Dear Parents,

On Saturday, March 29th, from 10:00 - 2:00 Island Creek Elementary School will sponsor a Health and Fitness Fair. We welcome the community to join us for this special event featuring a variety of student and community based booths promoting fitness and healthy habits. Please mark your calendar today to take advantage of the many free services that will be available and opportunities to learn more about the importance of an active lifestyle. You also will not want to miss the D 4 H (Dance for Health Marathon) a school fund raiser. Our goal is to collectively dance 500 hours on this day. Come join the fun!

How important is exercise in our student’s lives? Extremely!

Vigorous physical activity by children:

- counteracts major risk factors of heart disease;
- improves muscular strength, flexibility and endurance;
- helps relieve tension and anxiety;
- increases self-esteem and self confidence

(National Association for Sports & Physical Education)

The importance of fitness for our youth is clear. The more we model a healthy life style, the better. Consider this little formula for limiting student’s TV time or video game play. Tell your children that time for watching TV/playing video games must be earned. Here are a couple of sample rules you could establish:

1 hour of reading or studying = ½ hour of TV/video game
1 hour of active play = ½ hour TV/video game

You may want to keep a tally sheet for each child, but be careful not to make other activities appear to be punishment. Instead, explain that there are a lot of fun things to do besides watching television that you would like them to enjoy.

We look forward to seeing you March 29. If you are interested in volunteering at our Health and Fitness Fair, please call the school, 571 642 6300 or contact Mr. Taguding at val.taguding@fcps.edu

Thank you for being our partner in your child’s education,

Susan Z. Owner
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<td>Read Across America Day</td>
<td>5th Gr. SOL-multiple Choice</td>
<td>5th Gr. SOL-Direct Writing 3:05-4:05 Drama</td>
<td>SCA School Supply Drive Begins 7:30-8:15am Gr. 4-6 Writer’s Block</td>
<td>SCA Book Character Dress-up Day</td>
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<td>Challenge 24, playoff</td>
<td>7:30-8:15 Gr. 2-3 Writer’s Block 3:15-4:00 Chess Group, Cafe</td>
<td>3:05-4:05 Drama</td>
<td>2:45-4:00 Helping Hands Group</td>
<td>Spring Pictures SCA School Supply Drive Ends</td>
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<td>7:30-8:15am Gr. 2-3 Writer’s Block</td>
<td>3:05-4:05 Drama</td>
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<td>10am-2pm Health &amp; Fitness Fair And Dance-A-Thon</td>
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**MUSIC IN OUR SCHOOLS MONTH**

**SPRING VACATION - NO SCHOOL**
Island Creek students and community prides itself on our Crocs Creed. Our students model all six characteristics of Crocs Creed in the hallways, classrooms, and on field trips. The one area we want to work on improving is the cafeteria. On March 3rd our school will start a new cafeteria incentive program called “Crocs Blocks”.

Crocs Blocks is designed to fit smoothly into Crocs Creed goal of teaching students the positive behaviors associated with our valued character qualities.

On March 3rd, Cafeteria Hostesses and staff members will be looking for the following four characteristics (Cooperation, Respect, Responsible, and Safe). Each table has four colored squares taped to the middle of it. Each table can potential keep all four square or loose some of them depending on student behaviors. When their teacher picks them up from lunch, they will look to see which tables have all four squares on it. If a table should be missing one or several squares, the teacher will address cafeteria behaviors with those tables in question. Teachers are encouraged to give out positive reinforcements and if needs be, consequences for behavioral issues.

Please discuss this new program with your child; our hope is to see Crocs Creed behaviors exemplified in the cafeteria.
Check-it Out at the Library

Virginia Readers Choice

In a very close race, Island Creek students voted, Mrs. Watson wants Your Teeth by Alison McGhee their favorite Virginia Readers Choice book. The story is about a first grade student who is concerned that her teacher may be a 300-year-old alien with a purple tongue who collects baby teeth. Over 285 Island Creek primary grade students voted. We will learn later in the spring which book won for the state.

February Library Happenings

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

- Mrs. Parker’s class came to library in recognition for all the Croc stocks they had earned. The theme of their visit was “Shapes, Sizes and Surprises!”
- In a special project, Mr. Morris’s 2nd grade class came to the library for a biography book look. They used nonfiction text features to help them identify important facts on their person.
- Third grade classes have been learning more about dictionaries, especially guide words. The dictionary activities have connected with what students are learning in science.
- In a special activity, Ms. Garrett’s class came to library to learn more about main idea and how to determine what the main idea is in a nonfiction passage.

Stay tuned for more library happenings!

WHAT IS THE TREASURE IN THE LIBRARY?

THE STUDENTS!

6th Grade Book Club

The next meeting of the 6th Grade Book Club will be March 13 at 7:30AM in the library. The title of the book we are reading is Race for the Sky by Dan Gutman. New members are encouraged to attend. See you there!!

