

Networks News

March 2023



March is *Women's History Month* – commemorating and encouraging the study, observance and celebration of the vital role of women in American history.



Springing Forward to Daylight Savings Time -- March 12, 2023

Will this be the last time change?



How long will it take you to adapt to time changes? For many of us, it should only take a day or two to adapt to the time change. A common rule of thumb is that it takes about one day to adjust for each hour of time change. However, there is significant individual variation. If you are getting seven to eight hours of sound sleep and go to bed a little early the night before, you may wake up feeling refreshed. If you are sleep-deprived already, getting by on six hours, you're probably in a bit of trouble, especially if you consume alcohol or caffeine close to bedtime. In this situation, you may well experience the decrements of performance, concentration, and memory common to sleep-deprived individuals, as well as fatigue and daytime sleepiness. So, there may be some tired and groggy people hitting the streets the morning of **Monday, March 13th** in the dark. This includes your children getting on the bus coming to school.

To help create sleep-friendly environments and enhance your chances of falling asleep, staying asleep, and sleeping soundly you may want to reduce or eliminate caffeine and alcohol, exercise several hours before bedtime, create calming rituals before bed to gradually relax yourself (taking a hot bath for example), and wear ear plugs and eye masks, to name a few. Also, it is important to go to bed and rise at the same time every day.

Use these 10 sleep tips to help you spring forward easily and sleep better all year long.

1. Gradually Transition Into the Time Change - Go to bed 15 minutes early, starting several days before the change.

2. Give Yourself a Sleep Break After the Time Change If you feel sleepy after the change to daylight saving time, take a short nap in the afternoon before 4:30. Avoid sleeping in an hour longer in the mornings. Your internal clock will adjust on its own in several days.

3. Know How Much Sleep You Need To find your ideal number of hours of sleep requirements to be well-rested, sleep without an alarm on weekends and see when you wake up naturally.

4. Keep Regular Sleep Hours Go to bed and wake up at the same time each day. This helps your body regulate its sleep pattern and get the most out of the hours you sleep. If possible, wake up at the same time on the weekends. If you must nap, only take a short nap (20 – 30 minutes) so not to ruin your night's sleep.

5. Get Some Exercise During the Day Even walking, can help you sleep better. Aim for at least 30 minutes of exercise, three times a week or more. If you don't sleep well, try not to exercise too close to bedtime.

6. Avoid Stimulating Substances Alcohol and caffeine (i.e. coffee, tea, chocolate, tobacco and some pain relievers) can interfere with sleeps so it is best to avoid it for 4 to 6 hours before bedtime.

7. Eat Lightly at Night Indigestion from spicy or fatty food or having too much food in your stomach can cause insomnia. For a better night's sleep, eat light, simple foods several hours before bed. If you get hungry, have a snack of easy-to-digest food such as carbohydrates or dairy. Also, avoid too much liquid before bed so that you don't have to wake up to go to the toilet.

8. Relax Before Bed Stress and overstimulation can make it hard to fall asleep. Try to avoid intense television programs or movies before bed. Relax with a soothing, warm bath and curl up with a book instead. Worry boosts production of the stress hormone cortisol, which makes you more alert. If anxiety keeps you awake, write out your schedule for the following day before going to bed, including possible solutions to challenges you may face. If you're worried about hitting a deadline the next day, go to bed early and wake up early to work. Don't work late into the night. Your mind needs the rest. You may even need less time to finish your work.

9. Create a Sleep-Friendly Environment Try sleep shades, earplugs, a white-noise machine, or all three. Room temperature between 60-75 degrees is considered the most comfortable. If you have restless or snoring pets, keep them out of your room, along with all electronics, including your television, computer, DVD player, and stereo. Save your bedroom for sleep and relaxing.

10. Get Up if You Can't Sleep We've all had those nights when we can't fall asleep or we wake up and can't get our minds to shut down. Avoid watching the clock, which can create more anxiety. If you've been awake more than 20 minutes, get up, go to another room, and do something relaxing to help you get drowsy. Keep the lights low, have some warm milk, read a book, or write about whatever may be on your mind until your eyelids get heavy.



From the Nurse's Office



Allergy Season is Among Us Now

As we all know, how bad the spring allergy season is depends upon the previous winter months. When people start complaining of itchy eyes, runny nose and congestion, it is because of the pollen from trees both in your backyard as well as from in surrounding neighborhoods. Think of all that yellow and green powder that is or will be resting on your car. This same powder is on your clothes and face. Spring allergy season typically lasts from March to July and then picks back up in intensity in August through Halloween.

