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
- Field trips
- After school programs
- Practiced our fire/tornado drills
- Opened our doors to new parents with a “Parent Coffee”

As we look to November, we will continue some of these programs and also add some new ones. 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

---

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 7th. This is a Federal Grant program designed to assist local schools in maintaining their high education standards. All information is kept strictly confidential. If you have any questions please call 571-642-6300.
<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>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>Student Holiday</td>
<td>Student Holiday</td>
<td></td>
<td>SCA FOOD DRIVE - November 5th through November 19th</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>No School</td>
<td>No School</td>
<td></td>
<td>7-8:30pm PTA Meeting, Library</td>
<td>3:15-4:15 Global Spanish</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>SCA FOOD DRIVE - November 5th through November 19th</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fall Picture Makeup Day</td>
<td>Veterans Day Celebrations—See teacher for details</td>
<td>3:15-4:15 Global Spanish &amp; French</td>
<td>3:15-4:15 Global Spanish</td>
<td>SCA Spirit Day (Celebrate our 50th day of school by dressing in 50’s style)</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td>SCA FOOD DRIVE - November 5th through November 19th</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3:15-4:15 Global Spanish &amp; French</td>
<td>Naglieri Testing for certain grade 2-6 students</td>
<td>Kinder Field Trip (Reininger/Parker)</td>
<td>3:15-4:15 Global Spanish</td>
<td>Kinder Field Trip (Cooke/Leech/Pikul)</td>
<td>3:15-4:15 Global Spanish &amp; French</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td></td>
<td></td>
<td>PTA Box Tops Collection Day</td>
<td>12:50 Two hour early release for students</td>
<td>Thanksgiving Holiday</td>
<td>Thanksgiving Holiday</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:30-2:50 Kindergarten Thanksgiving Celebration</td>
<td>No School</td>
<td>No School</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>SCA FOOD DRIVE - December 1st through December 12th</td>
<td></td>
</tr>
<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></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Check-it Out at the Library

Island Creek News Network (ICNN)

Congratulations to everyone who applied to be on ICNN. This year we have 62 5th and 6th grade students who will learn the workings of a daily, morning news show.

Did you know... in September students checked out 3634 books from the library. We are a school of readers!

National Geographic Kids is an online database new to Fairfax County. All students have access to the books, magazines and pictures included on their website. Check it out!

From July through September students at Island Creek opened up 2372 myON books and 1551 of these books were read to the end! Updated password information for this school year is located on my BlackBoard Course “@The Library with Mrs. Woodall, 2014-2015. Click on the “Electronic Books” tab.

Library Catalog

You can access the Island Creek library catalog from home: http://libcat.fcps.edu/uhhtbin/cgisirsi/x/0/0/57/49?user_id=429WEB
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.

IMPORTANT MESSAGE FOR PARENTS OF CURRENT 5TH GRADERS

It’s not too early to check!

Effective July 1, 2014, all students in Virginia must receive a booster dose of Tdap vaccine prior to entering sixth grade.

- If your child is 11 years old, he or she must get the Tdap immunization and provide documentation to the school.
- If your child is still 10 years old, he or she may receive the Tdap vaccine, Boostrix, which is approved for 10 years old, or you may wait until the 11th birthday to receive the vaccine approved for 11-year-olds.
- If your child’s 11th birthday is after the first day of school, your child must have a medical exemption from the doctor stating when he or she will receive the Tdap immunization in order to attend school.

Please check your child’s immunization records carefully. If your child is required to have a Tdap booster, we ask that your child receive it and that you provide documentation to the school as soon as possible. This documentation can be a copy of your child’s immunization record, or a note from your physician listing the date of his or her 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 listed on the back of this letter and are available 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 clinic with them.

It is most important that you attend to this matter soon. Sixth graders cannot begin school in the fall without documentation of having had the Tdap booster.

Please, plan ahead to attend to this matter at your earliest convenience. When the 2014 school year begins, sixth graders for whom the office has no documentation of the Tdap shot will not be assigned to a teacher.

Please contact Sandy Campbell, the school public health nurse if you have any questions. She can be reached at 703-704-6671 or by email at sandra.campbell@fairfaxcounty.gov.
Island Creek will honor veterans on Tuesday, November 11th. Each grade level and classroom will honor veterans in their own special way so please check with classroom teachers.

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
Kindergarteners have been thinking like scientists and exploring our 5 senses and the life cycle of a pumpkin.

Second grade did a data collection and fractions activity with M&Ms.