Dear Parents,

As we start the third quarter, please take some time to reflect on your child’s academic progress. Talk with your child about what they love: language arts, math, science, social studies, physical education, music, art, strings, band chorus and much more. Be proactive and talk with their teacher about how you can help them continue to learn. Stay involved!!! Also, we have many after school activities, PTA events, and concerts. Please take time to attend these events and show your continued support, your children will love it!!!

Thank you for being our partner in education.

Sincerely,

Michael G. Macrina
Principal

---

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!

---

Please join us for the
Winter Chorus Concert

February 21, 2012
7:00-7:30 pm
Island Creek Elementary
School Cafeteria
<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></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3:30-4:30 PTA FLEX Spanish</td>
<td>1:30-3:20 6th Grade Debate 6-10pm PTA Basket Bingo</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3:30-4:30 Leadership Academy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Candy Gram Sales 2/6-2/10 in the lobby 8:15 - 8:30am</td>
<td></td>
<td></td>
<td></td>
<td>7:30am PTA Croc Trot Training Begins</td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td>1-2 PTA FLEX French</td>
<td>3:30-4:30 PTA FLEX French</td>
<td>3:30-4:30 PTA FLEX Spanish</td>
<td>3:30-4:30 PTA FLEX Spanish</td>
<td>8:20-8:50 Friday Friends</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>Presidents’ Day Holiday NO SCHOOL</td>
<td>3:30-4:30 PTA FLEX French</td>
<td>3:30-4:30 PTA FLEX Spanish</td>
<td>3:30-4:30 PTA FLEX Spanish</td>
<td>3:24-4:25 Chess Group</td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1-2 PTA FLEX French</td>
<td>3:30-4:30 PTA FLEX French</td>
<td>3:30-4:30 PTA FLEX Spanish</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

February 2012

Candy Gram Sales 2/6-2/10 in the lobby 8:15 - 8:30am
6th Grade Book Club

The next meeting of the 6th Grade Book Club is February 9th at 7:30AM in the library. Students may choose to read *Touch Blue* by Cynthia Lord or *Nerd Camp* by Elissa Weissman or *100 Cupboards* by N.D. Wilson. See you there!

Learn your ABCs
Learn the sounds of the letters
Get your mouth ready
Sound out words
Look at the pictures
Start with easy words
Ask a friend if you are stuck
Have stories read to you
Reread, read it again
Break apart long words

January Library Happenings

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

- Preschool students have been learning about snow and arctic animals in the library. As part of each lesson they use the interactive SMARTBoard. They love it!

- After listening to the Virginia Readers Choice (VRC) book, *What Pet to Get?*, primary classes voted, using the SMARTBoard, on what kind of animal is their favorite pet. Each class created a bar graph and analyzed their voting data.

- After listening to the VRC book, *A Isn’t for Fox*, primary classes, collectively, wrote their own “Isn’t” book. It is very charming!

- 4th grade classes have been coming to the library to do research on weather topics. They are learning to distinguish between what is important and what is interesting. They are using their research to create a weather wiki.

- 5th grade class have been coming to the library to learn about the different kinds of primary and secondary sources that are available to help with their Global Awareness Technology Project.

Library Staff:

Jill Woodall, Librarian
Debi Poole, Library Assistant

Library Catalog

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

The focus for February is Respect the Environment

Respect the Environment

In January we addressed several types of respect, but not the world in which we live. This month we have been talking about protecting the Earth.

**Reduce:** Reduce our footprint, our impact on the environment: Walk when we can instead of driving. This reduces our need for fuel, thus lowering the possibilities of problems associated with drilling for oil - spills, line breaks, etc. (as we saw in the media last fall). It reduces the exhaust from cars, less pollution. Also we get a benefit! Exercise.

**Reuse:** Don’t automatically throw something away when it has fulfilled its current purpose; think of another use for the item.

**Recycle:** It is a simple matter to put things into the recycle bin rather than the trash bin. How long do these items stay in a land fill if they are not recycled:

- Soup Can 80-100 years
- Aluminum Can: 200-500 years
- Glass Bottle: forever
- Styrofoam: forever

Please - think before you throw. Take your recycling home with you, put it in the bin - it is a win for everyone.

