



# TAKE NOTE

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

## DECEMBER 10, 2015

### Tomorrow, December 11— Noon Dismissal for All Grades



**Ski season is coming!**  
Sign up forms are due to the office tomorrow, Friday, Dec. 11.

Parents and students renting equipment need to pick up rental forms at the front desk or download them from The Hill School website (See "Helpful Links"). Completed rental forms need to be returned to Hill School **before** Winter Break.



Many thanks to Donna & Jeffrey Potter for all their work in organizing and executing the Hill School float in the Middleburg Christmas Parade. Thank you to Carmen & James Igoe for safely escorting the Hill students and float through the parade, to Kelly & Ryan Wick for all of their assistance on the parade day, to Therese & Tim Harmon for use of their hay wagon and to Heather & Fred Briggs for assembling the lions and sled on the float. Thank you as well to all the students that represented Hill so well – those riding in the float and those carrying the banner and providing candy to the spectators.



**St. George and the Dragon**  
**Thursday, December 17**

The annual production of "St. George and the Dragon," by the 7th grade will be performed at 11:00 am (JK-3) and at 3:15 pm (4-8) in the Performing Arts Center.



January lunch forms are attached. Orders are due by December 18th.

**JK-8 Holiday Program**  
**Friday, December 18**

Program begins at 10:30 am in the Athletic Center. The program features songs performed by all JK-8 students. Parents, grandparents, and friends are welcome and encouraged to attend.

Students will be dismissed at the conclusion of the program (approximately 11:45).



*Join us for Christmas Carols in Middleburg*  
*Tuesday, December 15*  
*5-6 pm*

*Paul Haefner and Hunt Lyman will provide the guitar, all we need are your voices, a good attitude and a flashlight!*

*Children 3rd grade and younger should be accompanied by an adult.*

*To sign up or for more information, please contact Kelly Johnson, (540) 687-5897.*

*Carolers will depart Hill School just before 5 pm and return by 6:15 pm.*

# Coming up at Hill:

Fri., Dec. 11	Noon Dismissal for all grades. Faculty meetings will be held in the afternoon. NO LATE GATES.
Mon. Dec. 14	JV White Girls Basketball vs. Sacred Heart at Hill. Game at 4:00, dismissal at 5:15 pm JV Green Girls Basketball vs. Sacred Heart at Hill. Game at 5:00, dismissal at 6:15 pm
Tues., Dec 15	6 Boys Basketball vs. LCDS at LCDS. Game at 3:00, dismissal at 4:45 pm <b>Note time change:</b> V Boys Basketball vs. LCDS at LCDS. Game at 4:00, dismissal at 5:45 pm <b>Note time change:</b> JV Boys Basketball vs. LCDS at LCDS. Game at 5:00, dismissal at 6:45 pm 6 Girls Basketball vs. LCDS at Hill. Game at 3:00, dismissal at 4:15 pm JV Green Girls Basketball vs. LCDS at Hill. Game at 4:00, dismissal at 5:15 pm V Girls Basketball vs. LCDS at Hill. Game at 5:00, dismissal at 6:15 pm
Thurs. Dec. 17	Grade 7 - St. George and the Dragon Performances at 11:00 am and 3:15 pm.
Fri., Dec. 18	Holiday Program at 10:30 am. Students are dismissed for the two week vacation after the program.
Mon. Jan. 4	School re-opens.

**WANTED:** Two young working professionals looking for two bedroom rental property in the Middleburg area for the spring of 2016. Please contact 703-801-3016 or sfdornin@gmail.com.

**FOR RENT:** Newly renovated stucco & stone cottage on large working horse farm off Atoka Road. Two Bedrooms & One Full Bath - with Master Bedroom on main level, 2<sup>nd</sup> Bedroom on upper level. Newly designed Kitchen with picture window, granite & all new appliances. Refinished hardwood flooring in the large Living Room with stone fireplace. New HVAC heating & cooling system. W/D. Separate parking area. Security Deposit, References and Credit Check required. Pets on a case-by-case basis. No smokers. Please call or text Cricket Bedford at Thomas & Talbot Real Estate at (540) 229-3201. **\$1,950.**

