

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

# Networks News

## Networks Student Recognition Ceremony Friday, May 9th 11AM Aetna Fire Hall

It is that time of year to once again recognize our Student of the Year from each enterprise area as well as our 2025 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 5th - 9th*

*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.*

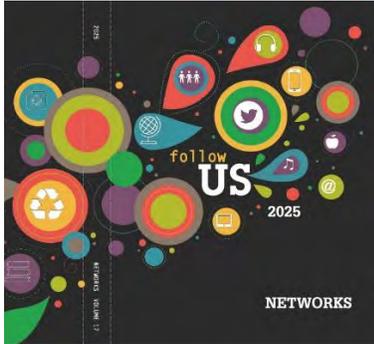
*Please take a minute to thank a staff member for all they do.*

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

**Dates to Remember**  
**Professional Dress May 8 & 9**  
**School Closed: May 23 & 26 for Memorial Day**  
**Networks Annual Bar B Que May 22**  
**PBIS Event # 4 - Cape May Zoo June 9**



# 2025 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 2025!

**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: \_\_/\_\_/2025

NETWORKS AREA: \_\_\_\_\_

Payment

*Please return all orders with payment to Ms. Georgette.*

via:  Cash  PLUSes  
 Check  Money Order



## Good Nutrition

Have you heard the phrase “you are what you eat”? This means that the food we eat effects whether our bodies have the building blocks to be healthy throughout each stage of life. Making healthy food choices reduces risks for chronic, lifelong diseases and improves our sense of wellness. Our nutritional needs change as we grow and age. For most people, food choice is based on habits, customs, values, and attitudes. Learning what to eat and which food is preferred is learned in our earliest experiences. Food is associated with emotion, our relationships to others, and even our environment. Many types of foods are nutritious. Food selection, the way food is prepared, and the experience of eating all contribute to our health and well-being. Here are some basic tips about a well-balanced selection of food. Now see how the “My Plate” ideas apply to foods from different cultures. Whatever foods you choose, remember the principle to add lots of color to your selection. Add more color to your diet. Don't forget to drink water! Water is an essential part of your healthy diet.



## Nutrition: Food Labels

Labels found on packaged foods contain four groups of nutrition facts: Servings, Calories, specific nutrients, and the %Daily Value that the nutrients contribute to your daily diet. The total calories that your body needs each day depend on your age, sex, height, weight, and activities. Check how many calories you need each day. Label information is helpful to choose healthy foods and to compare nutrition information between different packaged foods. Click for more information to understand the nutrition label. So how do you know what label information is important for you? In general, select foods that are lower in saturated fats, sodium, and added sugars. Select foods that are higher in nutrients such as calcium, vitamin D, iron, and fiber. Use the nutrition label facts along with MyPlate recommendations to make the best food selections for your lifelong good health.

Nutrition Facts	
Serving Size 8 oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 100
% Daily Value*	
Total Fat 10g	20%
Saturated Fat 3g	6%
Trans Fat 0g	0%
Cholesterol 20mg	40%
Sodium 10mg	20%
Total Carbohydrate 7g	14%
Dietary Fiber 5g	10%
Sugar 1g	2%
Protein 10g	
Vitamin A	4%
Vitamin C	2%

## HEALTHY EATING APPLE PIZZA



### Ingredients:

1 tbsp lemon juice - 2 apples - 2 tbsp peanut butter

### Toppings:

What you like: fruit, mixed seeds, cinnamon.

### Directions:

1. Core the apples and slice, then put in the bowl of mixing cold water and lemon juice
2. Drain the apples and spread peanut butter onto one side of each apple ring.
3. Top with your desired topping and enjoy

## GET MOVING



### Make a splash with swim safety

Swimming is a great way to exercise and it is fun! But it can be dangerous if you do not maintain safety practices. The best way to stay safe while swimming or boating include:

- Learn to swim
- Wear a life jacket when on a boat
- Swim with a buddy, never alone
- Swim in designated areas
- Learn to float – if you get tired don't panic, try to float until you have enough strength to return to shore or the edge of the pool.



If you do not know how to swim, think about signing up for swim lessons. YMCA, Boys and Girls Clubs plus local swim clubs often have swim lessons offered throughout the year.

