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 to reflect on all the things for which we are grateful.

Island Creek is thankful for our motivated students who are eager to learn and our exceptional staff who work hard every day to encourage and inspire your children. We are so grateful for our extraordinary PTA and volunteers who support our learning community to come together, as one, in the best interest of our students.

As you prepare to spend time with your family and friends, remember that you are also a part of the Island Creek family and community; each playing an important role in our success. Together, 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!

Mike Macrina
Principal

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**Strings Recital Day**

4th Grade Strings students will be having a Recital Day during the week of December 15, 2014. This will happen during their normal weekly lesson day and time. Parents of the performers will be invited to hear their child perform a short solo. Please encourage your 4th grader to work hard and prepare a song from the list they were provided. They are working hard to get their songs “performance ready” for the next two weeks and I hope to have every student perform! Invitations will be sent out to parents the week of December 8th so please try to come and support your young musician. Due to space limitations, Recital Day performances are for parents only, but please feel free to invite extended family and friends to our concert performance in June.

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**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 1st through December 12th.

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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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<td><strong>SCA TOYS FOR TOTS COLLECTION</strong> - December 1st through December 12th</td>
<td><strong>PTA Armchair Fundraiser</strong> - November 6 - December 17</td>
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<td>Celebrating the Decades - Dress in 60's Attire</td>
<td>3:15-4:15 PTA Global Spanish &amp; French</td>
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<td>3:15-4:15 PTA Global Spanish &amp; French</td>
<td>5-7pm FLE Parent Info Meeting</td>
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<td>7-8:30 PTA Meeting, Library</td>
<td>10:00 -1:00 PTA Children’s Holiday Shop, Cafe</td>
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<td>11am-9pm PTA Spirit Night for K-3 at Olympians</td>
<td>11am-9pm PTA Spirit Night for Preschool &amp; 4-6 at Olympians</td>
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<td>SCA Spirit Day - Superhero Day</td>
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<td><strong>PTA Armchair Fundraiser</strong> - Nov 6 - Dec 17</td>
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<td>Celebrating the Decades - Dress in 70's Attire</td>
<td>3:15-4:15 GEMS</td>
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<td>PTA Box Tops Collection Day</td>
<td>3:15-4:15 PTA Global Spanish</td>
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<tr>
<td>3:15-4:15 PTA Global Spanish &amp; French</td>
<td>SCA Spirit Day - Pajama Day</td>
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<td>12:50 Two hour early Release for Students</td>
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Did you know?
From October 1-31st, Island Creek students checked out 5,657 print books from the library. The most popular author was Dan Gutman. He is the author of the My Weird School series, the Genius Files series and the Baseball Card Adventure series. We have 76 books by Gutman in our collection. The most popular genre of books checked out was graphic novels. Students also read 1,601 myOn books during this same timeframe.

Pebble Go includes four online databases for the beginning researcher. The databases include written text, audio and video clips. Access to Pebble Go is available from school and home to all FCPS students and staff. Username and password information is available on @ The Library with Mrs. Woodall, 2014-2015 Blackboard site.
70th Day of School
We will celebrate on December 16, 2014

We will begin our day doing many activities counting to 70 and participating in other fun activities. Children should try to dress in 70s attire.

For girls: jumpsuits, bellbottom pants (look for spandex, metallic colors, leopard print, or "psychedelic" patterns), platform shoes, bell sleeves, hair with volume and noticeable accessories (think large hoop earrings, medallion pendants, and bangle bracelets.)

For boys: bellbottom pants, collared shirt, platform shoes, and hair with volume.
*They may come to school wearing their outfits.

IMPORTANT MESSAGE FOR PARENTS OF CURRENT 5TH GRADERS

It’s not too early to check!

Effective July 1, 2014, all students in Virginia must receive a booster dose of Tdap vaccine prior to entering sixth grade.

- If your child is 11 years old, he or she must get the Tdap immunization and provide documentation 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 years old, 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.

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 as soon as possible. This documentation can be a copy of your child’s immunization record, or a note from your physician listing the date of his or her 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 listed on the back of this letter and are available 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 clinic with them.

It is most important that you attend to this matter soon. Sixth graders cannot begin school in the fall without documentation of having had the Tdap booster.

Please, plan ahead to attend to this matter at your earliest convenience. When the 2014 school year begins, sixth graders for whom the office has no documentation of the Tdap shot will not be assigned to a teacher.

Please contact Sandy Campbell, the school public health nurse if you have any questions. She can be reached at 703-704-6671 or by email at sandra.campbell@fairfaxcounty.gov.
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 vegetales.
- Prepara vegetales 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, cardamomo, añade especias y clavos de olor.
- Evita servir porciones muy grandes. Usa un plato más pequeño/tazón/taza para las comidas y meriendas.
- Únete a la familia y amigos en vez de la comida. Incluye a tus amigos en actividades como ser un paseo ligero alrededor de tu barrio.
Our Kinder Crocs have had a busy month! In November, we spent time learning about the Pilgrims and Native Americans and the first Thanksgiving. We talked about how it was long ago compared to what we do today. We also held our annual Thanksgiving Feast. The students were dressed as Pilgrims and Native Americans. Many families joined us at the feast, too!