

Networks News



We would like to wish you a happy and safe holiday time spent with family and friends.

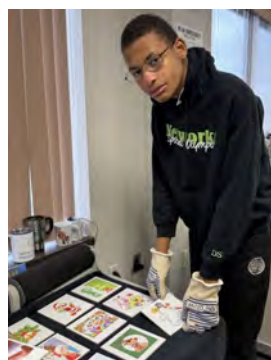
No School for students on:

November 25, 26, 27, 28, 29 Thanksgiving Holiday



Our students and staff have been busy getting ready for our annual Holiday Shop. Here are just a few pictures of our "elves hard at work."

Be sure to visit our event on Wednesday, December 11th and 12th from 8:00am until 7:00pm. Come early for the best selection. Items for sale will be replaced throughout both days.



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

Upcoming dates in December include:

December 11 and 12 Professional Dress
December 20 Winterfest

No School for students on:

December 23, 24, 25, 26, 27, 30, 31, January 1, 2 and 3



Our Holiday Shop / Extended Hours will be

DATES: Wednesday, December 11th &
Thursday, December 12th

TIME: 8AM until 7PM

LOCATION: 30 Blue Hen Drive, Newark
(Off Route 72 behind Eastern Marine and Verizon)

ENTRANCE: Will be through the main lobby doors.

Please Note: The number of shoppers in the building at any one time may be limited due to space constraints within the building

All visitors will be asked to remain in our Holiday Shop Area and not visit other enterprise areas

Pictures from previous events



Please do not park in front or on the side of the building during school hours of 8:00am and 2:00pm to allow for safe dismissal of our students.

We look forward to seeing you as you look for unique, handcrafted gifts for the holidays.

Our stock of holiday items may change daily.

