Dear Parents,

The month of May has become synonymous with SOL testing throughout Fairfax County Public Schools. It is important that you understand that this test is just one assessment of one moment in time, and that the focus should remain on measuring what your student has learned and developing good test taking skills. Each of us, educator, parent, and student, has an important role in test preparation.

The following are a few testing tips you may find helpful:

- Students always want to do their best. Reassure your child that testing time is their opportunity to shine and to show how much they have learned throughout this year and previous years.
- Talk to your child about the test and why they are taking it. Let your child know the test is important, but don’t be overly anxious about their performance on it.
- Children have been taught test taking strategies; ask them what strategies they use for their tests.
- Encourage your child to relax, and try not to be nervous before the test, they can practice at home taking a few deep breaths, closing their eyes for a moment and tell themselves to just stay calm and focused.
- Remind your child to listen up, to pay close attention to the teacher’s instructions and carefully read the test instructions to make sure they understand exactly what they are supposed to do.
- If you are having a hard time with one question, remind the student to think about their test taking strategies.
- Never underestimate the importance of home support: a good night sleep, a good breakfast, and a positive send off from home.

One of the best things about tests is that when they're over, they're over. The results won't be known for several weeks or months, so the best thing to do after the test, for both parents and students, is to breathe a big sigh of relief and then celebrate!

In closing, it was so nice to have many of our volunteers here at our recognition luncheon. It was a wonderful opportunity to thank the many parents and community members who contribute to making Island Creek Elementary School such a special place.

Thank you for your continued support!
Sincerely,

Michael G. Macrina
Principal
# May 2014

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3-4:15 Girls on the Run</td>
<td>SCA Spirit Day - Crayon Day</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>12:30-2 Roman’s Robots</td>
<td>2nd Gr. Field Trip (Pancoast/Cromwell)</td>
<td>2nd Gr. Field Trip (Coburn/Fay/Tashima)</td>
<td>7-7:30pm Choral Concert</td>
<td>1:30-2:45 6th Grade Debate, Theater</td>
<td>3-4:15 Girls on the Run</td>
<td></td>
</tr>
<tr>
<td></td>
<td>7-8:30 PTA Meeting, Library</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3-4:15 Girls on the Run</td>
<td>3-4:15 Girls on the Run</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>Kinder Field Trip (Parker/Reininger)</td>
<td>6th Gr SOL - Reading</td>
<td>6th Gr SOL - Reading</td>
<td>Kinder Field Trip (Leech/Pikul/Savanick)</td>
<td>3rd Gr SOL - Reading Part 2</td>
<td>3rd Gr SOL - Reading Part 1</td>
<td></td>
</tr>
<tr>
<td>4th Gr SOL - Reading</td>
<td></td>
<td></td>
<td>3rd Gr SOL - Reading Part 1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>Memorial Day Holiday</td>
<td>No School</td>
<td>PTA Box Tops Collection Day</td>
<td>3rd Gr SOL - Science</td>
<td>5th Gr SOL - Science</td>
<td>6th Gr SOL - Math</td>
<td>5th Gr SOL - Science</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4th Gr SOL - Social Studies</td>
<td>6th Gr SOL - Social Studies</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
√ Check-it Out at the Library

April Library Happenings
Here are just a few of the many things that have happened:

- Preschool classes have been learning about space, robots and construction equipment in the library. They love to have books read to them.

- Kindergarten classes have been learning about nonfiction text features. Students selected a photograph of an animal and used Pixie to write a caption for it. Students recorded their voices reading the caption. The captions are very informative.

- First grade students have been using online databases and electronic books to build on their background knowledge of Spring, American symbols and famous Americans. They used this information to collaboratively write two-word poems, list poems, 5-senses poems, and bio poems. The poems show that the students can distinguish between what is important versus what is interesting.

- Second grade classes have been learning about and using print and online encyclopedias in the library. They are developing their information searching skills.

- Upper grade classes have had citation lessons, almanac and atlas lessons, GAP rubric lessons, Literature Resource Center database lessons, etc.

Stay tuned for more library happenings...

Library Books Due: June 11th

It is hard to believe but the end of the school year is drawing near. All student library books should be returned to the school library no later than Wednesday, June 11th!

Celebrate Children’s Book Week
May 12th-18th, Read with your Child!

6th Grade Book Club

The 6th grade book club is meeting, Thursday, May 8th at 7:30AM in the library. We will be discussing “North” by Donna Jo Napoli. See you there!!

