

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

Networks News

December 2023 / January 2024



**Have a Wonderful Holiday &
Happy New Year 2024**

*School Reopens for students on
Wednesday, January 3*

Additional Upcoming Dates to Keep In Mind for January Include:
January 17 and 18 Professional Dress

No School for students on:
January 1st, 2nd, 15th, 26th and 29th



From the Nurse's Office



How to Calm



The Dreaded Cough

Catching a cold is normal in the winter when we spend so many hours inside sharing the same air and **GERMS**. Coughing that comes along with the cold is a key part of the body's recovery process, even if it feels and sounds as though your child's symptoms could be getting worse. [Katie Lockwood, MD](#), a pediatrician at Children's Hospital of Philadelphia (CHOP) recently shared ways to help individuals get through their cold and soothe their cough. Excerpts from the article are noted below:

Coughing is a normal symptom associated with a cold, and rarely indicates something more severe. The cough reflex clears out excessive mucus and protects the lungs from pneumonia so many doctors do not give medications to stop a cough even though it is very irritating to the sick person.

Noisy breathing is normal and results from vibrations of mucus in the nose or pooling in the lower throat and is often referred to as 'rattling in the chest'. Coughing up mucus is actually a sign the cold is improving and the infection is starting to break up. We are actually coughing up the damaged cells. The yellow or green sputum (phlegm) is part of the normal healing phase of viral bronchiolitis (usually caused by a cold or flu virus) and it does not mean there is a bacterial infection. It is important to note that a cough can last a while longer (up to 3 weeks) as the trachea repairs itself.



What you can do to cope with your cough

Try to rest and make your family member or yourself as comfortable as possible when battling a cold. Many people do not like to eat or drink while sick because of the pain of swallowing and this causes many people to become dehydrated. It is very important to stay well hydrated throughout your cold. If your family member is one year old or older, give them warm apple juice, milk or decaffeinated tea with honey in it. The warm liquid can soothe their throat and loosen the mucus. Help clear their chests with a cool mist humidifier or turn on the hot shower and breathe in the steam.

Signs you should see your primary care provider

If your child is coughing up blood. The color and consistency don't really indicate a level of severity and many pediatricians are not too concerned about the color, just whether or not there's blood.

For younger children, it's rare for them to cough and show you any mucus. But if your child is having difficulty breathing or their temperature increases beyond normal, you should contact your pediatrician.

Contact your pediatrician immediately if you are exhibiting:

- Blood in the mucus
- Harder or faster breathing
- Using chest or abdominal muscles to breathe
- Tugging or flaring nostrils while breathing
- Uncontrolled fever

Cover your Cough



Cough or sneeze into your upper sleeve, not your hands.

OR



Cover your mouth and nose with a tissue.



Put your used tissue in the waste basket.

Clean your Hands

After coughing or sneezing:



Wash with soap and water.

OR



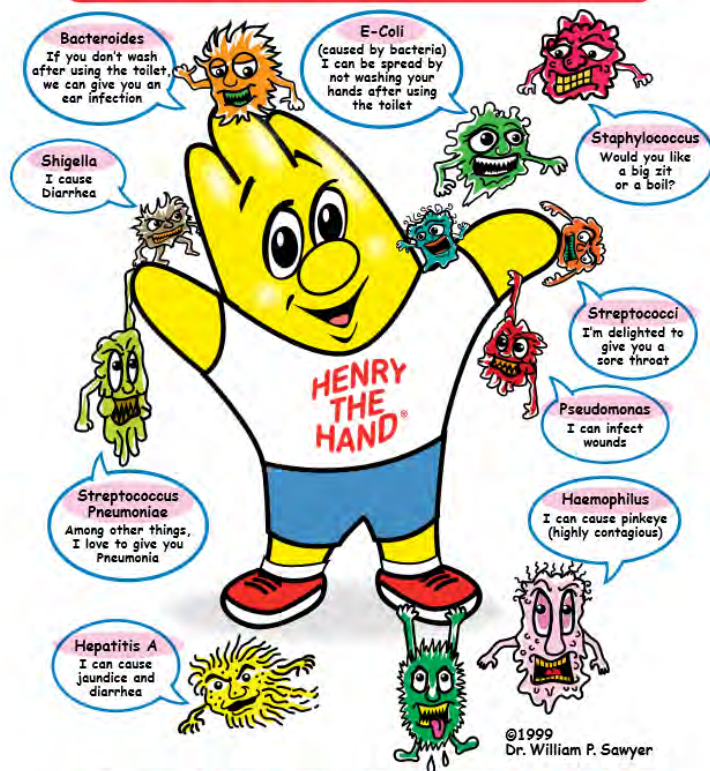
Clean with waterless hand cleaner.

