



TAKE NOTE

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

OCTOBER 24, 2013

If you know anyone interested in Hill School for the future, please encourage them to attend the

Information Session
Wednesday, October 30
9:00am

For more information please call Kelly Johnson (540) 687-5897 or e-mail at kjohnson@thehillschool.org



If you would like your child's picture re-taken, please remove the class photo from the envelope and send all other pictures back to school. A new portrait will be taken on the make-up day (Wednesday, November 6). If you have any questions, please contact Bonnie at Splendid Portraits 800-230-4602, ext. 2114 or 703-237-8067, ext. 114.



All School Halloween Party Friday, November 1st

11:30 – 12:00 A Hot Dog Lunch will be provided by the PTC/Room parents. Menu to include hallo"weenies," potato chips, apple slices, and cider. Black bean burgers, a vegetarian alternative, will be available. Children who would prefer not to eat hot dogs or black bean burgers are invited to bring lunch.

12:40 All School Costume Parade in the Amphitheater

1:10-1:55 Halloween Parties

- ☺ JK and K in their classrooms
- ☺ Grades 1 and 7 in the lunch room
- ☺ Grade 2 in the theater courtyard
- ☺ Grades 3 through 6 and 8 on the recess field

1:55-2:00 Clean-up

2:00-2:20 Extra clean-up by the 7th and 8th grades

Parents are welcome to come at 12:30 p.m. and help dress their child(ren) for the costume parade.

Dismissal Reminder

JK – Grade 6 **2:00 p.m.**

Grades 7 & 8 – **2:20 pm (after clean-up)**

Thank you to all the parents who helped with the teachers' lunch on Parent/Teacher Conference Day. The teachers really appreciated it and the food was delicious!!



November lunch order forms were attached to last week's Take Note. Orders are due **Tomorrow, October 25.**



If you enjoy trick-or-treating with your children in the town of Middleburg, please consider bringing a couple of bags of candy to the front desk of Hill School before Halloween. It will be distributed to the Hill teachers who live in town and open their doors to the hundreds of children (many our own) who flock to Middleburg to celebrate. It is a small way that we can thank and help them for the big job they do in making it a fun evening for our children.



Coming up at Hill:

Fri., Oct. 25	Grade 6 to Old Rag. Leave at 8:30, return at 6:00.
Sat., Oct 26	Big Hit Girls Varsity Field Hockey Tournament, 10:00-2:30. See schedule on page 3.
Tues., Oct. 29	JV Boys Soccer Playday at Highland . Games begin at 2:30, dismissal 5:15. See schedule on page 3. JV Girls Field Hockey Playday at Hill . Games begin at 3:00, dismissal 5:05. See schedule on page 3. V Boys Soccer vs Powhatan at Hill (make up game). 3:45 game, dismissal 5:00.
Thurs., Oct. 31	V Boys Soccer Tournament at Highland . Games begin at 2:30, dismissal 5:15. See schedule on page 3. V Girls Field Hockey Tournament at Hill . Games begin at 3:00, dismissal 5:05. See schedule on page 3. JV Boys Soccer vs Powhatan at Hill (make up game). 3:30 game, 4:45 dismissal.
Fri, Nov. 1	Halloween Party—2:00 dismissal for JK-6, 2:20 for 7&8
Mon, Nov. 4	Professional Development Day—No School
Tues., Nov. 5	4-8 Boys and Girls X-Country Meet at Hill. Start time 2:00, dismissal 4:30.

WANTED: Experienced Housekeeper for farmhouse between Middleburg and Marshall. Saturdays. Contact Barbara, [540-364-1930](tel:540-364-1930).

WANTED: Seasoned rider to ride/condition 2-3 seasoned hunters, Reply to: assistant@roland-farm.com **AVAILABLE:** Painting, general construction, farm/estate maintenance – looking for position, preferably, but not necessarily, with housing. I can do painting (inside and out), mowing, landscaping, fence repair, and other general handyman services. References available. David Leach II. Cell: 571-271-7837. Home: 540-364-2421.

AVAILABLE: Six Great Middleburg Rentals - Updated school house in Bloomfield – c. 1800's home with 1-2 Bedrooms, 1 bath, open floor plan, hardwood floors & wood stove. Fenced yard. Asking \$1,850. Short term considered. Also for SALE.

