



TAKE NOTE

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

MAY 5, 2016

Spring Weekend at Hill

Friday: Grandparents and Special Friends Day.
(See schedule below and Dress for children on page 2).
Student Art Show in the Art Room (See information on page 2).
Alumni Spring Reception in the Performing Arts Center lobby - 6 pm



Saturday: Auction – **Deutschland ... A Bavarian Celebration**

Grandparents & Special Friends Day Friday, May 6th

9:30-10:15 Registration / Reception in the Peard Music and Lunchroom Building. Refreshments will be available in the Lunchroom throughout the day.

10:15 Welcome/Opening Remarks by Treavor Lord.

10:30-12:40 Classroom Visits and Performances.

Chorus Concerts in the Performing Arts Center.

10:30-11:05	JK, Kindergarten, 1, 2
11:10-11:30	7, 8
11:30-12:05	5, 6
12:05-12:40	3, 4



Rain Plan

10:15 Polka Chances Drawing
12:30 Grades JK, K, 1, 2, 5 & 6 dismissed

Grades 3 & 4 dismissed after their performances.

12:45 Maypole for 7th and 8th graders and their families in the PAC.

When children are not performing, they will be in their classrooms for special activities.

12:45 **Polka Chances Drawing** for \$10,000

Maypole, performed by Eighth Grade Girls.

1:00 Dismissal for all students in Grades JK-8 (There is no Late Gates).



AUCTION UPDATE!

The BID-PAL center will be up and running on Friday - it will allow you to preview items, pre-register with your credit card and begin bidding.

We highly recommend that you pre-register in person with Vickie

Ralph and Pan Benefield in the gym during Grandparents Day. You will receive a text message on with your table assignment and bid number.

Use this URL <http://bidpal.net/hillschool2016> to begin the registration process.

"Minute to Win it" Carnival

- **Friday, May 20th 3:00 – 4:00**
- Dozens of games and challenges!
- Suggested donation: \$5
- Donations accepted in advance at the front desk or at the door
- All proceeds benefit Heifer International
- Hosted by the Seventh Grade
- Open to all ages
- Where: Hill School gym



SPRING BOOK FAIR

Tues., May 31st to Wed., June 1st

The fair will be held in the Performing Arts Center.



Coming up at Hill:

Fri., May 6	Grandparents & Special Friends Day.
Sat., May 7	Deutschland ... A Bavarian Celebration Auction
Tues., May 10	JV Boys Lacrosse vs. Edlin at Hill. Game at 3:30, dismissal at 4:45 pm
Fri., May 13	6th Grade presents: "Identified: Six by Sixth" at 11:00 am and 7:00 pm
Sat., May 14	Red Wolf Revival Screening in the Performing Arts Center at 6 pm
Mon., May 16	Grade 3 to Montpelier. Regular dismissal
Fri., May 20	Family Movie Night, featuring "Minions" and sponsored by Grade 3 in the Amphitheater at 7 pm
Sun., May 22	Color Run—Check in begins at 9:00 am Mariposa and Little Sisters Concert, 3:00 in the Music Room

AVAILABLE: Weekend and evening driver Yudi and Aracelly Tello 540-272-6394 and 540-272-4556 Aracelytello@yahoo.com and Clemens - 757-842-0846

SEEKING: Hill Family in search of 3BR, 2 BA home for long term rental. Must have access to high speed internet, allow pets (1 cat and 1 dog) and be in Loudoun County. Would love to have room to bring our pony and are happy to help care for your horses in exchange. Email:vapony24@gmail.com

NEEDED: Needed at Levis Hill House, Windy Hill: A rollator (walker with seat) and tablecloths, 70" or 90" long by 36" across. If you know of a possible donor, please call Claire Louis at (540) 687-3273.

Dress for Grandparents and Special Friends Day:

Grades JK-3

Girls: Spring dresses, or bright, colorful shirts with skirts, pants, or shorts.



Boys: Colorful polo shirts, nice shorts or pants.

Grades 4-8

Girls: Spring dresses, or blouse and skirt. No shorts. Shoes – no sneakers.

4-7 Boys: Bright or pastel colored polo or button-down shirts and khakis (long or short). Shoes – no sneakers.

8 Boys: White or pastel colored button-down shirts and khaki pants (no shorts). Shoes – no sneakers.

Hill School Art Show 2016

May 6th 8:30 a.m. to 2:00 p.m.

This year's art show will be a real treat, so make sure you stop by the Art Building on Friday, May 6th to see the students' work!

Recommended visiting times for students and their grandparents:

10:30-11:00	Grades 7 & 8
11:00-11:30	Grades 5 & 6
11:30-12:00	Grade 4
12:00-12:30	JK, K, 1 & 2

Parent Forum – May 24th

8:30 am – 9:30 am in the Alumni Room
Mindfulness for Children: Supporting education and development.

Join Hill School teachers Dr. Paul Haefner, Dr. Hunt Lyman and William (B.) Stribling to explore Mindfulness and how it can be used to support our children's education and development.

