



TAKE NOTE


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

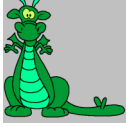
DECEMBER 3, 2015


Parent Coffee
Wed., December 9th
8:30 am
Alumni Room
"Keeping Your Kids Safe Online"

Keeping Your Kids Safe Online is a seminar designed to provide parents with an understanding of the online threats to our children and how to identify key tools for parents to ensure kids are as safe as possible. The seminar takes a serious look at these threats and candidly addresses difficult but important themes. Matt Foosaner is a proud Hill School parent of Sammy '19, Joey '21 and Abby '23. He has over 20 years of experience designing and delivering Mission Critical Technologies to government agencies. Matt has a passion for facilitating the safe use of technology amongst our children and since 2005 he has served on the Law Enforcement Committee and Development Committee for the Board of Directors at the National Center for Missing & Exploited Children. He has created the Keeping Your Kids Safe Online Child seminar to ensure that all parents are empowered to help their kids be safe.

 **Ski season is coming!**
Sign up forms were attached to last week's Take Note and are due to the office by **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.

 **Missed out on your holiday greenery?**
No worries - you can still order from the 2nd grade! Last minute orders will be taken through Tuesday, Dec. 8th, to be delivered by the 10th/11th of December. Please see the front office for extra order forms or check on the Hill School website. Any questions, please contact Sheila Harrell at sheilalucy2001@yahoo.com or 704-617-3178.
*** Please note that the white and red amaryllis are no longer available.**

 **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-4)** and at **3:15 pm (5-8)** in the Performing Arts Center.


JK-8 Holiday Program
Friday, December 18
Program begins at **10:30 am** in the Athletic Center. Students dismissed after the performance.

Join the Hill School Float for Christmas in Middleburg

Christmas in Middleburg is Saturday, December 5th. All JK-3 children are invited to ride along with the Hill School lion on our float in the Christmas in Middleburg Parade. You will need to dress warmly and meet at the float along the Hill School's Cross-Campus Road between 1:15 and 1:30. Pick up will be immediately after the parade at the Hill School's back traffic circle (near Art room).

To ensure the safety of our children, all children must be on the float by 1:30. No children will be allowed to join the float once we start moving, or be picked up from the float before we return to the art circle. Questions? Contact Donna Potter at montog@aol.com.

More about Christmas in Middleburg is at their website <http://www.christmasinmiddleburg.org/>



Coming up at Hill:

Fri., Dec. 4	Grade 7 returns from Williamsburg at 3:00 pm.
Sat., Dec. 5	Christmas in Middleburg Parade (see page 1 for more information about the Hill School Float).
Mon., Dec. 7	NO Running Club
Thurs., Dec. 10	6 Boys Basketball vs. Powhatan at Powhatan. Game at 3:15, dismissal at 4:45 pm JV Boys Basketball vs. Powhatan at Powhatan. Game at 4:00, dismissal at 5:45 pm V Boys Basketball vs. Powhatan at Powhatan. Game at 5:00, dismissal at 6:45 pm 6 Girls Basketball vs. Powhatan at Hill. Game at 3:15, dismissal at 4:15 pm JV White Girls Basketball vs. Powhatan at Hill. Game at 4:00, dismissal at 5:15 pm V Girls Basketball vs. Powhatan at Hill. Game at 5:00, dismissal at 6:15 pm
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 JV Boys Basketball vs. LCDS at LCDS. Game at 4:00, dismissal at 5:45 pm V 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.

FOR RENT: Small c.1760, 3 room cottage on Historic Landmark Estate, \$1000 a month including utilities. 540 687-5695.

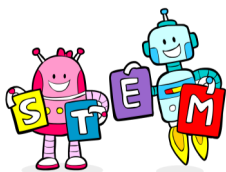
FOR RENT: 1 bedroom charming cottage very private, fields/forest – 3 miles to Warrenton, central AC, Washer/Dryer, Deck - \$1100 a month. 540 687-5695.

AVAILABLE: Joshua Fox, a 2012 Hill graduate and current Loudoun Valley High School Senior, is available for childcare, transport to after-school activities, etc. He has a clean driving record, and is a beloved, and sought-after playmate with our local kids. Please call Carol Jahnke for a reference at 540.687.6269 or text Josh directly at 703.409.5033 for his availability. Josh lives locally and has time during the Thanksgiving, and Christmas to New Year's breaks as well as some evenings and weekends throughout the school year.