Just because you did not experience spring allergies the last few years, it does not mean you will be immune this year. It can often take your body a few years to develop allergies, especially if you have recently moved to a new area. Your immune system needs time to be exposed to the pollen before deciding if this is something it can fight off. ***The only known cure for allergies is to avoid them!! But, we all know this is not possible so we must learn to avoid or limit the exposure time to the things we are allergic to as much as possible.***

So, you may be asking yourself, ***HOW CAN I AVOID THEM?*** It is so beautiful outside with all the trees and flowers blooming and I just want to sit and soak up the fresh clean air. *It is good for me, RIGHT?!?!*

Even though we just want to open up our windows and get fresh air into the house, closing your windows in your house and car especially during PEAK allergy times is one of the best options you may have esp. for your family members who suffer from seasonal allergies. Other things you can do is keep the air conditioner on, cleaning up (or at least avoiding) any mold in your basement and taking medication before you go outside. If you do go outside to attend one of your children's sports or play activities, it is recommended that you change your clothes as well as your child's clothes and rinse the skin of children shortly after coming inside to prevent experiencing intense symptoms.



Did you happen to look at the trees starting to bloom already near your home?



You can sign up on www.pollen.com for a daily email that is sent to your inbox to notify you of the pollen levels for today and tomorrow. There is even an option to see a 5-day forecast.



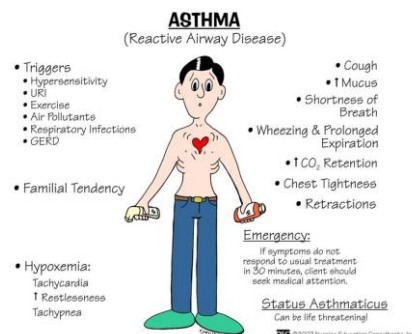
DO NOT ALLOW ANYONE TO LAY AROUND ON THE COUCH OR EVEN WORSE IN BED WITH THE SAME CLOTHES THAT THEY WERE JUST OUTSIDE IN FOR AN HOUR OR MORE. These clothes need to be washed.

You may want to start thinking about providing allergy medication to younger siblings of Networks students with allergies since most kids might not speak up about how bad the allergies are. *(Talk with your child's health care provider or even your local pharmacist re: recommendations of over the counter medications.)*

Children and adults experience the same allergy symptoms, but children often do not know how to tell you about itchy eyes or congestion. So, if it seems like one of your children are just "A little off," it's important for you to be on the lookout.

You may want to go into your child(ren)'s room while they are sleeping to check on how they're breathing.

- If they are breathing through their mouth, it is likely because of congestion stemming from allergies. Mouth breathing can affect dental growth and other health problems within the mouth.
- If a child has asthma, parents should be aware that allergies can trigger asthma attacks. You need to be on high alert for problems and get your child to the doctor if they experience any signs and symptoms of respiratory distress



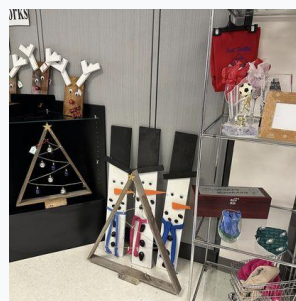


Networks

Family Corner

Here are a few customer quotes we received after they attended our annual Holiday Shoppe.

"At the annual Networks holiday fair, second year stopping by, I was pleased to get a natural wreath, beautiful and well constructed. Last year's lasted much longer than I expected indoors in dry heat! The holiday glassware was reasonably priced, I assume Etchworks made the product. The cookie gift plate was nicely packaged with a cloth ribbon and complete with a gift card. I was greeted by a helpful and cheerful young man. The cashier wrapped the glassware well with color tissue paper. Another young man carried my packages to my car. It's a good feeling to be able to support a great program that benefits the young men & women as well as the Newark community."



"I look forward to shopping for your merchandise every year. Everything is nice and I think you display everything beautifully. I like supporting your program and the students. Keep up the good work. It is like an adult Santa Shop."



"Second year that I have ordered the sugar cookies for the holidays...they are delicious. They go very quickly on the cookie tray at Christmas. Ordering was easy and the staff I interacted with were so helpful and quick to return emails."

