



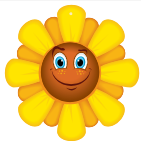
TAKE NOTE

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

JUNE 2, 2016

This is the last regular Take Note for the 2015-2016 school year. An early summer edition will be mailed to you in mid-June which will include your child's report card and summer reading lists.

Deadline for submissions for the early summer edition is Friday, June 10th. Please e-mail submissions to takenote@thehillschool.org.



Last Day of School for JK through Grade 3 students: Thursday, June 9.

The year will conclude with the class picnic. All students in grades 4 through 8 participate in the Graduation and will rehearse on Friday morning. See page 2.



Graduation: Friday, June 10th
(see information on page 2)

Climbing Club - Tomorrow, June 3rd

After School Climbing Club
3:00-4:30 pm
(\$10/Hill School Student)

Please register ahead of
time at the Front Desk.

Questions? Please contact Mr. Bowers at jbowers@thehillschool.org

Summer Library Book Check Out!

Students with no outstanding books may check out up to 10 books for the summer with a signed permission slip. (Permission slips were attached to last week's Take Note and are available at the front desk.)



Wednesday, June 8th
Sports for Grades 4-8
Swimming!

Make sure to bring your swim suit and towel. There is also volleyball for those that do not choose to swim. Weather permitting.

7-8 Concert

TOMORROW,
Friday, June 3rd
7:00 - 9:00 p.m.

In the Performing
Arts Center



2016 Green-White Track Meet

Monday, June 6 12:45-4:00

All 4-8 students participate in Green - White competition. Parents are invited and encouraged to attend. A schedule of events is attached.

Students in grades JK-3 will have a regular school day.

Yearbook orders are due Tomorrow, June 3rd.

Books will be distributed on Wed., June 8th. (Order form on page 3.)



FINAL WEEK (JUNE 6-10)

Monday, June 6

- **Green-White Track Meet 12:45-4:00 p.m.** All 4-8 students participate in Green - White competition. Parents are invited and encouraged to attend. Students in grades JK-3 will have a regular school day.

Wednesday, June 8

- **Honor Roll Assembly at 10:30 a.m.** Attended by Grades 4-8.

Effort Honor Roll for Grades 5-8, Achievement Honor Roll for Grades 6-8. Leadership recognition (student council, captains, etc.), Grade 8 subject area awards. Yearbook dedication and distribution.

Thursday, June 9

- Regular morning of school for all grades
- **Last Day of School** for Junior Kindergarten through Grade 3 students.
- **JK-7 Class Picnics** in the afternoon (see more information below)
- **Grade 8 Class Trip** to Kings Dominion in the afternoon

Friday, June 10

- No school for Junior Kindergarten through Grade 3.



Class Picnic Information

All Picnics are on Thursday, June 9th

JK 11:30-1:00 at the Hill School Playground. Parent pick up at playground.

K 12:00-2:00 at the Dornin Science Barn (Walk there; Pick up at the Barn).

1 12:00-2:00 at the Hill School Recess field (Pick up at the Recess Field).

2 12:30-3:00 at the Harrell Family Home. (Dismissal from Front Circle. Pick up from the party).

3 12:30-3:00 at the Quinn Family Home (Dismissal from the Lower School Circle; Pick up from the party).

4 12:00-3:00 at the Williamson Home (Dismissal from the Art Circle; Pick up from the party).

5 12:30-4:00 at Middleburg Tennis Club Pool. (Carpool from school. Pick up from the party).

6 12:30-3:30 at Wind Fields Farm—Harmon's Home (Carpool from school. Pick up from the party).

7 12:30-3:30 at the Eskew Family home. Parents drop off and pick up at the house.

8 11:00-8:00 Kings Dominion. Pick up at Hill School.

Friday, June 10 ~ Graduation Day



Grades 4-7: Arrive at school at 8:30am for the final assembly, graduation rehearsal and final homeroom activities/cleanup. Students will be dismissed at noon and should meet in their homeroom at 4:30 to prepare for the graduation ceremony.

Grade 8: Arrive at school at 8:30am for the final assembly and graduation rehearsal. At 11:15, eighth graders will be dismissed. They should return at 3:45 for their class picture and to prepare for graduation.

