Dear Parents,

It is December and we are deep into our academic school year. We are so thankful for all the support you provide here at school, and would like to share some ways that you can support your student at home. Reading, reading, and more reading!!!

Reading is an important life skill that is used in just about everything we do. Reading carries over into all subject areas at school. Children who read well will do well in other subject areas because so much of their learning depends on this skill. Here are a few tips you can use to support your child in reading:

- Check in each night with your child about school, homework, the day’s activities and finish with reading at the end of the night.
- Read books you love and let them see you read.
- Read the same book again and again if you wish!
- Don’t let your child get stuck on a word when they are reading; help them through it so they do not miss out on the story itself.
- Good readers are curious, so take some time to answer your child’s questions about the story.
- Predict what will happen next in the story.
- Continue reading to your child. Do not let their age be a reason to stop reading to your child.

Help your children to develop the love of reading as a family. During the holiday season, take some quality time and get cozy with a fun book that the whole family can enjoy.

Our school community wishes you a peaceful holiday season.

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The fourth grade classes are requesting empty, clean baby food jars for a Colonial Day project. Please send them in by Thursday, December 8th. There will be a collection bin in the front lobby of the school.

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Lost and Found

If you or your child have not had the opportunity, please stop by and check the lost and found bins located just outside the cafeteria. All remaining items will be donated to charity at the end of each quarter. Please be sure and put names on coats and lunch boxes!
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Check-it Out at the Library

Our nonfiction collection has been expanded thanks to books being donated in Mrs. Hyde's name upon her retirement!

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

Dear Island Creek Families,

It is going on four years since we went to unlimited check out! Our circulation statistics remain high but more importantly students are learning to choose the number and types of books that are just right for them. Sometimes a student may pick a book that is too easy, or perhaps, too challenging, and that is okay because we want them to follow their interests. I encourage you to share with your child the kinds of books that you would like them to check out.

Happy Reading, Mrs. Woodall

November Library Happenings

It has been a busy and fun time in the library this month. Here are just a few of the highlights:

♦ Kindergartners are learning that Everybody books are in alphabetical order by the author’s last name and how to use shelf markers when choosing their books. Ask them about silly, sally and wrong-way books!

♦ First grade classes are learning more about nonfiction text features. Each first grader is using their own table of contents and index to locate information. They are doing a great job!

♦ Second grade classes are learning that nonfiction books come in both print and electronic formats and that all nonfiction books give us facts and information. Ask them what they have learned about matter and magnets.

♦ Sixth grade classes are doing research in the library on important people in American history. They are using nonfiction books, biographies, encyclopedias and electronic resources to find information on their person.

Stay tuned for more library happenings!

6th Grade Book Club

The next meeting of the 6th Grade Book Club is Thursday, December 8th at 7:30AM in the library. We are reading Maximum Ride: School’s Out—Forever by James Patterson. See you there!!

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
SCA GIVING TREE

SCA will be sponsoring the Giving Tree. Bring in new or gently used hats, coats, scarves, gloves, mittens, etc. Place them in the box in the lobby and then fill out an ornament to put on the tree to show your donation. We will donated these to a local charity. It runs December 7-16.

SCA CANNED FOOD DRIVE

The holiday season is upon us and this is a time when we love to give to others in need. The SCA, along with students at Island Creek showed their giving spirit during our Annual Food Drive. We collected canned goods that will help local families in need. Each class kept track of how many items they collected. At the end of the food drive, the class that collected the most items won. Congratulations to Ms. Putnam’s 3rd grade class with 119 items and Ms. Colvin’s 5th grade class with an amazing 239 items! Congratulations to both classes, and thanks for all of your hard work Island Creek!

IMPORTANT MESSAGE FOR PARENTS OF CURRENT 5TH GRADERS

It’s not too early to check!

All students in Virginia schools must receive a booster dose of Tdap vaccine prior to entering sixth grade, if at least five years have passed since the last dose of tetanus toxoid-containing vaccine (DTP, DTap, DT or Td).

Please check your child’s immunization records carefully. If your child is required to have a Tdap booster, we ask that your child receive it and that you provide documentation to the school office. This documentation can be a copy of your child’s immunization record, or a note from your physician listing the date of their most recent Tdap booster shot. The Tdap booster can be obtained from your child’s physician. Immunizations required for school are also available at the Fairfax County Health Department at no charge. Clinic locations and walk-in hours are online at http://www.fairfaxcounty.gov/hd/hdclinicsite.htm. Students receiving immunizations at the Health Department must be accompanied by an adult, and students should bring their immunization records to the Health Department with them.