REMINDER: We are still looking for your feedback about your experiences with our services, products, areas, events, etc. We would like to not only hear success stories but would also like to hear ways you feel we can improve our program. Please use the QR code below to share your feedback. **Who knows, your story could be the next focus in the Family Corner.**



AUTOWORKS

This month in AUTOWorks students had the chance to put their GNAP (**G**reeting **N**ame **A**rea **P**urpose) skills to the test by helping FLORALworks deliver the arrangements on and around Valentine's Day. Students spent the day helping to navigate their communities and accurately finding specific addresses to ensure the products made it right person. Students were able to safely interact with customers and brighten their Valentine's Day.





BITWORKS

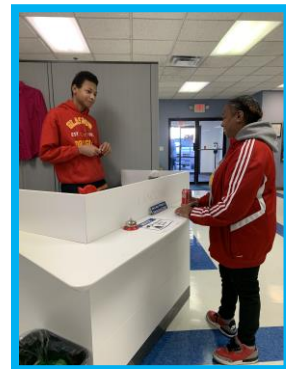


Students in BITworks have re-stocked the School Store!

Did you know we have a variety of snacks, drinks, in addition to puzzles, games, hats and even socks? Please stop by and check out the new items! *Students can use PLUSes only, staff can use \$\$\$

The store is open:

Monday – Friday from 8 – 1:30 PM



COPYworks News

In COPYworks, the students have been busy working on various print jobs. These jobs range from filling binders, creating brochures, printing, and cutting business cards and “Cobra Cash” (Gauger’s PBIS Tickets) for one of our middle schools. They have also printed and learned how to laminate bookmarks and posters. All of our orders are packaged by our students. Each order must have a label printed that the students also create. The students worked hard on a large job for our school district as well making booklets to be sent to each school. It is amazing how many new skills some of these students were able to learn this month!