8:45-10:00am: Final Assembly for Grades 4-8. 8th Graders will celebrate their time at Hill with individual speeches. The assembly will conclude with the 8th Grade slide show.

5:00-6:30 Graduation Ceremony in the Athletic Center. All families are invited to attend. A reception will be held immediately following.

6:45 Parents of 4th through 6th grade students should pick up their children. Grade 7 students will clean up after the graduation ceremony (take down platforms, chairs, etc.) and will be dismissed when they finish (approximately 7:15).

Dress for 4-7 students: Girls: Spring dress or skirt, blouse, dress shoes (NO sneakers).
Boys: Dark pants, white or blue shirt, tie, dress shoes (NO sneakers).

AVAILABLE: Lilly Potter (Hill 11; Foxcroft 15) available this summer for child, pet, and house sitting. I worked the past five summers as a camp counselor (Foxcroft Fun Days, Foxcroft Summer's Here, and Hill School) and I am an experienced and responsible house/pet sitter for local families. Please contact me at fiver148@gmail.com or call/text 540-498-2500.

FOR SALE: Wooden "Sunlighten" Far Infrared Sauna, 1.5 seater, Glass Door and Music Player. "Almost new" condition. Assembled in panels for easy reassembly. Detox and stimulate your immune system! \$2,500 new, asking \$850. Call Erica Wiley 703.201.3902.

FREE: Big forest green swirly tube slide free to good home! We used it on our tree house and now its your turn!! In excellent shape and suitable for your tree fort or jungle gym platform. Top edge of slide is approximately 7 feet high. First come, first serve! Call Martha Burke if interested at 540-592-3001.

SEEKING: Maria Arellano (Hill '05 and William & Mary '13) is looking for a home to house sit or rent anywhere within commuting distance to DC (currently working at a law firm downtown) and available for move in before June 15th. Please contact Maria at (540) 359-5382 or mrarellano@email.wm.edu.

AVAILABLE: Looking to re-home two musk turtles. Both are about 5" long and healthy. 30 gallon tank and ALL supplies included. Located in Leesburg but I'm willing to transport them up to a 2-hour drive to a new home. Contact Chris at c.gherst@verizon.net.

AVAILABLE: Annie Dunlap (Hill,'13), rising senior, to babysit, house/petsit (including horse care) weekdays from mid -June. Safe driver, call Annie 540-4543-4708. Gracie Dunlap (Hill, '16) to babysit or pet-sit (including horse care). From June 11 call Gracie 540-326-1575. And Jack Dunlap, (Hill, 12; JCHS, 16), to babysit or shuttling kids to activities. Current Lifeguard. Safe Driver. Available from 4 June, call Jack 571-435-3065.

FOR SALE: There are extra Color Run shirts available. \$10/shirt. Please contact Marqui if interested brynsim@msn.com.

FOR RENT: The Orchard, 501 W. Washington Street, Middleburg. Lovely brick 3 Bedroom, 3 Bath house within walking distance to Hill School. Private location on 4.5+ acres with mature trees & pond. Hardwood floors, eat-in Kitchen and a large Living Room with fireplace, many windows overlooking the back yard and room for a dining table. The basement is fully finished and is ideal for a Rec. Room and/or storage. There is a separate Office/Den (or 4th bedroom) on the 1st floor and a rear flagstone terrace ideal for entertaining. \$3,000 a month/includes lawncare but not utilities. Security Deposit, references & credit check required. Pets on a case-by-case basis. Call Cricket Bedford (540) 229-3201 at Thomas & Talbot Real Estate for more details.

AVAILABLE: Allie White (Class of 2011) is available for babysitting and house/pet sitting, she is CPR certified and has taken nurses' aide training. Please call her at (540) 878-3207. Pamela White (Class of 2013) is available for house/horse and pet sitting. She is also available to school or ride your horse whether you just need it kept fit while you are on vacation, or you need training over the summer. Both have lots of experience and references and their own transportation.

AVAILABLE: Hannah All (Hill Class of 2010) and Emma All, UVA students/daughters of Denise All, available all summer for house sitting and/or pet care! Please text or call directly at (540) 878-8303 (Hannah) or (540) 878-0008 (Emma).

