Dear Parents,

Welcome to March! We started this month off with Authors and Artists day. It was so nice to see many of you come out and enjoy your students creativity. We’ve had a bit of an irregular schedule with all our snow days but hopefully the snow is behind us!

Your children continue to learn in a fantastic, warm and loving environment. Thank you for your continued support for Island Creek. It is making a difference.

Happy Spring and thank you for being our partners in education!

Michael G. Macrina
Principal

It's not too early to start thinking about purchasing a yearbook. It's easy to order online at www.ybpay.com. Simply click on “search for yearbook ID” to find Island Creek and begin the order. (Island Creek ID: 5726715)

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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Dear Island Creek Families,

Have you ever returned a public library book to the school library or vice versa? You might be surprised to learn that this happens all the time. FCPS and FCPL have procedures in place to transfer books between schools and the public library system. It may take up to 3 weeks to get the book to the correct place; however, it usually occurs much sooner.

Mrs. Woodall

February Library Happenings

- Preschool students have been learning about arctic animals, Valentine’s Day and cupcakes. They love books and reading!
- All kindergarten, first and second grade classes are finishing the Virginia Readers Choice program. Voting is taking place now. Students are using the SMART Board to vote.
- First grade classes, with the help of adults, used nonfiction books to research five important Americans: George Washington, George Washington Carver, Benjamin Franklin, Eleanor Roosevelt and Abraham Lincoln. Students did a great job identifying important vs. interesting information.
- In January students checked out 3367 print books from the library. The February number isn’t yet available.
- In February students read 947 electronic books in myON. It took them 10,488 minutes, approximately 175 hours, to read these books.

Stay tuned for more library happenings!

What Others Are Reading

Hottest title: Drama
Hottest author: Seuss, Dr
Hottest subject: Graphic novels.

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/htbin/cgisirsi/x/0/0/57/49?user_id=420WEB
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 2015 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.
ENERGY ZONE KIDS FITNESS CHALLENGE

Research shows children copy the behavior of adults in their life. If parents are physically active, the children will be active too. Exercise burns calories, which assist in maintaining ideal weight. **Fit adults and children exercise 60 minutes per day.**

**KEEP MOVING TO STAY IN SHAPE TIPS**

- Plan daily family walks.
- Limit television or computer time to 1 to 2 hours per day.
- Make exercise fun.
- Encourage play outside with other children.
- Assign chores that involve activity such as cleaning or walking the dog.
- Help your children find physical activities they enjoy.

Remember, making a healthy change takes time and don’t expect perfection.

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**DESAFÍO DE BUENA FORMA FÍSICA DE ZONA DE ENERGÍA PARA NIÑOS**

La investigación muestra que los niños copian su comportamiento de los adultos en sus vida. Si los padres están físicamente activos, los niños serán activos también. Hacer ejercicio quema calorías, lo cual ayuda a mantener un peso ideal. Los adultos y los niños competentes hacen ejercicios por 60 minutos por día.

**CONSEJO PARA MOVERSE Y MANTENERSE EN FORMA**

- Planee caminatas en familia diariamente.
- Limite el tiempo en la televisión o computadora de 1 a 2 horas por día.
- Diviértase haciendo los ejercicios.
- Promueva el jugar afuera con otros niños.
- Asigne tareas que impliquen actividades como la limpieza o el caminar al perro.
- Ayude a sus niños a encontrar actividades que ellos disfruten.

Recuerde, hacer un cambio saludable toma tiempo y no espere ser perfecto.