

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

Networks News

Networks Student Recognition Friday, May 10th

It is that time of year to once again recognize our Student of the Year from each enterprise area as well as our 2024 Exiters from the program.

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.



Teacher Appreciation Week—May 6th - 10th

Teacher Appreciation Week, or National Teacher Appreciation Week, is a week-long celebration in recognition of teachers and the contributions they make to education and society. It is held in the first full week of May of every year and provides an opportunity for students, their parents, and school principals to show their appreciation for the hard work teachers do and the long hours many of them put in.

Please take a minute to thank a staff member for all they do.

NORMA BRISTER
PRINCIPAL
302-454-2233 (P)
302-454-5446 (F)



From the Nurse's Office

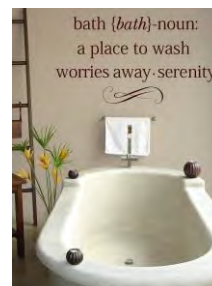


Wow!!! Warm spring weather has already arrived, at least for a few days! This means it is time to start taking daily showers / baths, changing our clothes and using anti-perspirant to help control body odors that often begin surfacing this time of the year. Warm weather = sweating more.

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, 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



Along with warmer weather is Allergy Season. Have you noticed the yellow pollen that seems to be on everything outside? OR the flying spring blooms from flowering trees? On the bright side, at least we can enjoy the sights of their beautiful colors and the birds chirping.

If you suffer from allergies and have not already done start having students take medication at home for allergies as we cannot provide this type of medicine at school. Your child may be coming to school with headaches, watery eyes, extra sneezing or runny nose and just overall tiredness as they try to overcome their allergy symptoms. 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



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.

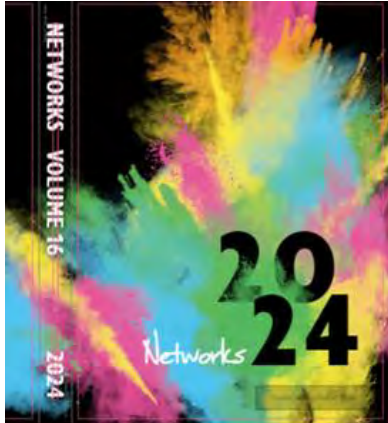
The **BEST WAY** to *CLEAN YOUR HANDS* is to wash your hands with soap (liquid soap is better than bar soap) and clean water for approx. 20 seconds –

- 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.





2024 NSES Yearbook



The Networks YEARBOOK is coming!

YOU AND YOUR FRIENDS ARE IN IT!!

HAVE YOU PRE-ORDERED your yearbook yet??

Yearbooks will be distributed upon their arrival sometime after during the last week of May or the first week of June 2024!

Pre-order yours today for only \$25.00!

Yearbooks will be \$30.00 after May 24th.



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: __/__/2024

NETWORKS AREA: _____

Please return all orders with payment to Ms. Georgette.

Payment

via: ☐ Cash ☐ PLUSes
☐ Check ☐ Money Order

AUTOWORKS

Autoworks is a full service car detail business. This includes: vacuuming the interior (seats, floors, trunks), wiping all consoles and dash, vacuuming and washing floor mats, window cleaning; full exterior wash with wax, tires and tire wells including tire shine along with a fresh new scent.

Types of Vehicles we detail:
Cars, Sedans, SUV's, Trucks, Motorcycles, etc.

Prices start at \$ 55 for Cars and Sedans

\$ 65 for SUV's

\$ 75 for Trucks

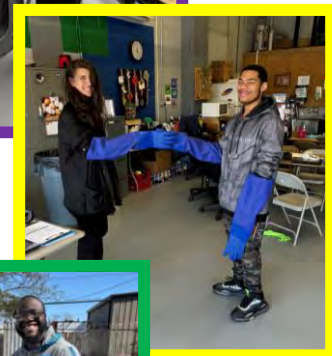
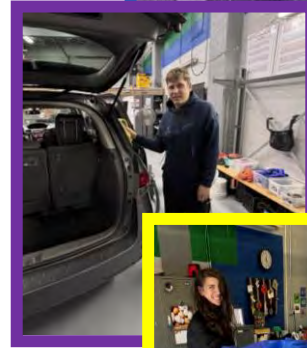
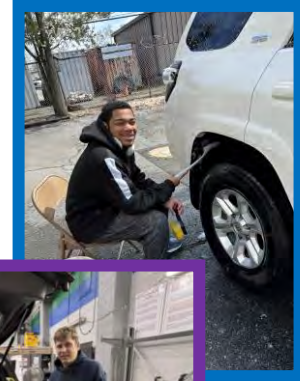
Varies – Boats, Buses, RV's.

Autoworks is in full swing of detailing! The students eagerly work on all types of vehicles. There is never a dull moment.