Adrianna hole punching



Haneef cutting cobra cash



Jenny learning to fill the printer with paper



Haneef and Kevin laminating



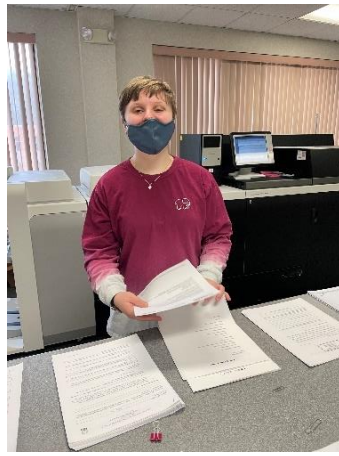
Javon cutting Cobra cash



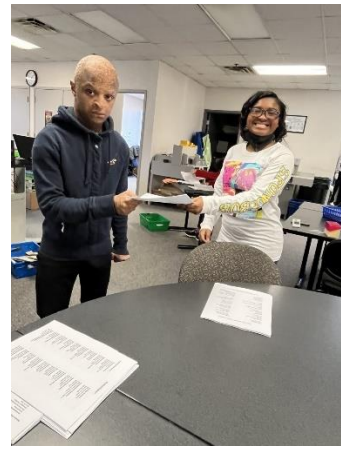
Evan working on booklets



Maddie delivering jobs



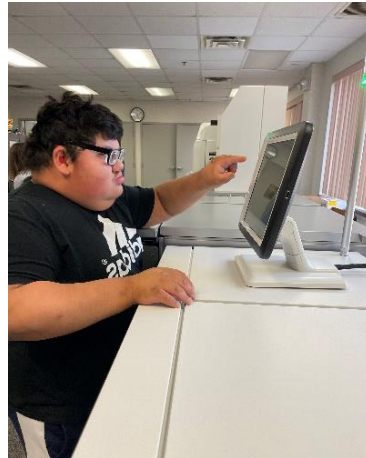
Olivia collating copies



Teamwork at it best with Roman and DaNiah



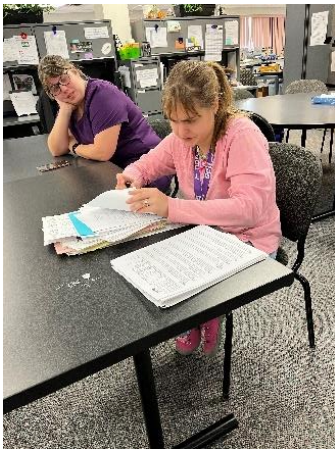
Siani making labels



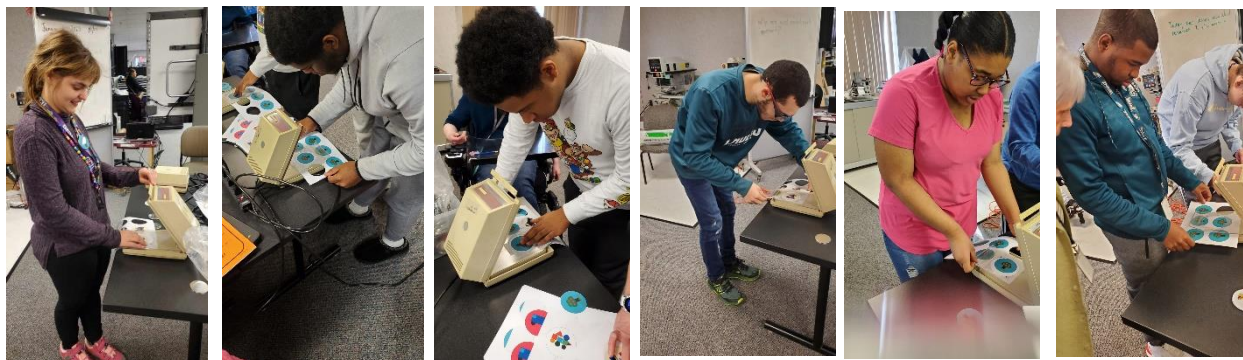
Kevin learning how to use the printer



Dhanjo using an industrial stapler



Each week we continue to work on shred prep and shredding. These materials come to us from various schools and offices. The students need to remove staples and folders from the piles and prep the bins before shredding begins.



ETCHworks Creates Masterpieces

ETCHworks created buttons in class this month. Students used the Button Builder program to create unique designs. After the designs were created, we cut the designs out on a special cutter. We then used the button machines to create completed buttons that are ready to wear. Everyone had a blast using his or her imagination to create a button.

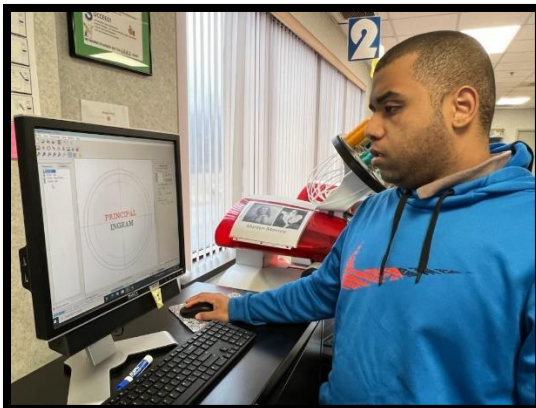


FABRIC*works*

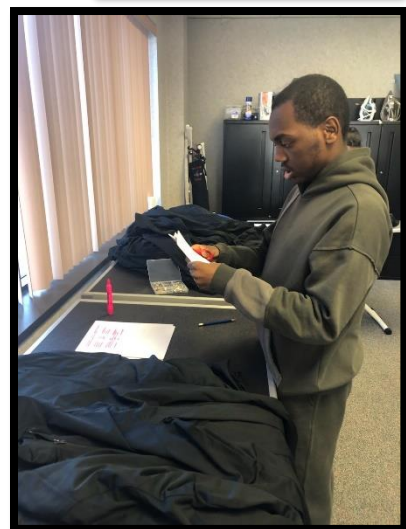
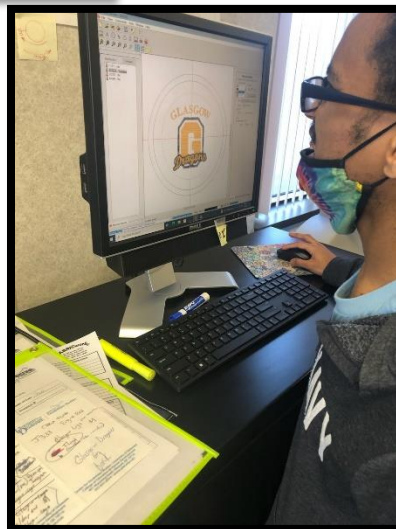
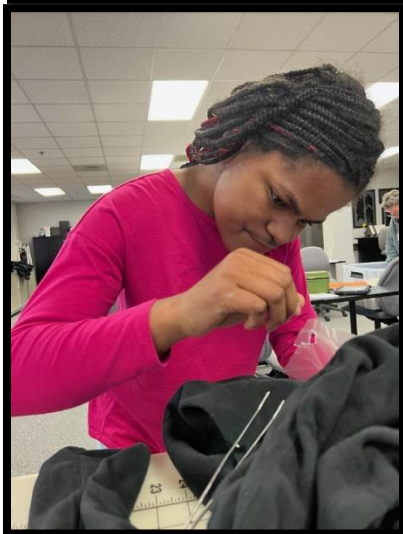