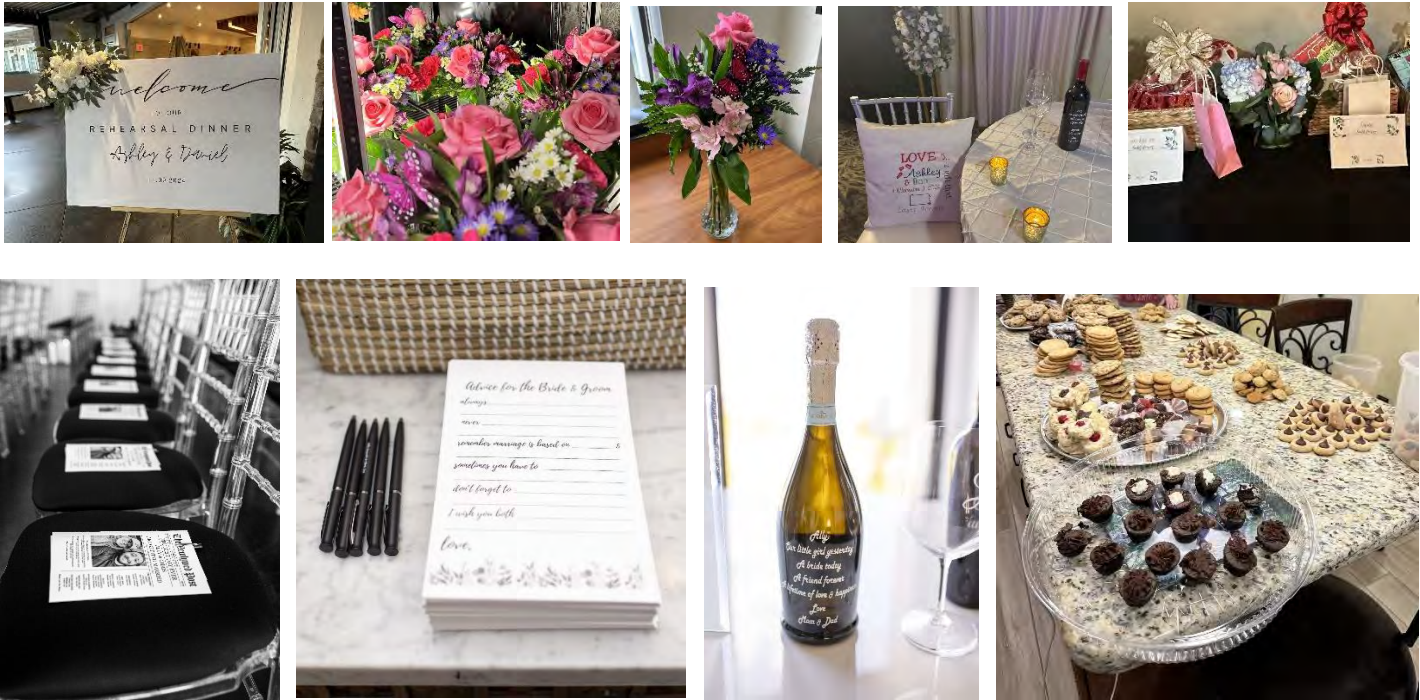




Networks Family Corner

Here are a few parent quotes we received recently from some of our customers and student family members regarding our program.

Our family can not **THANK** the different Networks Enterprise Areas for the amazing job they did in preparing a variety of items for our son and daughter's wedding and shower. From posters to wedding day programs to flowers and gifts, these items made their day even more special.



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.**



NETWORKS SPIRIT WEAR



Get your spirit wear today!!

Choices include T-shirts, Hoodies and Crew Neck Sweatshirts

5 Color Choices and 2 Logo Choices

Prices range from \$10.00 to \$30.00 in sizes small up to 6xl
(5xl for sweatshirts and 6xl for t-shirts)

DEADLINE FOR ORDERS HAS BEEN EXTENDED UNTIL Sunday, December 15th

Payment is in the form of cash or check payable to Networks PTSA at time of order pick up



<https://docs.google.com/forms/d/1tJcSJ6bqD7A2xKhlcw-VTjNSn2yDeEdfpZPjk2XCxOk/edit>

To order, click on the link above or scan the QR code.



From the Nurse's Office



As the weather is getting colder outside and the holidays are ramping up, we will be spending much more time indoors in the coming days, weeks and yes, even months. With the amount of time spent indoors, we are more susceptible to germs in a confined space that could lead to a cold and flu. I felt it was important to once again quickly review some information to help you make the “RIGHT” decision when trying to decide what to do in regards to keeping your son / daughter at home OR sending them back to school. This may be a good flyer to keep on your home refrigerator or bulletin board so you can make the “Right” decision for yourself or your child.

IS IT A COLD OR FLU ?		
Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

#FIGHT FLU

I need to **STAY HOME** if...

I have a fever . Temperature of 100.F or above.	I am vomiting within the past 24hrs.	I have diarrhea within the past 24hrs.	I have a rash with itching or fever	I have live head lice .	I have an eye infection . Redness, itching, or pus drainage from eye.	I have bad cough and/or feel too sick to function at school.	I have been in the hospital . Confined in the hospital or ER visit.

I am ready to go back to school when I am...

Fever free without medication for 24 hrs.	Free from vomiting for 24 hrs.	Free from diarrhea for 24 hrs.	Free from rash, itching or fever. I have been evaluated by doctor.	Treated with appropriate lice medication at home	Free from discharge and evaluated by doctor.	Symptoms of bad cold (sneezing and coughing, are gone.	Released by healthcare provider to return to school.
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If your child has strep throat or another bacterial infection, he/she should stay home until the antibiotic has been given for at least 24 hours before returning to school and your healthcare provider has given permission. We encourage you to seek medical attention when your child is sick to follow your healthcare provider's recommendations about returning to school and other activities

AUTOWORKS

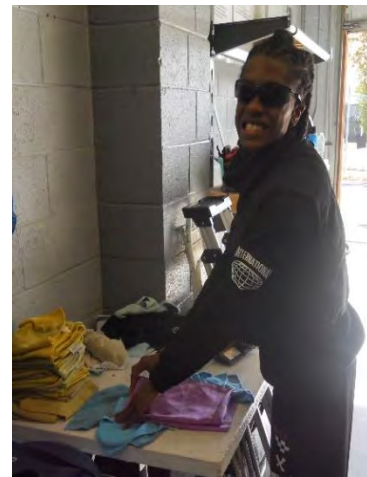
AUTOworks has been working to learn how to become more independent in preparation for their life after high school. Lessons included:

- What is a job
- What are their options once they leave Networks
- What types of hobbies they enjoy
- Service Learning

Our students have been participating in a variety of activities in the past month including:

- Professional Dress Days
- Student Business Leaders
- Our inaugural Community Cleanup Day

We also are creating products for the upcoming Winter Shop being held at Networks in December. This was accomplished while still providing quality customer service to our growing list of patrons!



The AUTOworks Enterprise Area would like to wish everyone a happy, restful and safe Thanksgiving Break!!!

BITWORKS NEWS

BITWORKS SERVICE



BITworks students are helping to organize the Networks Food Drive. They will be sorting and counting the donated items to determine the Area winner.

LESSON TOPICS

Nearpod:

Lessons have focused on employment topics including vocabulary, how to apply for jobs, and who can be professional references.

Move This World:

Recent MTW lessons address working through stress and developing connections.

MONTHLY HIGHLIGHTS

In the Classroom

Students are learning new computer skills including basic drag-and-drop coding as well as practicing math skills through computer games.



At Training Sites

Zingo's Grocery Store is a new site for BIT to go to weekly. Other sites include Main Event, Anytime Fitness, Walgreens, Formal Affairs and NUMC.



At the School Store

BIT students continue to enjoy working at the School Store. Thank you to those who have donated snacks and small items for the store.



CONTACT INFORMATION

Email Addresses:

Colleen.Naccarato@christina.k12.de.us

Jason.Lomas@christina.k12.de.us

Networks Phone:

(302) 454-2233

PLUS EARNINGS

PLUSes are earned for mature behaviors and being work-ready. Students also earn PLUSes for being in Professional Dress on specific days each month. Please encourage your student to participate.

Brennenworks

NOVEMBER 2024

WHAT WE ARE LEARNING

Job Interest

We talked about what a job is and how we can be successful in a job. We talked about what kind of job interests each of us. We talked about how we know what kind of job would suit each of us.

Service Learning

We talked about volunteering and what the difference is between volunteering and a job. We talked about service learning projects and why we do one here at Networks.

Food Drive Service Learning Project

We are collecting food for our service learning project here at Networks. We have collected canned goods and a few boxes of dry goods so far in our class.



UPCOMING EVENTS

DEC

11 and
12

Professional Dress

DEC

11 and
12

Holiday Shop

DEC

20

Winterfest

CONTINUING VOCATIONAL PROJECTS

- Pyramid Products
- Plastics Project
- Shredding
- Gaskets

CONTACT INFO

Email:

carly.howe@christina.k12.de.us

or send a REMIND message

COOP NEWSLETTER

NEWS FROM THE
COMMUNITY AND BEYOND

NOVEMBER
EDITION



WALGREEN'S INTERNSHIP

JOANN INTERNSHIP

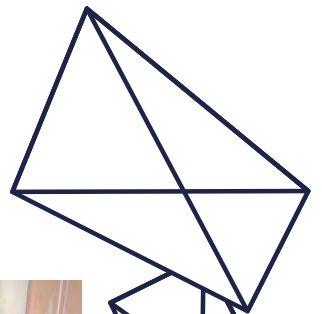
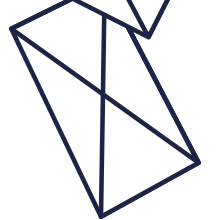
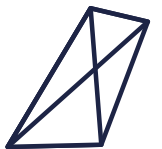
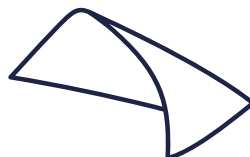
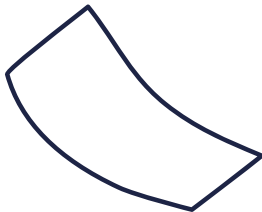
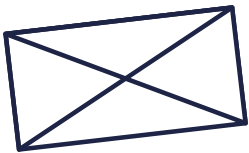
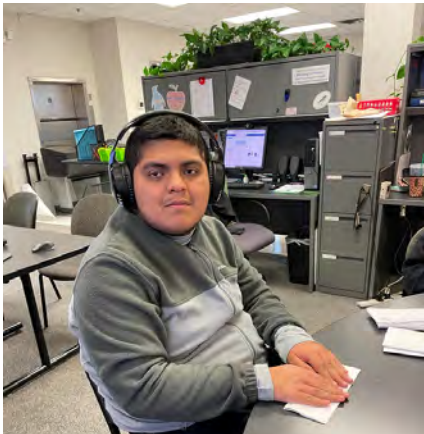
GOODWORKS INTERNSHIP