As we gather with others for the holiday season whether it is our own extended family members or with others we may not even know at holiday spectaculars, there is a higher chance of coming in contact with germs that may make us ill. Our first thought is the common cold, the FLU or even COVID. Let's all do our part in staying healthy not only during the holiday season but all winter long. Stay home if you are ill or if you must go out; wear a mask to prevent spreading germs.

Remember there are MANY other viral infections that do not have vaccines: CMV, RSV, enterovirus, AFM (Acute Flaccid Myelitis), parainfluenza, Coxsackie, Norovirus and many more!
Then of course there is MRSA, Strep, C difficile, E coli and many more bacteria, as well!
It will have a positive impact on their health and wellness if you share them!

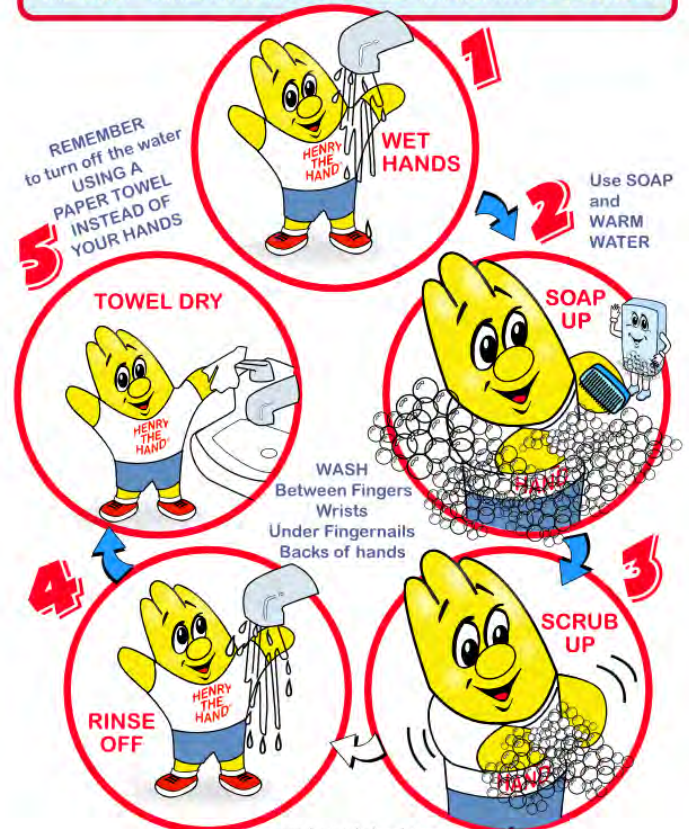
OUR BEST DEFENSE AGAINST GERMS AND GETTING ILL IS HANDWASHING!!!

Do You Have Any Idea What Germs Could be on Your Hands?



The 4 Principles of Hand Awareness have been endorsed by the AMA & AAFP
www.henrythehand.com

HENRY THE HAND'S HAND WASHING GUIDE



www.henrythehand.com
©1999 Dr. William P. Sawyer

Help Keep the
Networks Program and Your
Home Healthy

Spread the Word
Not the Germs



Henry the Hand's®
4 Principles of Hand Awareness:

1. WASH your hands when they are dirty and BEFORE eating.
2. DO NOT cough into your hands.
3. DO NOT sneeze into your hands.
4. Above all, DO NOT put your fingers into your eyes, nose or mouth!



Networks Family Corner

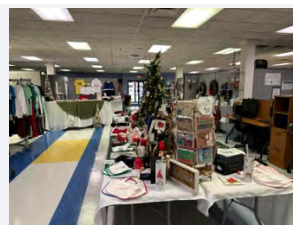
Here are a few parent quotes we received recently from some of our customers / student family members regarding our program and their experience with our annual holiday shop.



