



TAKE NOTE

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

MARCH 10, 2016

Noon Dismissal Tomorrow for all Grades.
Have a Great Spring Break!



Online Store closes tomorrow!!
http://stores.inksoft.com/Hill_School/Products?NoCache=1
 No orders can be accepted after March 11th.
 Items will be delivered to school after Spring Break.
 Any questions, please contact lpatterson@thehillschool.org.

School's OUTside for Summer!

Registration is now open for Hill School's summer camp!
 The summer of 2016 will be filled with adventure, friend-making, and fun as campers explore our 137 acre campus and many of our region's attractions. Campers can explore the world of coding, outdoor sports, drama, the arts, science, and the Civil War.
 The Hill School even has a camp for incoming JK and K students!
 Camps will start the week of June 20th. See pages 5 and 6 of this week's Take Note for descriptions of camps offered. Additionally, registration forms will be located at the Front Desk.
 Visit our website <http://www.thehillschool.org/program/summer-camp/> for more information.
 Questions can be directed to Bee Stribling at summerathill@thehillschool.org.

Mark Your Calendar for a Forum and Panel Discussion


Life After Hill: Perspectives of Parents of Hill School Graduates

Sunday, April 3rd from 4pm-5:30pm

Childcare and Pizza provided for current Hill School students


Hosted by: The Education and School Life Committee

"Life can only be understood backwards; but it must be lived forwards."
Soren Kierkegaard

SmugMug  NEW Photos available at Smug Mug!

www.thehillschool.smugmug.com

These photos are only accessible through this link - we have screened the photos based on family preferences as indicated during registration. Photos may be purchased from SmugMug for a nominal fee. Please contact Dorsey deButts if you have any questions about this site.



April Lunch Forms are due at the front desk TOMORROW (March 11th)

Coming up at Hill:

Fri., March 11 Spring Break begins. Noon dismissal for all grades
Mon., March 28 School re-opens.

WANTED: Small summer rental May through September. Hill School alumnae mom living in Florida seeks a summer rental back in the Middleburg area. Needs only a 1-bedroom place with an area for two well behaved dogs. Please call Regi Lorenz at (540) 219-8864.

WANTED: Farm Secretary. Private family farm in Middleburg in search of a full time Farm Secretary / Bookkeeper / Supervisor / Personal Assistant. Job duties include: Paying bills / bookkeeping using QuickBooks, filing, coordinating with vendors, ordering & picking up supplies, supervising farm labor, various personal assistant type duties (running errands, etc), and administrative duties (scanning, copying, etc). Candidate must be very strong with QuickBooks and computers in general, and they must be VERY organized. Candidates with horse experience and ability to drive a trailer will have an advantage! Please send resumes to tim@windfieldsfarmllc.com

WANTED: House sitter/pet sitter needed from March 10 through March 20 for happy, friendly pets. Please call Sara (540) 687- 6546, cell (703) 930 - 4708.

FREE TO GOOD HOME: 3 female bunnies free to a good home and the hutch is included. Contact Shelly at 703-919-0498.

WANTED: Looking to interview sitters for care (in our home- Aldie area) for a fun loving three year old boy April 27th, 28th and 29th from 7:30am to 4:30pm. Please call Jennifer at 703-568-9649 with references and interest.

FOR RENT: Pristine white brick rambler on 5 wooded acres off Zulla Road. New carpet and freshly painted. 3+ bedrooms and 3 full baths on main level. Spacious Kitchen, formal Dining Room, formal Living Room with built-ins and fireplace, and separate Family Room. One bedroom and full bath in basement with separate walkout entrance and small kitchen area. Two car attached garage, large rear deck for entertaining, fenced back lawn area and a large detached workshop. Move in ready. No Smokers. References and credit check required. Please call Cricket Bedford at Thomas & Talbot Real Estate (540) 229-3201. \$2,750.

AVAILABLE: 8th grader Abby All, daughter of Kindergarten teacher, Denise All, available for babysitting local families. Either call or text mom's cell (540) 905-9796 or Abby's cell (540) 336-6648 for more info.

FOR RENT: Newly renovated 1880 house for rent near Lincoln. Located on the farm of former Hill parents. Two bedrooms + den, two new bathrooms, porch, new kitchen, new insulation, air conditioning, wood-burning stove and washer and dryer. Yard work included. No dogs – would consider a cat. \$1,750/month plus utilities. Available May 1st. Please call 540-338-3514 or susan@hedgewoodfarm.com.



