**Island Creek Elementary**  
**Crocodile Courier**

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### Two Hour Early Dismissal
On Thursday, February 4th, ICES will be dismissing two hours early.

K-6 - 8:30-1:15  
AM Preschool - 9:15-11:35 (no lunch)  
PM Preschool - No PM Preschool  
PAC 9:15-1:55

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### CELEBRATING THE DECADES
On Wednesday, February 17th we will celebrate both the 80th and 90th day of school. Students are encouraged to dress in either 80’s or 90’s attire.

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### CHILDREN’S DENTAL HEALTH MONTH
The two major oral health diseases are tooth decay (dental caries) and gum (periodontal) disease.

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### Check-it Out at the Library
FCPS students have access to numerous online databases that have been paid for by the county. ......

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### Important Message for Parents of Current 5th Graders
Students will not be assigned a teacher .....

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### February 2016 Calendar
Student Holiday  
Candy Gram Sales  
4th Grade Colonial Day  
G.W.’s Birthday Holiday  
Celebrating the Decades  
PTA Family Bingo Night  
Custodian Appreciation Week
# February 2016

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|     | 7:50-8:20 Orff Club  
3:30-4:30 Global Spanish & French | Club and Candid Photo Day | 2nd Grading Period Ends  
SCA Spirit Day - Jersey Day  
1:15 Two Hour Early Dismissal | Student Holiday |     |
| 8:10-8:30 Candy Gram Sales in the Lobby (50 cents each) |     |     |     |     |     |     |
| 7   | 8   | 9   | 10  | 11  | 12  | 13  |
|     | 7:50-8:20 Orff Club  
3:30-4:30 Global Spanish & French | 4th Grade Colonial Day  
7:50-8:20 Orff Club  
3:30-4:30 Global Spanish & French  
7-8:30 PTA Meeting, Library | 3:30-4:30 Global Spanish |     |     |
| 8:10-8:30 Candy Gram Sales (50 cents each) |     |     |     |     |     |     |
| 14  | 15  | 16  | 17  | 18  | 19  | 20  |
| George Washington's Birthday Holiday | 7:50-8:20 Orff Club  
3:30-4:30 Global Spanish & French | Celebrating the Decades - Dress in 80's or 90's Style | 3:30-4:30 Global Spanish |     |     |
|     |     |     |     |     |     |     |
| 21  | 22  | 23  | 24  | 25  | 26  | 27  |
|     | PTA Spirit Night at Olympians | PTA Box Tops Collection Day  
7:50-8:20 Orff Club  
3:30-4:30 Global Spanish & French |     | 3:30-4:30 Global Spanish | 2:30 Distinguished Student Ceremony  
PTA Family Bingo Night - Doors open at 5, First game at 5:30 |     |
|     |     |     |     |     | Custodian Appreciation Week |     |
| 28  | 29  |     |     |     |     |     |
Scholastic Book Fair

The Scholastic Book Fair comes to Island Creek the week of April 4th-8th. The book fair features traditional children’s favorites and new works by popular authors and illustrators. Parents and teachers will find plenty of items to interest them, too. When you visit the fair, look for the Classroom Wish List to see how you can help build your child’s classroom library. For more information contact Jill Woodall at 571-642-6319 or jill.woodall@fcps.edu.

What Students Are Reading

Hottest author: Osborne, Mary Pope
Hottest subject: Cats--Fiction.

Book Fair Volunteers Needed

If you are interested in helping at the book fair please contact Jill Woodall at 571-642-6319 or Jill.Woodall@fcps.edu.
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 2016 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.
NOTES FROM THE ENERGY ZONE

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 (carie dental) y la enfermedad (periodontal) de encía. 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 de nuestro alimento en ácidos. Estos ácidos actúan en el esmalte del diente y causan decaimiento de diente. Si consume alimentos de alta producción de ácidos o que contengan azúcar (pasas, galletas, pasteles, papitas fritas), estos deberían ser consumidos con otros alimentos, no como meriendas. Los quesos, las palomitas de maíz, las frutas crudas y los vegetales son alimentos que producen bajo ácido y forman meriendas sanas.

Para prevenir la enfermedad dental, recuerde:
1. Cepillar 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 duros y caramels).