Each month, one student is chosen to be the FABRICworks Standout Student.

This month, it was Sydney Copher. Sydney is new to Networks and has learned to put items on the machines, check the computer to see if they have finished, and trimmed the item.



In the pictures, FABRICworks students are busy working in the enterprise area. We continue to work hard to get our customer orders out and students are there to help in the process.



FLORALworks



Jonathan Woodson is FLORALworks standout student for the month of January. Jonathan is showing an increase in his initiative by completing work that needs to be done without being told. When unsure of what to do, he has begun asking what he should do. Jonathan volunteers to help students and staff. He is increasing his independence by making deliveries while using GNAP.



FLORALworks students have been working on sizing and cutting flowers for customer orders and delivering orders. After orders are complete, we clean the area by washing vases, putting flowers away into the cooler, wiping counters and sweeping the floor.

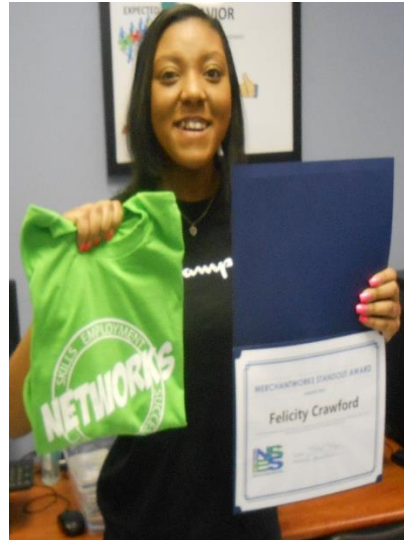
If you would like to order an arrangement, balloons or fruit/snack basket, please call FLORALworks at 302-454-2028. Thank you!

MERCHANTworks

In recognition of Black History Month, students learned about various African Americans who made a difference in our world. We have also been preparing for our Mock Interviews for the Career Fair which will be held in early April just before Spring Break.



Jenny participating in one of our Professional Dress Days in preparation for our Mock Interviews.



Congratulations go out to Felicity Crawford as our student of the month.



We were able to visit the plus closet and cash in our Pluses for doing the right thing.

MUNCHWORKS

presents our annual...

"Souper Bowl"



Turkey Noodle Soup



Tomato Soup



Zuppa Toscana

We began preparing for "the big day" by taking stock of inventory and shopping for needed ingredients and supplies.



Orders flooded in from longtime veteran and rookie customers alike.



We made 20 quarts Turkey Noodle, 14 quarts Tomato and 28 quarts Zuppa Toscana.

This Year's Souper Bowl was Spectacular!

TEAMworks

TEAMworks this month continues to work on our customer service skills. We are learning how to professionally introduce ourselves using our GNAP skills (**G**reeting, **N**ame, **A**ffiliation and **P**urpose) so we can properly introduce ourselves in a workplace. We also are showing off our professional dress clothes.



TRADEworks

TRADEworks would like to welcome two new students to our enterprise. Dajour and Emory are off to a great start!

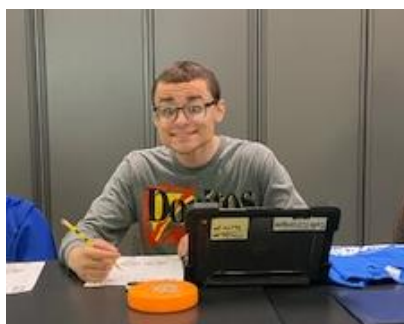


← Dajour



Emory →

CJ was the January Standout Student of the Month! CJ is kind and respectful to his teachers and peers. He is extremely hardworking and takes pride in his work. CJ's quality of work is impressive. Keep up the awesome work.





