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

Networks News

December 2022







HOLIDAY SHOP

NetworksDecember 7th and 8th8am to 7pm







From the Nurse's Office











As the weather changes, temperatures fall, we need to begin to think about and prepare for winter follow some safety measures. BE CAREFUL WALKING ON SNOW AND ICE PREVENT SERIOUS FALLS

Just like we use defensive driving to avoid accidents, we need to *Practice Defensive Walking* to avoid winter falls. In 2014, the Department of Labor reports that Winter work injuries involving snow, sleet or ice resulted in 42,480 work place injuries that required at least 1 day away from work. 82% was due to falls on level ground.

TIPS FOR STAYING SAFE WHEN WALKING

Plan ahead to prevent last minute rushing

Always wear proper footwear including shoes or boots with rubber soles Don't jump or slide and always use handrails when available STOP and scan for hazards

Keep your porch, deck walkways and driveway clear of snow and ice Be careful getting into and out of the car

Stay inside designated walkways and limit walking to areas that have been cleared Take shorter steps



"Walk like a penguin and Do the penguin shuffle"

Walk flat-footed taking short steps with feet turned outward
Walk with your arms at your side and not in your pockets – Keep your arms free
Concentrate on maintaining balance

Slow down

Don't text and walk at the same time

Keep hands and arms free and maybe try a backpack to carry "your things" Assume ALL wet, dark areas on pavement are black ice

SHOVELING SNOW

Shoveling can cause several health concerns from muscle strains to heart attacks.

Use an ergonomic shovel

Warm up much like you would before that 5 mile run

Keep up with the snow as it falls

Push the snow instead of throwing it und if you must pick it up, use your legs and not your back to lift the snow

Take breaks and keep hydrated













WINTER CLOTHING

How you dress outside in the winter does make a difference

Dress in Layers



Wear a hat to cover your head as we lose a lot of heat through our head Wear a scarf to cover your mouth – A scarf should not be used mainly as a fashion accessory

Remember gloves or even better mittens

Outerwear with wind resistant material is always a good idea to protect you

Do not forget to wear socks

Lined, waterproof boots will keep your toes toasty warm

Change wet clothing to prevent loss of body heat

Wet clothing makes you feel even colder. Hypothermia can set in quickly – stay dry and warm

FROSTBITE & HYPOTHERMIA



Frostbite injuries to the skin and other tissues affect nearly 10,000 people in the US each year.

The nose, cheeks, lips, ears, hands and feet are most vulnerable. If skin is red, numb, hard or pale, or have blisters, seek medical attention to prevent infection and damage.



WINTER DRIVING SAFETY TIPS

Keep your vehicle in good running order with snow tires, good wiper blades and in good mechanical running order.

Make sure you can see. Keep your windows free of ice and snow.

Do not forget the top of your vehicle as well.

Slow down as roadways become slippery and give yourself extra room to stop.

Can you see the tires of the car in front of you when you drive normally? Double this distance in slippery weather.

Pack along a winter safety kit that contains extra blankets, emergency snacks, a candle with matches or a flashlight, tow rope, booster cables, a first aid kit and a shovel / kitty litter for in case you get stuck on the ice.

If you do get stuck or stranded, stay with your vehicle!!

Signal for help

Keep your exhaust pipe free of ice and snow

Use your engine only for short periods of time just long enough to warm up the vehicle

Plan your travels by letting others know when you will leave and when they should expect you to arrive.

Tell others which route you will take and do not forget your cell phone and charger

FLASH LIGHT WATER ICE SCOAPER WATER OUNDER CABLES PHONE SHOVEL RIANNETS

TIPS FOR EXITING YOUR CAR TO PREVENT FALLS

Do not grab objects as you are exiting the vehicle.

Exit the vehicle and then retrieve items.

Maintain three points of contact when stepping out of higher vehicles such as trucks, SUV's, etc.

Use the vehicle for support

Use caution when shifting your weight to exit the vehicle.

Remember, one third of slip and fall injuries on ice occurred in parking lots.

Walking during the winter requires special attention to avoid slipping and falling.

The national safety council estimates that falls cause more than 1,500 deaths and 300,000 injuries per year.

DON'T BE A STATISTIC THIS WINTER.