WANTED: Reliable house sitter wanted in 2016. Former Hill family near Halfway. Responsibilities include horses, dogs & chickens. Live-in or out, your pets welcome. Contact Betsy Manierre, 540.687.5420.

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, 2nd 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.**



STEM AFTER SCHOOL FOR 6-8TH GRADE GIRLS

For 3 years, Mrs. McCaskey has worked with girls after school on a variety of S.T.E.M. activities to prepare them for a competition on Saturday, February 20th at Foxcroft School.

Two teams of four girls will compete, so space is limited (first come - first served).
Contact smccaskey@thehillsschool.org to sign up.

Girls will meet once a week, after school on Wednesday from 4 -5 pm, starting Dec 16th.

Susan is also looking for parent assistants.

Hill School Student Council Supports Windy Hill for the Holidays



Dear
Parents,
Hill School's
Student Council

is asking our school community
to help brighten the holidays for residents of
Middleburg's Windy Hill neighborhood. *

Please consider supporting the Student Council by
providing Holiday gifts for Windy Hill children. *

Our faculty will be helping to support this program as well. *

To make the process as easy as possible for families to
participate, Room Parents have been given the entire wish list
to distribute to parents. * For those wanting to participate, here is how: *

Select a gift from the wish list and confirm with the front desk to
avoid duplications. * You will be given a certificate with the child's name
and gift details * Consider including your child in the process of selecting and
purchasing the gift. * Wrap and bring gift with the certificate attached to the front desk
by December 16th. * We will place it under Hill's giving tree in the front lobby.

Anyone wishing to provide additional support or gifts,
please contact Emily Tyler or Ann Northrup. *

Many thanks for your continued
support and generosity,
The Student
Council

* Update from Student Council: Currently 20 of 73 gifts we have commitment for.



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.

24th Annual Middleburg Cotillion

As the holidays are approaching, we all look forward to celebrating with family and friends! In addition to counting our blessings it's a great time for adults to model etiquette and table manners and for our young ladies and gentlemen to demonstrate what they've learned at home, school and Middleburg Cotillion.

We hope your 4th-7th grader can join classmates and students from other local schools this year to build confidence in a fun and festive setting!

To register or for more information, please contact Middleburg@Cotillion.com or visit the website <https://www.cotillion.com/jdw>

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 13th

Gentile's *The Mouse in the Manger*

Read by **Till Smith**

Crafts with **Mary Woodruff** and **Denise All**

December 20th

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

THE POLAR EXPRESS

*All aboard for a night of PJ's
and the Polar Express.*

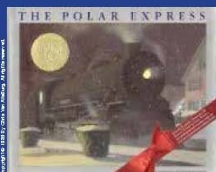
Families will watch the favorite holiday story while enjoying hot chocolate just like from the book.

We will also have activities to keep the holiday spirit alive!



Co-sponsored with the Middleburg Community Charter School.

Call **540-687-6375** to RSVP by **December 8, 2015**



LOCATION:
Middleburg Community Charter School

PAY AT THE DOOR:
\$5.00 per family

DECEMBER 11th from 6:30pm to 9:00pm



*The Orlean Community Trail System and the Village of Orlean
present ... "An Orlean Christmas"*

5 Dec, from 3:00 – 10:00 p.m. throughout the Village of Orlean.

- All day ...Open House at the Village Green Gift Shop
- 3:00 -- 6:00 ... Christmas Dinner (served at Providence Baptist Church; United Methodist & Orlean Baptist churches and OCTS also supporting this event) * *ticket required for a donation*
- 4:00 -- Dusk... Piedmont Driving Club (horse & carriage)
- 4:00 -- 7:15 ...Quilt display (Providence Baptist Church)
- 4:00 -- 7:15 ... Christmas Craft Show* (United Methodist Church)
 - Debbie Cornwall (hand-painted decorative items)
 - Helen Riley (crochet crafts)
 - David Jeck and Ann Anderson (hand crafted wooden items and gifts, knitted crafts and jewelry)
 - Megan Ferguson from Hope Hill Farm (soaps, lotions, and more, all homemade from natural ingredients)
 - Brenda Melton (floral wreaths and centerpieces, scarves, and jewelry)
 - Cyndie Kisner (centerpieces and lanterns)
 - The Orlean Market (jams, local produce, and more)
- 4:00 -- 7:15 ... Christmas Concert by local musicians (United Methodist Church)
 - Ross D'Urso & Angela Gibson ... 4:00 – 4:45
 - Blue Ridge Barbershoppers ... 5:00 –5:45
 - Pairadoes (Hill School's Hunt Lyman and Paul Haefner) ... 5:45 – 6:15
 - Daniel Carter ... 6:15 – 6:45
 - Providence Baptist Church Choir ... 6:45 – 7:15
- 4:00 -- 7:15 ... Santa's Bake Shoppe and Santa Claus (the Fire Station)
- 7:30 -- 8:00 ... Christmas caroling at bonfire (Orlean Market)
- 8:00 – 10:00+ ... The Celebration Continues (Orlean Market)