COOPERATIVE EDUCATION

Networks is proud of the 14 students currently participating in paid internships.

Community Integrated Services (CIS) has arranged for some of our students to complete a 7 week internship at the Brandywine Valley SPCA starting at 2 days a week and extending to 5 days a week by month end. Their responsibilities include feeding and cleaning up after the animals, assisting with medical check-ups and engaging with the animals to provide some TLC. Congrats to:

Trajon Brooker-Parquet
Jay Collins
Alexia Havens

Brenden Lake
Ree-Ail Wilson-Cottingham
Roman Taylor

Goodwill of Delaware is continuing their partnership with Networks this spring. The Goodworks program includes a weekly lesson on best practices in the workforce. The students then have the opportunity to apply these skills to a real life setting by working at Goodwill for 2 hours each week. Students prepare the store for customers by stocking shelves, organizing items and pulling outdated items. The following students are already doing great on the job:

Dhanoj Gutta
Jawan Richardson
Da'Jour Townsend

Jonathan Woodson
Brian Wright

Service Source has also partnered with Networks to provide students an opportunity to work at Walgreens four days a week for the next month.

Haneef Benton
Da'iah Brown

Kierah Webster

The students were required to submit applications and complete interviews prior to being hired. The students are being trained on how to stock items from the store room, check expiration dates and organize the shelves. Congrats to our Walgreens employees!



Counselor's Corner

Self Care

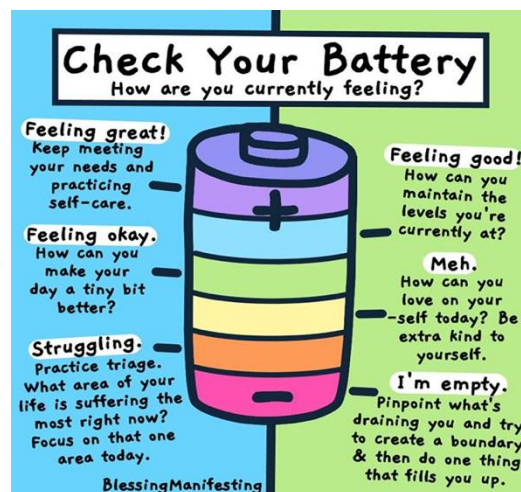
Self care means that **you are simply being mindful of your own needs**, so you are better able to support the people you care about. When you take care of yourself and are not stressed, you are better able to meet the needs of others. Self-care comes in a variety of forms

When we practice self-care, we encourage positive feelings. Those positive feelings help us to build on our self-esteem and strengthen our feelings of self-worth. Rather than continuing to give ourselves to others (our jobs, families, communities, etc.), we're taking time to give back to ourselves. This ensures that we are not "pouring from an empty cup", but instead taking time to refill that cup. When we practice self-care we're not only helping ourselves, we're making sure that we're better able to help others, while setting a strong example for those around us, encouraging them to focus on their own self-care.

Self-care is a form of setting boundaries to promote our own self-worth. To be our best selves we must take time to do whatever it is that makes us feel good. Just as you show kindness and compassion toward others, take time to show kindness and compassion toward the most important person in your life...you!

What do I do for self-care?

- 🛏️ Get plenty of sleep
- 🧹 Tidy
- ☀️ Enjoy sunshine
- 📖 Read
- 🍳 Cook
- 📖 Read about people whose lives are more complicated
- 📝 Write or draw (think out loud)
- 🌱 Garden
- 💬 Talk to myself
- 🤗 Get a hug
- 🐾 Cuddle cats
- 🗨️ Talk to select people
- 🚶 Walk or bike (esp in a park)



SELF-CARE TODAY

I feel...	I need to...
Overwhelm	Take a step back
Stressed	Focus on relaxing
Anxious	Practice a coping skill
Sad	Be loving to myself
Angry	Find a positive outlet
Drained	Rest and recharge
Broken	Practice self-compassion
Upset	Take time for myself
Alone	Reach out for support

More self-care @BlessingManifesting

TALKING TO CHILDREN ABOUT VIOLENCE: TIPS FOR FAMILIES AND EDUCATORS

Families and school personnel play a critical role in helping to reestablish a sense of normalcy and security for children after an act of violence occurs. Follow these key reminders and visit www.nasponline.org/children-and-violence to learn more.

