Dear Parents,

Thank you for making time in your busy schedules to conference with teachers. This time together, sharing the progress of your child, and ideas to support achievement is critical. Never hesitate to contact your child’s teacher or me if you have any questions about what’s happening at school. The more you know the better you are able to provide assistance and support.

We have added a new tool to the toolbox of our 3-6 grade teachers and students. FCPS Electronic Curriculum Assessment Resource Tool or FCPS eCART is a web based teacher resource that gives teachers access to instructional materials at their desktop. It also contains an assessment engine that allows teachers to create assessments providing feedback on student performance against the Virginia Standards of Learning (SOL). Measuring student progress in acquiring skills of standards tested in the spring helps guide instruction and identify student needs.

The County requires assessments to be administered twice a school year and this will not be used for classroom grading. FCPS eCART is one tool for both the student and teacher to use as part of the learning process. The reporting system allows for review of student performance by skill or concept and gives teachers electronic access to additional instructional resources. This information will assist teachers in planning for instruction to best meet the needs of all the students.

If you have any questions about this testing, please do not hesitate to contact me or visit http://www.fcps.edu/DIS?FCPSeCART/ for more information.

We are proud to be on the cutting edge using technology to support instruction. No doubt as budget cuts become a reality, we will treasure the resources we have. As we know more about how the reduced budget will affect Island Creek, I will share information with you.

Thank you for being our partner in education,

Susan Z. Owner
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<td>Teacher Workday NO SCHOOL</td>
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<td>Parent/Teacher Conferences</td>
<td>eCART Testing Gr. 3-6 (reading) 3:15-4 GEMS</td>
<td>eCART Testing Gr. 3-6 (Math) 7:30-8:15am Writers Block</td>
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<td>Veteran’s Day (SCA Red, White &amp; Blue Day) 7-8:30pm PTA Mtg., Library</td>
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<td>9:30 6th Gr. Field Trip (Possanza/Berman)</td>
<td>3:15-4 GEMS</td>
<td>7:30-8:15am Writers Block 7:30 6th Gr. Book Club, Library 1-3pm Kinder Feast (Parker/Reininger)</td>
<td>9:30 6th Gr. Field Trip (Pritchard/Vaughan) 1-3pm Kinder Feast (Leech/Pikul) 2-2:45 Distinguished Students, Cafe</td>
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**MARK YOUR CALENDAR**

December 2 - Club & Candid Photo Day
December 5 - 4th Gr. Colonial Day
December 13 - PTA Craft Fair
December 24 - January 2 - Winter Vacation
Check-it Out at the Library

Book Fair: Go on a Safari for Fun Books

It was great to see families sharing their love of books during the Scholastic Book Fair. The funds raised from it support the library program. Last year’s funds bought books for the library, an airliner that supports the wireless Smart Board and data projector bought with previous book fair funds, as well as, food for the 6th grade book club and so many other things.

October Library Happenings

It has been a busy and fun time in the library this month:

♦ Mr. Vaughan’s and Ms. Berman’s 6th grade classes, in a special project, learned about primary and secondary sources while using images from the Library of Congress. They did a great job!
♦ Ms. Jackson’s 4th grade class learned how to search online databases for digital photos to use in their Power Point presentations on Virginia. They also learned the importance and how to cite these photos in MLA format in their bibliography.
♦ Ms. Garrett’s 4th grade class evaluated dozens of books to see whether they met the criteria for having a good ‘lead’.
♦ First grade classes used a Venn Diagram to compare and contrast stories read in library. Comparing and contrasting is a strategy that helps student’s reading comprehension.
♦ Kindergartners learned about predictions using a “prediction can”. Making predictions is another strategy that helps students’ reading comprehension.

Thank you to everyone who visited and helped at the sixth annual ICES Book Fair. It was a success because of you!

6th Grade Book Club

The third meeting of the 6th Grade Book Club will be November 20th at 7:30AM in the library. The title of the book we are reading is “An Acquaintance with Darkness” by Ann Rinaldi. 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/uhtbin/cgisirsi/x/0/0/57/49?user_id=429WEB

Library Staff:
Jill Woodall, Librarian
Debi Poole, Library Assistant
Our Kinder Crocs had a busy month. They participated in a Kinder Fun Day led by Mr. Taguding and Mr. Scott. Fun was had by all. We also went on a field trip to the Burke Nursery Pumpkin Patch as part of our exploration of pumpkins this month. At the end of the month, each class held a Fall Festival and a Pumpkin Exploration Day. We have lot of Pumpkin Scientists in our classrooms - please ask them to tell you all the exciting facts that they learned about pumpkins!

