

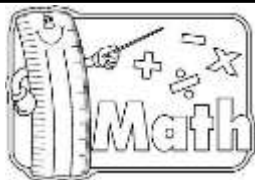


TAKE NOTE

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

October 11, 2012

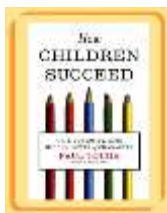
Next week's Take Note will be published on Wednesday, October 17 (deadline for submissions: Monday)
Thursday, October 18—Parent Teacher Conference Day—No School
Friday, October 19—Fall Holiday—No School



Dr. Monica Neagoy,
Hill's Math Consultant,
will be on campus
Wednesday, October 24.

Come hear Dr. Neagoy explain and demonstrate the goals, scope, and sequence of the math program at Hill. Monica will lead two sessions:
K-3 at 2:30 and 4-6 at 4:15.

The book Treavor Lord recommended at Back to School night is *How Children Succeed—Grit, Curiosity, and the Hidden Power of Character* by Paul Tough.



Green Fire

Aldo Leopold and a Land Ethic for our time.

A Movie Provided and Sponsored by the Northern Virginia Conservation Trust

Date: October 12, 2012
Time: 7:00 PM Doors open at 6:30
Location: The Hill School
The Sheila C. Johnson Performing Arts Center
130 S. Madison St., Middleburg, VA 20117

Details: Come join us at The Hill School and see an energizing environmental movie with free refreshments.

RSVPs encouraged at greenfire.nvct.org

Also sponsored by:
Goose Creek Association
Land Trust of Virginia
The Hill School Alumni Association



Saturday, October 13, 2012

Please see page 3 for more information about the equestrian events as well as a list of the wonderful fun that awaits you at the Country Fair.



Pictures!

Class and individual pictures will be distributed to parents next week at their Parent-Teacher Conferences.



The Hill School Golf Open
Tuesday, October 18 12:00 noon

Golfers Wanted!

We still have spots available at this great annual event sponsored by The Hill School Alumni Association. Please contact Haley Walsh at (540) 687-5897 or hwalsh@thehillschool.org

Coming up at Hill:

Sat. Oct. 13	Country Fair and All School Picnic
Tues. Oct. 16	V Boys soccer vs. LCDS at LCDS. Game at 3:30, dismissal at 5:15. <i>Please note new times.</i> JV Boys soccer vs. LCDS at LCDS. Game at 4:30, dismissal at 6:15. <i>Please note new times.</i> JV Girls field hockey vs. LCDS at Hill. Game at 3:30, dismissal at 4:45. V Girls field hockey vs. LCDS at Hill. Game at 4:30, dismissal at 5:45
Wed. Oct. 17	4-5 Soccer Play day with LCDS, 1:00-2:00. Fourth graders play at Hill (coed, mixed teams). Fifth graders play at LCDS (single gender, mixed teams). Regular 4:00 dismissal.
Thurs. Oct. 18	Parent Conference Day - No school
Friday, Oct. 19	Fall Holiday—No School
Tues. Oct. 23	Open House for parents interested in Hill for new enrollment. 9:00. JV Boys soccer vs Wakefield at Hill. Game at 3:30, dismissal at 4:45. V Boys soccer vs Wakefield at Hill. Game at 4:30, dismissal at 5:45. V Girls field hockey vs Wakefield at Wakefield. Game at 3:30, dismissal at 5:15.
Wed. Oct. 24	Dr. Monica Neagoy on Math at Hill. K-3 session at 2:30, 4-6 at 4:15.



Hill School is again offering an electronics "ECYCLE" recycling program!

Please place your items on the pallets by the dumpster at the Art Circle parking lot. Final drop off date: Tomorrow, October 12th.



If you know anyone interested in Hill School for the future, please encourage them to attend the

Open House Tuesday, October 23 9:00am

For more information please call Kelly Johnson (540) 687-5897 or e-mail at kjohnson@thehillsschool.org



Hill School Country Fair

All School Picnic provided by Hill School Families:



A-F Pasta or Potato salad
G-J Fruit
K-M Kid's Sandwiches

N-P Green Salad
Q-S Cookies
T-Z Brownies

Each family should provide approximately 15 to 20 servings. There is no refrigeration at the picnic area, so please bring any perishable items in a cooler marked with your name. Foods should be table ready. Fried Chicken to be provided by PTC.