KEEP EXPLANATIONS DEVELOPMENTALLY APPROPRIATE

Early Elementary

Provide simple information and concrete examples balanced by assurance of safety.

Upper Elementary and Early Middle School

Answer questions and assist in separating reality from fantasy.

Upper Middle & High School

Emphasize students' role in safety & how to access support.

REAFFIRM SAFETY

- Emphasize that schools are very safe.
- Let children speak about their feelings and validate reactions to the event.
- Support the appropriate expression of their feelings and help to put them in perspective.



MAKE TIME TO TALK

- Let children's questions guide the information provided. Be patient and look for clues that a child wants to talk.
- Young children may need concrete activities (e.g., imaginative play) while some older children may prefer writing or playing music.



REVIEW SAFETY PROCEDURES

- Help children identify an adult at school and in the community that they can go to if they feel threatened or at risk.
- Review procedures and safeguards in school and home settings.



MONITOR EMOTIONAL STATE

- Some children will not express themselves verbally but changes in behavior, appetite, or sleep patterns can indicate anxiety or stress.
- Seek help from a mental health professional for those with more intense reactions that last more than 2 weeks.



MAINTAIN A NORMAL ROUTINE

- Keep a regular schedule and healthy nutrition, sleep and exercise to promote physical and mental health.
- Encourage maintenance of school work and extracurricular activities but do not push children who seem overwhelmed.
- Limit exposure to images or graphic reference to the event (e.g., TV and social media)..





Deadline for RSVP is Wednesday, March 22nd at 2:00pm

**See your enterprise teacher for more information and to
receive your permission form.**

FLORALWORKS

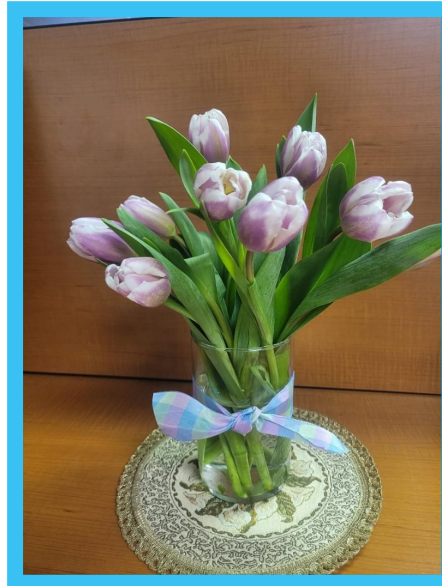
SPRING SPECIALS

Phone: 302-454-2028



Simply Spring

\$15.00



Pastel Perfection

\$30.00



Country Garden

\$40.00

TO ORDER: <https://forms.gle/pbH4i2dH4cZstvWA9>

Floralworks can take care of all your floral needs. We are
open for business all school year long!

We accept cash and checks made out to
“Christina School District”

NETWORKS CHILI FUNDRAISER



March 8 & 9 2023

Chili Con Carne

or

White Chicken Chili

\$12.00 per quart

**ADD CORN
BREAD FOR
\$1.00**



**Order by Noon
Monday
March 6th**

**Ordering is easy:
Scan the QR CODE
or**

**enter the link into your browser
<https://forms.gle/iFWXLUNtY8rpXpFU6>**

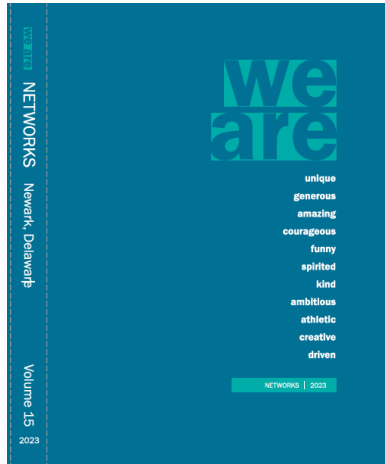
**Thank
you!**



**DELIVERY
AVAILABLE**



2023 NSES Yearbook



The Networks YEARBOOK is coming!

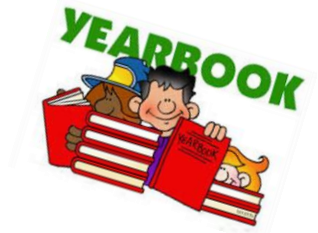
YOU AND YOUR FRIENDS ARE IN IT!!

