Island Creek Elementary
Crocodile Courier

School Forms
Please ensure that all forms that were included in the back to school packet have been filled out and returned to school. These forms are essential for emergency contact information during school hours, as well as, mandatory for any out-of-school activities such as field trips. Thank You!

October 2016 Calendar
New Family Coffee
National Walk to School Day
Student Holiday
Columbus Day Holiday
Spirit Nights
CoGat Testing
Croctoberfest

Check-it Out at the Library
Congratulations to our “Book Your Summer” reading program winners!

TIPS FOR A HEALTHY SUMMER!
During the “fun” time of summer vacation it is very easy to forget our healthy school year practices. Remember to make the following healthy tips a part of each day.

Important Message for Parents of Current 5th Graders
It’s not too early to check...

Yearbook Cover Contest
Grand Prize Winner’s design will be featured on the front of the yearbook!
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<td>8:35 New Family Coffee, Theater</td>
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<td>Columbus Day Holiday</td>
<td>6:45 PTA Mtg., Cafe</td>
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<td>4th Grade Field Trip</td>
<td>5-9 PTA Spirit Night at Ledos</td>
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<td>SCA Spirit Day</td>
<td>5:30-8:30 PTA Croctoberfest</td>
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Dear Island Creek Families,

Last year our students checked out over 50,000 books from the library. One of my goals is to teach students how to choose just-right books. Sometimes a student may pick a book that is too easy, or perhaps, too challenging because they are following their interests. I encourage you to share with your child the kinds of books you would like them to check out.

Happy Reading!

Mrs. Woodall

Remember to return your library books!

Volunteers Welcome!
If you are interested in helping in the library, please contact Jill Woodall at 571-642-6319 or Jill.Woodall@fcps.edu.

You can access the Island Creek library catalog from home: http://libcat.fcps.edu/ulthb/in/cgisirsi/x/0/0/57/49?user_id=429WEB
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 2016 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 Laura Lux, the school public health nurse if you have any questions. She can be reached at 703-704-5203 or by email at Laura.Lux@fairfaxcounty.gov.
NOTES FROM THE ENERGY ZONE

9-5-2-1-0 Zip Code to Your Health

To encourage student wellness, FCPS Elementary Schools are promoting 9-5-2-1-0 Zip Code to Your Health the week of October 19 – 23, 2015. Students will learn about healthy eating and exercise through this daily message. This program is a partnership with the Northern Virginia Healthy Kids Coalition. Teachers are invited to highlight the daily message in the classroom.

What’s on the Menu Today?

Healthy Choices!

Parents - did you know? Today’s school lunch includes:

- Fresh fruits and veggies
- Less sodium and fat
- More whole grains
- Nonfat or low-fat milk

LUNCH APP

Interactive monthly school breakfast and lunch menus can be accessed via the free FCPS mobile app (Android or Apple) or through the web version of the lunch app, http://fcps.nutrislice.com/. Both options provide quick and easy access to menu choices and nutrition information, so parents and students can learn more about the variety of healthy foods available in their school. The web version features a link to MySchoolBucks.com, making it easy to add money to a student’s lunch account or check a student’s school meal selections. Other widgets connect customers to ingredient lists, allergen information, and resources and services provided by the FCPS Office of Food and Nutrition Services.

9-5-2-1-0 Código Postal para tu Salud

Para estimular la salud de los estudiantes, los colegios de elementaria del FCPS están promocionando 9-5-2-1-0 Código Postal para tu Salud en la semana de Octubre 19 - 23 del 2015. Los estudiantes aprenderán acerca de la alimentación sana y ejercicios por medio de estos mensajes diarios. Este programa es realizado en asociación con el Northern Virginia Healthy Kids Coalition. Profesores están invitados a destacar los mensajes diarios en clases.

Que hay hoy en el menú?

Opciones Saludables!

Padres - ustedes sabían? Today’s school lunch includes:

- Más frutas y vegetales
- Más granos integrales
- Menos sodio y menos grasas
- Leches sin grasas o grasas reducidas

EZ MENU APP

Menús mensuales interactivos son accesibles en el sitio web the FCPS y es llamado APP de Menú de EZ. El sitio web y las opciones de los móviles proveen acceso rápido para su elección de los menú e información de nutrición, esto hace aun más fácil para los padres y estudiantes el entender la variedad de opciones de comidas saludables disponibles. Esta aplicación también lo conecta rápidamente a páginas de información de ingredientes y de alérgenos, como también a centros de consultas y servicios brindados por FNS.
Island Creek Elementary will be holding the yearbook cover contest. 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 11th. GOOD LUCK!

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

2nd & 3rd Place Winners—Your design will be on the back cover.

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