Dear Parents,

Welcome to March! We started this month off with Authors and Artists day and a fun PTA/Staff Kickball game. Both were so exciting! Thank you for your support with both of these activities.

Flurries from the kickball game carried over to the “March Madness” snow storm! That was just the beginning of March. There is more to come:

- 5th grade SOL writing test (March 13th and 14th)
- Our Rising 7th grade tour of Hayfield Secondary
- Practicing our fire and tornado drills
- Before and after school programs
- Third grading period ends…only one more to go

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

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Lost and Found

As spring arrives and the weather warms up our lost and found bins begin to overflow. 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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SPRING PICTURES

April 3, 2013 - PS & 4-6
April 4, 2013 - K-3
<table>
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<th>Sun</th>
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<td>Read Across America Day</td>
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<td>8:30-9:30 Authors &amp; Artists</td>
<td>10am Croc Classic Kickball Tournament</td>
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<td>12:30-1:30 PTA FLEX French</td>
<td>3-4 PTA FLEX French</td>
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<tr>
<td>3-4 PTA FLEX French</td>
<td>5th Grade SOL Testing (Writing - multi choice)</td>
<td>2:50-4:15 GEMS</td>
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<td>5th Grade SOL Testing (Writing - multi choice)</td>
<td>2:50-4:15 GEMS</td>
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<td>7:15-8:05 6th Gr. Book Club</td>
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<td>4-6pm Honey Baked Ham Pickup, Cafe</td>
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<td>SPRING BREAK NO SCHOOL</td>
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The next meeting of the 6th Grade Book Club is Thursday, March 14th at 7:15AM in the library. We are reading *The Alchemyst* by Scott, *The Wizard of Oz* by Baum OR *The Mark of Athena* by Riordan. See you there!!

**February Library Happenings**

- All primary classes are finishing the Virginia Readers Choice program. Voting will take place soon.
- 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 determining whether the information they were learning was important vs. interesting.
- Third grade classes have been learning about the research process. They know where to find the print and online information they need and are great note takers.
- Fifth grade classes, working in teams, have begun researching their Global Awareness Project topics. This is a county-wide requirement.
- Sixth grade classes are doing independent research on a topic of their choice.

**Scholastic Book Fair**

April 22nd-26th

**Library Catalog**

You can access the Island Creek library catalog from home: [http://libcat.fcps.edu/uhthbin/cgiisrvix/0/0/57/49?user_id=129WEB](http://libcat.fcps.edu/uhthbin/cgiisrvix/0/0/57/49?user_id=129WEB)
Important Attendance Information

We hope every student will be at school every day participating in the learning experience at Island Creek. But we also appreciate that it’s sometimes just not possible.

We would like to remind parents that you need to advise the school when your child is absent. Parents may either send a note to the office or teacher; or, to make it most convenient, they can call the attendance line at 571-642-6363, or email the attendance mailbox at islandcreekes.attendance@fcps.edu. The attendance line and email are options available 24 hours a day.

If your child is absent due to illness, we ask that you share a general description of the symptoms, such as fever, headache, stomach ache, cough, vomiting, etc. Since 2005, our Public Health Nurse and Health Room Aid have monitored illnesses in the school to insure needed disease control measures can be instituted to prevent further outbreaks in the school environment. Thank you for helping us protect the health of all students and staff at Island Creek Elementary by complying with this requirement.

Are you moving?

The school needs to have current addresses for all our students! If you have moved, please call the school office so we can update our records. If you are planning to move away from Island Creek, also be sure you let the school office know. We really hate to see you go, but there are important documents that need to be filled out by parents in order for a smooth transition to take place and for school records to be sent to your child’s new school.

IMPORTANT MESSAGE FOR PARENTS OF CURRENT FIFTH 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 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/ld/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 2013 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. You also can call the school office at 571-642-6300.
Counselors’ Corner

The Croc Creed word for March is “Respect”

There are many ways to show respect – to others, self-respect, and respect of property (to name a few). We are focusing on “Respect the Earth” this March.

Many people and groups at ICES routinely use recycled items for art projects – Preschool, PAC, many other grade levels, - and of course, our art teachers, Ms. Beaman and Mrs. Conlon.

