Dear Parents,

Wow! Can you believe that November is already here? We have done so much in the first two months at Island Creek. Here are just some of the things we have done:

- Focus on learning in our classrooms
- Building relationships with your children
- PTA meetings and events
- Back to School Night
- Field Days
- Book clubs
- Book Fair
- Field trips
- After school programs
- Practice our fire drills
- Opened our doors to new parents with a “Parent Coffee”
- Working on our fine dining in the cafeteria

As we look to November we will continue with some of these programs and also add to this list. This month you will be meeting with your child’s teacher; take time to see how your child is doing in class and what you can do to support your child at home.

Be sure to check out the November calendar for upcoming events.

Thank you for being a partner with us in your child’s education.

Mike Macrina
Principal
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<td>7:30pm PTA Meeting</td>
<td>Fall Picture Make-up Day</td>
<td>1st Grading Period Ends</td>
<td>9-3 PTA Craft Fair</td>
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<td>7-8:30pm PTA Meeting</td>
<td>Student Holiday NO SCHOOL</td>
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<td>SCA Food Drive Begins</td>
<td>1st Grading Period Ends</td>
<td>9-3 PTA Craft Fair</td>
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<td>11-15am 6th Grade Book Group</td>
<td>SCA Spirit Day (Red, White &amp; Blue or Camo)</td>
<td>Happy Veteran's Day</td>
<td>Restaurant Night at Silver Diner for PS,1,3,5</td>
<td>Naglieri Testing (grade 1)</td>
<td>PS Field Trip</td>
<td>Kinder Field Trip (Parker/Leech)</td>
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<td>SCA FOOD DRIVE November 9th - November 18th</td>
<td>Restaurant Night at Silver Diner for K,2,4,6</td>
<td>5th Grade Field Trip</td>
<td>Restaurant Night at Silver Diner for PS,1,3,5</td>
<td>Two-Hour Early Dismissal</td>
<td>Thanksgiving Break NO SCHOOL</td>
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<td>Kindergarten Thanksgiving Feast</td>
<td>Thanksgiving Break NO SCHOOL</td>
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<td>3:30-4:30 GEMS</td>
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The next meeting of the 6th Grade Book Club is Thursday, November 10th at 7:30AM in the library. The title of the book we are reading is “Maximum Ride: The Angel Experiment” by James Patterson. See you there!!

Library Staff:
Jill Woodall, Librarian
Debi Poole, Library Assistant

Electronic Book Collections
All the libraries in the county now subscribe to a variety of electronic book collections. Access to these collections is available via Parent View. Select the course “@ The Library with Mrs. Woodall, 2011-2012” and then click on the “Electronic Books” tab. URL and password information is included for myON Books, Tumble Book Library, Tumble Readables, ABC-CLIO History Reference Online and Gale Virtual Reference Library.

Library Catalog
You can access the Island Creek library catalog from home: http://libcat.fcps.edu/cgi-bin/cgisirsi/x/0/0/57/49?user_id=129WEB
Counselor’s Corner

Kindness is the featured Croc’s Creed Word for November

When we speak of “Kindness” to the students, we emphasize their kindness to each other. We ask them to tell us about the time(s) when they have shown kindness to each other, to animals, or their families.

After one student shares a story about their acts(s) of kindness often it gives another student a clue to something they did that they didn’t remember and subsequently they start to remember their acts of kindness to others or acts of kindness “they” received. They all enjoy sharing their activities with each other.

In the past we have constructed “kindness quilts” where the students have each drawn a picture of an act of kindness they have performed- or received on a paper quilt-piece; colored in the quilt-piece, and then put all the pieces together and hung their quilt on the wall near their classrooms. The students have also made “Kindness Rainbow Fish” by putting an act of kindness on each fish scale. Maybe you can find something similar to do at home this year with your children. If you have children who do not attend school, your older children could show them what we have done in the past and make it a family project. If you come up with something fun, please let us know about your project and we may be able to do it here at Island Creek! We are always open to suggestions and new ideas for the students here.

Make it a challenge and a fun family-project to remind your children to do acts of kindness every day – or to remind them that they are already kind. So many children do not even realize how many times they perform an act of kindness and they really enjoy having someone show them what a great job they are doing!

In November some people remember the story of the Pilgrims and the Native Americans coming together in kindness to share a meal. This is a great story to use to emphasize how important kindness can be in our everyday lives.

Enjoy November.
**IMPORTANT MESSAGE FOR PARENTS OF CURRENT 5TH GRADERS**

It’s not too early to check!

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).

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.

Please, plan ahead to attend to this matter. **When the 2011-12 school year begins on September 6, 2011, sixth graders will not be assigned to a teacher without documentation being received by the school.**

If you have any questions, you may contact Deborah Jackson, the school public health nurse, at 703-704-6100, or email her at deborah.jackson@fairfaxcounty.gov.