Sixth grade students on a recent field trip to Hemlock Overlook.

First Grade students in Mrs. Valent’s class used digital cameras and the computer program Pixie to label crickets during a recent science lesson.

Parents and students of Island Creek Elementary School recently attended the Washington Capitals vs Nashville Predators Hockey Game. The Island Creek PTA won these tickets along with $500 through the Caps “Caps Care Click to Win program”
Are school breakfasts and lunches nutritious?
Recent Government Accounting Office (GAO) reports state “school meals are healthy and children who eat school meals consume more fruits, vegetables, whole grains and dairy items than children who do not eat schools meals.” Research has shown lunches from home include a sandwich and three times more snack foods. This combination contains more carbohydrates, fat, and sugar. Milk was included in 87% of the school lunches and only 7% of lunches from home.

School lunches sometimes get falsely accused of contributing to the childhood obesity issue but the research is evidence that school lunch plays a major role in keeping our children healthy.

Are school lunches high in fat, sodium and calories?
FCPS meals are planned by Registered Dietitians and according to federal regulations provide 1/3 of the students’ Recommended Dietary Allowances and contain no more than 30 percent calories from fat and 10 percent calories from saturated fat averaged over the week. This information is printed on the parent monthly menu.

Food items such as chicken nuggets and pizza served in our schools are specified to contain limited amounts of fat and sodium. The nutrient content is different than those sold in local fast food restaurants. To reflect the new MyPyramid for Kids – Eat Right, Exercise, Have Fun recommendation whole wheat rolls, pizza crust, breakfast cereals, etc. and a variety of fresh fruits and vegetables are offered on menus. In addition special attention is paid to limit sodium and trans fatty acids.

How do I put money on my child’s lunch account?
Parents may prepay for school meals for the month, week, or day. Parents are encouraged to prepay for their child(ren)’s meals so lunch money is always available. Parents have three options to pay for their child’s lunch account:

Online – Using www.myLunchMoney.com. The service is easy to use, convenient, private, and secure. There is a convenience fee per transaction. Once the account is open, parents may check the fund at any time from computer or phone.

Check – Write a check to (child’s school name) Food and Nutrition Services and bring the check to the food service manager’s office. Parents who want their checks for meals only should write “MEALS ONLY” on their check.

Cash – Cash may be brought to the food service manager’s office for deposit on student’s account, or students may pay cash on a daily basis.

Special Notes:
- Remind child(ren) not to share their personal identification number (PIN) with friends.
- Payments may be specified for meals only or meals and a la carte snacks.
- Printed summary of child (ren)’s account is available by contacting the food service manager or signing on with myLunchMoney.com. You do not need to use the online account for this service.
- Balances from the previous year remain in the student account and are moved to the new school for graduates to middle and high schools.
- If your child’s lunch account is running low they will receive a sticker. These will be given to the student each day and hopefully will be carried home.
- The parent can always contact the food service manager to request the current account balance.

What happens if a student forgets his/her lunch money?
Meals are available to students who pay cash or are eligible for free and reduced-price meals. Federal regulations prohibit lunch charges. However, elementary schools have procedures in place to ensure students do not go without lunch. The procedures determined by the school principal may include PTA lunch accounts; peanut butter sandwich, cheese sandwich or cereal and milk.

The school office not the food service manager is responsible for the collection of lunch charges. Check to see what procedure is available in your child’s school.

Can parents limit their children a la carte purchases?
To assist parents who do not want their children to purchase a la carte items, food service managers are able to limit money in the students’ account to lunch only. A la carte items are offered as a supplement to lunches purchased at school or brought from home. In elementary schools students are limited to only one a la carte item provided they have a lunch from home or a school lunch. A la carte items must meet the federal standards for food of minimal nutritional value and must contain at least 5% of one specific nutrient per serving. The nutrients are protein, calcium, Vitamin A and Vitamin C, riboflavin, niacin, thiamine, calcium, and iron. In Fairfax County Public Schools the a la carte nutrient standards have been enhanced to reflect the Virginia Governor’s Health Initiatives.
Island Creek Elementary will be holding the yearbook cover contest again this year.

If you are interested in entering this year's cover contest, please submit your entry on 8 1/2 X 11 Unlined paper. Your drawing should be aligned vertically on the page. No pencil please—we need color!! Turn your entry into the office no later than November 14th. GOOD LUCK!

Grand Prize—Your design will be on the front cover of the Yearbook.

1st-2nd Place Winners—Your design will be on the back cover.

TIPS:
- Use your imagination
- Be Creative
- Use lots of color
- Have Fun!!!