For more detail, please see orleantrailssystem.org

Lilly Killinger's Holiday Art Show



Come visit Lilly Killinger
at Middleburg's Common Grounds,
114 W Washington St, Middleburg, VA 20117
on Sunday, December 6th from 2:00 - 5:00 pm.

All proceeds from Lilly's sales will go towards children with cancer!

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



A PLACE TO BE™
Where Music Meets Therapy!

Presents
A Music Therapy

Holiday Concert



An inspiring afternoon of courage, music and joy!

Sunday December 6th

at 2:00 pm

at The Hill School

130 South Madison Street, Middleburg, VA

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 or call at: [540-687-6600](tel:540-687-6600) to reserve your place.

Nutrition Nuggets



Boosting Immunity

Cold and flu season is here! What can you do to increase your chances of staying healthy? Wash your hands (a lot!), get extra rest, stay physically active, and pay special attention to your diet! Many vitamins, minerals, and other nutrients found in foods are natural immune boosters that will gladly work overtime during this time of year!

Vitamins A, C, and E are natural antioxidants and can be found in:

Vitamin A: sweet potato, carrots, collard greens, kale, spinach, cantaloupe, cayenne pepper

Vitamin C: red bell pepper, oranges, strawberries, kiwi, cantaloupe, parsley, broccoli, Brussels sprouts

Vitamin E: almonds, hazelnuts, whole grain products, wheat germ, fortified cereals/breads, seeds

Vitamin D may help in identifying and destroying the bacteria and viruses that make us sick. The best source of vitamin D is the sunshine, but during these winter months when we are bundled-up, you can also get it from fatty fish, fortified milk/juice/cereal and supplements.

B vitamins, in particular B6 and folate also have immune-boosting powers:

Vitamin B6: chicken (light meat, skinless), pork, peanut butter, black beans, whole wheat pasta

Folate: fortified cereals/breads/pastas, spinach, navy beans, OJ, wheat germ, avocado

Selenium is a potent antioxidant that increases the number of natural killer cells in the body. It can be found in: seafood (tuna, red snapper, lobster, shrimp), whole grains, egg yolk, brown rice, cottage cheese.

Zinc is very important to the immune response and increases the production of white blood cells that fight infection. Zinc can be found in: meat, wheat germ, crab (canned), milk, sunflower seeds, peanut butter.

Prebiotics and Probiotics work together to stimulate the growth of friendly bacteria in your gut.

Prebiotics: strawberries, honey, garlic, barley, leeks, asparagus, onions

Probiotics: yogurt with the active cultures *Lactobacillus casei* and *Lactobacillus reuteri*, sauerkraut, kefir

Soluble fiber helps fight inflammation. Look for this type of fiber in: citrus fruits, apples, carrots, dried beans and peas, oats, barley, flaxseed.

Two great immune boosters to also add to your routine are mushrooms and green tea. Mushrooms contain the compounds Beta-glucans, which have been shown to help prevent infections.

Green Tea contains catechins, which may kill the influenza virus.

*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?

You lose the immune-boosting powers of green tea when you add milk because the milk proteins bind with the polyphenols and make them ineffective.