AUTOWORKS

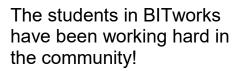
When not cleaning vehicles this month, we have started to create our projects for the upcoming gift shops. Again this year, everything we make is from reclaimed pallet wood. Students are able to independently do all the steps from taking the pallets apart, cutting to proper length, painting and assembling. The final products can be ordered or purchased at one of our upcoming gift shops.







BITWORKS



The partnerships

established through our Co-Op department has enabled the students to learn about teamwork, meeting deadlines and maintaining a clean environment for

various businesses.



ALWAYS, please remind your student to call in when absent and provide a note... 302-454-2233.





BRENNENworks

Winter break is almost here and we are very excited to be participating in Winterfest again this year at Networks. Our students have been hard at work getting ready. We are learning new skills involving different aspects of carpentry. We hope to see as many students as possible come through BRENNENworks during Winterfest to see what we have done.









COPYworks News

The students have been working on several jobs. Below they are printing and collating 30 binders with 12 sections of papers. We are also learning to use google to search for pictures to place on cards for the Holiday shop!



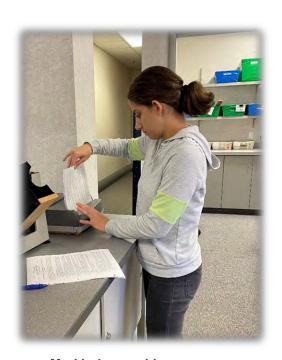
Siani printing papers



So many papers to keep track of!



Jorden collating papers



Mari hole-punching papers







Creating Products in ETCHworks

ETCHworks has been very busy creating products to sell at the Networks Gift Shops in December. Everyone has been diligently working to find designs that would attract customers. Using the laser machines and the sublimation equipment, we have created stemless wine glasses, beer steins, coffee cups and other items for the shops. Everyone in Etchworks has had a chance to create a product that they know will sell.

Congratulations to Olivia McGrath for being chosen as the Etchworks Standout Student for October!









FABRICWORKS



Introducing our FABRICworks movie stars. The students participated in making a video about Networks current Food Drive. Each student introduced themselves and asked for their peers help by bringing in donations.

Click on the link, <u>Networks Food Drive 22-23</u>, or look up the Networks Food Drive on YouTube to view the video.

We are very proud of those students who stepped out of their comfort zone to help create the video!

The Food Drive goes through December 14th.



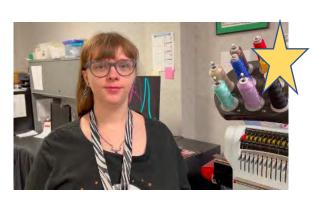
















FLORALworks



Owen Lichtenstein is FLORALworks stand out student of the month. Owen is dependable and comes in every day with a smile on his face – willing to lend a hand to others. Owen displays leadership skills by always participating in discussions, helping others, being polite and respectful, willingness in completing all assigned tasks with a positive attitude and displaying customer service skills. Owen shows initiative by completing tasks that need to be done without asking. Owen dresses professionally and shows a positive attitude at all times.

FLORALworks students are collecting can tabs to donate to the Ronald McDonald House of Delaware. By collecting and donating aluminum pop tabs, you will help care for families who stay at the Ronald McDonald House each year. Aluminum can tabs are recycled to generate funds that offset general operating costs.

We would appreciate if you could send in can tabs with your student to bring to FLORALworks.



MERCHANTworks

This November, our students helped create a Community Project for one of the local Wawa's in celebration of Thanksgiving.

The students really enjoyed creating the turkey project out of Wawa sandwich boxes and the finished project came out awesome.









Congratulations goes out to Jennifer Zepeda as our first Student of the Month recipient





The holidays are fast approaching and MUNCHworks has already begun to plan for one of our busiest baking seasons of the year. We kicked off the season with our *Autumn Specials*, which in the past has been a big success...and this year was no exception!





We shopped for ingredients; peeled, cored and sliced apples to make Jewish Apple Cakes; and we measured, sifted and mixed the ingredients for the Pumpkin Cream Cheese Rolls. Our Pumpkin Cream Cheese Rolls and Jewish Apple Cakes are made fresh, never frozen and customers had the option to pick up their orders in MUNCHworks or have them delivered for a nominal fee.



Thank you to all who ordered!