You are invited to our 5th Annual **Sporting Clay Shoot** Hosted by The Hill School Alumni Association

Sunday, April 10th

Registration starts at 12pm. Shoot commences at 1pm
at Bear's Den, Delaplane, Virginia

**Teams of 5 with 50 Targets (sporting clays) per person
(if you don't have a team, we will place you on one)
Extra: Warm-up Station available prior to shooting**

\$75 per person

Space is limited (50 people or 10 teams)

Light lunch will be provided.

Please RSVP to Lisa Patterson at alumni@thehillsschool.org
or (540) 687-5897. Sponsorships are available.



Prizes awarded for high score and runner-up:

- Lady
- Gentleman
- Senior (over 65)
- Junior (under 18)
- Team
- Alumni
- Hill Parent - Lady
- Hill Parent - Gentleman
- Hill Student
- Hill Faculty/Staff

Conference on Islam, the Middle East and Christian Engagement with the Middle East

Sat., April 2nd , 1- 6 pm
in the Hill School Theatre

Open to the public--no charge
Sponsored by Trinity Church

"Dead Tuesday" Murder Mystery Performance Salamander Resort

St. Patrick's Day, Thursday, March 17th
Doors open at 6:30pm
show starts promptly at 7:00pm

Strange doings are afoot when masked guests assemble for a spectacular Mardi Gras ball at the Boudreaux Manor in New Orleans' French Quarter. Hosts Bob and Bunny Boudreaux have big plans for the evening, and the visitors are just dying to make an impression. But they may get more than they bargained for. The festivities include a voodoo priestess, a bewitched frog and a homicide that threatens to turn Fat Tuesday into ...

Dead Tuesday. Help us find whodunit: Was it Bob? Bunny? You?

The show also includes a 3 course meal, appropriate for adults and children over the age of 12.

To register: <https://www.eventbrite.com/e/dead-tuesday-murder-mystery-performance-at-salamander-resort-tickets-21307328794?aff=erelexpmlt>

We'd also like to extend a 25% off code: friendsandfamily.

Shakespeare in the 'Burg Returns!

Friday - April 1, 6-8 pm FREE

Middleburg Library, 101 Reed Street

To mark the 400th anniversary of Shakespeare's death, Jill Beifuss and Hunt Lyman will deliver a special presentation on the enduring legacy of the Bard's language. The presentation will include a performance aspect.

Refreshments will be served.

Performances by the American Shakespeare Center

Saturday - April 2, 2 pm

THE IMPORTANCE OF BEING EARNEST

by Oscar Wilde

Doors open at 1:30 for a musical prelude

7:30 pm

THE LIFE OF KING HENRY V

by William Shakespeare

Doors open at 7:00 for a musical prelude

Sunday, April 3, 11 am

Champagne brunch and a performance of *Billings*, the winning play from our playwriting competition.

For tickets to all events, go to:

www.shakespeareintheburg.com

info@shakespeareintheburg.com

540-687-3448

All performances at the Middleburg Community Center
301 W. Washington Street, Middleburg, VA

Thank you!

The Kindergarten class would like to say THANK YOU to everyone who supported our class by purchasing a hat!

In addition, we would like to personally thank all of the parents who took the time to gather samples and give opinions; to Anne Walker for keeping us organized; to the McDonald Family for donating all of the headbands; and a special thank you to Micah's grandmother Maya Krakovsky, for so generously donating all of the embroidery work!

Plans are already in the works for a new selection of warm hats for next Winter.



Eagle Eye Services LLC

Home/Farm and Property Management

Welcome to Eagle Eye Services L.L.C

We are a local company which provides customized Home and Property Assistance and Management Services.

Beginning with an initial no obligation site visit to assess the client's needs, we can perform tasks around your home and property to help you get things done as well as help find tasks that should be done.

Our range of services include (but not limited to):

- Watching over your home and property when you are out of town
- Inspect and maintain home systems
- Inspect and maintain property and farm equipment
- Welding and fabricating
- Hauling equipment and materials
- A variety of home and property repairs

We look forward to working with you!