FOR SALE: Anyone looking to increase their bee yard or boosting the work force of existing colonies? Joan Gardiner's, beekeeper for 10 years in Unison, apiary has had a bigger than expected increase this Spring and after filling orders for bees, still has nucleus colonies she would like to sell. If interested, please email joangardiner@gmail.com.

AVAILABLE: Addie Jenkins (Hill Class of 2016) is available for babysitting, now through June 19th and August 3-27. Please call or text (302) 463-5547.

YEARBOOKS !



Yearbooks will be available Wednesday, June 8th.
Please return this form to the front office by Tomorrow, June 3rd.

Check the appropriate box – each yearbook is \$30.00.

_____ Enclosed is \$ _____ for (_____) yearbook(s).

_____ Bill my account for \$ _____ for (_____) yearbooks(s).

Child's Name: _____ Grade: _____

Parent's Signature: _____



Summer is almost here and camps are filling up fast! We still have room in many camps. Here are a few highlights from the Hill School summer camp program.



Summer @ Hill Day Camp

July 5-8; Theme: "America the Beautiful"

9am – 3pm

Rising Kindergarten – 6th

Discounted from \$240 to \$200!

The 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.

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 and Museum (NSLM)

July 11 – 15, 9am – noon

Rising 3rd – 5th

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 11 – 15, 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.

Afternoon Basketball

July 11 – 15, Noon - 3pm

Rising 3rd - 8th

Join recent Hill School graduates Matt Horner, Christian Rader and Cristina Siriani for an afternoon of basketball fun. Each day campers will work on ball handling, shooting and game skills. At the end of camp, basketballers will show off their skills in a basketball drill competition.

LEGOS: The Building Blocks of Fun

July 25 – 29 and August 1-5, 9am-12pm

Rising Kindergarten – Rising 3rd

Come use your imagination while playing Legos with friends. We will explore castles, design a metropolitan city, create spaceships and space stations, design a playground and more all while building with Legos. Each day will start with a new group challenge and end with an amazing finished product. Come see what you and your friends can do.

Civil War Camp

August 1 – 5, 9am to 4pm

Rising 3rd – 8th

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.

Summer Riding Lessons

Over the Grass Farm

Summer horseback riding lessons at our beautiful 400+ acre working farm!

Our lesson program focuses on classic horsemanship and experiencing the adventure that is riding! Lessons take place in the ring as well as out in the countryside.

We specialize in foxhunting but offer hunter, jumper, and eventing lessons as well. Ages 3yrs through adults are welcome!

To schedule an evaluation, farm tour, or for more information contact Shannon Venezia at 703-298-3652 or shannon.overthegrassfarm@gmail.com

www.overthegrassfarm.com



"Come As You Are Picnic"

Buchanan Hall

Invites you to

A Community Gathering

Sunday, June 5th

5pm - 7:30pm

at Buchanan Hall

Bring a picnic blanket and friends!

Beer, Wine & BBQ available for Purchase

Proceeds to Benefit Buchanan Hall
visit www.buchananhall.com for details

Thank you to Barn Door BBQ



WHITE FLOWER Gardening & Landscaping

Maria Noel Machado

21440 Belle Grey Lane, Upperville, VA 20184

Cell: 540.316.7059

Email: noel868@hotmail.com

Middleburg Workspace

We provide an innovative workspace for professionals who are seeking an office work environment at an affordable rate. Offices are located in a suite with shared common areas on the second floor of 119 The Plains Road, Suite #200, Middleburg, VA 20117.

Month-to-month rent includes: All utilities including internet via wifi, on-site parking, multi-function color and B&W scanner/copier/printers, access to conference rooms with teleconferencing equipment, and hot and cold beverage bar.

Please contact Tim Dunn (540) 252-5289 ext.1 or tpd@terraalphainvestments.com or Rita at rem@terraalphainvestments.com.



MID-ATLANTIC

**Early Bird
Discount: Save
\$40 if You
Register Before
5/20/16**

Serve it up with TGA Tennis Camps at Foxcroft School this Summer!