- ◆ **Grades K-3:** Help with picnic set up
- ◆ **Grades 4-5:** Provide "Bee-Proof" drinks and coolers
- ◆ **Grades 6-8:** Help with clean up



If you enjoy trick-or-treating with your children in the town of Middleburg, please consider bringing a couple of bags of candy to the front desk of Hill School in these days before Halloween. It will be distributed to the Hill teachers who live in Middleburg and open their doors to the 100's of children (many our own) who flock to town to celebrate. It is a small way that we can thank and help them for the big job



The Drama department is in need of retro phone handsets for its upcoming production of *Bye Bye Birdie*. If you have any old phones or phone handsets that look something like the picture, please leave them at the front desk. (NOTE: We will be taking them apart and painting them, so we will be unable to return them... at least not in working condition!) Thank you so much for your help!

SCHEDULE OF EQUESTRIAN EVENTS

8:00 AM REGISTRATION



8:30 am Hill School Equitation Classic (Perpetual Trophy)

Riders will be judged at the walk, trot, and canter and over a course of fences. 2' for small / medium ponies; 2'6" for large ponies / horses. Attire is informal: Jodhpurs or breeches and polo shirts. No Jackets. Fee: \$5

9:00 am Walk / Trot Equitation (NEW!)

Riders will be judged at the walk and trot. May be asked to trot over cross-rail, at judge's discretion. Fee: \$5

9:30-10:30 am CROSS COUNTRY COURSE OPEN

Two categories are judged, riding individually or as a pair. Awards will be made for best single competitor and best pair. Repeat rounds (for fun) are allowed, keeping your pony's welfare in mind. Fee: \$15

10:30-11:45 am PONY GAMES

Fun games on ponies for Riders of all Levels. Great games for lead-liners: Round the World, Pole Bending. Games for more experienced riders: Egg and Spoon, Flag Relay, Ribbon Pair. Fee: \$5, per class

Patty Motion Memorial Trophy Awarded to the Hill Student who best exemplifies good horsemanship and competence in both the Cross Country and Hill School Equitation Classic. The trophy will be engraved each year with the student's name and kept at school.

AWARDS WILL BE MADE AT LUNCH!

*MAKE PLANS TO BRING YOUR PONY (OR BORROW ONE)!

***PRE-REGISTRATION** is Strongly Encouraged. Waivers and Entry Forms are at the Front Desk.

*All Participants must have a **SIGNED WAIVER AND NEGATIVE COGGINS** for their mount.



QUESTIONS: Please contact Lara Dunlap, (703) 999-6268

THE COUNTRY FAIR IS JUST 2 DAYS AWAY!
MAKE PLANS TO JOIN US this SATURDAY, OCTOBER 13TH

The Fair begins at 9:00 am

FANTASTIC EXHIBITS THIS YEAR:

Farm animals: bottle raised lamb, chickens, pot belly pig and more!

GET READY FOR FUN ACTIVITIES: Pre-Register for these:

Pony games, Cross Country, and Equitation

Baking Contest (judged by faculty!) See Registration Form below

NEW TWIST ON OLD FAVORITES:

Games: grab a friend and have fun in these great games. There will be heats for lower, middle and upper school students. 3 legged race, Egg-n-Spoon, Relay races, and an all school TUG o' War!

BUT WAIT, THERE'S MORE!

Bike cross-country course, over the river and through the woods!

Dog Agility Course – run it early and often!

Face painting

Hula Hoop contest

Bracelet making

AND EVERYBODY'S FAVORITE: FACULTY CHALLENGE—this year : "THE GREAT RACE"

Please bring your loose change to the front office to vote for the faculty member you think will win the Faculty Challenge.

AFTER THE WONDERFUL ALL SCHOOL PICNIC join us for a family kick-ball game

It will be a Great day of Fun . . . we look forward to seeing you all there!



Country Fair Baking Contest Entry Form

Name _____ Grade _____

Dish prepared _____

THE BIG HIT!