Please, plan ahead to attend to this matter. When the 2012-13 school year begins on September 4, 2012, 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.
Counselor’s Corner

The Word of the Month is Responsibility!

One of the goals as parents and educators is to teach children life-lessons in responsibility. With our team at Island Creek and you at home working together - we can’t miss!

**WHAT CAN WE DO?**

Children differ in learning styles – but they are always watching and listening to you! As they watch and listen to you – it is the time to show them how to be responsible.

**TEACH WHAT?**

**RESPONSIBILITY TO OTHERS:** We can teach them to take pleasure in helping: Parents, grandparents, neighbors, animals and the less fortunate.

**RESPONSIBILITY TO SELF:** You already teach basic hygiene such as brushing teeth, showering/bathing and brushing hair. Additionally we need to remind them to:

- Say and think positive things about themselves, such as “Hey, I’m working really hard”, “I had a great day, because__________”, or “I really did my best!”

- As parents you can teach your children how to love themselves, to have the ability to give themselves a hug (when no one else is around to share one), to help them feel good about themselves; remind them how precious they are every day.

While we strive to be perfect every day, it doesn’t always happen. Just keep being positive and keep on being responsible.

They learn from you. Be honest, teach your values and teach your children how to be responsible.

Your partners in Character Education.
Virginia Hulke
Stefanie Shelesky
School Counselors
ChooseMyPlate is the new food icon based on the 2010 Dietary Guidelines for Americans. The Guidelines encourage all Americans to eat a healthy diet and be physically active.

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low fat (1%) milk.
- Make at least half your grains whole grains.
- Compare sodium in foods like soup, bread, and frozen meals – and choose foods with lower numbers.
- Drink water instead of sugary drinks.

http://www.choosemyplate.gov

NUTRIFAX
Fighting Childhood Obesity

Today, childhood obesity is a major national health crisis affecting about 25% of all students. Poor diets and lack of exercise are the major causes of this epidemic. Parents are role models who must take an active role in guiding their children’s food selections and encouraging physical activity. It is recommended that children exercise at least 60 minutes a day and spend less time in front of the television or computer.

Mi Plato (ChooseMyPlate) es el nuevo ícono basado en las Guías de Dietas para Americanos 2010.
Las Guías estimulan a todos los americanos a comer dietas saludables y estar físicamente activos.

- Disfruta tu comida, pero come menos.
- Evita porciones muy grandes.
- Divide tu plato en la mitad de frutas y vegetales.
- Cambia la leche entera por leche libre de grasas o bajas en grasas (1%).
- Haz por lo menos que la mitad de los granos o cereales que consumes sean integrales.
- Compara el sodio en las comidas como las sopas, panes y alimentos congelados – y escoge comidas con los más bajos números.
- Toma agua en vez de bebidas azucaradas.

http://www.choosemyplate.gov

NUTRIFAX
Luchando con la obesidad infantil

Ahora, la obesidad infantil es la mayor crisis de salud afectada en 25% de los estudiantes. Dietas mal balanceadas y falta de ejercicio son las mayores causas de esta epidemia. Los padres desempeñan un papel muy importante, porque ellos son quienes deben guiar a sus niños al seleccionar sus alimentos y estimularlos a participar en actividades físicas. Se recomienda que los niños ejerciten por lo menos 60 minutos al día y pasen menos tiempo en frente del televisor o el computador.
WHAT’S HAPPENING ON THE ISLAND?

The SCA, along with students at Island Creek showed their giving spirit during our Annual Food Drive. We collected canned goods that will help many local families in need.

On Veteran’s day ICE 5th graders welcomed 7 local family member veterans to the school. The students were treated to an informative presentation by each veteran on how and why they joined the military as well as experiences the veterans have had in the military. The students wrote cards of appreciation to our veterans for their visit and for serving our country.

Kindergarten has been busy learning about squirrels. We went on a nature walk and looked for squirrel Drey’s and saw the many signs of fall. We also learned about Thanksgiving long ago and had a grade level feast where we dressed like Pilgrims and Native Americans and sang four songs for our kinder croc families.

On November 18 ICE 5th graders took an educational trip to the beautifully mesmerizing Luray Caverns. The students rode in coach buses to the caverns where they experienced a 1.5 mile trail underground in the caverns. Students observed stalagmites and stalactites and a world that seemed to come from a science fiction novel. Students also enjoyed a picnic lunch, got lost in the garden maze and ended the day with a visit to the gift shop to purchase a memory. It was truly a day to remember and the students represented ICE proudly with outstanding croc creed behavior.