



TAKE NOTE

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

FEBRUARY 18, 2016



Ski Club Mini-Olympics



Many thanks to Pan Benefield and her helpers for their work organizing another successful Ski Club season. Mini Olympics turned out to be a great day! Skiers and snowboarders demonstrated how much they had learned.

Congratulations to all ski and snow board racers and to the following students:

Fastest Overall Skier: Sam Cooper
Fastest Girl Skier: Meara Wilson

Fastest Girl Snow Boarder: Lucy Cooper
Fastest Boy Snow Boarder: Henry Scott

Students

VS

Concessions!

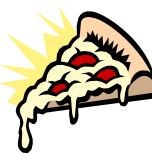
faculty

2\$ Admission!

Basketball game!

February 19th at 5:00

3 games: 6th 7th 8th vs faculty



Lunch Order Forms for March were attached to last week's Take Note! Please return to the Front Desk by Friday, February 26th.



2016 TALENT SHOW
Tomorrow, Friday, Feb. 19
1:30-3:00 pm

Student re-enrollment for the 2016-2017 school year

- Re-enrollment for the 2016-17 school year is under way!
- The financial aid online application process (FAST) is open until Feb. 19th.
- The FAST application icon is located on the home page of Hill's website under Helpful Links.
- If you have any questions about financial aid, please contact Vickie Ralph.

Coming up at Hill:

- Fri., Feb. 19 The Hill School Talent Show, 1:30 - 3:00 pm.
Student Faculty Basketball Game, 5:00 - 7:00 pm.
- Fri., Feb. 26 Grade 3 Play at 11:00 am and at 7:00 pm in the Performing Arts Center.
- Wed., Mar. 2 Grades 6 – 8 Gymnastics Assembly at 11:00 am in the Gym.
- Fri., Mar. 4 Grades 2 & 3 Gymnastics Assembly at 8:45 am in the Gym.
- Wed. - Fri., Mar. 9 - 11 Cultural Study Program (Peru)

ART ROOM SEEKING: The art room is looking for scraps of colorful fabric for a culture study project. Please drop off at art room or front desk. Small pieces are fine. Thank you!

SCIENCE DEPARTMENT SEEKING: Several large old speakers (bass) for science experiments. Please contact Paul Haefner, phaefner@thehillsschool.org.

MISSING: If you picked up an extra pair of adult black ski mittens at from the tables at Bryce by accident please text Jennifer at 703. 568 9649 thank you!

LOST & FOUND Outside of the Theatre.



Help each item find its owner.
On Friday, February 19, all remaining items will be donated to local charities.

"The Artful You Series"



LIGHTING THE CREATIVE SPARK with
Dr. Celia Im
February 25, 6:30 - 8:30

Create the life you want with positive outcomes in 2016, whether it is a creative project, or to shape the next stage of your life, or just to live in the creative flow and be happy. In this workshop, you will utilize the power of music to engage your innate creativity.
\$35.00 per person.

Space is Limited
REGISTER TODAY!

LiveAnArtfulLife.com/Events or in the Gallery

MARKET SALAMANDER PORTUGUESE WINE DINNER

THURSDAY, FEBRUARY 25 | 6:30PM
\$60++ PER PERSON

WHITE ASPARAGUS SALAD
W/ CREAMY TOMATO

Fuiza 3 Castas Nature Sparkling

SPICY CHILI MARINATED SHRIMP

Fuiza Alvarinho

PIRI PIRI CHICKEN

WITH CORIANDER GREEN BEANS & CILANTRO RICE

Fuiza 3 Castas Red

CINNAMON CUSTARD TARTLET

W/ STRAWBERRY COULIS

Roquevale Ossa Rose

by Chef de Cuisine, Megan Agreggaard

200 W. WASHINGTON ST.
MIDDLEBURG, VA 2017

call: 571.465.6505 TO RESERVE!



BINGO

14	29	38	52	74
4	18	33	46	62
7	16	★	60	71
9	27	44	51	67
12	23	35	47	73

Bingo For Books!