## KEEP CALM AND...

### Meditate: Heart Coherence



Your heartbeat will synchronize with your brain wave when you practice breathing. Breathing slowly and gently in a smooth, even and balanced rhythm. Maintain your focus on the central area of your chest. As you continue your heart-centered breathing, think of a moment of when you have experienced a positive feeling such as contentment, calm, joy, or appreciation.

Try putting your hand on your heart or focus on your heart when you inhale from the nose and exhale from the mouth. It will harmonize your mind, body, and emotions, which creates a coherent heart rhythm. This meditation will bring a feeling of appreciation, compassion, or love into your awareness. Try to practice heart coherence meditation 10 minutes / day.

# AUTOworks

Our focus in AUTOworks has been working on improving our auto detailing skills. With the warmer weather, the students worked on many customers vehicles as well as cleaning the shop, refilling our chemicals and emptying the vacuums.

We introduced the students to what “Positive Attitudes In Keeping A Job”. They learned that a positive attitude can help you not only in everyday life but also in the work field.

Finally, we worked on our interview skills by role-playing what they expect during an interview. Some students participated in “Mock Interviews” sponsored by our Co-Op department. This will surely help our students on their road to success!



# BITWORKS NEWS

## BITWORKS LOOKING PROFESSIONAL



Many students participated in their mock interviews during BITworks class time. Students were very encouraging of one another and looked work-ready in professional attire.

## LESSON TOPICS

### Nearpod:

Learning about budgeting and different payment strategies will help to increase students' independent living skills.

### Move This World:

Breathing exercises as a way to calm our thoughts and bodies has been our focus.

## APRIL MONTHLY HIGHLIGHTS

### In the Classroom

Some classes had a chance to test their design and construction skills by building boats from aluminum foil and seeing how many pennies it could hold.



### At Training Sites

We are striving for more independent work by the students at our work sites. Once they have received instructions they are to attempt to complete tasks independently.



### At the School Store

With the addition of a pricing gun to our supplies, students have been placing individual PLUS price stickers on each item which makes check-out easier.



## CONTACT INFORMATION

### Email Addresses:

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Jason.Lomas@christina.k12.de.us

### Networks Phone:

(302) 454-2233

## REMINDER

Professional Dress days are excellent ways for your student to earn additional PLUSes. Please encourage them to "dress to impress" on May 8th or 9th.

# BRENNENWORKS

## KINDNESS EDITION

April 2025

### Day of Kindness

April 28, 2025

We celebrated National Day of Kindness. We talked about what it means to be kind. We decided to color some cards and cut them out.



We then delivered them to staff mailboxes and student lockers!



### Kindness Matters



### Kind Words Cost Nothing



"IT'S COOL TO  
BE KIND."  
- ANONYMOUS



© The Valley Middle School Teachers

# CO-OP CORNER

## Westin Internship

Three Networks students are currently completing an internship at the Westin on the Riverfront. They are learning how to use industrial grade washers and dryers and also clean common areas at the hotel. In addition, students participate in lessons that educate them on professional dress, going to interviews, appropriate work behavior, and how to read a work schedule. So far this has been a very positive experience and we look forward to watching the students progress.



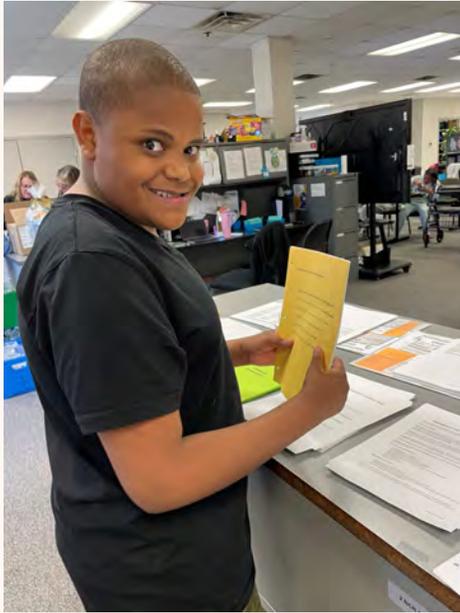
## Goodworks Spring Session

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. Students prepare the store for customers by stocking shelves, organizing items and pulling outdated items. The students have been doing a great job!