My Networks live wreath. Well constructed and beautiful. I love the variety of greens. So pleased.

Those shortbread sticks were amazing!

My son loved shopping for his family and he got see some amazing people! Thanks!



I'm so excited about my purchases - thank you! I even ended up ordering a catering tray for this week! The students all did a great job interacting with the patrons - congratulations on a successful event!

Merry Christmas, Happy Holidays, and Happy New Year!! 🌲🥳

REMINDER: We are always looking for your feedback about your experiences with our services, products, areas, events, and even our school. 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



Most students have completed their Personal Data Sheet and will begin their Reflection Sheets and Pocket Resume. Information gathered from this will be used on future documents.



Students also have been working hard on creating winter projects to sell at the Networks Annual Holiday Shop. It was wonderful seeing the students hand draw characters and use various football teams for the wooden snowmen. Philadelphia Eagles and the Dallas Cowboys were popular.



BITWORKS Holiday Edition

Happy Holidays!



MAINEVENT



BITworks would like
to thank all the
community
worksites we have
partnered with this
year.



Walgreens



Caffè Gelato
RESTAURANT
+ CATERING

FORMAL AFFAIRS
Tuxedo Rentals and Sales

DOLLAR GENERAL®

We have had a great time
learning and growing with our
community partners. Look for
paperwork in the New Year for
new opportunities for BITworks
students.



BRENNENworks

Season's Greetings from BRENNENworks. We have been actively working on creating materials that were used at the Networks Holiday Gift Shop as well as materials that will be used at this year's Winterfest.

We are looking forward to taking a little break from all this hard work so we can get back to business in the New Year.



Co-Op Corner

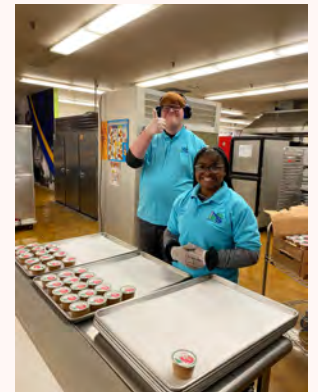
As 2023 comes to a close, it is a time for reflection. The Networks Co-Op department would like to thank the following community members for offering their support and expertise in helping our students gain experience in a wide range of vocations.



**Deer Park
Dollar General
Eco-Plastics
Family Dollar
Gauger Middle School
Goodwill**



**Klondike Kate's
Little Sisters of the Poor
Newark Natural Foods
Premier Physical Therapy
Zingo's**



As for new beginnings in 2024, we would like congratulate two of our Networks students on acquiring jobs:

**Ariel Guzman- Rodriquez (Wawa)
and
Jayden Hutchison (Goodwill)**

COPYworks News

COPYworks has been very busy getting things ready for the Holiday Shop and all our orders that need to get out before the holiday break. This month we have been working very hard at making sure we wear the proper clothing on Professional Dress days.

The students have worked very hard at making a yearly calendar for a customer. This calendar had students to learning how to print, double check all the art work as well as making sure the calendar pages were in order. Then they had to add a plastic cover and back to each calendar. After this step, they had to hole punch all the pages and add a coil to the calendars.

It was a very tedious job with many skills that were implemented.

Super proud of our students!

We hope that all our students and their families have a safe and wonderful holiday!