Join TGA for a summer of fun! TGA Premier Youth Tennis Camps offer an unforgettable experience for your child by combining expert instruction, daily match play and exciting activities that keep them active all day. With a low camper to coach ratio and group pairings by age and skill, TGA camps provide ample individual attention and proper instruction for your child.



TGA Tennis Camp Details:

- Girls and boys ages 6-16 (contact us for exceptions)
- All skill levels welcome
- Racquet & rally skill drill stations
- Daily singles and doubles match play events
- Daily rules & etiquette lessons
- All campers receive a hat, wristband and water bottle
- 10% off for siblings and for multi-week registrations

Location: Outdoor tennis courts at Foxcroft School
22407 Foxhound Ln, Middleburg, VA 20117

Schedule: Monday - Friday | 9am - 12pm

Dates: June 20 - 24 July 25 - 29
June 27 - July 1 August 1 - 5
July 11 - 15 August 8 - 12

Cost: \$270/week (\$230/week Early Bird Pricing)

For more information please contact TGA:

Alex Chan - (703) 556-6120 ext 7013 or
PlayTGA-LoCo@mas.usta.com

[facebook.com/TGATennis](https://www.facebook.com/TGATennis)

Register at www.tinyurl.com/TGAFoxcroft



Nutrition Nuggets



POP Quiz

To round out this school year, I thought it would be fun to test your knowledge on some of the topics that we have covered this year in *Nutrition Nuggets*. So here we go ☺

1. One of the best ways to ensure lunch box food safety is to pack what? _____
2. This green cruciferous vegetable is an excellent source of plant protein? _____
3. _____ is a common spice that not only smells good but also has anti-clotting and anti-inflammatory properties.
4. Apples, Brussels sprouts, and squash are seasonal _____ produce.
5. True or False: You lose the immune-boosting powers of green tea when you add milk?
6. The skin on this purple powerhouse contains 200 milligrams of potassium _____.
7. A _____ has the same amount of vitamin C as an orange.
8. Produce that is the color _____ signifies the presence of the phytonutrients lycopene and anthocyanins, which may be linked to promoting heart health, reducing the risk of some cancers, and improving vision, memory, and immunity.
9. Doing this too soon will cause some produce to spoil more quickly? _____.
10. Allowing your lentils to sprout gives them the last two amino acids needed to make them a _____ protein.

Answers!

1. Ice pack 2. Broccoli 3. Cinnamon 4. Fall 5. True 6. Eggplant 7. Red pepper 8. Red 9. Washing it 10. Complete

*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?

This is the final *Nutrition Nuggets* for the school year!
I wish you all a wonderful summer!

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

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



TRACK MEET SCHEDULE

Monday, June 6, 2016

Time	80-yd Dash*	100-yd Sprint *	Obstacle	Softball Throw	Soccer Throw	Shot Put	Long Jump	High Jump
12:40-1:15	Mile 12:40 and TUG-OF-WAR CONTESTS --- All Age Groups							11-12 Girls 12:40-1:05
1:15-1:30	*9-10 B & G *11-12 B & G *13+ B & G		13+ Boys	9-10 Girls	11-12 Boys	9-10 Boys	13+ Girls	11-12 Boys 1:05-1:30
1:30-1:45			13+ Girls	11-12 Girls	13+ Girls	11-12 Boys	9-10 Boys	9-10 Girls 1:30-1:55
1:45-2:00		*9-10 B & G *11-12 B & G *13+ B & G	9-10 Girls	13+ Girls	13+ Boys	11-12 Girls	13+ Boys	9-10 Boys 1:55-2:20
2:00-2:15			11-12 Boys	9-10 Boys	11-12 Girls	13+ Boys	9-10 Girls	13+ Girls 2:20-2:45
2:15-2:30	MID DISTANCE RACES --- All Age Groups							
2:30-2:45			11-12 Girls	11-12 Boys	9-10 Boys	9-10 Girls	11-12 Boys	13+ Boys 2:45-3:10
2:45-3:00			9-10 Boys	13+ Boys	9-10 Girls	13+ Girls	11-12 Girls	
3:05-3:40	RELAY RACES --- All Age Groups							
* Please note: all 80yrd races will be completed before the 100yd sprints begin!								