PRE-ORDER your yearbook TODAY!!!

Yearbooks will be distributed upon their arrival sometime after during the first week of June 2023! !

Pre-order yours today for only \$20.00!

Yearbooks will be \$30.00 after May 31st.



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

100 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 “Christina School District” with Networks 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: __/__/2023

NETWORKS AREA: _____

Please return all orders with payment to Ms. Georgette.

Payment

via: ☐ Cash ☐ PLUSes
☐ Check ☐ Money Order



CHRISTINA
SCHOOL DISTRICT

Colonial
SCHOOL DISTRICT



New Castle County School Districts' Transition to Adult Life Fair 2023

Sponsored by the Appoquinimink, Brandywine, Christina,
Colonial, New Castle County Vo Tech and
Red Clay Consolidated School Districts



POST-SECONDARY



INDEPENDENT LIVING



EMPLOYMENT

Thursday, March 23rd 2023

5:30 - 8:00 PM

**Chase Center on the Riverfront
815 Justison St, Wilmington, DE 19801**

With presentations from:

Delaware Division of Developmental Disabilities Services

Delaware Division of Vocational Rehabilitation

Parents and Students

**If you have any questions or need a language or ASL Interpreter
please contact your district transition representative**

Appoquinimink Allison Kerr Allison.kerr@appo.k12.de.us	Brandywine David Walls david.walls@bsd.k12.de.us	Christina Cheryl Wharton Cheryl.Wharton@christina.k12.de.us
Colonial Beth Murray Beth.murray@colonial.k12.de.us	New Castle County VoTech Lynn Williams Lynn.williams@nccvt.k12.de.us	Red Clay Kaitleen Gillis Kaitleenm.gillis@redclay.k12.de.us Kristen Norton* 18-22 y/o Kristen.norton@redclay.k12.de.us
	Charter Schools Stephanie DeMayo Stephanie_DeMayo@Odyssey.k12.de.us	

Make & Take Event

Tuesday, March 28th

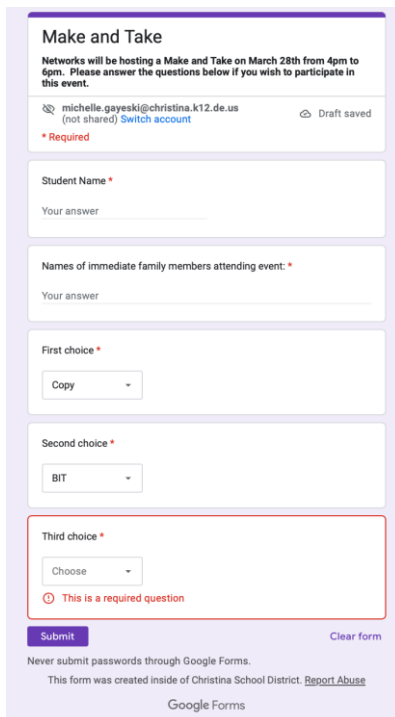
4:00pm to 6:00pm

Are you curious about how our enterprises operate on a daily basis?

If so, please join the staff in participating in Networks First Make and Take event!!

By attending this event, you will be able to attend TWO of the three areas you choose depending upon the numbers of participants in each area.

Pre-registration is required for the event using the link or QR code below:

A screenshot of a Google Form titled "Make and Take". The form is for pre-registration for an event on March 28th from 4pm to 6pm. It asks for the student's name, the names of immediate family members attending, and three choices of enterprise areas. The first choice is "Copy", the second is "BIT", and the third is "Choose". There is a red box around the third choice question with a warning icon and the text "This is a required question". At the bottom, there is a "Submit" button and a "Clear form" link. The footer includes a warning about not submitting passwords and a link to report abuse.

Enterprise Areas Participating:

BITworks (Technology assistance with various applications)
COPYworks
ETCHworks
FABRICworks
FLORALworks
MUNCHworks

**Subject to change with additions to the participating areas.

https://docs.google.com/forms/d/e/1FAIpQLSexnH3l0msGNB-o9YPSlmdtr4mxnx6Xlq4D1eolYbOqrTI4wg/viewform?usp=sf_link

Sample Registration Form that requires only 5 answers including 2 short answer and 3 that are selected from a drop down menu.

REMEMBER to select submit when the form is complete.

Light refreshments will be served.