**AVAILABLE:** House Sitting & Baby Sitting. Call Montana 703-459-335. Hill '07 Foxcroft '11 Available Dec 18- Jan 18.

**FOR RENT:** Charming stone & cedar farmhouse with beautiful views on 30-acre horse farm located in the heart of Piedmont Hunt country on a quiet gravel road. Features 3+ bedrooms, 4 full baths, open country Kitchen & additional small Kitchen, formal Living Room with fireplace, Dining Room with slate flooring and Family Room with large stone fireplace and built-in bookshelves. Separate Den/Office on the main level can also serve as 4th bedroom. Unique design links two historic stone cottages together and offers option of creating two connected but separate houses, each with their own kitchen. Mostly hardwood flooring throughout. Covered front porch, side porch and large rear deck ideal for entertaining. House can be offered furnished: \$2,950 or unfurnished: \$2,650. Security Deposit, References and credit report required. Pets on a case-by case basis. No smokers. Call Cricket Bedford at Thomas & Talbot Real Estate (540) 229-3201.

**AVAILABLE:** Licensed VA Teacher available for tutoring for all grade levels in the following subjects: Science, Math, Reading, English, Social Studies. No Foreign Languages. Please contact at rigglem@comcast.net or (540) 533-4030.

**AVAILABLE: Gift Wrapping Service for the Holidays:** Fast, easy, professional. Custom designed selection of beautiful paper and bows. Pick and delivered to your door. Call Karen 703-307-6006.



## Attention Hill Families!

Are you interested in growing your own produce in a community garden with the help and advice of a

master gardener? Grow with us in the Gunnell Garden! Each year local Hill School families are invited to enter their names in the Gunnell Community Garden lottery. If your name is drawn you will pay a small maintenance fee of \$25 to use a raised bed in the Gunnell Community Garden for one growing season. Please bare in mind gardening requires commitment and regular maintenance! If interested email or call Martha Burke by January 15th, 2016 to be entered in the garden drawing. 540-592-3001, or mburke@thehillsschool.org

## Celebrating the Holiday Season in Middleburg

Second Chapter Books invites children of all ages to join us for **Storytime at the Bookstore.**

**Sundays 2:00 to 4:00**

**December 13<sup>th</sup>**

Gentile's *The Mouse in the Manger*

Read by Till Smith

Crafts with Mary Woodruff and Denise All

**December 20<sup>th</sup>**

Moore's *The Night Before Christmas*

Read by Chief AJ of Middleburg. Police Dept.

Crafts with Shannon Ellis of Common Grounds

**Cupcakes** from Lillybakes following the craft activities  
Space is limited, so please reserve your place.

Call the bookstore at 687-7016 or email with date(s) and number of attendee(s) secondchapterbks@gmail.com

# HELL'S HALF-ACRE WEDNESDAY 12/16/15 MIDDLEBURG COMMON GROUNDS

A MULTIMEDIA/READING/BOOKSIGNING EVENT

"HELL'S HALF-ACRE" IS THE THRILLING NEW NOVEL ABOUT THE BLOODY BENDERS, A 'FAMILY' OF SERIAL KILLERS WHO TERRIFIED THE SOUTHEASTERN KANSAS FRONTIER IN THE 1870'S. PRESENTED BY MIDDLEBURG AUTHOR NICHOLAS NICASTRO, THIS EVENT WILL INCLUDE DRAMATIC READINGS, PERIOD IMAGES, AND VIDEO. COPIES OF THE NOVEL WILL BE AVAILABLE FOR SIGNING AND PURCHASE.

CO-SPONSORED BY SECOND CHAPTER BOOKS AND MIDDLEBURG COMMON GROUNDS.



## 5-6PM

MIDDLEBURG COMMON GROUND  
114 W. WASHINGTON ST., MIDDLEBURG, VA  
540-687-7065 OR CONTACT@NICASTROBOOKS.COM FOR INFORMATION

### BEGINNER DANCE

Ages 6-12  
Tuesdays 4:30-5:30  
Jan. 5 - March 2  
\$110/per student

Beginner to intermediate level dance, including: ballet, hip hop, jazz, tap and musical theater.

### BLACK BELT LEADERSHIP

Wednesdays 3:15-4:15pm  
Jan. 6 - Feb. 24  
\$148: Basic Training  
\$188: Leadership Training

Students will learn bullying prevention techniques, confidence building & teamwork skills.

### LEGO ROBOTICS

Grades K-5  
Tuesdays 3:15 - 4:15pm  
Jan. 1 - March 2  
\$160/per student

Students will explore mechanisms & structural design through the use of LEGO technology.