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

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



2015-2016 WINTER ATHLETIC GAME SCHEDULE updated 12-3

Please check Take Note to confirm game and dismissal times

DATE	TEAM	SPORT	OPPONENT	LOCATION	TIME	DISMISSAL
Thu, Dec. 10	6 Boys	Basketball	<i>Powhatan</i>	Powhatan	3:15	4:45
	JV Boys	Basketball	<i>Powhatan</i>	Powhatan	4:00	5:45
	V Boys	Basketball	<i>Powhatan</i>	Powhatan	5:00	6:45
	6 Girls	Basketball	<i>Powhatan</i>	Hill	3:15	4:15
	JV White Girls	Basketball	<i>Powhatan</i>	Hill	4:00	5:15
	V Girls	Basketball	<i>Powhatan</i>	Hill	5:00	6:15
Mon, Dec. 14	JV White Girls	Basketball	<i>Sacred Heart</i>	Hill	4:00	5:15
	JV Green Girls	Basketball	<i>Sacred Heart</i>	Hill	5:00	6:15
Tue, Dec. 15	6 Boys	Basketball	<i>LCDS</i>	LCDS	3:00	4:45
	JV Boys	Basketball	<i>LCDS</i>	LCDS	4:00	5:45
	V Boys	Basketball	<i>LCDS</i>	LCDS	5:00	6:45
	6 Girls	Basketball	<i>LCDS</i>	Hill	3:00	4:15
	JV Green Girls	Basketball	<i>LCDS</i>	Hill	4:00	5:15
	V Girls	Basketball	<i>LCDS</i>	Hill	5:00	6:15
Tue, Jan 5	JV Boys	Basketball	<i>Highland</i>	Hill	3:00	4:15
	V Boys	Basketball	<i>Highland</i>	Hill	4:00	5:15
	JV White Girls	Basketball	<i>Highland</i>	Highland	3:15	5:00
	V Girls	Basketball	<i>Highland</i>	Highland	3:15	5:00
Thu, Jan 7	6 Boys	Basketball	<i>LCDS</i>	Hill	3:00	4:15
	JV Boys	Basketball	<i>LCDS</i>	Hill	4:00	5:15
	V Boys	Basketball	<i>LCDS</i>	Hill	5:00	6:15
	6 Girls	Basketball	<i>LCDS</i>	LCDS	3:00	4:45
	JV Green Girls	Basketball	<i>LCDS</i>	LCDS	4:00	5:45
	V Girls	Basketball	<i>LCDS</i>	LCDS	5:00	6:45
Tue, Jan 12	JV White Girls	Basketball	<i>LCDS</i>	LCDS	3:00	4:45
Wed, Jan 13	6 Boys	Basketball	<i>Powhatan</i>	Hill	3:15	4:15
	JV Boys	Basketball	<i>Powhatan</i>	Hill	4:00	5:15
	V Boys	Basketball	<i>Powhatan</i>	Hill	5:00	6:15
	6 Girls	Basketball	<i>Powhatan</i>	Powhatan	3:15	4:45
	JV Green Girls	Basketball	<i>Powhatan</i>	Powhatan	4:00	5:45
	V Girls	Basketball	<i>Powhatan</i>	Powhatan	5:00	6:45
Thu, Jan 14	JV Boys	Basketball	<i>Wakefield</i>	Hill	3:00	4:15
	V Boys	Basketball	<i>Wakefield</i>	Hill	4:00	5:15
	V Girls	Basketball	<i>Wakefield</i>	Wakefield	3:30	5:00
Tue, Jan 19	JV Boys	Basketball	<i>Highland</i>	Highland	3:15	5:00
	V Boys	Basketball	<i>Highland</i>	Highland	3:15	5:00
	JV Green Girls	Basketball	<i>Highland</i>	Hill	3:00	4:15
	V Girls	Basketball	<i>Highland</i>	Hill	4:00	5:15
Wed, Jan 20	5th Grade	Basketball	<i>LCDS</i>	boys Hill girls LCDS	1:00-2:00	regular
Tue, Jan 26	JV Boys	Basketball	<i>Tournament</i>	Wakefield	2:00	4:45
	JV Girls	Basketball	<i>Tournament</i>	Foxcroft	2:00	4:45
Wed, Jan 27	4th Grade	Basketball	<i>LCDS</i>	boys Hill girls LCDS	1:00-2:00	regular
Thu, Jan. 28	V Boys	Basketball	<i>Tournament</i>	Wakefield	2:00	4:45
	V Girls	Basketball	<i>Tournament</i>	Foxcroft	2:00	4:45
Tue, Feb 2	JV White Girls	Basketball	<i>LCDS</i>	Hill	4:00	5:15
Wed, Jan 27	4th & 5th	Basketball	<i>LCDS</i>	play day snow date	1:00-2:00	regular