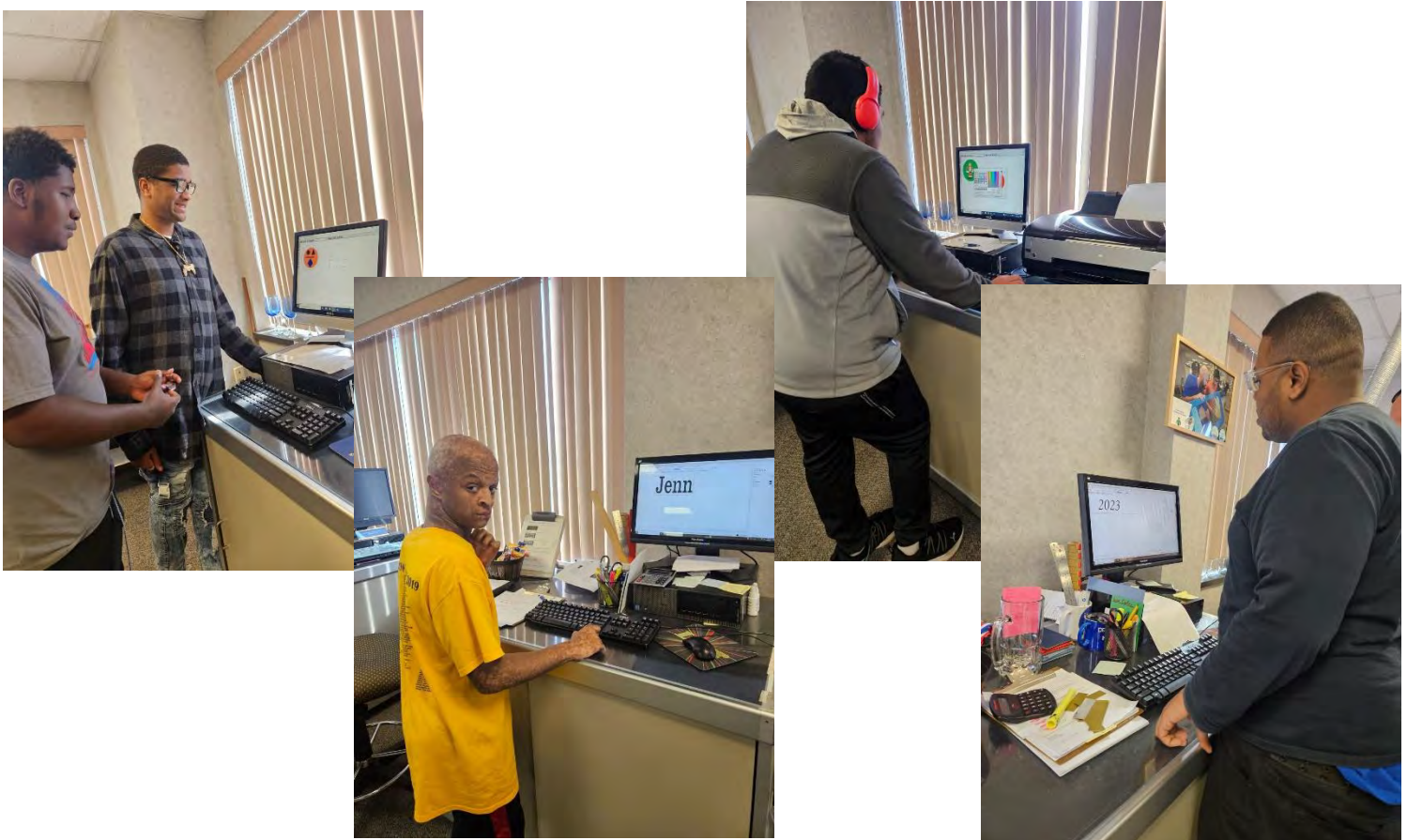
Here are some student's working on the calendar and other Holiday Shop items that were made.



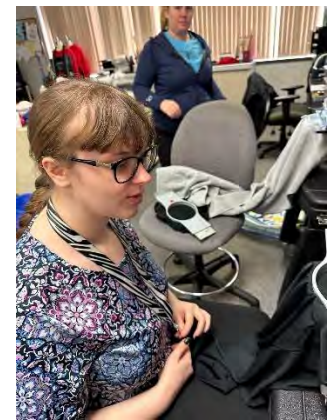
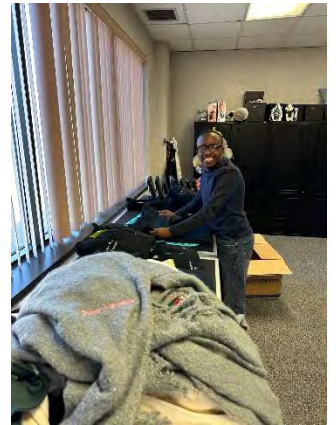
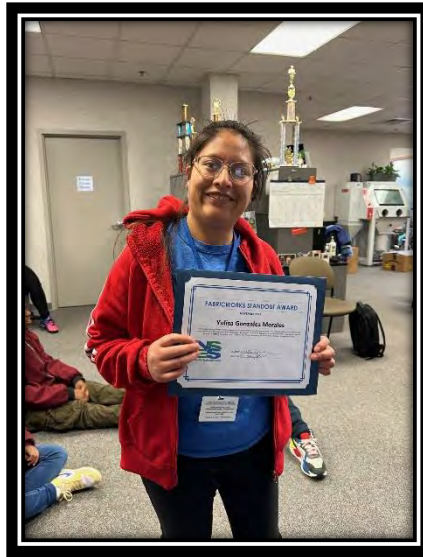