INTERSHIPS

PAID INTERNSHIPS ARE AN IMPORTANT STEP IN GAINING AND MAINTAINING EMPLOYMENT. DURING THESE OPPORTUNITIES STUDENTS LEARN, THROUGH EXPERIENCE, HOW TO BECOME EFFECTIVE EMPLOYEES. PART OF THE INTERNSHIP CONSISTS OF LEARNING THE SOFT SKILLS NEEDED TO BECOME A SUCCESSFUL WORKER. STUDENTS ARE PAID FOR THE HOURS THEY WORK ON SITE.

COPYworks News

This has been a month surrounded by envelopes! Students have been working on preparing and printing mailers, making notecards, stuffing envelopes, labeling envelopes, sealing envelopes and even mailing envelopes!





Personalized Holiday Cutting Boards

Personalize a Holiday Cutting Board just in time for gift giving.

The Cutting Boards are a 2-tone bamboo measuring 13.5" x 11.5".

Choose 1 of 4 designs and let us know how you would like it personalized.

Cost is \$20.00 per cutting board.

Cutting boards will be available for pick up at the Networks
Holiday Gift Shop December 11th & 12th 7:00 AM - 7:00 PM
(30 Blue Hen Dr. Newark)

Last day to order is 12/4/24.

Payment is cash or check payable to Networks PTSA



<https://forms.gle/wgYq5x7T2o9Uwtdu5>



To order online: Enter the URL code above in
your browser or scan the QR Code

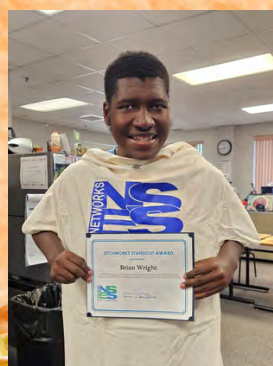


Let's Help You Celebrate Together!

Etch Gets Ready For the Holidays



This month in ETCHworks we have been very busy getting ready for the Holiday Gift Shop. We also have designed cutting boards for gift giving.



Congratulations to Brian W for being chosen as the October Stand Out Student.

Let us Personalize your Holiday Stockings

Stockings need to be dropped to
Networks along with \$5 payment,
cash or check payable to
Networks PTSA.

\$5.00 EACH

Scan the QR code
to order

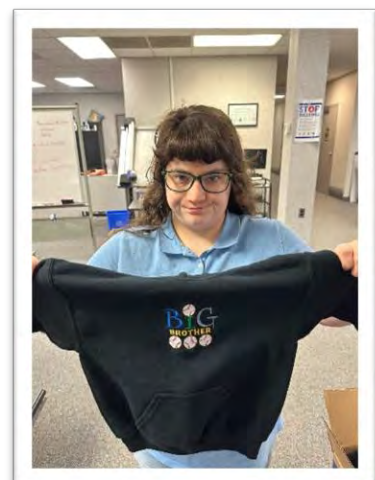
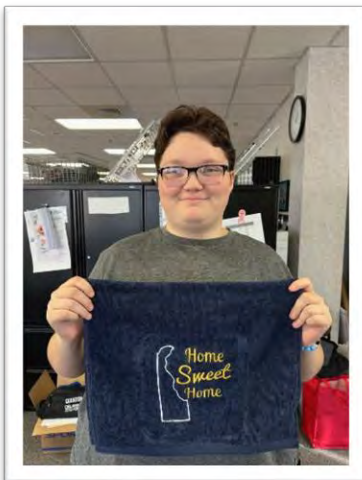


FABRICworks

HAPPY
Holidays



Here are some examples of items that we can embroider in our enterprise area. The items include: duffle bags, hand towels, stockings, polo shirts, sweatshirts, cozies, tote bags, blazers, and the list goes on.



floralworks Holiday Specials



Give some holiday cheer to those you hold dear.