(540) 316-6501

www.eagle-eye-services.com

This business is part owned and operated by Michael Donohoe and Cate Donohoe (Hill School teacher)

SAVE THE DATE

MARCH 18th, 2016

Piedmont Child Care Center's Spaghetti Dinner.
Tasty Food - donated by a local restaurant - salad, bread, drink, deserts, raffle and good company.
Held at Trinity Church from 6 - 8 pm.



AUCTION
ACQUISITION
DEADLINE
TOMORROW
MARCH 11th

Thank you to the Hill School Families who have already donated to this year's Auction. We truly appreciate your support.

Email Chris ~ cjohnson@thehillschool.org

Summer @ Hill Day Camp

Theme: “America the Beautiful”; July 5 - 8, 9am - 3pm

Theme: “Super Heroes”; July 11 - 15, 9am - 3pm

Theme: “Cooling off for the Summer”; July 18 - 22, 9am - 3pm
Rising Kindergarten through 6th

Each week will be filled with adventure, friend-making and fun as campers explore our 137 acre campus and many of our region’s attractions. Campers are grouped by age and have a camp counselor(s) to lead them through their day. Each day, campers will experience a range of activities including art, sports, science, music, and fun! Elective activities such as robotics, creative writing, and rock climbing will be offered from week to week. Campers will swim at the Middleburg Community Center so bring a bathing suit! Before (8am-9am) and After Care (3pm-5pm) is available each week.

Here is a list of additional camp offerings at Hill:

Adventure Camp #1 - see sportsadventurecamp.com

June 20 - 24, 8:30-3:30

Rising 4th - 9th

Sports & Adventure Camp is back! Students will have the opportunity to mountain bike, tube, kayak, hike as well as play multiple sports and games. In addition to those activities campers will be spending days at the water park, a high and low ropes course with multiple zip lines and the very popular overnight. The activities will vary slightly from week to week. All activities are offered under the "choose your challenge" philosophy where campers are encouraged but not forced to participate in any activity or element.

Adventure Camp #2 - see sportsadventurecamp.com

June 27 - July 1, 8:30-3:30

Rising 4th - 9th

Serious adventure is in store for your 3rd-8th grader as they begin their week navigating over 13 trails with 29 zip lines and close to 200 challenge bridges at the largest ropes course on the east coast! Campers will then spend the next four days kayaking, mountain biking, hiking, going to a water park and going on a camping overnight! It is an adventurous experience like no other!!

Sports Camp

July 5 - 8, 9am - noon

(Rising 5th - 8th)

Hill School invites all sports lovers for a week of athletics, games, and skills building. Coach James Robb will guide campers through an assortment of drills and games to keep campers motivated while having fun. Indoor and outdoor sports such as ultimate Frisbee, soccer and basketball will be included.

Undercover Curator Camp at the National Sporting Library & Museum

July 11-15, 9 a.m. -noon

Rising 3rd through rising 5th grade

Campers will have top security clearance to get up close and personal with Museum artwork and Library collections to discover disappearing paintings, silver code engravings, books in disguise, and more. Participants will not only uncover these mysteries, but recreate them under expert supervision. At the end of the week campers will curate their own exhibition of artwork to be on view at NSLM through the end of July.

Coding Camp

July 11th - 15th

9am - noon

Rising 5th - 8th

Introduction to computer programming is designed to introduce students to core computer programming concepts. The course emphasizes bottom-up programming technique, proper syntax, proper documentation methods, modular programming, event oriented programming, graphic/animation user interface design, and “end user” oriented programming.

Kiddie Camp

July 18 - 22, 9am - noon

Junior Kindergarten and Kindergarten

In Kiddie Kamp, incoming Junior Kindergarten and Kindergarten children will meet new teachers, make new friends, and get familiarized with Hill before the start of the school year. Children will enjoy a variety of beach-themed activities including arts and crafts, cooking, and games. We will be sure to take advantage of the summer weather with lots of outdoor play!

Summer of Science Camp

July 18 - 22, 9am - noon

Rising 4th - 5th

Use spare parts and recyclables to create electricity with wind, water and sun on Hill's beautiful campus!! Construct a wattle and daub club-house using campus flora and mud from the creek... These are some of the goals of the team of rising 4th and 5th graders who will make and build with Mrs. Burke in her camp. More information to follow! (Camp is strictly limited to 6 individuals.)

