

CHRISTINA
SCHOOL DISTRICT
Networks Program
30 Blue Hen Drive
Newark, DE 19713

Networks News

May 2022



Networks Student Recognition

You are cordially invited to attend the
Networks
Student Recognition
Ceremony

On the
Nineteenth of May
Two thousand and Twenty two

at the
Executive Banquet and Conference Center
205 Executive Drive Newark, Delaware

The program will be held from
11:45am — 1:00pm

Networks School for Employability Skills
(302)454-2233

We are asking all Networks students to
Dress Professionally for our
Student Recognition Ceremony.
Special Instructions for Graduates
Young men graduating are expected to wear a shirt,
tie, and jacket if available. Young ladies who are
graduating should wear a dress, pantsuit or
coordinated outfit.



From the Nurse's Office



Wow!!! Warm spring weather has already arrived, at least for a few days, along with allergy season. Have you noticed the yellow pollen that seems to be on everything outside? On the bright side, at least we can enjoy the sights of the trees in bloom with their beautiful colors and the birds chirping.

If you suffer from allergies and have not already done so, please take a few moments to review last month's newsletter for information on allergies. IF you have not already done so, remember to sign up for daily notifications from www.pollen.com.

With all the talk about the "Great Outdoors" and spending time outside, it may be the perfect opportunity to review some quick tips to prevent the spread of germs and also discuss some good hygiene basics since we all will be spending more time outside with the longer daylight.

Stopping The Spread Of Germs

Before we think of ways to stop the spread of germs, it is important to know a few quick facts about germs.

- A number of germs can survive on common surfaces for up to 72 hours
- 80% of germs are spread by touch
- A child can touch approx. 300 surfaces in just 30 minutes
 - *To reduce the spread of germs, disinfect the surfaces kids touch most frequently like doorknobs, faucets and toys*
- 400 times more bacteria is on the average desk than a toilet seat

Germ Farm



Help Us Teach Your Child Some Of These Tips

- Cover your mouth and nose when you cough or sneeze
 - Use a tissue and throw it away.
 - If a tissue is not available, cough or sneeze into the upper sleeve of your shirt and NOT into your hands.
- Do not put your fingers in your eyes, nose or mouth!!
- Clean your hands a lot!!!
 - After blowing your nose, coughing or sneezing
 - After using the bathroom
 - After touching things that may carry germs like cuts, wounds, trash, animals
 - Before you eat
 - Before you touch your eyes, mouth or nose and even a cut or sore.

Handwashing, Colds and Antibiotic Use

Handwashing has been shown to prevent 45% fewer cases of respiratory illness (colds). **Never** take antibiotics unless they are prescribed by your doctor for you and if antibiotics are prescribed, make sure you finish all the pills. Antibiotics do not work against viruses; they are only effective against bacteria infections. Indiscriminant use of antibiotics is causing them to become less effective against certain bacteria.

The **BEST WAY** to **CLEAN YOUR HANDS** is to wash your hands with soap (liquid soap is better than bar soap) and clean water for approx. 20 seconds –

- Remember to wash between fingers, your wrists, under fingernails and the back of your hands.
- Rinse your hands with finger pointing down to have germs fall into the sink and then dry your hands.
- An easy way to make sure you are washing your hands for long enough is to sing “Happy Birthday” or “Row, Row, Row Your Boat” twice.
- Remember to turn off the water with a paper towel and not your hands.
- If water is not available, clean with an alcohol based hand cleaner that is not expired.



Good Hygiene Basics

Remember to follow the tips about washing your hands and think about the following tips to maintain good hygiene habits.

- Bath or shower **daily** with body soap to remove dirt and dead skin and it helps with odor protection
 - Bathing helps you to stay looking and feeling your best.
 - Bathing helps relax you so who knows, it may even help make going to sleep easier at night.
- Care for your hair.
 - Shampoo regularly meaning you should wash your hair daily or every other day.
 - If you are African American, your hair may be dry and delicate so you may only need to wash your hair 1 to 2 times a week.
 - When your hair is wet, use a wide-tooth comb as a brush may break your hair strands.
 - If your hair is very short, use a sunscreen on your scalp or wear a hat to protect against the harmful effects of the sun.
- Wear clean, neat clothes every day. Remember, body odor stays on clothes just like dirt from playing.
- For the boys and girls in the upper grades, wear deodorant or anti-perspirants every day!!!
 - Deodorants counteract odor and help you smell better
 - Anti-perspirants reduce sweating and underarm wetness to help prevent odor before it starts



AUTOWORKS



This month in AUTOworks, students have been hard at work in the classroom or out in the community. In the classroom, we continued to wash cars and spent a great deal of time preparing students for their mock interviews. Activities included:

- peer mock interviews
- tie tying,
- making a good first impression
- small group interviews



With the good weather, we have had more opportunities to get out and work in the community.

