Dear Parents,

On Thursday April 7th from 9:00 - 10:00am, Island Creek will celebrate Authors and Artists day, honoring our talented students and their accomplishments. We hope you will be able to join us for this special showcase of our published books and amazing art. If you are unable to attend, consider stopping by school in the next few weeks to see the displays throughout the school. It will be a memorable walk through our hallways; I guarantee you will be impressed. Ask your child where their art and writings are displayed, they will surely tell you! We are proud of our students’ achievements and appreciate the commitment of their dedicated teachers. Island Creek parents, teachers and staff consistently go above and beyond to provide learning experiences which build skills, make connections and create memories.

During April we will take time to recognize the incredible assistance our active volunteers contribute to our school. Their efforts are sometime visible, but more often than not are behind the scenes. Island Creek is fortunate to have these valuable resources and we appreciate their efforts on behalf of our students.

I look forward to seeing you in our school in the months to come. Make a date to meet your child for lunch in our cafeteria; it will be a lunch you both will remember!

Thank you for being our partner in education.

Susan Z. Owner, Ph.D.
Principal
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<td>6-8pm Markon’s Coffee House</td>
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<td>5-8pm Spirit Night at Lucky’s</td>
<td>3:45-4:30 Writer’s Block (Gr. 3&amp;4)</td>
<td>6-8pm Markon’s Coffee House</td>
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**Volunteer Appreciation Week**

**SPRING BREAK - NO SCHOOL**

**Administrative Professionals/Support Employee Recognition Week**
Please join us for Authors and Artists in the A.M. on Friday, April 7th from 9:00-10:00am. Parents are invited to come to visit their child’s classroom to celebrate our young authors and artists.

*Please be advised that parking will be limited. You are encouraged to walk to school, or park along Morning View Lane.

Japanese relief Effort

Hayfield Pyramid: Hayfield High, Hayfield Middle, Hayfield Elementary, Lorton Station, Gunston, Island Creek, and Lane

DATE: APRIL 5TH– 8TH

The Hayfield Pyramid is hosting a relief effort for those impacted by recent events in Japan. During the week of April 5th—8th, students will participate in a “Change for Change” drive. Each student is asked to bring in .25 cents to their home room.

The Island Creek SCA will be collecting one quarter per student to donate to the victims of the Japanese earthquake and Tsunami from April 5-8. Please give your quarter to your teacher. The money will be donated to Japanese charities. Your change will help make a difference.
6th Grade Book Club

The next meeting of the 6th Grade Book Club is April 14th at 7:30AM in the library. We are reading “Four Stupid Cupids” by Gregory Maguire. New members are encouraged to attend.

Library Catalog

You can access the Island Creek library catalog from home: http://libcat.fcps.edu/uhtbin/cgisirsi/x/0/0/57/49?user_id=429WEB

March Library Happenings

It has been a busy time in the library this month. Here are just a few of the many things that have happened:

- All kindergarten, first and second grade classes used the Smart Board to vote for their favorite Virginia Readers Choice book. The book “Chester” by Melanie Watt received the most votes at our school. As part of this activity, students learned to create and interpret bar graphs as well as make mathematical statements about the data.

- Inspired by the book “Ish” by Peter Reynolds, each first grade is writing an Island Creekish book.

- Mrs. Fay’s 2nd grade class is working on a “top secret” poetry project. In library this month they learned about: cinquain, diamante, biography and two word poems. The students are wonderful poets.

- Mrs. Berman’s 4th grade class has been researching their Virginia historical person. They have used biographies, nonfiction books, encyclopedias, etc. to find information about their person.

- All fifth grade classes are preparing to begin their research for the Global Awareness & Technology project. They have been coming to the library to learn how to cite their sources and take notes.

Stay tuned for more library happenings!

ICES students voted “Chester” by Melanie Watt their favorite Virginia Readers Choice book.

Check-it Out at the Library

National Library Week
April 11th-16th

Celebrate National Library week by visiting a library or reading a good book. Remember, Island Creek students and staff are “Wild About Books and Reading”!

Library Staff:
Jill Woodall, Librarian
Debi Poole, Library Assistant

You can access the Island Creek library catalog from home: http://libcat.fcps.edu/uhtbin/cgisirsi/x/0/0/57/49?user_id=429WEB

Library Catalog
Many tests are up-coming for students at Island Creek Elementary, SOL tests are often thought of as one of the most stressful assessments we give to our students. Here are a few tips to help prepare for not just the SOL tests, but any tests students may encounter during the school year.

**Before the Test:**

- Try to know your subject, study for the weeks before the test; don’t expect to learn the material the night before the test.
- Get a good night’s sleep before the test.
- Don’t come to the test hungry; eat a good breakfast the day of the test.