*Call to schedule your vehicle today
before the end of the school year!*

Here are also some fun pictures, where we got to

Rock Our Socks!



BITWORKS

Spring has Sprung!

Along with other classes within the school, BITWORKS has been working in the greenhouse and garden. Students helped completely clear out the greenhouse and set up new and old equipment in order to prepare to grow vegetables. All plants in our vegetable garden have been started from seed. Once they are planted they stay in the greenhouse until they can be outside. Then they are planted into raised beds and tended to by the students.



BRENNENworks

A new month brings a new job to learn. Our students have begun setting up the Networks greenhouse. They also learned how to fill cups with soil and plant a seed in each cup. The students learned how to water the seeds in the greenhouse and not to overfill (oops!!). We learned how to plant the starter plants into the ground or garden boxes. We are learning a lot of valuable skills that they can use in school and at home!



CO-OP CORNER

Mock Interviews

More than 130 students showcased their career readiness skills at our mock interview event held in April. Students spent time in their areas preparing for the interviews and it showed!

Teachers coached students by asking them potential interview questions, discussing proper attire and providing interpersonal skills coaching.

New Site

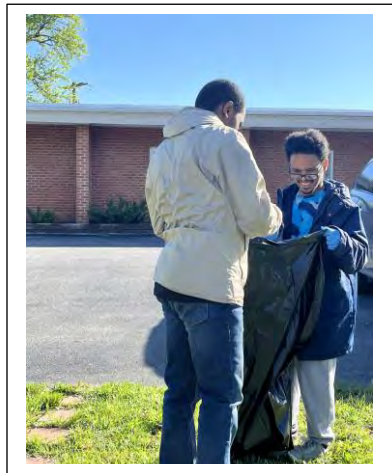
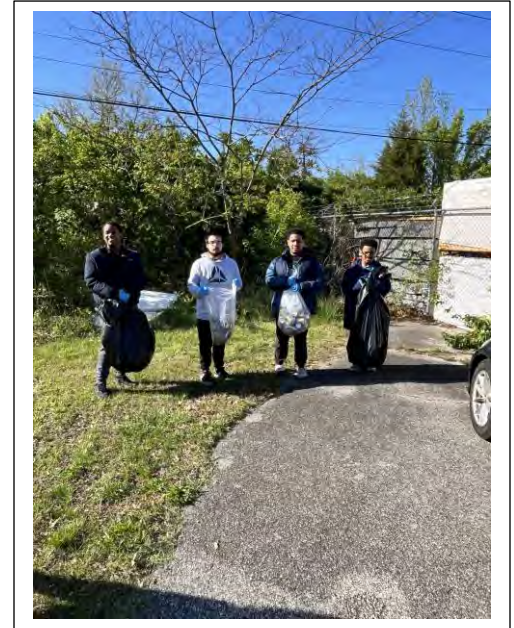
Networks students have recently been assisting the Christina School District technology department at EDEN. Students unbox and prepare teacher laptops for set up. They update new Chromebooks as well as repair and replace screens and touchpads on used ones. Students also transport electronic recycling to appropriate trailers. This experience is a win-win for all involved.

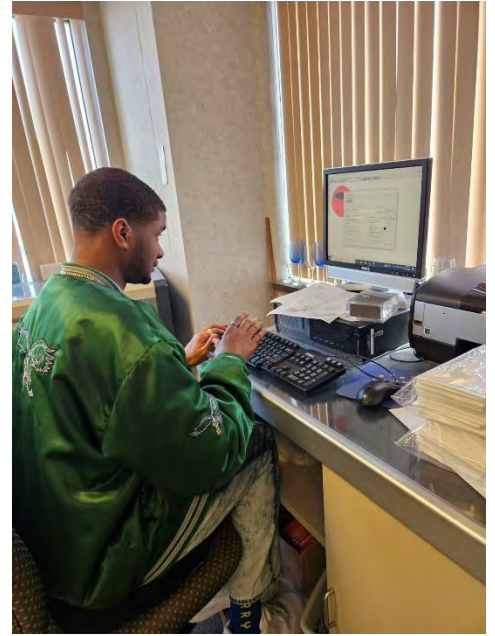


COPYworks News

On April 22nd we celebrated EARTH DAY. We decided as a group to go outside and clean up the surrounding area by school. The students were amazed at the amount of trash that they collected and were proud that they were able to help clean up the Earth around them.

This month in COPYworks, students also worked very hard on a big job for a customer. The customer wanted us to print and coil a cookbook. This job took several days of printing and hole punching each book which consisted of over 200 pages. After this, the students needed to coil each cookbook. They did an amazing job and the customer was very happy with the end product.



