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:

- Focused on learning in our classrooms
- Built relationships with your children
- PTA meetings and events
- Back to School Night
- Field Days
- Book clubs
- Kindergarten Ice Cream Social
- Field trips
- After school programs
- Practiced our fire drills
- Opened our doors to new parents with a “Parent Coffee”
- Worked on our fine dining in the cafeteria
- Pyramid-Wide Homecoming Football Game at Hayfield Secondary

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. Election day is Tuesday, November 6th; this is a great opportunity to share the voting process with your child!! 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

Fall Picture
Make-up Day
November 8th

Don’t forget to bring your payment envelope or your unwanted photos to the camera (extra forms available in the office)

Student-Parent Survey Forms

Please ensure that you fill out the form, sign and date it and return it to Island Creek Elementary School by November 2nd. This is a yearly form that is used to apply for Federal Impact Aid funds. All information is kept strictly confidential. If you have any questions please call 571-642-6300.
## November 2012

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Check-it Out at the Library

October Library Happenings

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

- Preschoolers are listening to print and electronic books about leaves. Afterwards they used the SMART Board to do hands-on activities about leaves.
- Kindergartners are learning that Everybody books are in alphabetical order by the author’s last name and how to use shelf markers when choosing their books. Ask them about silly, sally books!
- First grade classes are practicing making predictions while listening to a story. Ask them to explain prediction cans. They are doing a great job!
- Second grade classes are practicing retelling stories in order. Ask them to retell you the story “The Scarecrow’s Hat” by Ken Brown.
- Many classes are coming to library to learn the new log in procedures to myOn and to compete the reading interest survey. It has been fun!

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, 2012-2013” 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.

6th Grade Book Club

The next meeting of the 6th Grade Book Club is Thursday, November 8th at 7:15AM in the library. Students may choose to read one of the following books: “Loser” by Jerry Spinelli, “Nerd Camp” by Elissa Weissman or “The Sixth Grade Name Game” by Gordon Korman. See you there!!

Library Catalog

You can access the Island Creek library catalog from home: http://library.fcps.edu/Atrhtbin/cgisirsi/x/0/0/57/49?user_id=429WEB
FIELD DAY
That’s A Wrap!

The Island Creek 1st-6th grade students had a fun-filled day for our "Cirque du Crocs" Field Day, a fun and artistic celebration of Croc Creed.

The students tested their abilities with juggling, stilts, pogo sticks/pogo air balls, tightrope, unicycle, and balance boards.

Many, many thanks to our wonderful parent volunteers!

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.

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 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.
VETERAN’S DAY ACTIVITIES

Island Creek will honor veterans on Monday, November 12th. 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

Today, childhood obesity is a major national health crisis affecting about 25% of all students. Poor diets and lack of exercise are the major causes of this epidemic. Parents are role models who must take an active role in guiding their children’s snacks and encouraging physical activity. It is recommended that children exercise at least 60 minutes a day and spend less time in front of the television or computer.

- 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.

CONSEJOS PARA MERIENDAS SALUDABLES

Hoy, la obesidad en la niñez es una de las mayores crisis a nivel nacional de salud afectando cerca del 25% a todos los estudiantes. Dietas pobres y bajas en ejercicios son las causas de esta epidemia.

Los padres son los modelos principales y quienes desempeñan una importante labor guiando el refrigerio de sus niños y estimulando sus actividades físicas.

Se recomienda que los niños realicen actividades físicas de al menos 30 minutos al día y dediquen menos tiempo en frente del televisor o computadora.

- Mantenga meriendas pequeñas.
- No coma meriendas directamente del paquete.
- Merienda solo cuando sienta hambre, no cuando esté aburrido.
- Limite las meriendas dulces como brownies, galletas y caramelos por que estos están cargados con calorías y azúcar.
- Ofrezca frutas y vegetales.
- Ofrezca queso bajo en grasa junto con galletas de granos integrales o galletas saladas en forma de nudo (pretzels).
- Satisfaga la sed con agua, jugos de fruta o leche baja en grasa, no con refrescos.
- Lea las etiquetas de los alimentos con cuidado - si el primer ingrediente es el azúcar EVITELO.
Kindergarten has been learning all about pumpkins and their life cycle during the month of October. We had a Pumpkin Exploration Day recently. The kids got to look at the inside of the pumpkin, feel the pumpkin guts, and even bring home some seeds. Watch out - there might be pumpkin patches growing in their backyards next fall! They also learned that pumpkins float and measured the height and circumference of a pumpkin using different objects such as cubes and links. It was a wonderful afternoon of pumpkin exploration.

Fifth grade has been busy this month, they traveled to Luray Caverns to learn more about rock formations. It was a beautiful fall day and Mrs. von Kolnitz class enjoyed having a picnic and posed together in front of the cavern’s entrance. The class also had a great time clowning around at the Cirque du Croc field day.

GEMS and WISE Guys are off to a great start

Cirque du Croc Field Day was a great success! Thanks to all our wonderful volunteers!!

Fifth grade has been busy this month, they traveled to Luray Caverns to learn more about rock formations. It was a beautiful fall day and Mrs. von Kolnitz class enjoyed having a picnic and posed together in front of the cavern’s entrance. The class also had a great time clowning around at the Cirque du Croc field day.