Library Catalog

You can access the Island Creek library catalog from home: http://libcat.fcps.edu/urhtbin/cgisirsi/x/0/0/57/49?user_id=429WEB
ISLAND CREEK ELEMENTARY SCHOOL

“GOT HEALTH?” WELLNESS EXPO

SATURDAY, MARCH 29, 2008

10:00AM – 2:00PM

Island Creek Elementary will hold a health and fitness fair on Saturday, March 29, 2008 from 10:00AM- 2:00PM. We will have booths, entertainment, screenings, and activities with professionals from the health community. This event is open to family, friends, and neighbors of all ages in the Kingstown, Alexandria, and Hayfield Pyramid. Here’s just a sampling of what we have planned: Free health screenings such as blood pressure and BMI (Body Mass Index); Performance groups from Yong In Karate, Dancensations Dance Center, and Metropolitan Fine Arts Center; Audience participation for children’s yoga from Lee District RECenter; and booths from the fire department, bus safety, summer camps, health organizations, day care, health clubs, recreation, and more! Mark this date on your calendars!

DANCE-4-HEALTH-A-THON

SATURDAY, MARCH 29TH

10:00AM – 10:30 KINDER/PRE
10:35-11:05 1ST GRADE
11:10-11:40 2ND GRADE
11:45-12:15 3RD GRADE
12:20-12:50 4TH GRADE
12:55-1:25 5TH GRADE
1:30-2:00 6TH GRADE

Island Creek Elementary will host a Dance Marathon (D4H-A-Thon) Fundraiser in the Island Creek Gymnasium on Saturday, March 29th from 10:00am-2:00pm. Proceeds from the fundraiser will be used for Island Creek Elementary programs and equipment.

Our goal is for Island Creek Students to collectively dance 500 hours. Pledge sheets and envelopes will be given to students prior to the event.
CONGRATULATIONS TO THE FOLLOWING STUDENTS FOR WINNING THEIR HOMEROOM CHALLENGE 24 COMPETITIONS.

<table>
<thead>
<tr>
<th>4th Grade</th>
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<th>6th Grade</th>
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<tr>
<td>Flint – Kyle Seelman</td>
<td>Markon – Roha Popunya</td>
<td>Berman – Brandyn Newsome</td>
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<tr>
<td>Garrett – Brady Page</td>
<td>Trudeau – Ariel Tan</td>
<td>Possanza – Krissy Lowe</td>
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<td>Herold – Alyssa Bayer</td>
<td>Jackson – Emily Johnson</td>
<td>Pritchard – Faris Gebril</td>
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<td>Krasburg – Kyle McManus</td>
<td>Connell – Caitlin Keenan</td>
<td>Vaughan – Nebeyu Daniel</td>
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MESSAGE FOR PARENTS OF CURRENT 5TH GRADERS

Effective July 1, 2006, all students in Virginia 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.

It is most important that you plan ahead to attend to this matter. Sixth graders cannot begin school without documentation of having had the Tdap booster or having had a tetanus-containing vaccine within the past five years.

Please contact Gail Acker, the school public health nurse, at 703-704-6100 or gail.acker@fairfaxcounty.gov, if you have any questions.
REGIONAL PARENT MEETINGS

Tuesday, March 4
Hayfield Secondary School
7630 Telegraph Road
Alexandria, VA 22315
5:30 to 9 p.m.
Complimentary Light Refreshments
Register by Feb. 26

Thursday, April 3
Robinson Secondary School
5035 Sideburn Road
Fairfax, VA 22032
5:30 to 9 p.m.
Complimentary Light Refreshments
Register by Mar. 27

Saturday, April 5
Chantilly High School
4201 Stringfellow Road
Chantilly, VA 20151
8:30 a.m. to noon
Complimentary Continental Breakfast

Child care for children, ages 1 - 12 will be provided at all meetings.

Parents are invited to learn about:

Instructional services, including what your child is learning in language arts, math, social studies, science, health and physical education, foreign languages, and fine arts.
Curriculum areas, including English for speakers of other languages (ESOL), gifted and talented (GT), Advanced Placement (AP), and International Baccalaureate (IB) courses.
Special education
Helping your child with his or her education.
Available services to support families with children in Fairfax County Public Schools.
Community resources available in Fairfax County.

Parents will also have an opportunity to share their feedback on FCPS curriculum and services.

Due to space restrictions, preregistration is required. Register online at www.fcps.edu

PYRAMID ART SHOW

Congratulations to the Island Creek Students who participated in the Hayfield Pyramid art show.

Adam Kurtz- Shroba
Alyssa Villar- Shroba
Harry Bolvin- Evans
Elpida Voryas- Evans
Vincent Riordan- Cromwell
Lezlie Romero- Cromwell
Bridget Keenan- Cromwell
Amber Talbot- Flint
Andy Charbonneau- Flint

Danielle Strode- Herold
Madison Hammond- Herold
Ricardo Vincent- Herold
Elaena Hutcherson- Herold
Alex Eppard- Jackson
Angelica Rowe- Jackson
Stephanie Eldridge- Jackson
David Harris- Jackson
Pariya Ahmed- Jackson

Shazeb Mian- Prichard
Tanner Hishta- Vaughan
Morgan Jones- Vaughan
Manfred Hueskes- Prichard
Zaya Tsolmon- Vaughan
Tyler Koss- Vaughan
Attention: PRESCHOOL PARENTS

The non-categorical preschool special education program at Island Creek is looking for typically developing peers to join our classrooms for the 2008-2009 school year. We are looking for children aged 2-5 who live in Fairfax County and meet basic requirements:

- Must be toilet trained
- Speak English relatively well
- Parents must provide transportation

Community children will attend 3 days a week for either morning or afternoon sessions. There is no tuition, but families will be expected to pay monthly snack fees. Parents may be asked to contribute their time to help out in the classroom or with projects at home.