Renovated stucco farm house on large working horse farm off Zulla Road with 3 bedrooms, 2 baths, hardwood floors, wood stove & fireplaces. Fenced yard. Pets must be horse friendly. Asking \$3,000.

Country cottage with 1 bedroom, 1 bath on farm in The Plains. Recently renovated with front and side porches, updated kitchen, lovely setting. No pets as main house nearby has chickens. Asking \$1,100.

Barn Apartment – like brand new 1 bedroom, 1 bath completely renovated barn apartment off Zulla Road. Stalls possible. Asking \$1,800.

Furnished Guest House outside village of Round Hill. 2 bedrooms, 1 bath. Prefers 1-2 adults as rental sits close to main house. EZ to Rte. 7. Asking \$1,500. Short term considered.

Redesigned home off Atoka Road (Five Pts. Rd.) with 4 bedrooms, 2.5 baths, hardwood & slate floors, wood stove, dog fence. 3-5 year minimum lease required. Owners moving abroad. Asking \$3,000 includes lawn care.

Utilities not included. Pets on a case by case basis. No smokers. 1 yr. lease minimum unless stated otherwise. Credit check & references required. Please call Cricket Bedford at (540) 229-3201.



LOUDOUN COUNTY PARKS, RECREATION AND COMMUNITY SERVICES

P.O. BOX 888 300 W. WASHINGTON STREET MIDDLEBURG, VA 20118



BARNYARD & VENDOR EXPO. Saturday, November 9, 2013 10:00AM-3:00PM Free Event



Location: Middleburg Community Center. Looking to buy or sell? Bring your old tack to sell or shop a selection of used tack, equipment and equestrian services. Public attendance is free. Rent a table for sales or business for \$15.00. Call 540-687-6375 or email sheri.conrad@loudoun.gov for more information.

HEALTH & NUTRITION: HEALTHY HOLIDAY EATING Wednesday, November 18, 2013 6:00PM-7:00PM 10.00 (Ages 16 & Up) Learn the healthful properties of foods, and the importance of mindful eating during the holidays. Pre-Registration is required. Call 540-687-6375 or email sheri.conrad@loudoun.gov for more information.

THANKSGIVING DINNER Thursday, November 21, 2013 6:00PM- 8:00PM Pay at the Door \$20.00/Family (Family) Location: Middleburg Community Center. We are thankful for our families and we would like for you to join us for our 7th Annual Thanksgiving dinner. Pre-registration is required, by calling 540-687-6375 required.

We look forward to Saturday's Big Hit (Hill Invitational Tournament) and next week's JV Play Day and the Varsity Tournament. Please note: due to the shortened games, playtime will be allocated so that each child gets to play for at least 25% of the total field time, though not necessarily in every game.

The BIG HIT - October 26 2013

Field # 1	Field # 2
Pool A	Pool A
10:15-10:40 SS & SA vs Hill	10:15-10:40 Holy Child vs Brookewood
10:55-11:20 Brookewood vs SS & SA	10:55-11:20 Hill vs Holy Child
11:35-12:00 SS & SA vs Holy Child	11:35-12:00 Hill vs Brookewood
12:00-1:00 Lunch	12:00-1:00 Lunch
1:00-1:25 1st Pool A vs 2nd Pool B	1:00-1:25 1st Pool B vs 2nd Pool A
1:45-2:10 Loser Field 1 vs Loser Field 2	1:45-2:10 Winner Field 1 vs Winner Field 2
	
Field # 3	Field # 4
Pool B	Pool B
10:15-10:40 Walker Grant vs Powhatan	10:15-10:40 National Cathedral vs Grymes
10:55-11:20 Grymes vs Walker Grant	10:55-11:20 Powhatan vs National Cathedral
11:35-12:00 Walker Grant vs National Cathedral	11:35-12:00 Powhatan vs Grymes
12:00-1:00 Lunch	12:00-1:00 Lunch
1:00-1:25 3rd Pool A vs 4th Pool B	1:00-1:25 3rd Pool B vs 4th Pool A
1:45-2:10 Winner Field 3 vs Winner Field 4	1:45-2:10 Loser Field 3 vs Loser Field 4

