



TAKE NOTE

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

December 6, 2012



Christmas Mini-Auction is underway!

Don't miss your last shopping day

Auction closes at 9.30 a.m. tomorrow Friday December 7th

Run, Run, Run—no delay.

Small Treasures, Children's Gifts, Jewelry, Tickets, Parties and
More...

Shop, Shop, Shop, and No Shipping Charges!

Your items will be wrapped and ready for pick up on Friday afternoon



The Hill School Float for the *Christmas in Middleburg Parade* was a big success! Thank you to all the children and their families who came out to help decorate and ride on our parade float. Your Gingerbread House, joyous bell ringing, and singing spread holiday cheer over the entire parade route. Extra special thanks to Donna Potter for her leadership over many years, to Travis Hitt for providing the hay wagon, driving the parade float and overall decorating assistance.

Friday, December 14

NOON dismissal for all grades (faculty meeting in the after-

Hill Holiday Marketplace

Saturday, December 8, 2012

10:00 am to 4:00 pm

At The Hill School, Middleburg, VA



Come one, come all! We hope that you'll grace
The Hill School Holiday Marketplace!
For holiday shopping just stroll -- don't race!
To shop for gifts in our wide-open space.

Need artwork or jewelry, creams for the face?
Candles or baked goods? Quilts, felt, or lace?
Home-made sock monkeys! Buy one, buy a brace!
From Whoopsies to dog collars, this is the place!

Sheila C. Johnson Performing Arts Center
130 South Madison Street, Middleburg, VA 20117
540-687-6897 www.thehillschool.org

Organized by The Hill School Alumni Association



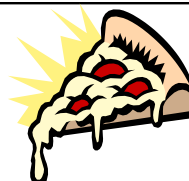
Ski season is coming!

Sign up forms were attached to last
week's Take Note. Forms are due to the
office by Friday, Dec. 14

Snowboarding slots are filling up fast. They will be filled on
a first-come, first-served basis.

Parents and students renting equipment need to pick up
rental forms at the front desk or download them from The
Hill School website.

Completed rental forms need to be
returned to Hill School before Christmas Vacation.



Lunch Order Forms for
January are attached!
Please return them to the Front
Desk by Friday, December 21st

Coming up at Hill:

Sat., December 8	Hill Holiday Marketplace. 10:00 am - 4:00 pm in the Sheila C Johnson Performing Arts Center
Tues., December 11	6 Boys basketball vs. Powhatan at Powhatan. Game at 3:00, dismissal at 4:45 JV Boys basketball vs. Powhatan at Powhatan. Game at 4:00, dismissal at 5:45. V Boys basketball vs. Powhatan at Powhatan. Game at 5:00, dismissal at 6:45. 6 Girls basketball vs. Powhatan at Hill. Game at 3:15, dismissal at 4:15. JV Girls basketball vs. Powhatan at Hill. Game at 4:00, dismissal at 5:15. V Girls basketball vs. Powhatan at Hill. Game at 5:00, dismissal at 6:15.
Thurs., December 13	6 Boys basketball vs. LCDS at Hill. Game at 3:00, dismissal at 4:15. JV Boys basketball vs. LCDS at Hill. Game at 4:00, dismissal at 5:15. V Boys basketball vs. LCDS at Hill. Game at 5:00, dismissal at 6:15. 6 Girls basketball vs. LCDS at LCDS. Game at 3:30, dismissal at 5:15. V Girls basketball vs. LCDS at LCDS. Game at 3:30, dismissal at 6:15.
Fri., December 14	Noon dismissal for all grades. Faculty meetings will be held in the afternoon.
Fri, December 21	All School Holiday Concert—in the gym at 10:00. Students are dismissed after the program (approximately 11:45)
Sat, January 5	SSAT at Hill for 7th and 8th graders
Mon, January 7	School re-opens after winter break

Toy Drive

To benefit Seven Loaves
(Seven Loaves cares for families in the Middleburg Area)
Sponsored by the Hill School Student Council

We are collecting *small* unwrapped toys suitable for all ages. We are asking that donations be appropriate for **your child's age and gender**. **The goal is to have each student bring in one item.**

Stuffed animals, Hot Wheels, action figures, books, art supplies, coloring books, activity books, crayons, etc.

Drop off under the
Giving Tree in the
Front Office by:
Friday, December 21



Men's Clothing Drive

Once again Hill School, led this year by the Student Council, is working with Christ House in Washington, DC to fill their **clothes closet**. We are asking for **MEN'S CASUAL** clothing, winter coats, and shoes. These items do not need to be new - these are your gently used items that you no longer need or no longer wear. Clothes can be dropped off at the front desk. Please direct any questions to Kelly Johnson at (540) 687-5897.