Explore the roots of mindfulness, what it really is, and how it serves to support our children's development. Learn how Mindfulness is integrated into portions of the curriculum at Hill School. Discuss the ways each of us can support the development of mindfulness in our children.

Mariposa and Little Sisters Concert

Don't miss a chance to see your favorite singing girls!

Sunday, May 22nd
3:00 in the Music Room

Questions? Please contact Mrs. Chase at kchase@thehillschool.org

JOIN US UNDER THE STARS AND SUPPORT THE HILL SCHOOL 3rd GRADE CLASS

AT

FAMILY MOVIE NIGHT!!

FEATURING

Minions

Starting at 7 p.m. on May 20th in the Hill School Amphitheater
Rain or Shine!!



MINIONS

Bring Your Blankets and Lawn Chairs...
Come Early and Come Hungry!!
We will be selling Teddy's Pizza, Hot Dogs,
Popcorn, Candy, Minions-Themed Baked Goods, and Drinks!!

Tell Your Friends & Family... Everyone is Welcome
This is a community event!

Admission is \$5 per child under 18
Adults are free when accompanying a child



RED WOLF REVIVAL

A FILM BY NESTBOX
BY COLLECTIVE

May 14, 2016
6pm

The Hill School Auditorium
Middleburg, VA

Q&A with Smithsonian scientists after the screening
For more information contact Molly Dodge at dodgem@sl.edu or 540-635-0071

WRITTEN BY ROSHAN PATEL PRODUCED BY MADISON MCCLINTOCK AND ROSHAN PATEL PRESENTS SUSANNAH SMITH MUSIC BY THE LONE BELLOW
WWW.REDWOLFREVIVAL.ORG

Middleburg Spinning Classes

At Mold Me Fitness - 7 W. Washington St.

Membership is not required
\$15 per 45 minute class
Contact us or drop-in

Find our class schedule at: [Facebook.com/Middleburg Spinning](https://www.facebook.com/MiddleburgSpinning)

Spinning is Great For:

Low Impact Surgery Recovery
Weight Loss
Cross-Training
Self-paced (and fun!) Exercise

Contact Us: **Carol Snow**
540-454-0405
Carolsnow@me.com

Contact Us: **Julie Gray**
703-517-2449
Julie@profound-impact.com



Market Salamander SPRING 2016

SOUTH AFRICAN WINE DINNER

Sunday, May 22

5:30pm | \$70++pp



Heading to Great Meadow this season?
Let us cater your tailgate!

VA Gold Cup Races: May 7
Twilight Polo Kick-off: May 14

give us a call
for your
Tailgates & Picnics

571.465.6505 or amonteone@market-salamander.com

Order your race, match, and winery outing tailgates and picnics today!
menus: www.marketsalamander.com



the Kindergarten class presents lunch



Thursday, May 19th

chicken sandwich with carrots, chips and freeze pop

- one sandwich \$7.00
- two sandwiches \$10.00

Name: _____

Grade: _____

Cash or checks made payable to The Hill School, with "Class of 2024" in the memo line.

Orders must be received no later than Tuesday, May, 17th.

Nutrition Nuggets



Tricks to Storing Produce

How many times have you returned from the grocery store or farmer's market and felt on top of the world with all of your fresh produce...only to open the fridge a few days later and it has all shriveled, rotted, or turned color before you could even use it?!? Yep, we've all been there! Here are a few tips to help protect your produce so that it stays fresh a little longer!

1. **Wait to wash!** Don't wash your produce until you are ready to use/eat it. Washing it too much ahead of time causes spoilage due to the dampness, which invites bacteria growth.
2. **Store separately!** Many fruits produce ethylene gas which expedites spoilage, so when fruits and veggies are stored together (especially if they are touching) they are likely to ripen (then spoil) very quickly.
3. **Give them some air!** Vegetables, in particular, like to breathe so fight the urge to stick them in the fridge confined to the plastic baggie from the store. Poke holes in the bag or store in a reusable mesh bag to allow air circulation.

And check out these produce specific tips that will help keep your fruits and veggies around longer!

Tomatoes: Store tomatoes at room temperature. The cold of the refrigerator breaks down their cell structure causing them to spoil more quickly. And the word on the street is that standard-sized tomatoes do best when stored at room temperature with their stem side down.

Bananas: Although they look nice in their banana bunch, try separating them and wrapping each stem in plastic wrap. This little trick will help decrease the emission of the ethylene gas allowing your bananas to ripen more slowly. Once ripened to your desire, pop them in the fridge to prevent further ripening.

Carrots: Cut-off any green stems, which pull out the water from the carrot and expedite spoilage. Unpeeled, trimmed carrots can be stored in an unsealed zip-lock bag in the fridge for about 2 weeks. Baby carrots or sliced carrots can last even longer if stored in a tightly covered container filled with water (be sure to change the water regularly).

Cucumbers: Keep them out of the fridge. Temperatures below 50 degrees will cause them to spoil faster. If you must refrigerate them, do so for a maximum of 3 days. And cukes are very sensitive to ethylene gas so keep them separated from bananas, melons, tomatoes, etc.

* Reference: The Washington Post, 2014

*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 Middleburg Farmers Market opens this Saturday!

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

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