# COPYWORKS NOTES

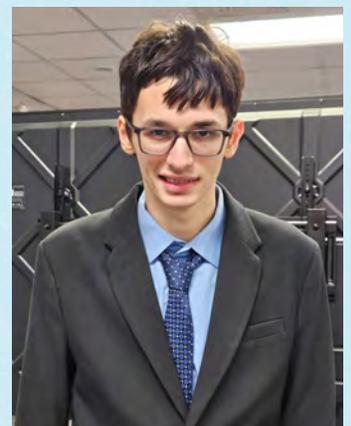
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**STUDENTS HAVE WORKED ON  
ASSEMBLING BINDERS AND  
MAILERS THIS MONTH. WE ALSO  
CHOSE ACTS OF KINDNESS TO  
SPREAD WITH OTHERS!!**

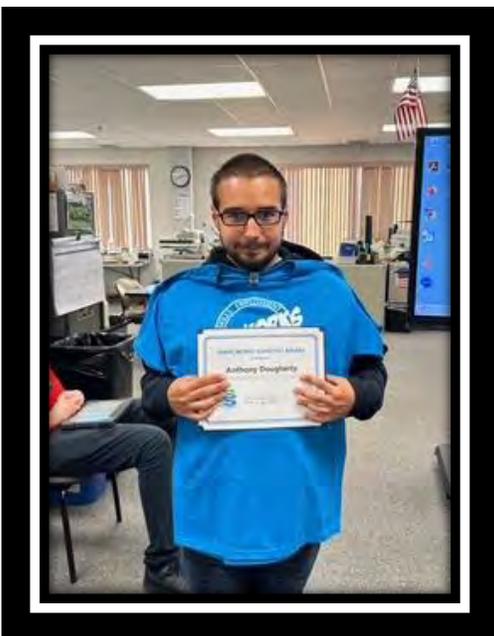
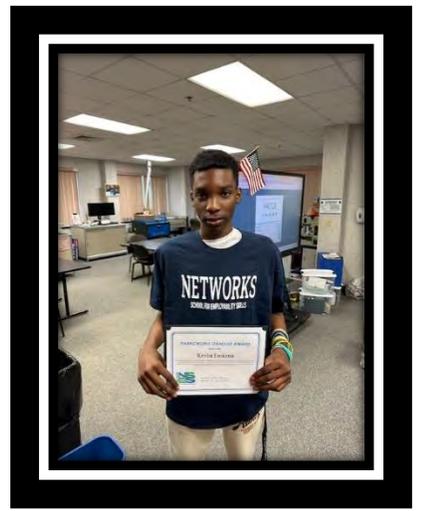
# ETCH PRACTICES FOR THEIR INTERVIEWS

All of the students in Etch spent the month preparing for their Mock Interviews. We practiced interviewing in person as well as interviewing on Zoom. All of the students were prepared and knew how to dress, answer questions and even ask questions of the interviewer.



# FABRICworks

**We'd like to recognize the**  
FABRICworks Enterprise Area  
Standout Students during the  
2024-25 School Year. We are so  
proud of you all!





# FLORALWORKS

This month we have been working hard preparing for our involvement in FFA. Our goal is for our students to submit 5 entries each in the Delaware State Fair this year.

Our students have been working on silk and dry flower arrangements. They have also been planting various vegetables. Here you will see our students learning how to use a drill, hammer and small screw driver to make drainage holes in cans to transfer our vegetable plants when they mature.

Our students continue to work on flower arranging, following directions, helping their peers and working as a team. We couldn't "Bee" more proud of each of them and all that they have learned here in FLORALworks.



# MERCHANT works



Students practicing GNAP

GREETING  
NAME  
AFFILIATION  
PURPOSE

# MUNCHworks is preparing for the Olympics

...the Networks Work Olympics that is. 😊

This year, ALL Networks students will have an opportunity to compete in various skills competitions that demonstrate their learning, and mastery, of real-world skills employers demand from entry-level employees.



The various categories provide career development experiences and represent some of the most in-demand skills needed across a number of industry trades.



The competition events are: Bussing and Setting Tables, Recycling, Culinary Tools Identification, Folding Towels, Sorting Mail, Sizing/Hanging Clothing, Weighing and Packaging, Job Interview, Stuff/Label Envelopes, and Hardware Assembly.



Now that the flowers are blooming, the days are getting longer and the weather is heating up Munchworks will begin to work outside planting and growing our herb garden.

# RECYCLEworks

It's getting **HOT** in here! RECYCLEworks has started experimenting with heat. After sorting milk jug caps for color, we have melted them to make polywood. Our journey has just begun...stay tuned for more shapes, colors, and sizes.



