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 Nights
- Field Days
- Book clubs
- Kindergarten Ice Cream Social
- Field trips
- After school programs
- Practiced our fire/lockdown drills
- Opened our doors to new parents with a “Parent Coffee”

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. The recent election day is a great opportunity to share the voting process with your child!! Be sure to check out the attached 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>Student Holiday</td>
<td>7:15-8 YMIM</td>
<td>7:30-8:05 6th Gr. Book Club</td>
<td>3:15-4:15 PTA GLOBAL French and Spanish</td>
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<td>4:30-7:30 Book Fair Family Night</td>
<td>Fall Picture Retake Day</td>
<td>7:15-8 YMIM</td>
<td>3:15-4:15 PTA GLOBAL Spanish</td>
<td>10-1 Croc Classic, ICES Fields</td>
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<td>SCA Food Drive - November 18th through November 22nd</td>
<td>7:15-8 YMIM</td>
<td>PTA Honey Baked Orders Due</td>
<td>5-7pm PTA Reading Night/Book Swap, Café &amp; Gym</td>
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<td>PTA Box Tops Collection Day</td>
<td>Thanksgiving Holiday</td>
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<td>2-2:50 Kinder Thanksgiving Event</td>
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<td>3-6pm PTA Honey Baked Order Pickup, Café</td>
<td>12:50 Students Released Two Hours Early</td>
<td>7:15-8 YMIM</td>
<td>Thanksgiving Holiday</td>
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The next meeting of the 6th Grade Book Club is Thursday, December 5th at 7:30AM in the library. Students will choose the book to read for December at the November 7th meeting. A flyer with the title of this book will go home in next week’s Thursday folder. Happy Reading!!

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
**FIELD DAY**  
That’s A Wrap!

The Island Creek 1st-6th grade students had a fun-filled field day.

Thanks to our volunteers for your amazing support of our PE program for Field Day!!!!!

We have an awesome group of parents here at Island Creek and we truly appreciate your help!

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**Counselor’s Corner**

Empathy is the featured Croc’s Creed Word

During the months of November and December we will emphasize “empathy” with our students. Empathy is the ability to be able to understand how someone else feels or to be able to stand in someone else’s shoes – as the old expressions states.

To help us teach these lessons to your children please help us by pointing out examples of instances when empathy can be used, such as:

- Understanding how others feel in certain situations
- Understanding how my actions affect others

How do you use empathy in your lives? Part of being a great Croc citizen is understanding how other people feel. It’s a skill we use every day at school and at home. This can be a great conversation with your student.

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**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](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.
NOVEMBER

NOTES FROM THE ENERGY ZONE

VETERAN’S DAY ACTIVITIES

Island Creek will honor veterans on Monday, 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

NUTRIFAX

Fighting Childhood Obesity

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 food selections 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.

Family Exercise Tips

- Be an active family.
- Plan a daily exercise routine.
- Wear a pedometer
- Limit TV and computer time.
- Adults and children should exercise 60 minutes a day.

The goal is 10,000 steps per day

2,000 steps = 1 mile

NUTRIFAX

Peleando con la Obesidad en la Niñez

Hoy, la obesidad en la niñez es una gran crisis nacional de salud afectando aproximadamente al 25% de todos los estudiantes. Dietas pobres y la falta de ejercicios son las mayores causas de esta epidemia.

Los padres son los modelos a imitar, quienes deben tener participación activa guiando a sus niños en la selección de sus alimentos y alentando sus actividades físicas, es recomendable que los niños hagan ejercicio por lo menos 60 minutos al día y pasen menos tiempo en frente de la televisión o la computadora.

Consejos para hacer ejercicios en Familia

- Se una familia activa.
- Planea una rutina diaria de ejercicio.
- Usa un podómetro.
- Limita el tiempo en la TV y computadora.
- Adultos y niños deben hacer ejercicio 60 minutos al día.

La meta es 10,000 pasos por día.

2,000 pasos = 1 milla
What an exciting month for our kinder crocs. October was filled with learning about patterns, ants, and pumpkins! We ended the month with our Fall Festival!

Students had a great time participating in the Hayfield Homecoming Parade!

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

Fourth graders enjoyed their trip to the Kennedy Center!

Preschool students had fun with dress up day!

Fifth grade traveled to Luray Caverns to learn more about rock formations.