Girls Varsity Field Hockey Tournament on Saturday, October 27

Julien's Café LUNCH

Breaded Chicken Sandwich on a Kaiser bun, Water and Chips
\$7.00

Name: _____

School: _____

Number of lunches: _____ X \$7.00: _____



*Please make checks payable to The Hill School, with
Class of 2020 Big Hit in the memo line
Email Amy Goins with questions: ahgoins@yahoo.com



Franklin Park Arts Center
Purcellville, VA

Friday, October 12 at 8:00 pm

Andy Hawk and The Train Wreck Endings
With Brian Glennon

Crooked Angels and The Whiskey Darlings

\$10 General Admission, \$5 Students and Veterans

Call 540-338-7973, www.franklinparkartscenter.org

Children's Art Show at Youngblood Art Studio in The Plains

Open to the Public: October 17-27

Students—pre-school through high school—it's not too late to submit your art work! Bring your ready-to-hang piece before October 16th to the Youngblood Art Studio, 6480 Main Street, The Plains. The studio is open from 3:00-5:00, or call 443-463-0894 for special arrangements to drop off.

Please feel free to email youngbloodartstudio@gmail.com with any questions

AVAILABLE: Farm for rent- Charming stone farm house, 3 bedrooms, 2 Bathrooms, English basement, two porches, great views. Guest house and 6 stall barn with great turn out and electricity by all four water pumps. Nice tack room with plumbing. grass mowed riding ring available and beautiful area to ride off The Plains Rd. Perfect for a Hill school family who enjoys horses. \$3500. Please call Gabi at 540-219-9504 or 540-270-0402

WANTED: New Hill School Family seeks 3 +/- Bdr home for yearly lease. Immediate occupancy. Prefer close to school. Please contact Susan Long 954.292.5410.

WANTED: NANNY. Hill Family seeks nanny, preferably live-in (separate apartment), for help with our two children ages 7 and 5. January 2013 start date. Please call 540-554-2995 or e-mail dunlaptf@hotmail.com for more information.

Two old external frame hiking packs needed for this year's production of St. George and the Dragon. We will be taking them apart and attaching things to them so we will not be able to return them. Please let Raven know if you have any you can donate to the Drama Department: rowenbeyer@thehillschool.org

Fall Family Night

Friday, Oct. 26 6:00P-8:00P \$5.00/Family (All Ages) **It's Fall Festival time at the community center. Let's celebrate by roasting s'mores, hotdogs, kettle corn, and building scarecrows.** Please bring clothes to dress scarecrows. Reservations required! Location: Middleburg Community Center. For more information, call 540-687-6375.

Barnyard Sale & Vendor Expo

Saturday, Nov. 3rd 10:00A-3:00P Free

Location: **Middleburg Community Center.**

Looking to buy or sell? Bring your old tack to sell or shop a selection of used tack, equipment and equestrian services. Public attendance is free. Rent a table for sales or business for \$15.00



New location
10 South Liberty

New hours
9:30 to 6:00 M-S
Sunday 12:00 – 4:00

New small group meeting room

We still have... Free WiFi; A reading room; Free coffee & tea; Books, new and used; and Word games. Books for adults, young adults, and children.



PIZZATOKA NOW OPEN.

Come Enjoy the best Wood-burned BRICK-OVEN PIZZA at Atoka Market and Grill (at the intersection of Rte 50 & Atoka Rd) 540-687-5669



INTERESTED IN YOGA?

Give it a try or pick up your practice again!

FRIDAYS 8:45am at M Studio (upstairs from Dank's Deli).

Yoga instructor Michaela Mazuchova teaches all levels.

Questions: [holubzu@gmail](mailto:holubzu@gmail.com)



Mark your Calendar
Hill Holiday Marketplace
Saturday, December 8

At Hill School

Hosted by the Hill School Alumni Association

Reserve your display table (\$25 each) and sell your items / products

Think Jewelry, Gourmet Foods, Skin Care, Toys Whatever your specialty is!

Space is limited

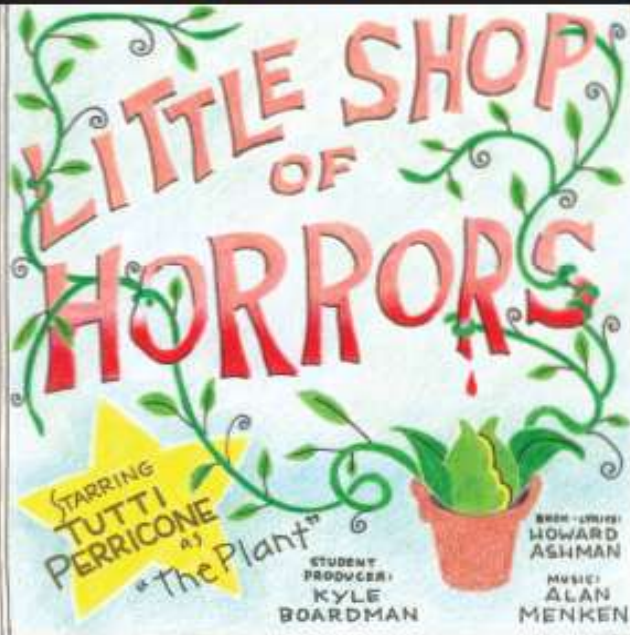
Deadline: November 16

Call or email today to sign up or with questions.