March 4, 2015

5:30pm-8:30pm

Sponsored by the 8th grade class

If you have any books you would like to donate please bring them to the front desk. We would love to have books for adults i.e. cookbooks, gardening, as well as books for children of all ages.

BINGO

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1st Grade Fundraiser lunch

from Moe's Southwest Grill



Thursday, March 3rd

burrito, applesauce, and Rice Krispie bar

one burrito \$7.00

Pick one:

- Chicken (rice, beans, chicken, & cheese)
- Black bean (rice, beans, & cheese)

two burritos \$11.00

Pick one:

- Chicken (rice, beans, chicken, & cheese)
- Black bean (rice, beans, & cheese)
- One chicken and one black bean

Name: _____ Grade: _____

One name per form please. Please include cash or check payable to The Hill School with "**Class of 2023**" in the memo line.

Orders must be received by Tuesday, March 1st.

Drop off your orders at the front desk. Please contact Monique Lynch at drmlynch@yahoo.com with any questions.

Nutrition Nuggets



I "Heart" February

As we wrap up Heart Health Month, let's take a look at some healthy and delicious **red** foods that will capture your heart and keep your ticker happy!

The colors of fruits and vegetables reflect their nutritional make-up. Powerful compounds found in plant-based foods, called phytonutrients (or phytochemicals), have been shown to serve as antioxidants, improve immune function, repair damaged DNA, improve cell-to-cell communication, and detoxify carcinogens (cancer causing compounds). There are many types of phytonutrients and in addition to all of the health-promoting benefits, they also provide color to the produce we eat. Red hues primarily come from the phytonutrients lycopene and anthocyanins, which may be linked to promoting heart health, reducing the risk of some cancers, and improving vision, memory, and immunity. Here are some of my favorite red foods to celebrate this season of St. Valentine! What would you add to the list?

Cherries: Rich in anthocyanins, cherries are good at helping to fight and prevent diseases, such as diabetes, cancer, and arthritis due to their anti-inflammatory properties. They are also a good source of fiber, potassium, vitamin A and vitamin C. If you think that cherry pits are the pits (hal), try a cherry pitter.

Pomegranate: There is a lot of research being done on the pomegranate and all of its nutritional super powers. It is believed to help reduce plaque build-up in the arteries, which, in turn, can help lower blood pressure. Pomegranates are also rich in vitamins C and E, as well as the B-vitamin, folate.

Beets: Loaded with folate, manganese, potassium, vitamin C, magnesium, iron and fiber, beets are a nutritional superstar! They also contain the phytonutrient betalain, which provides antioxidant, anti-inflammatory, and detoxification support.

Tomatoes: Rich in lycopene which may help prevent heart disease and some cancers, tomatoes are also a good source of vitamin A, vitamin C, potassium, and fiber.

Strawberries: There are over 600 varieties of this popular berry (wow!), which has been ranked as one of the highest antioxidant-containing foods available! They are rich in anthocyanins, but are also a good source of vitamin C, fiber, and manganese.

Red Raspberries: One of my favorite foods, red raspberries are full of powerful antioxidants and are high in manganese, vitamin C, fiber, riboflavin (vitamin B2), folate, niacin (vitamin B3), magnesium, potassium, and copper!

*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?

A red pepper has the same amount of vitamin C as an orange.

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

To your health,
Cristin Wipfler, MPH, RD, CPT





HAVE AN IDEA? NEED ONE?

Did you realize there are only
30 DAYS left to donate to this
year's Auction?

Hopefully, you just received your Acquisition form in the mail, but were you aware that the Acquisition Deadline is on March 11th?

The Auction office has many ideas of items to donate or purchase groups to join.

We would love to hear your ideas or have you participate in one of ours.

Please stop by and talk to us!

We hope for 100% parent participation.

We know **EVERYONE** has a way to support the Auction whether it be **BIG** or *small*!

**COME HAVE A TOAST WITH US IN
THE BIERGARTEN!**

PROST!