We have always recycled in the upstairs work room due to the diligence of one of our instructional assistants, Ms. Connie DaBella. She uses old posters and artwork, taken from the walls for letter and shape cutouts, and after that they can be recycled again. Kudos to Ms. DaBella for all her hard work!

The “Friday Friends” - a group, managed by Irene Buckley and Patty Alf, are currently working on a recycled-materials building project.

Recently the SCA – Student Council Association, has worked to enhance Island Creek’s recycling program. They have:

- Created a program to recycle Glue Sticks for all classrooms
- Added many recycling stations to the school.
  - FOUR places to recycle in the Cafeteria.
  - One in the downstairs- and One in the upstairs-pod.
  - One in the art room,
  - Two stations in the teachers’ lounge.

This new program has greatly increased the variety of “former trash” we are able to recycle; we now are able to include these items:

- PAPER ALL TYPES, ENVELOPES, GLASS, ALUMINUM CANS, and PLASTIC BOTTLES.

To get the word out about these programs the SCA created a video which was shown at the Pep Rally in February; an announcement was made on the morning news show, posters were made and are placed prominently throughout the school; and e-mail messages have been sent to all staff members.

Our SCA advisors are Ms. Sarah Ducko and Ms. Kristen Clements – hats off to you and your group! Our thanks to you for protecting the earth and the life it creates and sustains.

Thank you to everyone at Island Creek – and our community who recycle. Please remember to take that extra few seconds to walk to the recycle bin!

Virginia Hulke
Stefanie Shelesky
School Counselors
**March is National Nutrition Month**

In partnership with the Academy of Nutrition and Dietetics, the Energy Zone is celebrating National Nutrition Month.

**Energy Zone's Top 3 Nutrition Facts:**

1. Use **ChooseMyPlate** as a reference for healthy eating habits. Lifestyle changes including daily exercise are more effective than “quick fixes.”

2. There are many diet myths. Make sure the nutrition information you are getting is from a credible source—a registered dietitian or science-based articles.

3. Evaluate a food by reading nutrition labels. Basic understanding of a food label can help you make smart food choices.

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**Eat Whole Grains Every Day**

Eat 3 or more servings of whole grains every day. They are an important source of fiber and reduce risk of chronic heart disease, diabetes, and obesity. Many Americans only eat one serving per day and over 30 percent do not eat whole grains at all. Read the label, and if the first ingredient is whole wheat, whole grain, oatmeal, brown rice, bulgur, popcorn, or wild rice, the product is most likely a whole grain food.

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<tr>
<th>Good Source:</th>
<th>Excellent Source:</th>
<th>100% Excellent Source:</th>
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<tbody>
<tr>
<td>A half serving of whole grains</td>
<td>A full serving of whole grains</td>
<td>A full serving and all grains are whole</td>
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**Daily whole grain menu suggestions:**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch and Dinner</th>
<th>Snacks</th>
</tr>
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<tbody>
<tr>
<td>Whole grain cereal</td>
<td>Whole grain bread</td>
<td>Whole grain crackers</td>
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<tr>
<td>Oatmeal</td>
<td>Tortillas or wraps</td>
<td>Popcorn</td>
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<tr>
<td>Whole grain bagel</td>
<td>Whole grain pasta</td>
<td>Whole grain pretzels</td>
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<tr>
<td></td>
<td>Brown rice</td>
<td>Whole grain chips</td>
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MARZO ES EL MES DE NUTRICION NACIONAL

En sociedad con la Academia de Nutrición y Dietéticos, la Zona de Energía está celebrando el Mes de Nutrición Nacional.

Los 3 Primeros Datos de Nutrición de la Zona de Energía:
1. Use ChooseMyPlate como referencia para tener hábitos saludables en la comida. Los cambios de estilo de vida incluyen ejercicios diarios siendo éstos más efectivos que las “rápidas soluciones.”
2. Hay muchos mitos de dieta. Asegúrese que la información de nutrición que usted consiga sea de una fuente creíble – un dietista certificado o artículos científicos.
3. Evalúe el alimento leyendo las etiquetas de nutrición. El entendimiento básico de la etiqueta de nutrición puede ayudarle a tomar una decisión de alimento inteligente.