<https://forms.gle/27sZHVVBZhXoCkaf7>



**Deadline for Orders is 2:00 pm
December 13th**

302-454-2233

anna.farro@christina.k12.de.us



FLORALworks



This month our students have been working on our Holiday Shop ornaments. We have been learning how to design floral arrangements, how to create invoices as well as order supplies and flowers for our orders.

We are excited for the growth that our students are making.

PERSONALIZED

Stretchy Bracelets



MERCHANTworks is offering Personalized Bracelets for \$3.00 (beads only) or \$6.00 (beads and names). All proceeds will support activities to benefit the students of the Networks Program.

Turn-around time is one week. We cannot accept any form of payment other than Cash or Check. Please make checks payable to **Networks PTSA**. All payment is due at time of pick-up.

Thanks and we cannot wait to see you sporting your bracelets!!



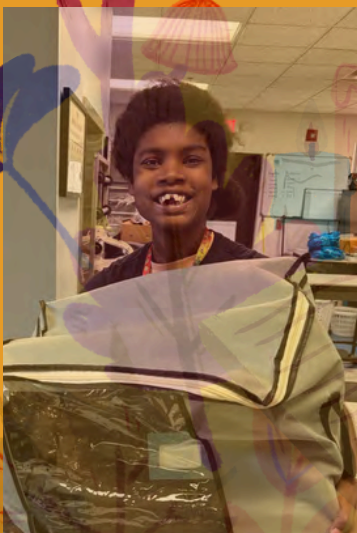
Scan the QR Code to access the google form on-line.

- ☎ 302-454-2233
- 🌐 brenda/lokey@christina.k12.de.us
- 🏠 30 Blue Hen Drive Newark, DE 19713

SORTING DONATIONS

MERCHANT WORKS

Organizing donations for those in need...





MUNCHWORKS

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 a large dessert order for a 60th Wedding Anniversary Celebration.



We looked at recipes online and in cookbooks; shopped for ingredients; peeled, cored and cut apples; and measured, mixed and cooked ingredients. We made Banana Pudding, Coconut Cream Delight and Chocolate Peanut Butter Parfaits, Mini Lemon and Lime Meringue Tarts, Mini Cherry Cheesecakes, and Mini Caramel Apple Cheesecakes.



Would you like to have help with your holiday baking? Is your schedule too busy to make all of your family favorites or, to try something new? If so, then let us help.

Please contact us at (302) 454-2233 to let us know what we can do to make your holiday season less hectic and more yummy.



WINTER Woodworks Specials

Networks is getting ready for the upcoming Winter Season with some Wooden Winter Specials! Below are just some of the options for sale now through Monday, December 2nd.



There are **limited quantities** of each item available and the on-line order form will be updated as items run out. Please order early to ensure you get the product you want. You will need to enter the URL address or scan the QR Code below to access the google form to see prices. <https://bit.ly/3YMhRhF>

All items are created from reclaimed wood. Please embrace any slight variations from the sample pictures. Allow up to 5 school days for your items to be completed and orders can be picked up at Networks or DSD.

Payment in the form of cash or checks should be made out to Christina School District with "Woodworks" written on the memo line.

Expect a call or e-mail from curtis.ball@christina.k12.de.us when your item(s) is complete.

Thank you for your support.



RECYCLEworks/WOODworks

RECYCLEworks continues to collect and crush plastics. Students sort items by color and number. The plastic crusher turns the whole plastics into flakes which can later be melted into polywood. We also painted customer bags with winter images.