Cardboard circles needed



The first and seventh grades are making decorations for the Holiday Program. We are in need of lots of the cardboard circles found in boxes of frozen pizza. Please save any and all cardboard circles that you have and drop them off in the first grade room. Thank you!

AVAILABLE: Gorgeous Jack Russell Pups for sale! They are ready to go after Dec. 12th, just in time for Christmas. There are 3 available- 2 boys and one girl. This litter is great with children- my grand children are taking care of that. This is Fiona's second wonderful litter. \$250. Please call John @ 571-318-4116 or Barbara @ 253-9891

AVAILABLE: Suite at the Ritz Carlton Destination Club in St. Thomas from March 29th to April 5th, 2013. Two-bedroom, two-bath unit with kitchen. More than 1500 square feet of living space. Two large balconies. Top floor. Amazing views of Great Bay and St. John. Close to Red Hook - restaurants, shopping, charters, and more. Access to VIP lounge with free hot breakfast daily and other amenities. Abundant activities on the property. Kids club. World class service. \$5,500 or best offer. Call 571-274-0839.

FOR SALE: Burton Snowboard Boots, Size 8. Tribute is brown with beige trim. Excellent Condition. \$40. Columbia Snowboard Ski Pants. Youth Size 10/12. Grey/Black Pattern. \$25. Columbia Snowboard Pants. Youth Size 14/16. Black. \$25 Fleece Lined Ski Pants, Boys Size 12. Dark Grey. \$15. Linda Salley 592-1738

AVAILABLE: Former pre-school assistant teacher with 16 years of experience and Red Cross qualifications, looking for work sitting with children, dogs, homes, or a combination of any or all of these. Former Hill teacher Yvonne Miller would be happy to provide references. Please contact me at: cindylucats@aol.com or (703)801-6500.

FOR SALE: Girl's Snowboard LTD 139 Mist, Siren Boots (size 8) and Bindings for sale. Used one Hill School season. Would love to be with a stylish rider. The package new cost \$390. Happy to meet your budget. Call Allyson Alto 540-454-4560 .

AVAILABLE: Capable young man experienced with horses, farm work or landscaping available for full or part time work. Call Marcos Corona, 540-272-6660.

AVAILABLE: Holiday help! Hill School Graduates/ Now College students (aged 21+) home for break are available to: bartend at gatherings; park cars; make airport runs; run errands; split, stack or provide firewood; entertain/babysit children; act as designated drivers to get you to and from parties safely. Call or text Patrick Ristau (571) 242-1608.

FOR RENT: Charming 2 BR/2BA Hunt Box/House in Middleburg, VA. Main Level: MBR w/walk-in closet & BR, LR, DR, Kit, sunroom, FP Basement Level: BR, BA laundry rm, storage/util. rm, deck w/fenced-in backyard. Dogs are OK. One year lease - \$1700/mo + 1 mo sec dep + \$250 non-refundable pet deposit (if applicable) - Available immediately. If interested please call Anne Dudley Walker (Class of 1987) at [540-687-7049](tel:540-687-7049).

The Book Fair was a tremendous success!

Thank you to all our volunteers and to everyone who shopped our fair. A very special thank you to everyone who supported our library and classrooms by making book donations!





Tree Huggers and Saplings (Hill's 4-8th grade Environmental Clubs) are proud to announce:

We bamboo—do you???

Going on sale—bamboo-ware! Stop creating trash with plastic utensils... be fashionable with your own stylish bamboo-ware!

Available for \$10—at the front desk and at the

Hill School Marketplace on December 8th.

Proceeds to benefit a future campus environmental stewardship project with the Saplings and the Tree Huggers.



Gingerbread House Contest & Holiday Open House

Buchanan Hall,

Sunday, December 9th

Holiday Open House, 1-4 pm

"Viewer's Choice" voting, 1-3 - vote for your friends!

Fun for all ages! Cash prizes for winners!

Enter as an individual or a group in the following categories:

Child - 16 & under; Adult - 17 & up; Mixed Age - adult(s) & child(ren)

Live holiday music and more!

For rules, registration & details visit www.BuchananHall.com/wordpress

Nol Putnam Art Show Studio Hours

The Saturday night show was a great party. Thank you all that came to support culture in The Plains!

For those who couldn't make it to the opening this past Saturday, or for those who want to see it again, we will be having open studio hours this week.

Studio Hours: December 7: 12 - 4 pm, December 8: 1-5 pm

We will also be open by appointment, 540-270-0402.

We hope you'll stop by!

To view pictures and prices go to Youngblood Art Studio Blog

Gingerbread, Holiday Fun and Magic Carpets—

Sunday, December 9th
from 12-4 pm

Buchanan Hall in Upperville, VA

*Would you love to have your children enjoy making gifts, singing songs, playing games and hearing stories?
*Would you love to get some holiday shopping done?
*Would you love to support a good cause?