TEAMworks

TEAMworks is working very hard to get ready for our Holiday Gift Shops. We are making many new t-shirt designs that will be for sale at our Networks gift shops on Wednesday and Thursday December 7th and 8th from 2:30 PM -7:00 PM.



Elisabeth printing shirts



Siani catching shirts



One of our new designs



Brian folding shirts



Showing off a new design

The students look forward to seeing how well the new designs sell!!

TRADEworks!

TRADEworks would like to recognize our Standout Student for the month of October-**Trajon Brooker-Parquet**!

Trajon takes the initiative by always making sure our supplies are restocked for our jobs and volunteers to do extra tasks when working in the community.

He has taken a leadership role by training new students to the area by modeling the necessary steps to complete a task.

Trajon is polite, respectful and shows genuine concerns for others. We are so proud of you! Keep up the good work!









COOPERATIVE EDUCATION

Congratulations to the students who were recently hired at ShopRite.

Networks staff is proud of each of you!

Jayden Hutchison



Bowen Fowler



Darron Jones



Jane'a Wright





Networks Cookie Fundraiser

Networks is offering one dozen average sized Holiday Shaped Sugar Cookies. Cookies are stacked in a cello bag for \$10. Cookies will be randomly decorated with a mix of icing, sprinkles and/or sugar.

Orders due by Friday, Dec 9, 2022

Pick-up or delivery (additional fee) is Wednesday December 14 or Thursday Dec 15, 2022

Use the link or QR code below to order.

https://forms.gle/DCBwsAjxyPBvcLV68







Questions?

Call or email Meredith: meredith.england@christina.k12.de.us

302-454-4793

Sponsored by Networks Fundraising Committee

15 APPS LAW ENFORCEMENT RECOMMENDS PARENTS KNOW

BEAU BIDEN

Potential harm can come from anywhere — some social media-based apps can open doors to predators. Please review these 15 apps with your family, and have open conversations with your children and teens about how they spend they spend their time on their smartphone or tablet.

FOUNDATION

MeetMe



MeetMe is a dating social media app that allows users to connect with people based on geographic proximity. As the app's name suggests, users are encouraged to meet each other in person.

Grindr



Grindr is a dating app geared towards gay, bi, and transgender people. The app gives users options to chat, share photos, and meet up based on a smartphone's GPS location.

Skout



Skout is a locationbased dating app and website. While users under 17-years-old are unable to share private photos, kids can easily create an account using a different age.

WhatsApp



WhatsApp is a popular messaging app that allows users to send texts, photos, make calls, and video chats worldwide. WhatsApp uses an Internet connection on smartphones and computers.

TikTok



TikTok is a new mobile device app popular with kids used for creating and sharing short videos. With very limited privacy controls, users are vulnerable to bullying and explicit content.

Badoo



Badoo is a dating and social networking app where users can chat, share photos and videos, and connect based on location. While the app is intended for adults only, teens are known to create profiles.

Bumble



Bumble is similar to the popular dating app 'Tinder' however, it requireds women to make the first contact. Kids have been known to use Bumble to create fake accounts and falsify their age.

Snapchat



Snapchat is one of the most popular apps in recent years. While the app promises users can take a photo/video and it will disappear, new features including 'stories' allow users to view content for up to 24 hours.

Kik



Kik allows anyone to contact and direct message your child. Kids can bypass traditional text messaging features. Kik gives users unlimited access to anyone, anywhere, anytime.

LiveMe



LiveMe is a livestreaming video app that uses geolocation to share videos so users can find out a broadcaster's exact location. Users can earn 'coins' as a way to 'pay' minors for photos.

Holla



Holla is a selfprocalimed 'addicting' video chat app that allows users to meet people all over the world in just seconds. Reviewers say they have been confronted with racial slurs, explicit content, and more.

Whisper



Whisper is an anonymous social network that promotes sharing secrets with strangers. It also reveals a user's location so people can meet up.

ASKfm



ASKfm is known for cyberbullying. The app encourages users to allow anonymous people to ask them questions.



Calculator% Calculator% is only one of several secret apps used to hide photos, videos, files, and browser history.

Hot or Not



Hot or Not encourages users to rate your profile. check out people in their area, and chat with strangers. The goal of this app is to

hook up.