If you are interested in learning more about this program, please contact the Island Creek preschool staff (571-642-6345) or stop by the school office for an application. Applications will be due by March 30, 2008.

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SPECIAL THANKS

Thanks to Kingstowne Dominos for their generous donation of pizza boxes for the SCA Candy Gram drive. The SCA collected over $1000 which will be used to ship school supplies to Africa, and for school beautification in the spring.

SCA SCHOOL SUPPLY DRIVE
March 3-14

The SCA is holding a School Supply Drive for children in rural South Africa. These supplies will be sent to the village of Loding, South Africa. Please send in supplies with your student from March 3 through March 14th. The SCA will pay to ship the supplies with proceeds from the SCA Candy Gram drive.

Suggestions: pencils, pens, watercolor paint, scissors, rulers, crayons, colored pencils, pencil sharpeners, glue sticks, erasers, highlighters, colored markers, tape
(no liquid items or paper please)

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(no liquid items or paper please)
Read Across America ~ March 3, 2008

Read across America is to honor the birthday of Dr. Seuss, millions of people will be participating in activities.

Ways you can participate at home with your children:

Your child has started school, but he still needs you to read to him at home. Your child will do better in school, and you'll enjoy the time spent together.

- Keep reading to your child even when he can read. Read books that are too difficult or long for him to read alone.
- Try reading books with chapters and talk about what is happening in the story. Encourage your child to make predictions about what will happen next, and connect characters or events to those in other books and stories.
- Talk with your child about reading preferences that are beginning to develop. Ask whether she likes adventure stories, mysteries, science fiction, animal stories, or stories about other children. Encourage her to explain the reasons for preferences.
- Talk with your child about favorite authors and help him find additional books by those authors.

- Take turns reading a story with your child. Don't interrupt to correct mistakes that do not change the meaning.
- Talk about the meaning of new words and ideas introduced in books. Help your child think of examples of new concepts.
- Talk with your child about stories using the notions of the beginning, middle, and end of the story to organize thinking and discussion.
- Ask your child to tell why a character might have taken a specific action. Ask for information from the story to support her answer.

Enjoy yourself and have fun. The most important thing you can do to help your child become a successful reader is communicate that reading is valuable and enjoyable.
Counselor’s Corner

Honesty

Honesty is the character word of the month of March. We will be going into the classrooms this month discussing honesty and the importance of being trustworthy.

Honesty is the quality of being able to be trusted.

Here are a few parent tips about honesty:

1. Help your children think clearly about violations of honesty.

   Why is it wrong to lie or break an agreement? Because it violates trust and trust is essential to any relationship.

   Why is it wrong to cheat? Because cheating is a lie (it misrepresents your knowledge); it’s a violation of your teacher’s trust in you; and it is unfair to all people who aren’t cheating.

   Why is it wrong to steal? Because there is a person behind the property. Theft violates that person.

2. Teach kids that a reputation of being honest is one of the most valuable assets they have.

3. Let them know “our” family takes pride in being sincere, truthful and loyal.

4. When kids are caught stealing, lying or cheating, they’re usually too ashamed or afraid to take corrective action on their own. They need a parent’s push. At moments like this, “teaching by telling” means getting kids to bite the bullet and to do what’s necessary to clear their conscience and set things straight.

Remember, Honest is something you are. Trust is something you earn.

Your partners in character education,

Virginia Hulke
Steff Shelesky
School Counselors

Excerpted from the book, Raising Good Children: How To Help You Child Develop A Lifelong Sense of Honesty, Decency, and Respect For Others,” by Dr. Thomas Lickona.
2008 Virginia School Census Fast Facts
“We’re Counting on You”


- The commonwealth of Virginia requires each school division to conduct a census every three years.

- Fairfax County Public Schools (FCPS) needs to count every person residing in Fairfax County who will reach his or her first birthday but not his or her twentieth birthday by December 31, 2008.

- For the 2008 Virginia School Census, each child counted will bring approximately $3,000 back to Fairfax County Public Schools in tax dollars.

- All households in Fairfax County are mailed a census form.

- There are four ways to respond to the 2008 Virginia School Census:
  1) Respond online at www.fcps.edu/census.
  2) Mail in the form.
  3) Respond via fax to the 2008 Virginia School Census office.
  4) Respond via interactive voice response system.

- Children attending private schools and those home-schooled are counted in the 2008 Virginia School Census.

- All data collected are kept confidential.

- Data gathered help projections for future school needs.

- Translation assistance is available in Arabic, Chinese, Farsi, Korean, Spanish, Urdu and Vietnamese.