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 where they need to focus their efforts. 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.

Thank you for being our partners in education!

Sincerely,

Michael G. Macrina
Principal

IMPORTANT REMINDER
The first snow makeup day will be on Monday, February 17, and will be scheduled as a full day for elementary schools. This full day will help to ensure elementary schools reach the annual 990 hours of instruction required by the state. It also builds up instructional time before spring testing. The schedule for the next snow makeup day on Monday, April 7 is still under consideration and will be shared with families and employees as soon as possible.

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!
### February 2014

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<td>Candy Gram Sales 7:45-8am in the lobby (25¢ each)</td>
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<td>National School Counseling Week - WE LOVE OUR COUNSELORS</td>
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<td>Candy Gram Sales 7:45-8am in the lobby (25¢ each)</td>
<td>Crossing Guard Appreciation Day</td>
<td>WE LOVE MS. BARBER!!</td>
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<td>3:15-4:15 PTA GLOBAL, Spanish &amp; French</td>
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<td>7-8:15 Hayfield Pyramid Concert, Hayfield Auditorium</td>
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<td>Presidents Day Snow Make-up Day</td>
<td>3:15-4:15 PTA GLOBAL, Spanish</td>
<td>2:50-4:15 GEMS</td>
<td>6th Grade Field Trip</td>
<td>6-15-2:45 Distinguished Student Ceremony, Café</td>
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<td>Full School Day (No early Monday Dismissal)</td>
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<td>3:15-4:15 PTA GLOBAL, Spanish &amp; French</td>
<td>6-10pm PTA Family Bingo Event (Doors open at 5:30pm, 1st game at 6:30pm)</td>
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<td>Custodian Appreciation Week - WE LOVE OUR CUSTODIANS</td>
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Check-it Out at the Library

Newbery Medal Winner

Caldecott Medal Winner

January Library Happenings
It has been a fun time in library this month. Here are just a few highlights:

- Preschool students have been learning about dinosaurs and recycling in the library. They are great recyclers of paper!

- Kindergarten, first and second grade classes are enjoying the Virginia Readers Choice books. I am integrating math into the library lessons. Students have done a wonderful job estimating and rounding! They can’t wait to vote for their favorite book.

- 4th grade classes have been learning about all the different kinds of resources they can use when researching important people: nonfiction books (print and electronic), encyclopedias (print and online), and the numerous online databases available to FCPS students at school and home.

- 5th grade classes have been coming to library to work on research skills to use in their county-required Global Awareness Project. They have chosen their topic and are identifying the subtopics they will research. They are also learning information seeking strategies. They are enthusiastic learners!

6th Grade Book Club
The next meeting of the 6th Grade Book Club is Thursday, March 6th at 7:30AM in the library. Check Mrs. Woodall’s Blackboard (FCPS 24-7) site to see which book or books we have chosen to read. See you there!

Library Catalog
You can access the Island Creek library catalog from home: http://libcat.fcps.edu/uhthin/cgisirsi/x/8/0/57/49?user_id=429WEB
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. 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 2014 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.
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).

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 la 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.
Evite las comidas que se quedan en la boca por mucho tiempo y se adhieren a los dientes (pasas, dulces difíciles, y caramelos).