



The Hill School of Wilmington

January 2020 Newsletter



INFORMATIONAL OPEN HOUSE

The Hill School will hold its annual informational Open House for prospective families on Tuesday, January 21st from 5:30-7PM. For more information on The Hill School and any of our programs, please visit our website.

JANUARY WORKSHOP

Food for Thought: Nutrition and Your Brain will be held on January 30th. Explore how reducing inflammation in the body and stabilizing blood-sugar can contribute to improving attention and focus at school. [Register here.](#)

MARCH WORKSHOP

Preparing for College will be held on Thursday, March 26th. Join us as we discuss strategies to empower high schoolers as they transition to post-secondary education. [Register here.](#)

For more upcoming events and workshops, visit our events calendar at www.hillschoolofwilmington.org/events-calendar

STUDENTS AND STAFF END THE YEAR WITH FUN ACTIVITIES



Math activities, breaking down syllables, and passing goals!



Helping the mind and body grow through movement.

COMMITTEE CREATES STRATEGIC PLAN

A group of stakeholders met in late September to draft a three-year strategic plan for Hill. Details on the plan and the process can be found [here](#).



FEATURED ARTICLE - [COMFORT FOOD FOR YOUR BRAIN](#)

What you feed your body, you also feed your brain — sometimes to its detriment. Learn how to nourish your gray matter for more balanced moods, clearer thinking and a more fulfilling life. - [Read more](#)



Linwood Dunston: Woodworking is fun!

Eighth-grader Linwood Dunston loves working with his hands, that's one reason he enjoys spending afternoons at the workshop of Kids Making It, a non-profit based in Wilmington.

Read more about Linwood [here](#).

FOLLOW UP

Carol Dweck Revisits the 'Growth Mindset'



Education Week helps make sense of our November focus, "growth mindset." Click [here](#) to read an article written by Carol Dweck to learn more.

For more articles on Growth Mindset, visit [Education Week](#).

Additional Resources & Links*

[ADDitude - 12 Brain Building Food Rules](#)

[Psychology Today - Brain Food](#)

*The above resources are provided as information only and does not represent an endorsement by The Hill School of Wilmington.

For more resources, visit our website at www.hillschoolofwilmington.org/resources

PLEASE CONSIDER A DONATION TODAY!

www.hillschoolofwilmington.org/giving