**During the Test:**

- If you have a snack, keep it low sugar, sugar will give you a boost, but will drop your blood sugar down in about 20 minutes.
- If the test is not timed do not rush, give yourself ample time to relax and be able to your best work.
- If the test is timed, do not linger long on a difficult question. Go on to the next question and if you are allowed, go back to the difficult questions after you have answered all other questions.
- If other students finish before you, don’t get upset, it’s not a race, there are no extra points for finishing first.
- If you are allowed, take a short break and stand up and stretch or walk around the room periodically.

**After the test:**

- Write down what was difficult for you. Make a note of strategies that worked, and those that did not work.
- Make a note about how you felt during the test and see if you can figure out what made you feel good/bad during the test.
- Don’t be angry at yourself if you feel you did not do well, often we do better than we think and being angry is not good for you. Be kind to yourself! No matter what if you tried your hardest, you did a great job!

Your partners in Character Education

Virginia Hulke
Stefanie Shelesky
School Counselors
NOTES FROM THE ENERGY ZONE

ENERGY ZONE KIDS FITNESS CHALLENGE

Research shows children copy the behavior of adults in their life. If parents are physically active, the children will be active too. Exercise burns calories, which assist in maintaining ideal weight. **Fit adults and children exercise 60 minutes per day.**

**KEEP MOVING TO STAY IN SHAPE TIPS**

Plan daily family walks.
Limit television or computer time to 1 to 2 hours per day.
Make exercise fun.
Encourage play outside with other children.
Assign chores that involve activity such as cleaning or walking the dog.
Help your children find physical activities they enjoy.

**Remember, making a healthy change takes time and don’t expect perfection.**

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DESAFÍO DE BUENA FORMA FÍSICA DE ZONA DE ENERGÍA PARA NIÑOS

La investigación muestra que los niños copian su comportamiento de los adultos en sus vida. Si los padres están físicamente activos, los niños serán activos también. Hacer ejercicio quema calorías, lo cual ayuda a mantener un peso ideal. Los adultos y los niños competentes hacen ejercicios por 60 minutos por día.

**CONSEJO PARA MOVERSE Y MANTENERSE EN FORMA**

Planee caminatas en familia diariamente.
Limite el tiempo en la televisión o computadora de 1 a 2 horas por día.
Diviertase haciendo los ejercicios.
Promueva el jugar afuera con otros niños.
Asigne tareas que impliquen actividades como la limpieza o el caminar al perro
Ayude a sus niños a encontrar actividades que ellos disfruten.

**Recuerde, hacer un cambio saludable toma tiempo y no espere ser perfecto.**
More pictures than ANY other book in school.

Get the Yearbook!

order NOW! at www.ybpay.com

It’s Easy to order!

1. Order online at www.ybpay.com!
   - Simply click on the "locate school" link and find your school to begin the ordering process.

2. Call 1-800-875-7088 to order by phone using your credit or debit card

Important Immunization Requirement for Rising Sixth Graders

If you have a rising sixth grader, he or she may need a booster dose of Tdap (tetanus, diphtheria, acellular pertussis). Sixth grade students cannot begin school in the fall without documentation of having had either the Tdap booster OR documentation of having had a tetanus containing vaccine within the past five years. Parents and guardians of current fifth graders should check their child’s immunization records.

- If your child is 11 years old, he or she should get the Tdap immunization, and documentation should be provided to the school.
- If your child is still 10 years old, he or she may receive the Tdap vaccine, Boostrix, which is approved for 10-year-olds, or you may wait until the 11th birthday to receive the vaccine approved for 11-year-olds.
- If your child’s 11th birthday is after the first day of school, your child must have a medical exemption from the doctor stating when he or she will receive the Tdap immunization in order to attend school.

Documentation that your student has received this immunization should be brought to the school registrar no later than June 21, 2011. Fairfax County Public Schools tracks compliance for this state requirement. **When the 2011-12 school year begins on September 6, 2011, sixth graders will not be assigned to a teacher without documentation being received by the school.**

If you have any questions, you may contact Deborah Jackson, the school public health nurse, at 703-704-6100, or email her at deborah.jackson@fairfaxcounty.gov.
5th grade students using the microscope to look at pond water critters in their Advanced Academic unit studying Macro to Micro.

It has been an exciting month in kindergarten! We had a week of Dr. Seuss activities. The kids made hats just like The Cat in the Hat, we ate green eggs and ham, and we spent an afternoon just taking over the school and reading. We also had Lucky the Leprechaun come and visit our classrooms. He made a mess and left gold for the kids!

Compacted Math students on Pi Day.