It's been an exciting and productive month in the WOODworks Class as we move into the holiday season. From fulfilling custom holiday orders to preparing for our upcoming Holiday Shop, it's been a busy time for all of us. Here's a quick look at what we've been up to:



Teamworks December

This month in Teamworks the orders keep on coming. We have a number of schools who want spirit wear as well the general public wanting t-shirt designs. We will continue to work hard on getting our orders out on time.





Native American Month

In November, we celebrated National Native American Month. Not only did we develop a bulletin board with facts about this celebration, we also reviewed information with our students during lessons in each enterprise area. We added a new option to our bulletin boards: an audio description of information presented. To recognize the achievements and contributions of Native Americans. In 1990 President George H. W. Bush approved a joint resolution designating November 1990 "National American Indian Heritage Month." Similar proclamations, under variants on the name (including "Native American Heritage Month" and "National American Indian and Alaska Native Heritage Month") have been issued each year since 1994. President Biden issues on October 29, 2021 a proclamation designating November 2021 as "National Native American Heritage Month."

RELIGIOUS CELEBRATIONS

Sun Dance A significant Plains Indians ceremony to give thanks to the sun and renew the community.

Vision Quest A solitary practice where individuals seek spiritual insights through fasting and isolation.

Ghost Dance A ritualized dance believed to bring back spirits of deceased and restore harmony.

Green Corn Ceremony A celebration of the corn harvest, giving thanks for the bounty of the land.

Powwows A gathering for celebration and cultural sharing through dancing, singing, and drumming, often including elements of traditional ceremonies.

Pipe Ceremony A practice where sacred tobacco is smoked from a pipe to offer prayers and communicate with spirits.

Smudging The burning of sacred herbs like sage to cleanse and purify a space or person.



The National Archives at Fort Worth, Texas, contains a large amount of material pertaining to the **Cherokee, Choctaw, Chickasaw, Creek and Seminole** Indians, also known as the Five Civilized Tribes.

The **Navajo Nation** made up the largest share of the American Indian alone population (14.6%), followed by Cherokee (10.0%), Choctaw (3.2%) and the Lumbee Tribe of North Carolina (2.5%).

The following are the 10 largest Indian tribes: Navajo Nation Cherokee Nation, Choctaw Nation, Chippewa, Sioux, Blackfeet, White Mountain Apache, Muscogee Nation, Haudenosaunee Nations, Blackfeet Nation.

There are currently **574** Federally Recognized Tribes as of 01/08/2024.

Native American Cuisine



Native American Fry Bread – 1864



Manoomin Wild rice dish



Ĥanťé úŋ Pté Lolóbyapi (Cedar-Braised Bison)



Poyha Native American meatloaf with corn, cornmeal, grapes, meat and bacon.



Indian Pudding Made by the colonist with cornmeal and molasses



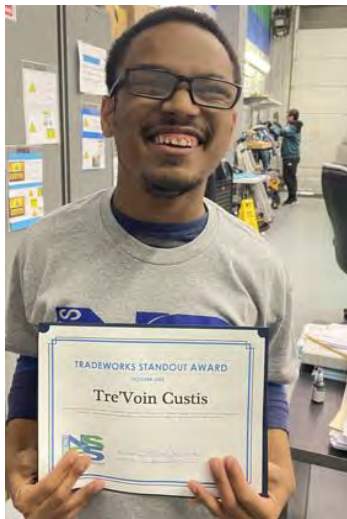
Cherokee Huckleberry-Honey Cake

The **Three Sisters Food** that have been planted by traditional Native American gardeners in many different regions of North America are corn, beans and squash. To go along with these three foods other foods eaten by the Native Americans include: potatoes, pumpkins, peppers, tomatoes, yams, peanuts, wild rice, chocolate, pineapples, avocados, papayas, pecans, strawberries, cranberries, and blueberries.

TRADEworks



TRADEworks students have been doing an amazing job. While out in the community, we have been completing housekeeping/custodial jobs at various sites. The students have begun to find jobs they like and jobs they don't. Also, they are and working on establishing their own routines and steps to complete those jobs independently and efficiently. During classroom activities, we are focusing on personal data, job applications and service learning projects.