Using Computers to Design

We use computers a lot in ETCHworks. They are an important part of our design process. In ETCHworks we use 2 computer programs to complete customer orders. Photoshop is a full color design program that we use for our sublimation equipment. Coreldraw is the program that we use for our laser machine and our sandblaster. In order to prepare our customer orders we must know how to use both programs. Congratulations to the ETCHworks Standout Student this month Ariel Guzman!



FABRICworks

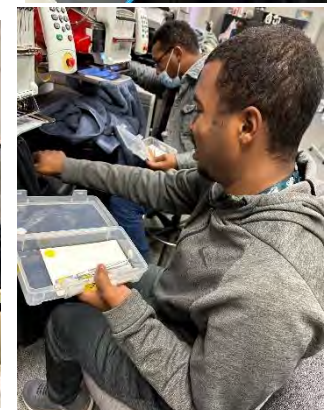
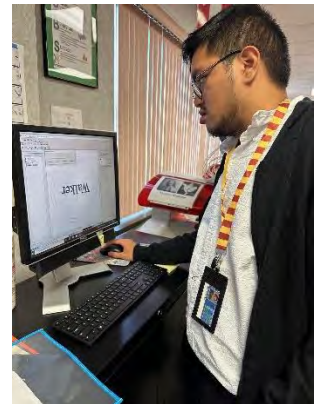


Pictured above is our Standout Student of the Month: Yulisa Morales-Gonzalez. Congratulations to her!!

If you check out the other pictures, students are busy working hard. This month is particularly busy due to holiday orders.

Students are experiencing what it is like to work under pressure as production has increased.

We are happy to report that FABRICworks has accepted the challenge and were quite successful!



FLORALworks

December 2023

We were busy in FLORALworks this holiday season. Students made ornaments with dried flowers for the holiday shop. We decorated and made homemade wreaths for the holiday shop. Some wreaths were decorated with fruit that our students dried!



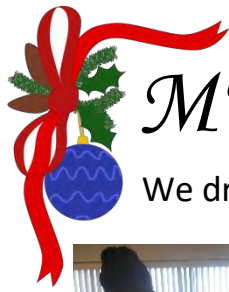
MERCHANTworks

This month our focus in MERCHANTworks has been “Making a good impression on the job”. The MERCHANTworks students learned:

- the importance of dressing appropriately for a job interview,
- making a good first impression,
- having a positive attitude and
- what qualities all good employees should have.

The students helped set up products and decorations for the Networks Holiday Shop. When our shop was over, the students helped safely take down and pack away holiday treasures that were not purchased for use in the future.





MUNCHworks was very busy this month.

We dropped, rolled, baked, decorated and packaged hundreds of cookies,



and various other confections...and we enjoyed (almost) every minute of it!



We also made, packaged and gussied up some other food items to sell at the extended hours here at Networks Holiday Shop.



*In the New Year, please consider MUNCHworks
for all of your catering needs.*

*Wishing You and Yours the
Happiest of Holidays!*

TEAMworks

This month TEAMworks is working hard to finish up our orders before we have the Holiday break. We are looking forward to celebrating Winterfest here at Networks. We have designed a special t-shirt for everyone to make on that day. We created four designs for all of the students to vote on. The winner is number **three**.



Number 1



Number 2



Number 3



Number 4

And the winner is....



Number 3

TRADEworks

One of the most important aspects of TRADEworks is TEAMWORK. We rely on our coworkers to carry supplies and complete job tasks cooperatively. Students must practice patience, flexibility, and communication skills in order to get the job done.