COPYworks News

The students are busy finishing up booklets for the New Castle County Libraries. We print the booklets, collate and assemble them with covers, hole punch the books then spiral bind them! We also printed 3000 tickets – after printing the tickets, they have to be put back into numerical order and perforated.





ETCHworks Prepares for Interviews

Preparing for an interview is very important to getting a job. In ETCHworks, we worked very hard to be ready to make a good first impression when participating in a mock interview. We learned about how to dress professionally, how to show proper etiquette and how to show good eye contact with the interviewer. Everyone practiced answering all different types of questions that the interviewer might ask. We learned how to research the company that we are interviewing with so, that we can show the company that we are interested in working there. Finally, we were shown how to write a thank you note to the interviewer to express our appreciation for the interview. All of these skills will help us make a fantastic first impression and show the employer how valuable we will be to their company.



FABRICworks

When you ask, *"What did you do today at school?"*



"I cut a pattern out of paper."



"I threaded a needle on a sewing machine."



"I trimmed jackets."



"I looked up product prices on our supplier's website."



"I monitored the embroidery machine."



"I typed up an invoice."



"I put coolers on the embroidery machine. We have over 100 to do!"



"I had a mock interview and got dressed professionally."



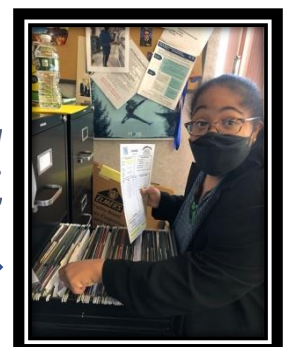
"We played a Fabricworks board game."



"I hooped hats."



"I folded shirts for an order."



"I filed some invoices."

FLORALworks at Richardson's



Part of FLORALworks Field Lessons / Community Service work is volunteering at Richardson's Garden Center on Rt. 40. We help to:

- deadhead plants
- organize displays
- sweep

We also help with general shop upkeep as requested.

MERCHANTworks

This month, our focus in MERCHANTworks has been working on improving our customer service skills while at Walgreens. We worked on stocking shelves, the facing of all products and using coupons.



We also worked on our interview skills by role-playing. Some students participated in “Mock Interviews” sponsored by our Co-Op department.

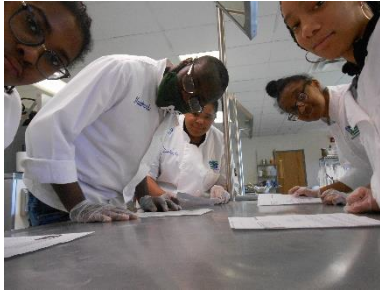
This will surely help our students on the road to success!

The Merchantworks Enterprise Team!

MUNCHworks



To celebrate Spring we made Pineapple-Coconut Cupcakes
with Buttermilk-Cream Cheese Frosting



We baked, filled and packaged more than 175 cupcakes



for all of Networks' students, staff and bus drivers



and we had a great time doing it!



TEAMworks

TEAMworks is continuing to grow our screen printing skills. Students are starting to independently tape screens and print t-shirts. There is a wide variety of designs developed here at Networks for our customers. Some designs are up to three or four colors.



TECHWORKS

Rock Your Socks & “Stuff the Bus” Poster Contest

Students recognized and celebrated World Down Syndrome Day on 3/21/2022. This day is better known as **Rock Your Socks** day!!

It was great to see the number of students who participated in wearing mix-matched socks to represent this special day. Students also learned about marketing, promoting and selling the socks. It was important to practice good customer service and accurate money management skills.



Students also participated in designing posters for the DART 25th Anniversary, “Stuff the Bus” logo challenge. Each year DART partners with the Food Bank of Delaware to collect non-perishable food items. The goal was to design a logo, which had to include the “Stuff the Bus, 25th Anniversary” and DART’s logo. Students were able to create designs using a variety of platforms including digital art. Students delivered the completed artwork to the DART offices in Wilmington.

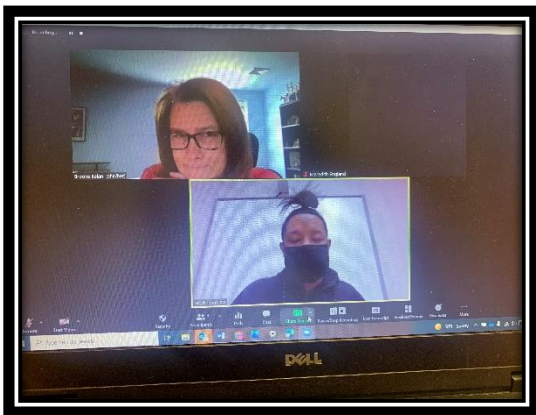


Some of the student’s designs are pictured on this page.