Haley Walsh hwash@thehillschool.org

540-687-5897

BACK BY POPULAR DEMAND! 



LITTLE SHOP OF HORRORS

STARRING TUTTI PERRICONE as "The Plant"

STUDENT PRODUCER: KYLE BOARDMAN

BOOK - LYRICS: HOWARD ASHMAN

MUSIC: ALAN MENKEN

Sun., Oct. 28 at 5:00 Tues., Oct. 30 at 7:00
 Mon., Oct. 29 at 7:00 Wed., Oct. 31 at 7:30
 (Special Halloween)

at **A PLACE TO BE**
 15 SOUTH MADISON STREET, MIDDLEBURG, VA 20117
 \$10.00 PER TICKET
 (60 SEATS PER PERFORMANCE) PLEASE CALL 540-687-6740 IN A HURRY
 - PROPERTY OF MUSICTHEATER INT'L - FOR A RESERVED SEAT!

A PLACE TO BE
 presents

The Same Sky Project



A musical journey into the heart of a teenage girl who sees her Christmas Party not as a disability, but as a gift.



Leo is the little glowing bug and he cannot glow until he believes in himself.



A musical about finding a place both inside and outside of yourself that makes you feel safe, loved and heard.

3 Shows that will Touch Your Heart in 1 Night!

**Saturday, October 20
 7:00 pm**
Middleburg Community Center
Tickets at the door \$10

All Shows 25 Minutes • Recommended for Ages 8 and Up • www.aptbmusictherapy.com

Nutrition Nuggets



Vegetarian

In honor of Vegetarian Awareness Month (yep, October isn't just for Halloween anymore!) I thought it might be fun to explore the health benefits of being vegetarian! By eating meat-free for even just one day a week, you can decrease your overall meat intake by 15%, and even this slight decrease can have extremely positive affects on your health. Some of the perks of eating vegetarian include: lower cholesterol and blood pressure levels, which decrease the risk for heart disease; lower rates of cancer (particularly prostate and colon), Type 2 Diabetes, and obesity; and a healthier body weight over time. Plus, a plant-based diet is often higher in nutrients, such as fiber, protein, folate, zinc, iron, and magnesium. A vegetarian diet, however, needs to be done with thought and with care. Simply replacing meat with pizza, candy, and junk food does not make a healthy vegetarian. It is important to make sure that you are getting the appropriate nutrients, many of which are common in meat, but require a little more thought when eating a plant-based diet.

Protein: beans/lentils, nuts/nut butters, seeds, soy foods, whole grains, eggs, low-fat dairy, and even some vegetables (asparagus, broccoli, kale and other dark green, leafy veggies); however, the amount of protein is lower in vegetables than in other protein sources.

Vitamin B12: fortified products (cereal, soymilk, etc.), eggs, dairy products, supplements.

Zinc: whole wheat products, whole grain products (esp. germ, bran, barley), legumes, tofu, seeds, nuts.

Calcium: tofu or tempeh made with calcium, calcium fortified foods (juices, cereals, etc.), dairy products, broccoli, almonds, soybeans, dark greens (kale, collards, mustard), okra, bok choy.

Iron: legumes, iron fortified products (cereals and breads), tofu, dark-leafy-green veggies, seeds, tempeh, prune juice, dried fruits, eggs, dried beans.

Vitamin D: fortified milk, soy milk, tofu, tempeh, fortified products (cereals, juices, etc.), sunshine :)

Essential Fatty Acids (healthy fats): walnuts, ground flaxseed, chia seeds, fatty fish (e.g. salmon), canola oil, eggs, dairy

Of course, it is still possible to eat meat and be healthy, but eliminating it from your diet for one day a week can have some pretty amazing benefits to your health. How will you try to incorporate a more plant-based diet into your week?

* Reference: meatlessmonday.com

*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 can learn more about going meatless for one day a week at:

www.meatlessmonday.com.

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

To your health,
Cristin Wipfler, MPH, RD