JV Play Day Tuesday, October 29



JV Girls Field Hockey at Hill

Time	Team	Home Team	Field
3:00-3:30	Hill	LCDS	Lower
3:40-4:10	LCDS	Edlin	Lower
4:20-4:50	Edlin	Hill	Lower

JV Boys Soccer at Highland

Game Time	Team	Home Team	Field
2:00-2:25	Highland	Wakefield	Turf
2:30-2:55	Hill	LCDS	Turf
3:00-3:25	Wakefield	LCDS	Turf
3:00-3:25	Highland	Hill	Bermuda
3:30-3:55	Highland	LCDS	Turf
4:00-4:30	Wakefield	Hill	Bermuda



Varsity Tournament Thursday, October 31



Varsity Girls Field Hockey at Hill

Time	Team	Home Team	Field
3:00-3:30	Hill	LCDS	Lower
3:40-4:10	LCDS	Highland	Lower
4:20-4:50	Highland	Hill	Lower

Varsity Boys Soccer at Highland

Game Time	Team	Home Team	Field
2:00-2:25	Highland	Wakefield	Turf
2:30-2:55	Hill	LCDS	Turf
3:00-3:25	Wakefield	LCDS	Turf
3:00-3:25	Highland	Hill	Bermuda
3:30-3:55	Highland	LCDS	Turf
4:00-4:30	Wakefield	Hill	Bermuda





**Trinity Episcopal Church of
Upperville Presents:
T.A.P.**



(Trinity Afterschool Program for K-8 students)

Information Session

When: 4pm Wednesday, November 6th

Where: The Hill School Alumni Room

What: A presentation on the once a week after school program that will offer an array of activities ranging from outside games/ sports, singing in the children and youth choirs, Lectionary-based Christian Education, and more.

Come Learn More...Or
For More Info Contact: John Knouse

Director of Family Ministries
Trinity Episcopal Church
(540)-592-3343
John@trinityuppsville.org

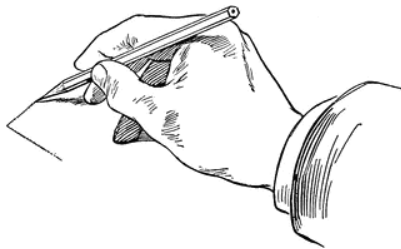
5th Annual Chinn Lane Yard Sale

Saturday, October 26th, 8 AM to 1 PM

It is that time of year again.....we are cleaning out attics and basements and finding real treasures. We are hoping for good weather. The street will be lined with something for everyone.....



Mabel is hoping to see you



Our next sketching session at the National Sporting Library and Museum will be on **Sunday the 27th of October, 2 to 4 pm.** It is free and open to everyone. Misia

Broadhead and Tony Barham will be there to help with drawing. Sunday Sketch is held on the last Sunday of the month. Future dates: November 24, December 29, January 26, and February 23.

2013

HALLOWEEN SAFARI

Presented by
Bull Run Mountains Conservancy

Saturday Oct. 19,

Friday Oct. 25 & Saturday Oct. 26

7:00 - 8:30 p.m.

\$7 in advance/\$10 at the door

Pre-register online or by mail.

Walk-ins are welcome.

Join BRMC for a night hike on the Bull Run Mountains! A guide will lead you along the trail where you will meet native "wildlife" that perform natural history skits. There is a new cast of animals each year, so don't miss it! Join us for face painting, Halloween snacks, hot cider, a bonfire, and live music.

All ages welcome!

Bring a flashlight and wear good hiking shoes.

Music, snacks, and drinks included!

Non-scary night hike!

Contact us at:

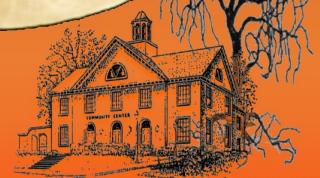
(703) 753-2631

or
info@brmconservancy.org

**YOU ARE INVITED TO
HOT DOG IT'S HALLOWEEN**

**AT
MIDDLEBURG COMMUNITY CENTER**

FREE



OCT 31

5:30 - 7:00pm

300 W. Washington Street, Middleburg, VA 20118

Hot Dog dinner followed by "Trick or Treating"

For more information call 540-687-6373

Belle Grey Farm
After School Driving Lessons
Monday-Friday
& Open House

KIDS DRIVING

The Kids after school driving program is held Monday-Friday. We will pick your child up after school at 4pm and take them to the farm for a driving lesson. Parents then pick them up at 6pm at the farm.

