

Coming up at Hill:

Thurs., April 14	Parent - Teacher Conferences - No School
Fri., April 15	Spring Holiday - No School Camp Out at the Ayers' - sponsored by the 6th Grade. See page 4.
Sat., April 16	V Girls Lacrosse vs. Foxcroft at Foxcroft. Start at 11:15 am.
Tues., April 19	V Boys Lacrosse vs. Wakefield at Wakefield. Game at 3:00, dismissal at 4:30 pm JV Green Girls Lacrosse vs. Wakefield at Hill. Game at 3:00, dismissal at 4:15 pm JV White Girls Lacrosse vs. Edlin at Hill. Game at 4:00, dismissal at 5:15 pm
Thurs., April 21	V Boys Lacrosse vs. Powhatan at Hill. Game at 3:30, dismissal at 4:45 pm JV Green Girls Lacrosse vs. Powhatan at Powhatan. Game at 3:30, dismissal at 5:15 pm V Girls Lacrosse vs. Powhatan at Powhatan. Game at 4:30, dismissal at 6:15 pm

SUMMER INTERNSHIPS: The National Sporting Library & Museum is accepting applications for student interns! Positions for college students or recent graduates are available in marketing, education, curatorial, and library departments. Visit www.NationalSporting.org for more details and how to apply. Contact Nicole Stribling, Curator of Permanent Collections, with questions: nstribling@NationalSporting.org

FOR SALE: TOY POODLE Puppy for sale. Local, AKC Purebred, Black, 14 weeks. This little guy is fully housebroken, and trained. He's calm with kids, and loves his toys. Perfect health. All shots current. \$800. Receipt and papers available. Call or text 347-622-3608 anytime.

ESTATE SALE: Hill school family Estate sale this Saturday, April 16th from 8am - 2pm. We're selling the best items from my mother's estate from Naples. Antique high boy, antique deacons bench, Chippendale table, Lenox Westchester china, crystal, glassware, handmade slab wood table and much more. 23910 New Mountain Road in Aldie.

AVAILABLE: Carol Caballero's sister-in-law is available for babysitting. Please contact Carol for more information (703) 475-8761.

FOR RENT: HORSE FARM — Main house on bucolic 44-acres available on Tail Race Road in Aldie. Five bedrooms, lots of light, great views, pool, outside fireplace/entertainment area, six-stall barn, blue stone riding ring. Includes land maintenance, trash and snow removal. \$5,500 per month plus utilities. Rent to buy option and your first year's rent will go towards purchase! Call 703-628-7402. WWW.AURORA-FARM.COM

If you love to draw horses, here is the contest for you!
Create horse-themed art and submit it to the
Great Meadow International Art Contest.

Due May 20th, 2016
K-12 students only
*Bring art to Mrs. Conti
before May 20th.



Earth Day, Friday, April 22, 2016

Come see

Project Wild Thing

A movie about one dad's quest to get his and our kids outdoors

Presented by the

Land Trust of Virginia

Goose Creek Association &

Blue Ridge Wildlife Center

Two shows!

4:30 meet the Blue Ridge Animal Ambassadors before the movie

7:00 pm

Performing Arts Center

Admission is FREE



HOPE begins with you.

Foxcroft School Blood Drive

Wednesday, April 20, 2016

1:30 pm - 7:00 pm

Hound Room

Student Activities Center

Please call 1-800-RED-CROSS or go to
www.redcrossblood.org and use sponsor code:

Foxcroft School to schedule
your life-saving donation!

Eligibility questions call 1-866-236-3276.

Be rewarded for leading efforts that help save lives. Learn more about the
High School Leadership Program today at leader.redcrossblood.org.

redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767 | Download the Blood Donor App

© 2016 The American Red Cross | 115408 | 2016-APR-01219

Beginner/Intermediate Hatha Yoga Class

Place: Middleburg Body Works
103 W. Federal Street
(next to Patina, and
White Elephant)

Time: Wednesdays 2:30-3:45

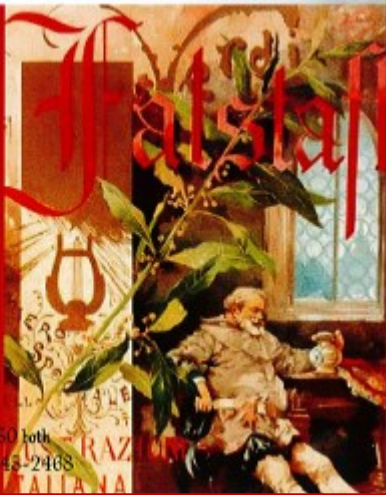
Please call Lucy Nalle with any
questions (540) 422-3000.