You can accomplish all three at the Middleburg Montessori School's Drop and Shop and Magic Carpet Sale for only \$25 per child!!

Preregistration required by emailing Rachel@middleburmontessori.com
More details available: call school at 540 687-5210



Thai Restaurant and market In The Plains, va

Location: On the Corner where the Pharmacy used to be.



Bingo For books

If you happen to be cleaning out bookshelves or old boxes with books, please keep Bingo for Books in mind. (March 1, 2013)

Kid Pan Alley Concert

Friday December 7, 6:30 pm

Thompson Elementary, Marshall, VA

"Kid Pan Alley uses the group songwriting process to inspire and empower children to become creators of their own music, not just consumers of popular culture."

For more information, please visit

www.kidpanalley.org

1st grade presents a



KRIS KRINGLE LUNCH

Served by Elves

Thursday December 20th



Name: _____ Grade: _____

Please turn in an order form and cash or check (made out to The Hill School) to the front desk by Tuesday December 19th.

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 (11:50).

Lunch Order Forms, January, 2013

Return to the Office no later than Friday, Dec. 21, 2012

MONDAYS – TEDDY’S PIZZA – 687-8880

\$4.25 per order

One form per student, please.

Name _____ Grade _____

- | | | | | |
|---------------------------------|-----|------|------|------|
| 1. 2 slices of CHEESE Pizza. | 1/7 | 1/14 | 1/21 | 1/28 |
| 2. 2 slices of PEPPERONI Pizza. | 1/7 | 1/14 | 1/21 | 1/28 |

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) by **Friday, December 21, 2012.**

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TUESDAYS—JULIEN’S— 687-3123

\$4.25 per order

One form per student, please

Name _____ Grade _____

- | | | | | |
|--|-----|------|------|------|
| 1. All Natural Farm Raised Chicken Fingers with potato chips & chocolate mousse | 1/8 | 1/15 | 1/22 | 1/29 |
| 2. Fish Sticks with potato chips & chocolate mousse | 1/8 | 1/15 | 1/22 | 1/29 |
| 3. Martin’s Local Beef Burger with potato chips & chocolate mousse | 1/8 | 1/15 | 1/22 | 1/29 |
| 4. 1/2 Club Sandwich (ham, turkey, bacon, lettuce, tomato)
with potato chips & chocolate mousse | 1/8 | 1/15 | 1/22 | 1/29 |

Circle the desired lunch(es) and date(s) and return this portion with payment in an envelope marked with JULIEN’S. Return this form (for the whole month) by **Friday, December 21, 2012.**

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WEDNESDAYS – DANK’S DELI – 687-3456

\$4.25 per order

One form per student, please

Name _____ Grade _____

- | | | | | |
|--|-----|------|------|------|
| 1. Sliced Turkey Breast on a Soft Roll with Lettuce & Tomato | 1/9 | 1/16 | 1/23 | 1/30 |
| 2. Sliced Roast Beef on a Soft Roll, with Lettuce & Tomato | 1/9 | 1/16 | 1/23 | 1/30 |
| 3. Sliced Ham & Cheese on a Soft Roll, with Lettuce & Tomato | 1/9 | 1/16 | 1/23 | 1/30 |
| 4. ½ Little Italy Sub
(Provolone, Mortadella, Pepperoni, Genoa Salami, Lettuce, Tomato, Sweet Peppers, Oil and Vinegar) | 1/9 | 1/16 | 1/23 | 1/30 |
| 5. Grand Slam (Turkey, Ham, Swiss, Lettuce, Tomato on a Sub Roll) | 1/9 | 1/16 | 1/23 | 1/30 |

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 DANK’S DELI. Return this form (for the whole month) by **Friday, December 21, 2012.**

Nutrition Nuggets



Jolly Foods for Holiday Stress

It is that time of year again - Thanksgiving is over and the craziness of the holidays goes into full swing. Suddenly **24 hours in a day does not seem like enough time to get your everyday tasks done, let alone all of the 'extras' that go along** with this time of year. Attending parties, preparing for guests, and keeping our families in the holiday spirit can lead to unhealthy eating. But, there are some foods that you can eat which will actually help calm down your body. Here are some healthy snacks for the whole family to enjoy that will also help you keep your cool.

Almonds, Pistachios, & Walnuts - We are all familiar with the hormone adrenaline, which kicks in when our bodies are under stress (and allows us to stay awake until the late hours of the night cooking dozens of cookies for the class party the next day), but adrenaline raises your blood pressure, which means that your heart has to work harder. Eating nuts helps lower blood pressure so that ***you can continue working overtime, but your heart doesn't have to.***

Avocados - Rich in potassium and monounsaturated fats (the good kind), avocados are an excellent way to reduce blood pressure. The high levels of potassium are essential and avocados have more potassium than bananas!