Cost is \$75 per child per day.



*Contact us for more
Information at
703-774-4688 or Email
admin@bellegreyfarm.com*



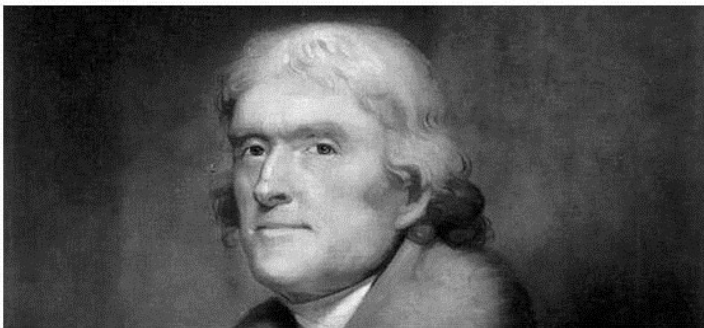
OPEN HOUSE

Live Demonstration at 2pm!

*Come to the Open House being held on Saturday,
October 26, from 12-4pm Learn about the after school program and come for a day of fun and relaxa-
tion. There will be a dressage field, cones course and a hazard set up. Bring your own horse out to drive,
or just come to visit.*

RSVP required to bring your horse.

Belle Grey Farm 21440 Belle Grey Lane Upperville, VA 20184



**Jefferson's Postcolonial Vision:
Agricultural Improvement, Domestic
Manufacturing, & a New Political Economy**

A talk by Dr. Christa Dierksheide,
Monticello Historian

Wednesday October 30, 2013

6:30 Reception, 7:00 Talk

\$50 person/\$85 couple

To benefit The Atoka Preservation Society.

Monday, October 28, 9:00 am -1:00 pm
Tuesday, October 29, 9:00 am -1:00 pm
Wednesday, October 30, 9:00 am -1:00 pm

Come grab a cup of coffee/tea and a snack and get a jump on your Holiday Shopping. Arbonne's Holiday Line has gifts for everyone on your list. All products are botanically based, vegan, cruelty-free, sourced without gluten or GMOs.

23399 Dover Road, Middleburg, VA 20117

Please RSVP to Lisa Patterson
lisa@marshmellos.com or (540) 454-2826

Event held at the Mary House at Middleburg Academy
For information and reservation call Leslie 540-270-0562

Hill School Blankets

Order Now!!!

Perfect for Holiday Gifts, Dorm Rooms,

Ski Fridays and more!!!

*** Sweatshirt Blanket by MVP Sport, size is 54"x84" ***

Available colors are:

Forest Green, Hot Pink or

Rainbow (Tie Dye).

All blankets come with white Hill School logo.

Cost: \$40.00/ea.

Name: _____

Contact Info: _____

Forest Green _____ Qty

Hot Pink _____ Qty

Rainbow _____ Qty

Total Qty _____ x 40.00 = \$ _____

Please make checks payable to Hill School. In memo, please note "7th Grade Fundraiser".



A Seat at the Table

Hill School is pleased to host a community showing of ***A Seat at the Table***, a 45 minute film on women and leadership. Recommended for high school students and their parents.

Jeanne Norris, Head of Miss Hall's School from 1996-2012, will lead a panel of women leaders in a round table discussion following the film.

**Thursday, November 7
at 7:00 pm**

**Sheila C. Johnson Performing
Arts Center**

For more information about the film, visit www.tobecomealeader.org.
Questions? Contact Treavor Lord at tlord@thehillsschool.org or 540-687-5897.

The Tradition Continues...

Ride your Pony to School

Thursday, November 7th

In the early days of Hill School on golden fall mornings some students rode their ponies across the fields to school. In the spirit of these early years a group of enthusiastic Hill families recreated the idea of this ride.

All Hill students are welcome to join the riders for a breakfast treat at the amphitheater at 8:00 am before the start of school.

Each rider must have adult supervision on the ride to school. The route is about 1 mile and we will be walking only, This is suitable for lead line.