### SILVER KNIGHTS CHESS

Ages 5-14  
Fridays 3:15 - 4:15 pm  
\$144/per student

All skill levels welcome. Students will learn the rules & advanced tournament strategies

### QUILTING & DESIGN

Ages 6-12  
Tuesdays 3:15-4:15  
Jan. 7 - Feb. 25  
\$128/per student  
(+\$25 supply fee)

Students will learn to create a design using a sewing machine & quilting techniques.

### COMMUNITY KIDS CLUB

Ages 5-12  
Mondays 3:15-4:15pm  
Jan. 4 - Feb. 29  
\$10/per student

Students will work on a community service related project that will positively affect their community.



Call us for more information!  
(540) 687 - 6375

### MINECRAFT ANIMATION

Grades 1-3  
Mondays 3:15 - 4:15pm  
\$168/per student  
Students will be introduced to basic animation techniques and create various short animation projects.



## The Artists in Middleburg (AiM)

We offering a number of delightful, fun and *calming* classes for you and your children during the holiday season. Please peruse our offerings and join us to help celebrate the holidays!

**Sunday, December 13, 1:00-4:00 PM: Holiday Ornament Decoration with Barbara Sharp.** Children and adults of all ages are invited to continue to "deck their halls" with handmade ornaments. Supplies are provided. \$10 per person.

**Sunday, December 20, 1:00-4:00 PM: Children's Mandala Workshop with Marci Nadler.** Children ages 5-7 are invited to attend a 3 hour workshop on the Mandala, with a short meditation practice. The workshop will focus on developing attention, drawing skill, and expression of inner thoughts and feelings in a creative and nurturing environment. We will focus on the joyous aspect of creating art – the children will be guided along their own paths without worrying about the outcome.

Materials to bring to workshop: pencils, eraser, sharpener, water-soluble colored pencils, black sharpie pen, and poster board.  
\*Minimum 5 and maximum 10 students. Cost: \$25 per student.

Please email me at [sandy@artistsinmiddleburg.org](mailto:sandy@artistsinmiddleburg.org) or call at: [540-687-6600](tel:540-687-6600) to reserve your place.

## The Perfect Gift - Give your loved ones the vacation of a lifetime!

- Exclusive, Hosted Bespoke Tours and Safaris
- Experience Southern Africa's Amazing Wildlife and Culture
- Enjoy World Class Quality



Contact Former Hill School Parents, Collin and Corinne Steyn, to coordinate your Safari.

[www.JehtyQuest.com](http://www.JehtyQuest.com)

(720) 446-5150



# KEEP WARM AND SKI ON

Support the Kindergarten Class with a Hill School hat



**BULA CLASSIC BEANIE**

100% wool hat with fleece liner  
for extra warmth.  
One size fits most.



**BULA LILI HAT**

100% wool hat with fleece liner  
for extra warmth.  
One size fits most.



**FIRM GRIP FLEECE HEADBANDS**

One size fits most.

HAT	COLOR	COST EACH	QUANTITY	TOTAL
Bula Classic Beanie	Black	\$25.00		\$
Bula Classic Beanie	Gray	\$25.00		\$
Bula Lili Hat	White	\$25.00		\$
Fleece Headband	Black	\$15.00		\$
			TOTAL	\$

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Orders received by Friday, December 18th will arrive for the first week of ski season.  
Make checks payable to Hill School. Please include "Class of 2024" in the Memo.

## Nutrition Nuggets



### Celebrating this Holiday Season with Cinnamon

I love this time of year ~ the decorations, the music, and all of the delicious smells filling our homes and kitchens. One of those yummy holiday aromas is cinnamon. We know this very popular spice for its sweet and warm flavor in many of the foods we eat, but did you know that cinnamon also has several health benefits? So much so, that in Ancient Egypt cinnamon was considered to be more precious than gold! Its healing properties come from the oils found in the bark of the cinnamon tree, from which the spice is made. These powerful oils give cinnamon anti-clotting properties to keep blood flowing smoothly (e.g. in your arteries), as well as anti-microbial abilities, which helps stop the growth of bacteria and fungi. Cinnamon is also a well-known anti-inflammatory because of its ability to inhibit the release of arachidonic acid from cell membranes, which is a fatty acid responsible for the inflammation response in the body. Its health benefits, however, do not end there. A 2007 study in the American Journal of Clinical Nutrition found that seasoning a high-carbohydrate food with cinnamon helped slow the rate at which the stomach empties after eating, thus slightly lessening the impact that the food has on blood sugar levels (*Am J Clin Nutr.* 2007 Jun;85(6):1552-6.). Studies are still being done to determine whether cinnamon helps people with Type 2 Diabetes better respond to insulin, as well. But that's still not all! The smell of this aromatic spice has been shown to boost brain activity by improving working memory, visual-motor speed, and virtual recognition memory. Cinnamon is also a good source of fiber, calcium, iron, and the trace mineral manganese. The combination of fiber and calcium is of particular benefit because together they bind to, and remove bile salts from the body, which helps prevent many poor health conditions.