Featuring 4th grader Briggs Williamson

Shakespeare Opera Theatre presents

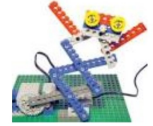
Shakespeare's "The
Merry Wives of
Windsor" in repertory
with Verdi's "Falstaff"
April 24th-May 7th at
The Hyllon Center in
Manassas, Virginia

Tickets: \$45/\$30 Single, \$75/\$50 both
www.hylloncenter.com or 888-843-2468



April 24, 2016 at 8:00 pm
April 29, 2016 at 8:00 pm
May 1, 2016 at 3:00 pm
May 7, 2016 at 8:00 pm
Gregory Family Theater

PRE-K ROBOTICS



Call Loudoun PRCS at Middleburg Community Center
at 540-687-6375 to RSVP today!

(Ages 3-5) Students will explore mechanisms and structural design through the use of LEGO® Technology. They will build out of LEGO® bricks, enhancing their spatial awareness, hand-eye coordination, and reinforce basic understanding of shapes and colors. They will begin to develop their vocabulary and communication skills in order to explain how the model works; enhance their ability to establish links between cause and effect, and reflect on how to find answers.

308102-02 \$90.00
W 4/20-5/25 12:15P- 1:00P

This class IS running and there IS room as of 4/11



FOXCROFT
CHORDS
presents

Twelfth Night

or
What You Will

By William Shakespeare

Friday, April 22nd
and Saturday, April 23rd
Curtain at 7:30 pm

FoxHound Auditorium,
Foxcroft School, Middleburg, Virginia

Admission is free. Space is limited.
Call 540.687.4511 for more information.



Sat. April 9
Noon-3 pm

Spring Wine Tasting
Global Wines

Sat. April 16
Noon-3 pm

Chocolate Tasting
Kingsbury Chocolates
& Confections

This **APRIL**
at **Market
Salamander**

Sat. April 23
Noon-3 pm

Silpada Jewelry
Ladies Day Out

JOIN US!



50 West Wine Dinner

Friday, April 15 | 6:30 pm | \$70++ Per Person

Four Courses Paired w/Local 50 West Wine. Reserve your spot today!

Call or Email Amy: 571.465.6505 | amonteone@market-salamander.com



Blue Ridge Lacrosse

2016 Boys & Girls Summer Camp

Boys Director: Jeff Lewandowski - Girls Director: Stephanie Daddio

- Learn first-hand from the top local high school and college players and coaches
- All skill levels, ages 6 to 17 years old welcome!
- Small group instruction



Date: Monday, June 20- Thursday, June 23

Time: 5:00-8:00PM

Cost: \$160/player

Location: Foxcroft School

22407 Foxcroft Road, Middleburg, VA 20117

Register at www.blueridgelacrosse.com/registration.html

For more information, visit our website at www.blueridgelacrosse.com. Questions? Email us at blueridgelacamps@gmail.com. If your child needs equipment, please contact us and we can provide you with information regarding where to purchase all equipment.



LIKE us on Facebook Follow us on Twitter
@BRLlacrosse



7th ANNUAL FAMILY
CAMP OUT
WHEN: FRIDAY APRIL 15TH
WHERE: Ayers' Family High Meadows Farm 3367 Landmark Rd, The Plains, VA 20198

Please join us for Great food on the Grill and Family fun!
Stay for dinner only or bring a tent and camp out
Starts at 4pm

Suggested packing list
 -Tent and sleeping bag
 -Warm sleeping clothes
 -Toothbrush
 -Flashlight
 -Water

For more information email: jennifer_w_ince@yahoo.com

6th GRADE CAMPOUT TICKET FORM

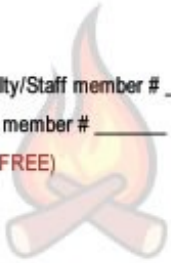
FAMILY NAME: _____

CAMPING OVERNIGHT: Adults # _____ Children # _____ Children 5 and under # _____ Faculty/Staff member # _____

*DINNER ONLY: Adults # _____ Children # _____ Children 5 and under # _____ Faculty/Staff member # _____

TOTAL # PEOPLE _____ x \$35 per person = \$ _____ (Faculty, Staff & Children 5 and under FREE)

**Per person price is the same (\$35) for Dinner Only Option.
 Complete this form, include payment and drop off at front desk.
 Checks payable to Hill School Class of 2018 (Please write CAMPOUT on the memo line)*



**MIDDLEBURG'S 2016 ARBOR DAY
 PICTURE/POSTER CONTEST
 "MIDDLEBURG LOVES TREES"**

This year the Arbor Day contest is a picture/poster contest. This year the theme is "MIDDLEBURG LOVES TREES".

DEADLINE

Please put entries in Mrs. McCaskey's Faculty box by April 14.
 Forms at Front Desk

Nutrition Nuggets



The Spices of Life

Spices have been a staple in many cultures' cuisines for thousands of years, and for good reason! Check out these three powerful spices that are easy to find, easy to use, and may provide some pretty extraordinary health benefits!