Vocational Arts

18-22 Year old Program

Vocational Arts is learning about and working on laundry basics. Activities include:

- sorting
- folding
- washing
- drying
- putting away clothes

Students are working on identifying personal information and understanding their role in their IEP.

We have been working on new vocational tasks including:

- alphabetizing
- sorting by number and/or letter
- sorting and counting specified amounts

To help us with our fine and gross motor skills as well as following directions, we worked on some holiday crafts.

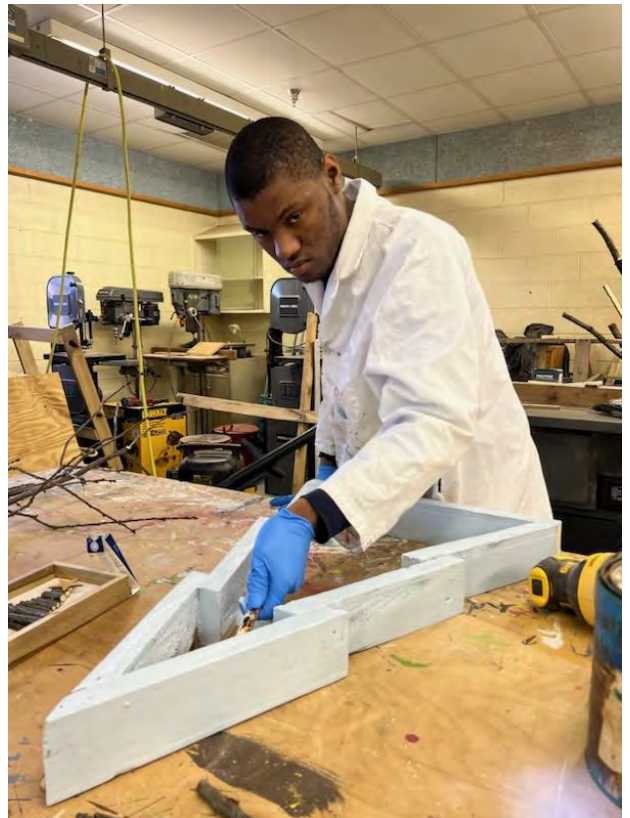
We went to Christiana Mall this month and each student participated in a Scavenger Hunt to find weather appropriate and professional dress clothing. While at the mall, we ate lunch in Food Court. Each student identified what they wanted to eat and made food choices based on their preferences. They ordered food using their preferred mode of communication. Students worked on socially acceptable behavior and manners in public.

We continue to look for opportunities to go out in the community and assist with activities within the District.



WOODworks

Our students have truly outdone themselves this winter! From charming rustic trees to cozy wooden ornaments, our woodshop is brimming with the festive spirit. As always safety is a cornerstone of our woodshop, and we're proud of the progress our students have made in understanding and practicing safe woodworking techniques. All items this year were either cut or stained/painted by WOODworks students. Staining and painting requires a delicate touch and patience. Our students have embraced the process, learning to appreciate the beauty that unfolds with each layer of color. Through this journey, they've not only honed their artistic skills but also cultivated a sense of mindfulness.



Counselors Corner



Whew! We are half way through the school year and the struggles are REAL! Managing your emotions can be difficult, especially in challenging times. Below are some ways to **MANAGE YOUR EMOTIONS**:

1. Remind yourself it is **NEVER** ok to hurt others
2. Slow down, take some deep breaths & count to 10 **SLOWLY**
3. Use your **WORDS** to say how you **FEEL** and what you would like to have happen or be different
4. **ASK** for help from a teacher, school counselor/psychologist, trusted adult or friend
5. Take time to **CALM** down by pressing pause and finding an activity you enjoy



I FEEL	I NEED TO
Overwhelmed	take a deep breath and think about one thing at a time
Sad	write down how I'm feeling or talk to a friend or grown-up about what is making me feel sad.
Angry	take a step back, and think about how I can have a calm conversation about why I am angry
Drained	rest and recharge by lying down or resting without a screen for a few minutes
Frustrated	calm down by taking a water break, a few deep breaths, and then try again
Restless	take a walk around my neighborhood or turn on some music and dance

@seanforfitkids

BACKPACK PROGRAM



The Food Bank of Delaware's Backpack Program provides food to children for weekends and holidays when school is not in session and federal school meal programs are not available. Backpacks are stocked with kid-friendly, nutritious food including shelf-stable milk and juice, pop-top meals, macaroni and cheese, apple sauce, cereal and more. They are distributed on Fridays or the last day before a holiday or vacation in a discreet manner at schools, daycares, preschools and other community-based organizations.