So how do you get these health benefits from cinnamon? The general belief is that approximately  $\frac{1}{2}$  tsp per day is enough to have a positive health impact, particularly for slowing the rate at which the stomach empties. Try sprinkling cinnamon in your morning oatmeal, latte, or pancake mix to get your daily dosage. Adding it to peanut butter, applesauce, or one of my holiday favorites, hot apple cider with a cinnamon stick, are some other ideas...but the possibilities are endless!

Ground cinnamon and cinnamon sticks both carry the same nutritional benefits, but the sticks have a longer shelf life of 1 year, compared to the ground variety's 6 months. Both should be stored in a tightly sealed glass container in a cool, dark, dry place.

How will you add the flavor or smell of cinnamon to your joyful holiday season this year?

\*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?*

Cinnamon is one of the oldest spices known and was mentioned in one of the earliest books on Chinese botanical medicine in 2,700 BC!

Questions or comments? Please email me at [Cristin@myCompleatNutrition.com](mailto:Cristin@myCompleatNutrition.com).

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



## 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 (12:00).

**Please note:** If you have ordered lunch, and your child is absent (due to illness or a field trip), let us know if you would like us to pass his/her lunch on to another child or if you would like the lunch to be saved overnight in the school refrigerator for your child's lunch the next day.

## Lunch Order Forms – January, 2016

Return to the Office **by December 18th.**

### **MONDAYS – TEDDY’S PIZZA** – 687-8880

**\$5.00 per order**

One form per student, please.

Name \_\_\_\_\_ Grade \_\_\_\_\_

- |                                 |     |      |      |      |
|---------------------------------|-----|------|------|------|
| 1. 2 slices of CHEESE Pizza.    | 1/4 | 1/11 | 1/18 | 1/25 |
| 2. 2 slices of PEPPERONI Pizza. | 1/4 | 1/11 | 1/18 | 1/25 |

*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) **before Dec. 18.***

**CUT HERE**=====

### **TUESDAYS – MARKET SALAMANDER** – 687-8011

**\$5.00 per order**

One form per student, please.

Name \_\_\_\_\_ Grade \_\_\_\_\_

- |   |     |      |      |      |
|---|-----|------|------|------|
| 1. Market Mac ‘n Cheese (8 oz), side of vegetable, and a cookie                     | 1/5 | 1/12 | 1/19 | 1/26 |
| 2. Three Chicken Tenders with honey mustard sauce, side of vegetable, and a cookie. | 1/5 | 1/12 | 1/19 | 1/26 |

*Circle the desired lunch(es) and date(s) and return this portion with payment in an envelope marked with Market Salamander. Return this form (for the whole month) **before Dec. 18.***

**CUT HERE**=====

### **WEDNESDAYS – MIDDLEBURG DELI** – 687-3456

**\$5.00 per order**

One form per student, please

Name \_\_\_\_\_ Grade \_\_\_\_\_

- |  |     |      |      |      |
|--|-----|------|------|------|
| 1. Sliced Turkey Breast on a Soft Roll with Lettuce & Tomato   | 1/6 | 1/13 | 1/20 | 1/27 |
| 2. Sliced Roast Beef on a Soft Roll with Lettuce & Tomato  | 1/6 | 1/13 | 1/20 | 1/27 |
| 3. Sliced Ham & Cheese on a Soft Roll with Lettuce & Tomato  | 1/6 | 1/13 | 1/20 | 1/27 |
| 4. ½ Little Italy Sub<br>(Provolone, Mortadella, Pepperoni, Genoa Salami, Lettuce, Tomato, Sweet Peppers, Oil and Vinegar) | 1/6 | 1/13 | 1/20 | 1/27 |
| 5. Grand Slam (Turkey, Ham, Swiss, Lettuce, Tomato on a Sub Roll)  | 1/6 | 1/13 | 1/20 | 1/27 |

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 MIDDLEBURG DELI. Return this form (for the whole month) **before Dec. 18.***