms, December, 2012

Return to the Office no later than Wednesday, Nov. 21, 2012

MONDAYS – TEDDY’S PIZZA – 687-8880 \$4.25 per order

One form per student, please.

Name _____ Grade _____

- 1. 2 slices of CHEESE Pizza. 12/3 12/10 12/17
- 2. 2 slices of PEPPERONI Pizza. 12/3 12/10 12/17

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 **Wednesday, November 21, 2012.**

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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 12/4 12/11 12/18
- 2. Fish Sticks with potato chips & chocolate mousse 12/4 12/11 12/18
- 3. Martin’s Local Beef Burger with potato chips & chocolate mousse 12/4 12/11 12/18
- 4. 1/2 Club Sandwich (ham, turkey, bacon, lettuce, tomato) with potato chips & chocolate mousse 12/4 12/11 12/18

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 **Wednesday, November 21, 2012.**

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WEDNESDAYS – DANK’S 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 12/5 12/12 12/19
- 2. Sliced Roast Beef on a Soft Roll, with Lettuce & Tomato 12/5 12/11 12/19
- 3. Sliced Ham & Cheese on a Soft Roll, with Lettuce & Tomato 12/5 12/11 12/19
- 4. ½ Little Italy Sub 12/5 12/11 12/19
(Provolone, Mortadella, Pepperoni, Genoa Salami, Lettuce, Tomato, Sweet Peppers, Oil and Vinegar)
- 5. Grand Slam (Turkey, Ham, Swiss, Lettuce , Tomato on a Sub Roll) 12/5 12/11 12/19

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 DANK’S DELI. Return this form (for the whole month) by **Wednesday, November 21, 2012.**

Nutrition Nuggets



Turkey Time

Thanksgiving - the most American of holidays. But if Thanksgiving dinner has you most thankful for elastic waistbands and that extra belt loop, try some of these ideas that will make your turkey dinner just as tasty but less strenuous on your waistline.

1. Have a healthy snack before the big dinner. It will keep you from overindulging from hunger.
2. For creamy mashed potatoes, try using Smart Balance, a blend of trans-fat free oils and non-fat half and half.
3. Make stuffing with less bread and add more vegetables and fruits (dried cranberries, apples, onions, celery, etc.). This simple substitute cuts down on calories and adds several health benefits.
4. If you are making your own gravy, use a fat separator or refrigerate the pan juices and skim the fat off before making it. This can save up to 55 grams of fat and 495 calories per cup!
5. Add lots of veggies! Sweet potatoes, yams, squash, and green beans are a great way to add more vegetable side dishes.
6. Bring on the pumpkin pie!! Pumpkin is high in Vitamin A and fiber. One word of advice - make your own crust if you can. The store-bought versions are high in trans-fats (the bad kind).
7. As hard as it may be, try starting with smaller portions on your plate. You can always go back for more. It takes a few minutes for your body to recognize that it is full, so eat slowly and you may not need that second helping. More leftovers for tomorrow!
8. Nothing feels better after Thanksgiving dinner than a nice nap, but try getting a little activity. Go for a walk or a bike ride (nothing too strenuous - **we don't want to see the turkey again!**).

Last and most importantly, enjoy the time with family and friends. Make time to reflect on all that we **have to be thankful for in our lives. One big splurge will not have lasting effects on your health...so dig in!**

*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?

Winter squash is full of nutrients, including magnesium, calcium, folate, antioxidants, vitamins A, B, & C, fiber, and potassium!!

It also keeps its nutritional value for months.

Consider adding some squash to your turkey dinner.

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

To your health,
Cristin Wipfler, MPH, RD