You can access the library catalog from home: http://library.fcps.edu/uhthbin/cesisiri/x/0/0/57:49?user_id=423WEB
IMPORTANT MESSAGE FOR PARENTS OF CURRENT 5TH 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 it 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/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.

Please, plan ahead to attend to this matter at your earliest convenience. When the 2014/15 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.
Counselors’ Corner

Test Taking Strategies

SOL and other tests are being taken at this time of year and it is a good idea to help prepare your students for these tests. A few things to do that are easy for you to monitor are:

**Adults:**
- Make sure your students get a good night’s sleep before a test.
- Ensure your student doesn’t skip breakfast before their test.
- Keep your student’s schedule as normal as possible.
- Do a thorough, but not exhaustive review the night before the test.
- Be encouraging, but do not put too much pressure on a student about a test.

**Students** - remember when taking your tests:
- Listen to the directions; often the same tests have changed directions from year-to-year.
- Read the questions carefully.
- Look for clues in the passages.
- Slash the trash, mark out the answers you KNOW are wrong.
- Review the question - make sure you did not go TOO fast in choosing an answer.
- When you have finished the test, GO BACK and check the answers one last time. Sometimes questions will give you the answer to an earlier question!

Good luck and do your best, it is all you can do - we are always proud of you.

Have a happy and safe May!

Your partners in Character Education,

Virginia Hulke
Stefanie Shelesky
School Counselors
Let's Have a Picnic
Food Safety Tips

Preparing, serving, and eating safe food is important whether we are at home, or on a picnic. We must constantly practice safe food handling to avoid illness.

Keep cold foods cold (below 41°F)
Chill all meats, egg products, starchy salads, and custards to below 41°F before packing for the picnic.
Put cold food into a well insulated, lidded cooler with ice around it.
Put the cooler in the passenger area of your car rather than in the hot trunk.
Keep your cooler in the shade and avoid opening and shutting the lid too often.

Don’t spread the bacteria, which may infect the food and ultimately you.
Wash your hands before working with food.
Wash your hands again after working with raw meat or poultry.
Put the cooked meat onto a clean place for service.

Cook meat thoroughly to an internal temperature of 165°F and serve immediately.
Put leftovers in the refrigerator immediately when you get home if you have not been gone more than 4 hours.
Providing you have practiced all the above safety tips, your food should be safe to keep and eat the next day.

Pack your picnic basket and cooler and enjoy a safe picnic.
Vamos a tener un Picnic
Consejos de Seguridad para su Alimento

Preparar, servir, y comer alimentos sano es muy importante endonde sea que estemos, en casa, o en un picnic. Debemos practicar constantemente el correcto manejo de los alimentos sanos para evitar las enfermedades.

Mantenga las comidas frías en el frío (bajo 41°F)

   Enfrie todas las carnes, productos con huevo, ensaladas que contengan almidon, y cremas bajo 41 ° F antes de empaçar para el picnic.
   Ponga el alimento frío en una nevera portátil con tapa y bien insulada, con hielo alrededor.
   Ponga la nevera portátil en el carro en el area del pasajero en vez de ponerla en la cajuela caliente.
   Mantenga su nevera portátil en la sombra, evite abrir y cerrarla muy amenudo.

No extienda la bacteria, que pueda infectar su alimento y finalmente a usted.

   Lave sus manos antes de trabajar con el alimento.
   Lave sus manos otra vez despues de haber trabajado con carne cruda o rojas blancas (aves).
   Ponga la carne cocinada en un lugar limpio para servicio

Cocine la carne a fondo a una temperature interna de 165° F y sirva inmediatamente.

   Ponga los restos de comida en el refrigerador inmediatamente cuando llegue a su casa si no ha estado fuera por mas de 4 horas.
   Si usted ha practicado todos los consejos de seguridad mencionados arriba, su comida debera estar seguro, para guardarla, y comerlo, al día siguiente.

Empaque su cesta de picnic, su nevera portátil y disfrute de un picnic.
A special thank you to the fourth graders in Troop 3551 for their help in cleaning up and the beautification of our school sign. They had a great time and helped their community in the process!

During the April 2014 GEMS Club meeting, Dr. Terri Levinstein from Gunston Animal Hospital, visited with her dog Boomer. The 5th and 6th grade GEMS Club girls had the opportunity to experience working like a veterinarian! Besides learning what science and math courses they would need to take in college, they were also able to listen to Boomer’s heart, looked at an x-ray, and even practiced brushing a dog’s teeth.