Dear Parents,

November and December are traditionally an exciting and busy time of the year as holiday plans begin to take shape. It is also a wonderful time for us to reflect on all the things for which we are grateful.

We are thankful for our motivated students who are eager to learn, and our exceptional staff who work hard every day to help to make Island Creek the best it can be. We are also thankful for our families who support our students and school throughout the year.

As we prepare to spend time with family and friends, let us remember that we are also part of a family and community here at Island Creek Elementary, with each person playing a role in all of our many successes. Let's bring the same commitment and enthusiasm into the new year!

Best wishes to you and your family for a happy, healthy and safe holiday season.

Sincerely,

Michael G. Macrina
Principal

Office Holiday Hours
The Island Creek school office will be closed during the winter holiday. We will reopen on January 6th.

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!

ISLAND CREEK GARDEN
Our garden weeds have successfully grown. So well in fact, that they could be thought of as stalks, hay, or maybe wild flowers if you squint your eyes just right.

Now its time to try our hand at a planned garden, something with purpose. Before we venture ahead with a purpose-filled garden, we'll need teacher, parent and student volunteers to help us get it in shape.

We're looking for parents that are horticulturalists, landscapers, or parents with lots of garden excitement to help us get started. You should email mlkeller@fcps.edu if you are interested.

More information will follow soon.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3:15-4:15 PTA GLOBAL Spanish</td>
<td>7:15-8:00 YMIM</td>
<td>7:30-8:05 6th Grade Book Club</td>
<td>SCA Spirit Day - Exercise Day</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>7-8:30pm PTA Meeting, Library</td>
<td></td>
<td>3:15-4:15 PTA GLOBAL Spanish &amp; French</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3:15-4:15 PTA GLOBAL Spanish</td>
<td>7:15-8:00 YMIM Celebration, Café</td>
<td>3:15-4:15 PTA GLOBAL Spanish &amp; French</td>
<td>10:30-11:30 6th Grade Parent Planning Mtg., Rm. 241</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>6:30-7:30 Family Life Education Parent Preview Night, Library</td>
<td>10:15-11:15 PTA Day Mtg., Kingstowne Library</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Winter Break 12/23 - 1/3**

**SCA Toys for Tots Drive**

**Winter Break 12/23 - 1/3**
Check-it Out at the Library

Dear Island Creek Families,

It is going on six 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

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

Book Fair

It was wonderful to see families sharing their love of books during the Scholastic Book Fair. The funds raised from it support the library program. This year’s funds will be used to replace the 11 year old computers in the library, buy books for the classroom and library, as well as, food for the 6th grade book club. Thank you!

6th Grade Book Club

The next meeting of the 6th Grade Book Club is Thursday, January 9th at 7:30AM in the library. Check my Blackboard site to see which book or books have been chosen. See you there!!

Library Catalog

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

**Young Men In Motion 5K for Arthritis**

It’s finally here, the YMIM Race! We are racing the Jingle Bell 5K for Arthritis this Saturday, December 7th. Our race will begin at 9:00 am in front of Pentagon Row (1301 S. Joyce St Arlington, VA 22202). We would love to see as many of your smiling faces out there to support our boys. They have worked so hard this season.

So why not… grab a coffee, cheer on some of our kids and stick around for some holiday shopping and fun. There’s even an ice skating rink… so bring the kids along. Loud and obnoxious cheering is encouraged!

---

**IMPORTANT MESSAGE FOR PARENTS OF CURRENT 5TH GRADERS**

It’s not too early to check!

As a parent of a current 5th grader, you need to know that 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).

This is not an Island Creek Elementary rule, and it is not a Fairfax County regulation; it is a State regulation that all schools must follow.

Please -- check your child’s immunization records carefully. If you need a copy of your student’s record call the school office and we will provide you a copy.

If your child is required to have a Tdap booster, we ask that your child receive it as soon as he or she is old enough, and most importantly 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. If your child won’t be old enough for the shot until a specific date, we need a note from the doctor stating that.

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](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 at your earliest convenience. **When the 2013 school year begins, sixth graders for whom the office has no documentation of the Tdap shot will not be assigned to a teacher.**

If you have any questions about this immunization requirement, you may contact Deborah Jackson, the school public health nurse, at 703-704-6100, or email her at [deborah.jackson@fairfaxcounty.gov](mailto:deborah.jackson@fairfaxcounty.gov).
SCA TOYS FOR TOTS DRIVE

The SCA will be collecting new unwrapped toys. Toys will be donated to the local Toys for Tots drive. Donations will be accepted from December 2nd through December 12th.

NOTES FROM THE ENERGY ZONE

NUTRIFAX

Healthy Eating for the Holidays

Plan for balance, variety, and moderation during the holiday season. Eat your favorite baked goods and other holiday specialties, but be reasonable about your portion sizes and number of servings. Always choose a variety of foods following the MyPlate guidelines.

Healthy Tips

Fill up on vegetables and fruits first.

- Fix vegetables by marinating or sautéing in broth instead of adding butter.
- Use reduced-fat or non-fat dressings or spreads instead of butter and cream-based sauces.
- Add spices, not fat, to add flavor to your meals. Try cinnamon, cardamom, all spice, and cloves.
- Avoid oversized portions. Use a smaller plate, bowl, or cup for meals and snack.

Focus on family and friends instead of food. Include a family activity such as a brisk walk around the neighborhood.

Comidas Saludables para los Días Feriados

Planea balance, variedad y moderación durante la temporada navideña. Come tus horneados favoritos y tus otras especialidades de la temporada, pero se razonable en cuanto a los tamaños y números de porciones a servir. Escoge siempre una variedad de comidas siguiendo los consejos de MyPlate.

Consejos Saludables

- Completa tu plato primero con frutas y vegetables.
- Prepara vegetables marinándolos o sofriálos en caldos en vez de usar mantequilla.
- Usa aderezos reducidos en grasas o sin grasas o cúbrelos con salsas cremosas en vez de mantequilla.
- Usa sazonadores, sin grasa, para aumentar el sabor a tus comidas. Prueba canela, cadamomo, añade especias y clavos de olor.
- Evita servir porciones muy grandes. Usa un plato más pequeño/tazón/taza para las comidas y meriendas.

Enfócate en la familia y amigos en vez de la comida. Incluye a tus amigos en actividades como ser un paseo ligero alrededor de tu barrio.
Ms. Finch’s and Ms. Scott’s Preschoolers went on a leaf hunt when learning about how leaves change colors!

We are thankful for Kindergarteners! The Kinder Crocs at Island Creek held their annual Thanksgiving Feast and performance on Tuesday, November 26th. The students learned to sing Thanksgiving songs in music class with Ms. Levan and Ms. Woods and were able to perform for their parents and teachers before the feast. The Kindergarten teachers would like to thank all of our families for helping to plan and prepare food for our feast!

Members of WISE GUYS Robotics programmed their robot to follow a black line!

Mr. James Powell is teaching the WISE GUYS Club members how to use applications on their phone to program their NXT Mindstorm robot!

4th graders programming their NXT Mindstorm Robot to do the Hokey Pokey!

After Mr. Carmack’s 4th grade students programmed their robot to do the Hokey Pokey, they lined the robots up and did a Hokey Pokey “Line Dance!”