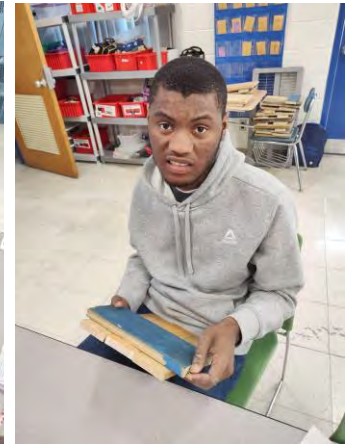


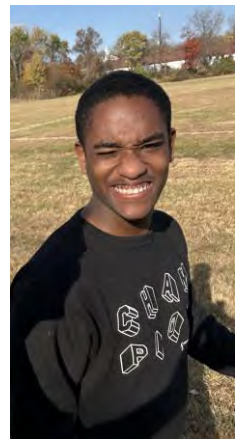
TRADEworks was victorious in our 1st Annual Pumpkin Decorating Contest!!!



Vocational Arts

In VOC ARTS, our students have engaged in some new jobs and activities. We've taken advantage of the warm weather for as long as possible. Our students are becoming more social with their peers and it is special to witness their joy in each other. Pictures can often convey more than words! 😊





Counselor's Corner

With the holiday season approaching we all can experience some anxiety. You WILL get through this! It's OK to ask for help! Below are some ways to try to reduce anxiety and some important reminders about social media influences and where you can ask for help.

Following are some anxiety reducers:

1. Exercise
2. Spend time with friends
3. Write in a journal
4. Take some deep breaths
5. Practice positive self-talk



If you find you are experiencing an anxiety moment, following are some calming techniques:

1. Stop and Think
 2. Ask yourself: How does my body feel right now?
- Try:
- Taking deep breaths
 - Taking a walk
 - Listening to music
 - Counting down from 10 slowly
 - Taking some alone time

Grounding Techniques/Exercises:

What is grounding?

Grounding is a coping strategy that is designed to "ground" you in, or immediately connect you with, the present moment. Grounding techniques are often used as a way of coping and managing times when you are feeling anxious. Grounding techniques often use the five senses—sound, touch, smell, taste, and sight—to immediately connect you with the here and now.

Grounding Exercise for Anxiety

Name 3 things you...

see



smell



hear



feel



Breathe in & out slowly 3x
after each step

10 Grounding Exercises for Stress Relief

Simple strategies to detach from emotional pain

Touch something cold

Place a cool cloth on face, cold can in your hand, hand under cold running water, or and into bowl of ice and water.



Drink/eat in savoring way

Fully experience the beverage or food; notice the textures, aromas and flavors.



Notice your body

Feel the weight of your body on your chair or ground, wiggle your toes in your socks or rub your hands together.



Get physical

Jump up and down, clench and release your fists or stretch (extending your arms and legs as far as you can).



Focus on breathing

Notice how belly expands as you inhale and contracts as you exhale. Repeat a pleasant word on each exhale.



Listen to music

Create playlist that works for you. Try relatively slow music with simple melody such as "Someone Like You" by Adele.



Play categories game

Think of types of cars, dogs, states or cities that begin with a particular letter like "A."



Be compassionate

Place hand over heart and say something kind to self as if talking to good friend: "It's so hard to have to deal w/X. You'll get through this."



Visualize relief

Imagine gliding away from pain on skates, erecting a buffer/wall or changing TV channel to another show.



Safe peaceful place

Picture place that feels calm, safe, serene. Maybe beautiful garden, beach or open field. Notice sounds, smells etc.



Adapted from: Seeking Safety by Lisa M. Najavits (2021).



On behalf of Ms. Lisa and Ms. Di we want to thank everyone who has contributed to our Networks Care Closet. Through your generous donations from our Amazon Wish List, our partnership with the Food Bank of Delaware, along with local donations from our valued staff and families we were able to supply our students in need with multiple meals to carry them over the Thanksgiving break and beyond. We are extremely appreciative of everyone for your continued support for our students!