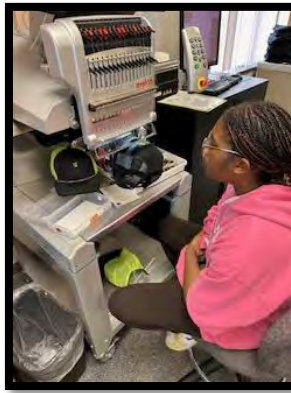
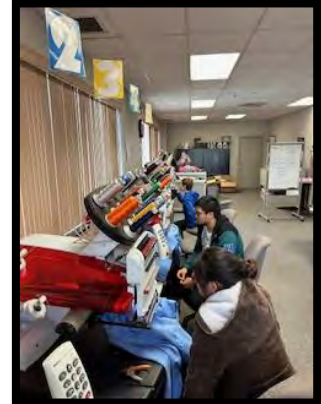
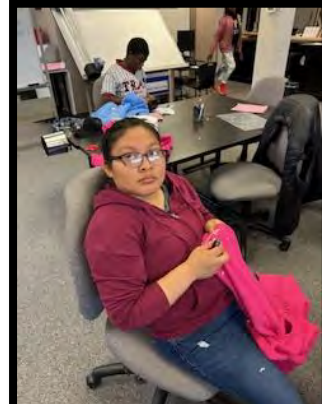


Making Our Customers Happy

This month in ETCHworks we have been busy working on many different projects. We have been creating plaques for the Teacher of the Year Ceremony, napkins for special birthdays, glasses for parties as well as buttons and koozies for our customers. We will continue to push forward as we complete many awards for everyone's end of the year ceremonies.



FABRICworks



When you ask a student
to take some pics,
here's what you get!

**AN AMAZING
GROUP!**



Our
students
are ready
for their
Mock
Interviews.



FLORALworks News



EARTH DAY 2024



FLORALworks students helped to collect plastic items and trash from around our school community for Earth Day this year.



We ended the month working on wedding flowers!

MERCHANTworks

This month, our focus in MERCHANTworks has been working on improving our interview skills. We worked on how to properly introduce ourselves to an interviewer. During this month students participated in Mock Interviews sponsored by our Co-Op department. This will surely help our students on the road to success!



Another busy month in *MUNCHworks*

Now that the flowers are blooming, the days are getting longer and the weather is heating up, MUNCHworks has begun to work outside. We already cleared out the dead plants and weeds, refreshed the soil, set out potato sprouts in one of our flower beds and will soon plant herb seeds in the other flower bed.



We are already dreaming about the many delicious recipes and dishes we are going to make this summer using our fresh herbs.



Again we catered Delmarva Power's *Bring Your Child to Work Day*. We made breakfast and lunch for 150 people, 75 of which were children.



To commemorate the special day we made Muffins, Breads, Yogurt Parfaits, Macaroni 'n Cheese, Baked Ziti, Chicken Alfredo, Chicken Nuggets, Salads, Sandwiches, Pizzas and Cookies.

TEAMworks

This month in TEAMworks we are very busy processing orders. We also had our annual Mock Interviews where we practiced interviewing with our community work site partners and other business professionals.





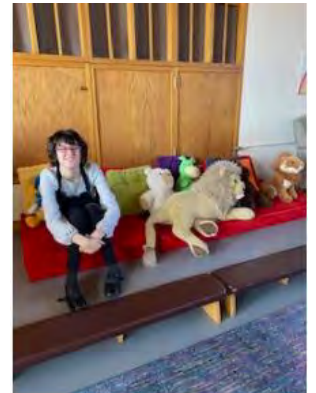
TRADEworks



TRADEworks students are working very independently. We have several tasks to complete in a short amount of time each day. Students need to arrive ready to work, follow directions, practice flexibility, and cooperate with their co-workers. If you like to get out into the community and work hard, consider choosing TRADEworks for next year.



Jobs at CTL



Jobs at St. Thomas Church



Jobs at Reach Church and Special Olympics

Vocational Arts

18-22 Year old Program

In April we continued to work on Seasons and Seasonal Jobs. We have been identifying appropriate clothing to be worn based on the weather. We will continue working on social skills and personal information, along with IEP goals.

We completed several fun craft/art activities related to Spring. The students are always working on activities and crafts and simple cooking activities. We made Banana Sushi and Chex Mix to help us with our fine and gross motor skills. New classroom schedules and visuals have been introduced to help with independence. We have been out in the community making purchases at Shop-Rite – following directions, navigating a store safely, identifying items needed for recipes.

Keep an eye out for information pertaining to End of School year activities and events and important dates.



WOODworks

This month, we've been getting ourselves ready for mock interviews. That means we've been practicing how to talk about ourselves, making sure our resumes look good, and learning how to impress future employers. It's all about showing off what we're good at and getting ready for the real world. Even though we've been working hard, it's important to remember to celebrate our successes. Whether it's nailing a tough interview question or mastering a new skill, every little victory is worth celebrating. It's all about recognizing how far we've come and feeling proud of ourselves.



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