Virginia Hulke
Stefanie Shelesky
School Counselors

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

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 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](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.
NUTRIFAX

CHILDREN’S DENTAL HEALTH MONTH

The two major oral health diseases are tooth decay (dental caries) and gum (periodontal) disease. Both diseases are influenced by nutrition and diet. Nutrition plays an important role in the development of teeth and oral tissue. Dental caries result from the interaction between the tooth, oral bacteria, and dietary carbohydrates (sugar and starch).

Plaque is a sticky film of bacteria that forms on our teeth and turns the sugars and starches in our food into acids. These acids act on the tooth enamel and cause tooth decay. If high-acid producing or sugar foods (raisins, cookies, cakes, potato chips) are consumed, they should be eaten with meals, not as snacks. Cheeses, popcorn, raw fruits and vegetables are low-acid producing food and make healthy snacks.

To prevent dental disease, remember to:
1. Brush teeth after every meal with fluoridated toothpaste.
2. Floss teeth daily.
3. Visit the dentist and dental hygienist regularly.
4. Eat a nutritionally balanced diet.
5. Avoid foods that stay in the mouth a long time and stick to teeth (raisins, hard candies, and caramels).

NUTRIFAX

MES DE SALUD DENTAL DE NIÑOS

Las dos enfermedades principales de salud oral son el decaimiento de diente (caries dental) y la enfermedad (periodontal) de encia. Ambas enfermedades son influenciadas por nutrición y dieta. La nutrición desempeña un papel importante en el desarrollo de dientes y tejido oral. Las caries dentales son el resultado de la interacción entre el diente, las bacterias orales, y los hidratos de carbono alimenticios (azúcar y almidón).

La placa es un residuo pegajoso de bacterias que se forma en nuestros dientes y convierte los azúcares y almidones en nuestro alimento en ácidos. Estos ácidos actúan en el esmalte del diente y causan decaimiento de diente. Si la producción de ácido es alta o las comida de azúcar (pasas, galletas, pasteles, papitas fritas) son consumidas, estos deberían ser comidos con comidas, no como meriendas. Los quesos, las palomitas de maíz, las frutas crudas y los vegetales son alimentos que producen bajo ácido y hacen meriendas sanas.

Para prevenir la enfermedad dental, recuerde:
1. Cepille sus dientes después de cada comida con pasta de dientes con fluoruro.
2. Use hilo de seda diariamente.
3. Visite al dentista y el higienista con regularidad.
4. Coma una dieta nutricionalmente balanceada.
5. Evite las comidas que se quedan en la boca por mucho tiempo y se adhieren a los dientes (pasas, dulces difíciles, y caramelos).
WHAT’S HAPPENING ON THE ISLAND?

November 30, 2011-1st
GEMS Meeting Guest
Speaker, Ms. Lisa
Tambone, Microbiologist, assists
Valerie Lopez and
Sarah McCoy with
their Chromatography
experiment.

January 10, 2012-2nd
GEMS Meeting
Guest Speaker, Mrs.
Carol Modesitt, Pediatric Neurology
Specialist at Chil-
dren’s Hospital, demonstrates how
important science and math and chem-
istry are if you are going to become a
nursing student.

January 25, 2011-1st
WISE GUYS
Robotics Club
Meeting- 30 sixth
grade boys are
learning computer
programming with
robotics using the
LEGO Mindstorm

Kindergarten welcomed in the New Year, 2012, excited to be back at school and ready to learn. We created a "Train of Kindness" that's hanging in the library hallway. We did this in honor of Martin Luther King Jr. and drew and wrote about how we can be kind to one another and our world. At the end of the month, we participated in an Island Creek Pep Rally. The Kindergarteners shared a "Crocs Creed" chant written by one of our very own Kindergarten Teachers, Tonia Parker. The kids really enjoyed this afternoon and it was a great reminder to all about what we expect at Island Creek!

The fifth grade had a special visit from Mary Jane O’Loughlin local author of the book Ruby and Baby ... an unlikely friendship.

Ms. O’Loughlin shared her passion for writing and the steps she followed in her writing process.

The idea from her story originated from her own cat Baby and a baby elephant she met while traveling in Africa.

Mrs. von Kolnitz students celebrated the publishing of their story books with their reading buddies in Ms. Parker’s class. The kindergarteners’ loved hearing stories written and illustrated by their own reading buddy / author right here at ICE.