COMA GRANOS INTEGRALES CADA DÍA

Coma 3 o más porciones de granos integrales cada día. Estas son importantes fuentes de fibra y reducen el riesgo de enfermedades crónicas del corazón, diabetes, y obesidad. Muchos americanos solo comen una porción diaria y más del 30 por ciento no consumen alimentos integrales del todo. Lea las etiquetas, y si el primer ingrediente es trigo integral, granos integrales, avena, arroz integral, granos de trigo (bulgur), palomitas de maíz, o arroz salvaje, es muy probable que el producto sea alimento de granos integrales.

Buena Fuente: Mitad de una porción de granos integrales
Excelente Fuente: Una porción completa de granos integrales
100% Excelente Fuente: Una porción completa y todos los granos sean integrales

Sugerencias Diarias para un menú de grano entero:

<table>
<thead>
<tr>
<th>Desayuno</th>
<th>Almuerzo y Cena</th>
<th>Snacks</th>
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<tr>
<td>Cereal de grano entero</td>
<td>Pan de grano entero</td>
<td>Galletas de grano entero</td>
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<tr>
<td>Avena</td>
<td>Tortillas o envolturas</td>
<td>Palomitas de maíz</td>
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<td>Bagel de grano entero</td>
<td>Pasta de grano entero</td>
<td>Pretzel de grano entero</td>
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<td></td>
<td>Arroz integral</td>
<td>Papitas fritas de grano entero</td>
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BRING YOUR OWN DEVICE

Starting on Monday, December 3, students at Island Creek Elementary School were permitted to bring a personally owned computing device to school to support their learning. We are very excited about how this initiative will change learning in the classroom and present opportunities to improve communication, collaboration, and creative learning amongst our students. Approved devices include laptops, tablets, smart phones, and eReaders.

It is essential that any parents considering allowing their child to bring a personal device thoroughly read all documents (linked below) and sign the Personal Device Permission & Registration form before these personal devices can come to school.

Some items to be aware of:

- All use of personal devices should be to support student learning and it will be at the discretion of the teacher as to when and how devices will be permitted.
- Personal texting, phone calls, and other communications will NOT be permitted during school hours.
- Students can only access the FCPSMobile network to connect to internet. Connecting via personal data plans is not permitted.
- Fairfax County Public Schools and Island Creek ES are not responsible for any device or data loss, theft, damage or other associated costs of replacement or repair incurred during the school day.
- All required information must be included on the Personal Device Permission & Registration form before the device can be used. A sticker identifying the device as officially registered will be attached to the device. The permission form should be brought, along with the device, to the Main Office.
- All students will be bound by the FCPS Student Rights and Responsibilities, FCPS Acceptable Use Policy, and Hayfield Pyramid Personal Device Policy. Use of personal devices at Island Creek ES is a privilege and can be revoked if these policies are violated.

Please know this personal device initiative merely allows devices to be used at school. At no time will students be required to purchase or bring in devices. The decision of whether or not to send a device to school with your child is a family decision.

Frequently Asked Questions
Hayfield Pyramid Personal Device Policy
How To Find MAC Address
Personal Device Permission & Registration Form
You’re in LUCK!

There’s STILL time to order your YEARBOOK!

order NOW! at
ybpay.lifetouch.com

Ordering is EASY!

1. Order online at ybpay.lifetouch.com!
   Simply click on the “locate school” link and find your school to begin the ordering process.

2. Call 1-800-875-7088 to order by phone using your credit or debit card

YEARBOOK SALES END ON APRIL 12th

(This will be your last opportunity to order a yearbook)
In February Dr. Tammy Wilbert, a Research Geneticist from George Mason University, led the GEMS girls through a real world problem-solving activity which culminated in the girls extracting their own DNA!

For the January GEMS Club, Financial Consultants/Accountants, Mrs. Holly Carnevale and Mrs. Julie Moore explained the profession of Financial Accountants and had the girls simulate finding a serious accounting error made by an employee of Kings Dominion.