**Always check with your physician before beginning any new regimen. These recommendations are not meant to replace any prescription medications without your physician's consent.*

Cinnamon ~ Studies have shown that cinnamon can play a very valuable role in managing blood sugar levels, which is great news for those with diabetes, but also for anyone looking to prevent the sugar highs and lows throughout the day. It also has been shown to help control risk factors associated with cardiovascular disease. Cinnamon may also help prevent or treat cancer, insulin resistance, polycystic ovarian syndrome (PCOS), stroke, and food poisoning. When purchasing, opt for cinnamon sticks, or choose a ground variety that is made from whole quills (sticks) or from "cinnamon chips" to ensure the best quality.

Turmeric ~ One of the most powerful spices in your spice drawer, turmeric is known for its strong anti-inflammatory properties that are linked to its active ingredient *curcumin*. These properties are believed to prevent the oxidation that occurs in the body that leads to many of the common diseases of today. Turmeric may also be a stronger and safer alternative to over-the-counter pain relievers according to some studies. In addition, turmeric may also help prevent or treat acne, allergies, cancer, Alzheimer's, high blood pressure, depression, tummy troubles, and the list goes on and on. When choosing, spice experts suggest purchasing turmeric from Alleppey (as opposed to Madras), which has been shown to have nearly twice the amount of curcumin.

Coriander ~ Tummy troubles are so common in today's world and coriander might be your new best friend if you are one of the millions who struggle. Researchers have found that coriander helps to relax the digestive muscles, that when contracted, may cause discomfort and gut disorders. This same calming property is also beneficial for your arteries. Plus, the oils in this great spice are cell-protecting anti-oxidants! Coriander may also help prevent or treat bloating, indigestion, diarrhea, insomnia, psoriasis and more! Experts recommend purchasing whole seeds over ground, which lose their potency after a few months.

*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?

Refrigerating your spices can extend the shelf life!

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

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



Sunday, May 22nd

Check In
Begins at
9:00 AM

9:30 AM
Zumba



9:45 AM
1 Mile
Fun Run

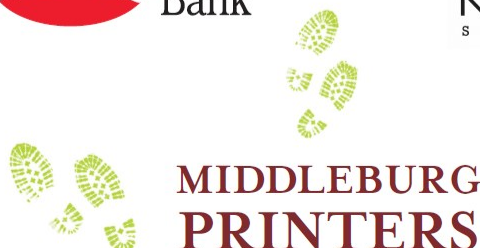
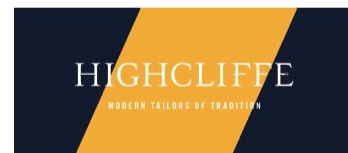
10:30 AM
5K Run



The Hill School
130 South Madison Street • Middleburg, VA

Early Registration by May 1st includes a FREE T-SHIRT

Sign up at:
runsignup.com/Race/VA/Middleburg/TheHillSchoolColorRun



Mac'n Cheese 4th Grade Lunch!



Thursday April 21st 2016

This includes:

Mac'n Cheese

Grapes

and

a Brownie!

Please drop off your order at the front desk by Tuesday April 19th

Single Portion (\$7) ____

Double Portion (\$10) ____

Name: _____

Grade: _____

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 – May and June, 2016

Return to the Office by April 22, 2016.

MONDAYS – TEDDY'S PIZZA – 687-8880

\$5.00 per order

One form per student, please.

Name _____ Grade _____

- | | | | | | |
|---------------------------------|-----|-----|------|------|-----|
| 1. 2 slices of CHEESE Pizza. | 5/2 | 5/9 | 5/16 | 5/23 | 6/6 |
| 2. 2 slices of PEPPERONI Pizza. | 5/2 | 5/9 | 5/16 | 5/23 | 6/6 |

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 Apr. 22.**

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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 | 5/3 | 5/10 | 5/17 | 5/24 | 5/31 | 6/7 |
| 2. Three Chicken Tenders with honey mustard sauce, side of vegetable, and a cookie. | 5/3 | 5/10 | 5/17 | 5/24 | 5/31 | 6/7 |

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 Apr. 22.**

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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 | 5/4 | 5/11 | 5/18 | 5/25 | 6/1 | 6/8 |
| 2. Sliced Roast Beef on a Soft Roll with Lettuce & Tomato | 5/4 | 5/11 | 5/18 | 5/25 | 6/1 | 6/8 |
| 3. Sliced Ham & Cheese on a Soft Roll with Lettuce & Tomato | 5/4 | 5/11 | 5/18 | 5/25 | 6/1 | 6/8 |
| 4. ½ Little Italy Sub
(Provolone, Mortadella, Pepperoni, Genoa Salami, Lettuce, Tomato, Sweet Peppers, Oil and Vinegar) | 5/4 | 5/11 | 5/18 | 5/25 | 6/1 | 6/8 |
| 5. Grand Slam (Turkey, Ham, Swiss, Lettuce, Tomato on a Sub Roll) | 5/4 | 5/11 | 5/18 | 5/25 | 6/1 | 6/8 |

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 Apr.22.**