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**FIELD DAY**

**That’s A Wrap!**

Many, many thanks to all of the wonderful parent volunteers who took time off from work and busy schedules to make Field Day a big success. Also, thanks so much for those parents that stayed after and helped to clean and put away equipment. We could not have had Field Day without your support!

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**November 14th & 17th Croc Spirit Nights Return to Silver Diner**

Croc Spirit Nights are coming back to the Springfield Silver Diner on Franconia Road at Springfield Mall for two nights of crocodilian feasting on Monday, November 14th for PS, 1st, 3rd and 5th grade students and Thursday, November 17th for Kindergarten, 2nd, 4th and 6th grade students. Island Creek’s teachers will be helping to "Run the Diner" those nights.

The Silver Diner is working with Island Creek Elementary School on a program called, “Eat Well, Do Well.” Any purchases made using the EWDW rewards card means extra cash for Island Creek. Be sure to check the Thursday folder for coupons.

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**Are you moving?**

Are you moving? We’re sorry you will be leaving the Island Creek Elementary community, but we need to know where you are going! Call the school office as soon as you know you are moving to get information on how to properly withdraw your student from Island Creek, and insure an orderly transition for your child to a new school.
Which class will collect the most canned goods?

We will be counting all of the cans at the end and making a FOOD TRAIN with all of the boxes. Let’s see how far we can wrap the train around the school. Maybe your class will be the winner! PLEASE HELP!

Bring all food to the boxes located outside your classroom.

We are accepting Donations of the following nonperishable items:

- Any type of Canned Food
- Soup, Cereal, Rice, Beans, Macaroni and Cheese,
- Hygiene items: shampoo, soap, toothpaste,

Students in Ms. Fay’s class participated in a reading of *The Perfect Place for an Elf Owl* and will be featured in an upcoming episode of “Meet the Authors” on FCPS Channel 21.

The show will air on November 11, 2011 at 1pm. It will re-broadcast several times a day for two weeks.

Link to Red Apple - Channel 21
http://www.fcps.edu/cco/tv/
VETERAN’S DAY ACTIVITIES

Island Creek will honor Veteran’s on Friday, November 11th. Each grade level and classroom will honor veterans in their own special way so please check with classroom teachers.

A Wall of Fame will be located in the lobby. The SCA will be constructing and coordinating this project. We invite all Island Creek families to send in non-returnable photographs of Veterans, past and present, to post on the wall.

A refreshment table will be provided by the PTA. Please stop by the table and enjoy coffee and camaraderie.

Thank you for serving our country.

NOTES FROM THE ENERGY ZONE

HEALTHY SNACKING TIPS

The rise in overweight children means that parents need to take an active role in providing healthy snacks for their children.

- Keep snacks small.
- Don’t eat snacks straight out of the package.
- Snack only when hungry, not bored.
- Limit sweet snacks such as brownies, cookies, and candy because they are often loaded with calories and sugar.
- Offer fruits and vegetables.
- Offer low fat cheese with whole grain crackers or pretzels.
- Quench thirst with water, fruit juices or low fat milk, not soft drinks.
- Read food labels carefully – if first ingredient is sugar AVOID IT.

Use http://www.fcps.edu/fs/food/food_at_school healthy snack calculator to evaluate your snacks at home.

Healthy Tips for the Holidays

- Start the day with breakfast.
- Eat plenty of fruits and vegetables.
- Eat lighter meals at night.
- Limit portion sizes of favorite holiday foods, especially desserts.
- Eliminate night-stress-related gorging, especially in front of the TV.
- Go to bed feeling light, not “full”.
- Enjoy your feast, family, and friends.
- Remember to exercise 60 minutes per day.

Source: Energy Zone
Kinder Crocs have learned a lot in October! We have been studying the lifecycle of a pumpkin. We learned pumpkins start out as a seed, grow into a vine, then a flower grows, and last you get a pumpkin. We also had our fall festival. Each class participated in games and crafts relating to fall and pumpkins! We are all excited to see what we will learn in November!!

Third grade students enjoyed a special visit with both Ms. Farace and Mrs. Kwaik.

Fun was had by all........

Thank you to all the teachers and parents who participated in a fun softball game last Friday night.

The teachers took an early lead, but the parents chipped away each inning to win by one. The final score was 11-10 for 7 innings. Great job everyone!

A special thank you to the students, parents, and teachers who cheered on both teams. It was cold, but we were sure glad you all attended! :+)

The Fifth grade students in Mrs. von Kolnitz’s class had a busy month which included “Cooking with Kids”, making ice cream in science class, and a fun filled Field Day.