We are using special heat resistant silicone gloves to protect our hands!



# TEAMworks



TEAMworks celebrated the Day of Kindness here at Networks. Our class distributed pencils and erasers that had words of kindness to all of our students.

The smiles received from fellow students was well worth the effort made to celebrate the day.



# TRADEworks

**TRADEworks students continue to practice basic custodial / house-keeping skills working in paired teams to get the job done and meet our customers expectations.**

**After learning the many aspects of custodial skills, students are now advocating for themselves to be able to work on their preferred job activities.**



**During classroom activities, we are focusing on money – including budgeting, bank accounts and creating shopping lists.**

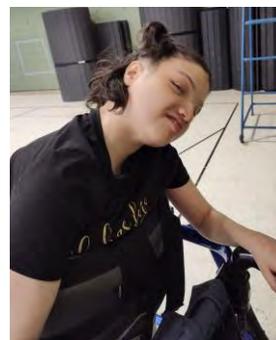
**Early in the month we worked on interview skills, appropriate dress for an interview and what you should bring to an interview. Many of our students participated in Mock Interviews arranged by our Co-Op Department.**

# Vocational ARTS

Hello again from Voc Arts. We have been very busy working on a variety of skills. Our school store has opened and we have been helping our customers. Students have been working on our FFA project – planting and growing vegetables.



Even after all this work, we still find time to have a little fun! We do enjoy our gym time and getting up and moving!



All this and we are getting more excited to be outside as the weather gets warmer! Lots to do, so we *gotta go!!*

# WOODWORKS

As April wraps up, our students have completed all spring orders and are now shifting gears into a new, exciting phase! The workshop is buzzing with creativity as students begin **brainstorming, designing, and building their own personal projects.**

This work encourages independent thinking, problem-solving, and hands-on skills. From sketches to sawdust, students are turning their ideas into reality — whether it's custom furniture, boxes and trays, or bird houses. We're proud to see their confidence and craftsmanship.





# Power of Positive Thinking

Positive thinking can help build confidence, coping skills, and resilience. It can also make us more resistant to peer pressure, guarantee better decisions, and ensure we stay on top of school and work — all important skills for thriving in this stage of life. With the right support, these benefits can be felt across all areas of your life — both now and in the future.

## What is Positive Thinking?

Positive thinking is the practice of replacing negative thoughts with positive ones. It's about recognizing and transforming self-talk from "I can't do this" to "I can do this." It's about believing in yourself and your abilities rather than focusing on all the things that can go wrong.

Positive thinking is the opposite of negative self-talk, which can reinforce a cycle of low self-esteem and lack of confidence. By replacing negative thoughts with positive ones, you can learn to live life with optimism and have a healthier outlook.

## Benefits to Mental Health

Did you know that positive thinking can help improve your mental health? While it won't cure mental health conditions like anxiety and depression, having a positive outlook can help you manage the symptoms of these mental health concerns.

Positive thinking can also help buffer the effects of stress. Stress can lead to physical illness, mental burnout, and even depression. But when you have a positive outlook, it can help you cope with stress and even boost your mood.

# 5 WAYS TO PRACTICE POSITIVE THINKING

## 1. Practice Gratitude

Gratitude is all about appreciating the good things in life. Take some time each day to pause and appreciate what you have, such as:

- Friends and family
- Your education
- Experiences you've had

As you practice gratitude, you'll find it easier to reframe negative thoughts and look for the silver lining.

## 2. Set Positive Goals

Goal setting is a great way to stay motivated and on track. Set realistic goals for yourself that focus on your strengths and successes rather than your weaknesses. When you achieve your goals, it's a great way to boost your self-confidence and appreciate how far you've come.

## 3. Manage Your Thoughts

Negative thinking can become a habit, and it's hard to break out of it. Instead of trying to rid yourself of negative thoughts altogether, learn to manage them. Challenge your negative thoughts and replace them with more realistic or positive ones for actionable positive thinking for teens.

## 4. Exercise

Exercise is a great way to boost your physical and mental health. Exercise releases endorphins, which can help reduce stress and boost your mood. Plus, it's a great way to channel your energy and stay motivated and create a great mental health self-care routine.

## 5. Be with Positive People

Surrounding yourself with positive people can help boost your mood and outlook on life. Look for people who bring out the best in you and help you stay focused on the good things in your life.