Food is purchased by the Food Bank of Delaware and informational flyers and activities are also provided. Bags are delivered year round to participating sites weekly. Site staff store the bags in a secure area until distribution day. Bags are deposited into the child's backpack in a discreet manner. Dependent upon availability, school supplies are also distributed in the take-home bags.

Program Outcomes:

- Reduce health problems in children served by mitigating negative consequences of under nutrition
- Remove the barrier of hunger that contributes to poor school performance
- Empower school personnel to take direct action to benefit hungry children
- Increase awareness among parents and guardians of resources available to low-income families in their community
- Increase awareness of positive nutrition to students' families



OUR IMPACT



239,772 bags distributed



183 partnering sites



7,748 child participants

Supporting the Program:

It costs approximately \$300 to provide one child with weekend food for an entire year. This includes the cost of food for each week, supplies, transportation and program administration.

To support the program:
Larry Haas, Chief
Development Officer, at
lhaas@fbd.org.

To become a backpack site:
Please contact Chris Willis at
cwillis@fbd.org.

A member of



Information as
July 1, 2022 - June 30, 2023



A community free of hunger
www.fbd.org

Hello,

My name is Christopher Willis, the Backpack Program Coordinator for the Food Bank of Delaware (Food Bank). I have created this form to ask if the Food Bank can be of any assistance for your child. Reported by Feeding America, 1 in 7 children face hunger every day in the state of Delaware. To confront that issue, the Food Bank created the Backpack Program to assist feeding children on the weekends. Participating children will receive a pack filled with food each Friday, it includes; 4 complete non-perishable meals and 2 snacks for the weekend.

If you would like your child to participate, please fill out the form on the back of this letter and return to the school. Thank you for participating in this program; we appreciate the opportunity to assist your family at this time. If you have any questions about the program, please feel free to contact me. If you have children at other schools and would like to inquire about participation, please reach out to me.

Christopher Willis
Backpack Program Coordinator
Food Bank of Delaware
302-292-1305 ext 233
cwillis@fbd.org

The Backpack Program is an Equal Opportunity Provider.

Name of School or Organization

Child's Name and Grade (if applicable)

Child's Teacher or Instructor

Signature



A community free of hunger
www.fbd.org

Hola,

Mi nombre es Christopher Willis. El coordinador del programa de mochilas para el Banco de Alimentos de Delaware (Food Bank). Yo he creado este formulario para preguntar si el Banco de Alimentos puede ser de alguna ayuda para su hijo. Según Feeding America, 1 de cada 7 niños enfrentan hambre todos los días en el estado de Delaware. Para enfrentar ese problema, el Banco de Alimentos creó el Programa de mochilas para ayudar y alimentar a los niños los fines de semana. Los niños participantes recibirán un paquete lleno de comida cada viernes, que incluye; 4 comidas completas no perecederas y 2 bocadillo para el fin de semana.

Si desea que su hijo participe, complete el formulario al dorso de esta carta y devuélvalo a la escuela. Gracias por participar en este programa; apreciamos la oportunidad de ayudar a su familia en este momento. Si tiene alguna pregunta sobre el programa, no dude en ponerse en contacto conmigo. Si tiene hijos en otras escuelas y desea solicitar información sobre la participación, comuníquese conmigo.

Christopher Willis
Coordinador del programa de mochilas
Banco de Alimentos de Delaware
302-292-1305 ext 233
cwillis@fbd.org

El programa Backpack es un proveedor que ofrece igualdad de oportunidades.

Nombre de la escuela u organización

Nombre del niño y grado (si corresponde)

Maestro o instructor del niño

Firma

El programa Backpack es un proveedor que ofrece igualdad de oportunidades.