Cooperative Education

During the week of April 4th more than 80 interviews were held over zoom with the help of nearly a dozen interviewers. Students interviewed for a job as a stocker at the Bag and Go. Each participating student was given a letter with a date and time for their interview, an overview of the job and a list of questions they might be asked. Each interviewer expressed how impressed they were with our students. Great job everyone!



Counselor's Corner

POSITIVE AFFIRMATIONS

Positive Affirmations are brief phrases, repeated frequently, which are designed to encourage positive, happy feelings, thoughts, and attitudes. Put simply, they're positive statements that challenge negative, self-sabotaging, or unhelpful thoughts.

Practicing positive affirmations can be very simple and easy. All you need to do is pick a phrase and repeat it to yourself.

You may choose to use positive affirmations to motivate yourself, encourage positive changes in your life, or to boost your self-esteem. If you frequently find yourself getting caught up in negative self-talk, positive affirmations can be used to help combat those negative patterns and replace them with more positive/adaptive patterns

Practice using examples from the chart below:

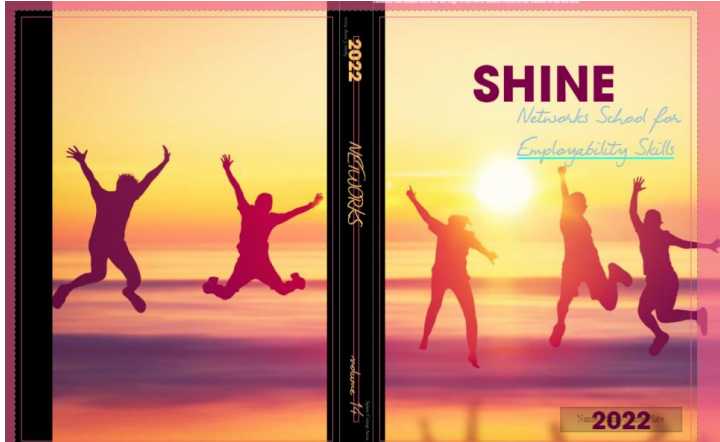
- Choose one positive affirmation
- Say it to yourself in the mirror in the morning 3 times
- Repeat it to yourself often throughout the day
- Pick a new affirmation each day and repeat above

POSITIVE AFFIRMATIONS

I am extraordinary	Bad emotions will pass
I forgive myself for my mistakes	I am going to get through this
Today, I am grateful	I make my own choices
I am perfect just the way I am	Doing my best is enough
Today is a fresh start	I am enough
I have people who love me	I can be anything I want to be
It's okay to not know everything	I am a good person
I choose to think positive	Today is the perfect day to be happy
I deserve happiness	I am creative
I'm going to make today count	It's okay to be scared
I am capable	Mistakes are how I grow
I can make a difference	I get better every single day
My life is beautiful	I can be a leader
I believe in myself and my abilities	I will be okay
I am important	I can handle this
Being true to myself is what matters	I am valuable
I decide my own attitude	today will be a good day
My choices are my own	I can totally do this
It's okay to make mistakes	There is always a reason to smile
I am brave	
I can and I will	



2022 NSES Yearbook



**The Networks
YEARBOOK is coming!**

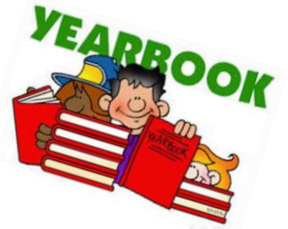
**YOU AND YOUR
FRIENDS ARE IN IT!!**

**PRE-ORDER your
yearbook TODAY!!!**

Yearbooks will be distributed upon their arrival sometime after
during the first week of June 2022! **!**

Pre-order yours today for only \$20.00!

Yearbooks will be \$30.00 after May 31st.



Students: Can purchase your yearbook with **“PLUSes”**

75 PLUSes = A FREE YEARBOOK as a reward for your
outstanding performance in getting the J.O.B.S done!

Return this portion of this flyer with your payment.

Payment can be via CASH, CHECK or MONEY ORDER. (Checks or money orders are to be made payable to “Networks” with yearbook in the memo line. If purchasing with PLUSes, please place counted PLUSes in an envelope with your NAME / YEARBOOK on the outside.)

NAME: _____

DATE: __/__/2022

NETWORKS AREA: _____

Please return all orders with payment to Ms. Georgette.

Payment

via: ☐ Cash ☐ PLUSes
☐ Check ☐ Money Order