Skim Milk - ***We've all heard that a cup of warm milk helps you sleep. Well, it turns out that calcium can, in fact, help*** reduce tension and even reduce muscle spasms. Try to use skim or 1% milk to increase the health benefits, but if ***you're like me, adding some hot chocolate mix to your calcium boost is never a bad idea. :)***

Oranges - The key vitamin here is vitamin C, which has been shown to lower blood pressure levels and helps levels of the stress hormone, cortisol, return to normal faster when stress hits. Of course, vitamin C is also a good immune system booster, which is never a bad idea during the holidays.

Salmon - The number one enemy of stress hormones is omega-3 fatty acids, which help keep the stress hormones cortisol and adrenaline from sky-rocketing. Of course, salmon is not your only option for omega-3s - most fatty fish offer good amounts of the essential fatty acid, as do nuts (see above), flaxseed, and other fortified products.

Spinach - This green leafy vegetable is packed with magnesium, which has been shown to help lower stress levels. Magnesium deficiency has been linked to migraine headaches and fatigue, which lead to increased stress and crankiness. Popeye was never cranky - maybe he was on to something. And yes, spinach dip will provide a little magnesium, but it is better to substitute spinach for lettuce in sandwiches and salads.

*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?

Oranges have more fiber than most fruits and veggies

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

To your health,
Cristin Wipfler, MPH, RD

2012-2013 WINTER ATHLETIC GAME SCHEDULE updated 11-26

Please check Take Note to confirm game and dismissal times

DATE	TEAM	SPORT	OPPONENT	LOCATION	TIME	DISMISSAL
-	-	-	-	-	-	-
Tue, Dec. 11	6 Boys	Basketball	<i>Powhatan</i>	Powhatan	3:00	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 Girls	Basketball	<i>Powhatan</i>	Hill	4:00	5:15
	V Girls	Basketball	<i>Powhatan</i>	Hill	5:00	6:15
Thu, Dec. 13	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	3:30	5:15
	V Girls	Basketball	<i>LCDS</i>	LCDS	4:30	6:15
Tue, Jan 8	JV Boys	Basketball	<i>Highland</i>	Hill	4:00	5:15
	V Boys	Basketball	<i>Highland</i>	Hill	5:00	6:15
	JV Girls	Basketball	<i>Highland</i>	Highland	3:00	4:45
	V Girls	Basketball	<i>Highland</i>	Highland	4:00	5:45
Thu, Jan 10	6 Boys	Basketball	<i>LCDS</i>	LCDS	3:30	5:15
	JV Boys	Basketball	<i>LCDS</i>	LCDS	4:30	6:15
	V Boys	Basketball	<i>LCDS</i>	LCDS	5:30	7:15
	JV Girls	Basketball	<i>LCDS</i>	Hill	3:00	4:15
	V Girls	Basketball	<i>LCDS</i>	Hill	4:00	5:15
Tue, Jan 15	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	3:00	4:45
	JV Girls	Basketball	<i>Powhatan</i>	Powhatan	4:00	5:45
	V Girls	Basketball	<i>Powhatan</i>	Powhatan	5:00	6:45
Wed, Jan 16	5th Grade	Basketball	<i>LCDS</i>	boys hill girls LCDS	1:00	regular
Thu, Jan. 17	6 Boys	Basketball	<i>Edlin</i>	Hill	2:30	4:00
	JV Boys	Basketball	<i>Wakefield</i>	Wakefield	3:30	5:15
	V Boys	Basketball	<i>Wakefield</i>	Wakefield	4:30	6:15
	JV Girls	Basketball	<i>Wakefield</i>	Hill	3:30	4:45
	V Girls	Basketball	<i>Wakefield</i>	Hill	4:30	5:45
Tue, Jan. 22	6 Girls	Basketball	<i>Edlin</i>	Hill	5:00	6:15
Wed, Jan 23	4th Grade	Basketball	<i>LCDS</i>	boys hill girls LCDS	1:00	regular
Thu, Jan 24	6 Boys	Basketball	<i>Linton Hall</i>	Linton Hall	4:00	6:00
	V Boys	Basketball	<i>Linton Hall</i>	Linton Hall	5:15	7:15
Tue, Jan 29	V Boys	Basketball	<i>Tournament</i>	Wakefield	1:30	4:00
	JV Girls	Basketball	<i>Highland</i>	Hill	3:00	4:15
	V Girls	Basketball	<i>Highland</i>	Hill	4:00	5:15
Thu, Jan. 31	JV Boys	Basketball	<i>Highland</i>	Highland	3:00	4:45
	V Boys	Basketball	<i>Highland</i>	Highland	4:00	5:45
	V Girls	Basketball	<i>Tournament</i>	Foxcroft	3:00	5:00