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!

Michael G. Macrina
Principal
# February 2015

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<td>Student Holiday</td>
<td>Celebrating the decades - Dress in 90s fashion</td>
<td>Club &amp; Candid Photo Day</td>
<td>3:15-4:15 Global Spanish</td>
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<td>No School</td>
<td>3:15-4:15 Global Spanish &amp; French</td>
<td>7:30-8:30pm PTA Meeting, Library</td>
<td>3:15-4:15 Global Spanish</td>
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<td>3:15-4:15 Global Spanish &amp; French</td>
<td>5:00-6:30 PM PTA Spirit Night for K-3 at the Silver Diner</td>
<td>3:15-4:15 Global Spanish</td>
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<td>3:00-4:15 GEMS</td>
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<td>7:30-8:30pm Pyramid Chorus Concert at Hayfield SS</td>
<td>5:00-6:30 PM PTA Spirit Night for Pre-school and 4-6 at the Silver Diner</td>
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<td>Kindness Candy Gram Sales</td>
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<td>George Washington’s Birthday Holiday</td>
<td>3:15-4:15 Global Spanish &amp; French</td>
<td>3:00-4:15 GEMS</td>
<td>Celebrating the decades - Dress for 100’s day</td>
<td>2:15-2:45 Distinguished Student Ceremony, Café</td>
<td>2:15-2:45 Distinguished Student Ceremony, Café</td>
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<td>No School</td>
<td>3:15-4:15 Global Spanish &amp; French</td>
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<td>3:15-4:15 Global Spanish</td>
<td>5:30-9:00 PM PTA Family Bingo Night, Café</td>
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**Kindness Candy Gram Sales 2/3-2/10 - 7:50-8:10am in the lobby**

**National School Counseling Week**

**Custodian Appreciation Week**
Check-it Out at the Library

Newbery Medal Winner

Caldecott Medal Winner

January Library Happenings

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

- Preschool students have been learning about winter and arctic animals in the library. They are great listeners!
- Kindergarten, first and second grade classes are enjoying the Virginia Readers Choice books. I integrate comprehension strategies into the library lessons. Students have done a wonderful job of predicting, comparing, contrasting and retelling! They can’t wait to vote for their favorite book.
- Ms. Aokin’s third grade class completed a project-based learning activity in the library on Ancient Greece. Students time-traveled to Ancient Greece and learned what life was like then. Upon their return, they created videos about their adventures. The students are very knowledgeable time travelers!
- I’ve been meeting with small groups of sixth graders to talk about books. They are thoughtful readers and make insightful comments and questions about what they are reading.
- In December, students checked out 3606 print books from the library. The January number isn’t yet available. Students read 864 electronic myON books in December and 944 in January.

What Others Are Reading

Hottest title: The book of story beginnings
Hottest author: Willems, Mo
Hottest subject: Cats--Fiction.

Did you know the online catalog keeps track of the “Hottest” title, author and subject that our students check out from the Island Creek library?

Library Catalog

You can access the Island Creek library catalog from home: http://libcat.fcps.edu/uhhtbin/cgiisirs/x/0/0/57/497?user_id=429WEB
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 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 Laura Lux, the school public health nurse if you have any questions. She can be reached at 703-704-5203 or by email at Laura.Lux@fairfaxcounty.gov.

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100th Day of School

We will celebrate on

February 19, 2015

We will begin our day doing many activities relating to 100 and participating in other fun activities. Children should try to dress like they are 100 years old or in attire celebrating the 100th day.
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).

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).