Lacrosse Camp

July 25 - 29, 9am - 3pm

Led by Foxcroft Coach Patrick Finn, campers will work on skills designed to improve their play, sportsmanship and game skills. Using the 3D lacrosse program, coaches will use a specially designed method for players to maximize game time while also getting one on one coaching. For more information, visit 3D Lacrosse at

<https://3dlacrosse.com/>

Ready, Set, Go Camp

July 25 - 29, 9am-3pm

Age range for campers: 7-13

Description of activities:

Lions are roaring at the Hill School this summer! Are you going to join in the fun?! Join Mr. Miller for a week of indoor and outdoor fun and games! Capture the flag, movies, swimming, dodgeball, LEGOs, making art, a barbecue and more... don't miss your chance to be part of the excitement! We want YOU!!!

Additional costs for campers: \$5-10 (for snacks/meal during pool visits)

Drama Camp

August 1 - 5, 9am - 3pm

Rising 6th-8th

Join Hill School Drama Director Dr. Giannone-Hosig and Music Director Mrs. Chase for their Musical Youtheatre Camp! This week-long program focuses on creating a safe, fun, and comfortable space for campers to collaborate while developing Musical Theatre skills. Participants will use their imaginations and build self-confidence as they create characters, work on vocal technique, practice movement, and learn popular Broadway music! The week will conclude with a Musical Revue featuring popular songs, scenes, and monologues performed by campers on the Sheila C. Johnson Performing Arts Center stage. This program is open to all levels of performance abilities.

Civil War Camp

August 1 - 5, 9am to 4pm

Limit of 10 participants

Colonel Ralph Hess and his faithful sidekick CDR D. Woodruff will once again offer a daring ride through selected Civil War battlefields for this one week. We will visit Bull Run, Antietam, Gettysburg, two of the Fredericksburg area battlefields, and one other TBD. Our expeditions set out from the site of one of Stonewall Jackson's Headquarters (Hill School Campus) at 0900 hours each morning except for the day trip to Gettysburg when, in order to evade JEB Stuart's cavalry we must depart at 0830. Returns will be prior to 1600 hours each afternoon except for the Gettysburg campaign when we will require an additional hour in which to comprehend this extensive battleground. Details will be forwarded in orders from Col. Hess' headquarters prior to the beginning of the adventure.

Field Hockey Camp

August 22 - 26, 9am - 1pm

Rising 5th through 12th

In the camp, Sydney Bowers, Cricket Bedford and Caitlin McNaughton will guide players through a skill building program based on fundamentals, game situations, and conditioning sure to be helpful for girls of all levels.

Nutrition Nuggets



Quinoa ~ An Ancient Grain from Peru

This year's Cultural Study has brought your children to the wonderful country of Peru. There are many unique and delicious foods native to this South American country, but I thought we would focus on one that we know well here in the United States ~ Quinoa! This ancient grain has been a staple in Peru for over 5,000 years and was a sacred crop to the Incas, who named it *chisaya mama*, or *mother of all grains*.

Quinoa (pronounced KEEN-wah), a nutritious grain and the seed of Chenopodium plants (commonly known as goosefoot), is actually related to Swiss chard and spinach. The magic of quinoa, however, is its phenomenal nutritional characteristics. Containing almost all 9 essential amino acids, quinoa is a complete protein source. It is also a good source of healthy fats (unsaturated) and is low in carbohydrates compared to other grains. And that's not all! This tiny grain is packed with vitamins and minerals including manganese, calcium, fiber, iron, magnesium, and vitamins B & E. And the icing on the cake - it is gluten-free. Keep in mind that whole grains, like quinoa, are rich in phytonutrients, which can improve heart health and may reduce the risk of heart disease, some cancers, and type 2 diabetes. So eat up!

Quinoa also has a great flavor - subtly sweet, yet nutty. Its light and fluffy texture makes it easy to incorporate into any meal year-round. Simply combine a ratio of 2 parts cooking liquid to 1 part washed quinoa (be sure to wash it), then simmer for about 15 minutes until grains become translucent, and you're set! So now that it's all cooked and ready to go, now what? Substitute quinoa for rice, pasta, or hot cereal; add to salads, stir-fries, and casseroles; use instead of brown rice or fried rice; replace bulgur wheat in tabbouleh with quinoa or throw it in some vegetarian chili. The possibilities are endless.

Happy Spring Break!

*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?

Quinoa is a great source of magnesium (Mg), which helps relax blood vessels, making it an excellent remedy for headaches and hypertension.

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

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