Departure: 7:30 am sharp!

Required: Helmets, signed releases (at the front desk), and a current negative coggins test.

Location: The ride begins on Hulbert's Lane.

To sign up or with any questions, please contact Haley Walsh (540) 687-5897 or hwalsh@thehillsschool.org

Photo of Hill student,
Nancy Hall Stettinius,
class of 1945,
(mother of **Daphne Stettinius Dunning '68 & Cathy Stettinius Zimmerman '70.** Grandmother of **Jake '97 & Buster '00 Dunning and Ted '96 & Jack '98 Zimmerman).**



Foxcroft School
Location: Foxhound Auditorium



Blood Drive

**Wednesday November 6, 2013
1:30 pm – 7:00 pm**

To schedule your life-saving appointment, please register online or call 540-687-4322, or email blamond@foxcroft.org

Or you may call **1-800-Red Cross**

For eligibility questions, please call Donor Services at 1-866-236-3276

Questions? Please contact blamond@foxcroft.org

Fundraiser - Allie ('11) and Pamela ('13)
White's field hockey team is having a mattress sale as a fundraiser on November 3 from 10-5 at Fauquier High School. Up to 50% off of the retail price. These mattresses are specifically made for you (they haven't been sitting around a warehouse!) and they have full warranties. Brand new mattresses by Southerland, Restonic and Protect A Bed and this company has been rated Consumer Digest Best Buy and has the Good Housekeeping Seal and the Woman's Choice Award. All sizes- special sizes and styles available. Pick up or delivery 2-3 weeks after the sale. If you are thinking about a new mattress, please come check this sale out and mention Allie and Pamela's names.

Nutrition Nuggets



Tricks or Treats?

Back by popular demand.... Here are some (**more!**) TRICKS that the food industry uses so that you buy and eat their TREATS. Are they really healthy or are you being tricked?

1. **Serving Size** ~ Beware of the serving size (6 chips, yeah, right!). Be sure to look at the total number of servings to get a more accurate reading of total calories, grams, etc. (E.g. If a drink has 50 calories per serving and there are 2 servings per container...you will be drinking 100 calories if you drink the entire bottle.)
2. **Og Trans Fat** ~ This one made last year's list, but it bears repeating. If a product has less than 0.5 grams of trans fat it can legally be rounded down to zero, and thus labeled as "trans fat free;" however, 0.4 grams of trans fat, eaten unknowingly, can add up over the day. To avoid eating any unwanted trans fat (linked to heart disease and other health conditions), check the label for anything containing hydrogenated or partially hydrogenated oils and steer clear.

Crafty Claims Version 1 ~ Claims such as "boost," "support," or "maintain" sound wonderful; however, such words are open for anyone to claim. Yet words such as "prevent" or "treat" require actual research and data to make those claims.

Crafty Claims Version 2 ~ Food companies love a good buzz-phrase. "Gluten-free," and "cholesterol free" are among the most popular. While these claims may be true for many products, some products that are naturally gluten free or cholesterol free still banner these claims across their packaging to make them look healthier. For example, only animal products contain cholesterol, so when you see a cooking oil that boasts about its freedom from cholesterol, just be sure to recognize that it's already that way and the product, itself, is not necessarily healthier than other cooking spray options.

Excellent Source of Omega - 3s ~ another buzz phrase these days is "Omega 3s." This type of fat is a healthy fat and good for many parts of the body, including the heart, brain, and eyes. However, many foods that claim that they are a "good" or "excellent" source of this powerhouse fat contain the form of Omega 3 known as ALA (alpha-linolenic acid) which comes from plant sources and has not been proven to provide the same health benefits as its marine-source counterpart. So check the label and continue to get plenty of Omega 3s from fatty fish or an Omega 3 supplement to reap the benefits.

Trick or Treat? Happy Halloween!!

* Reference: Food Network Healthy Eats: Toby Amidor, R.D., Center for Science in the Public Interest, Huffington Post: Robert Davis, Ph.D

*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?

Each year an average of 2 billion dollars is spent on Halloween candy in the US! That makes Halloween "sweeter" than Easter, Valentine's Day, and Christmas.

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



To your health,
Cristin Wipfler, MPH, RD