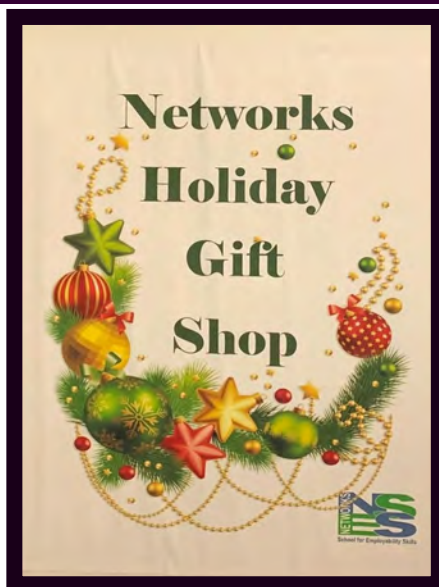


CHRISTINA
SCHOOL DISTRICT
Networks Program
30 Blue Hen Drive
Newark, DE 19713

Networks News

December 2021



Our Holiday Shop will be open:

DATES: Wednesday, December 8th
& Thursday, December 9th

TIME: 12:00 Noon until 7:00pm

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

ENTRANCE: Will be through the main
lobby doors.

Cash or checks only for payment

Please Note: The number of shoppers in the building at any one time may be limited.

All visitors will be asked:

- To wear their mask at all times when in our building.
- To use hand sanitizer upon entering our building
- To practice social distancing of at least 3 to 6 feet when browsing our gift items
- To remain in our Holiday Shop Area and follow all directional signs we use on a daily basis once in our building.



We look forward to seeing you as you look for unique, hand-crafted gifts for the holidays.

Our stock of holiday items may change daily. Pictures from previous events.

Please do not park in front or on the side of the building during school hours of 12:00 Noon and 2:00pm to allow for safe dismissal of our students.





From the Nurse's Office



"The Flu" – By November 2021, Delaware Division of Public Health (DPH) announced the state's first two laboratory-confirmed cases of influenza for the 2021-2022 flu season. These two cases included a hospitalized 5 year old as well as a non-hospitalized 26 year old in which neither had received the flu vaccine. ***It is not too late to schedule and get your Flu Shot!!***



**THE FLU WILL BE
MAKING A COMEBACK.
YOU CAN STOP IT.**

Get the flu vaccine today.

Last year, flu rates were low. But with more people out of their homes, the flu will be making a comeback. You can prevent that. Make sure you and your loved ones are vaccinated. Everyone 6 months or older is eligible. Make the time to fight for your health.

flu.delaware.gov

DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Immunization Program

The pre-pandemic 2019-2020 flu season, Delaware recorded more than 7,000 laboratory-confirmed flu cases and nearly 400 Delawareans were hospitalized, and 11 people died from flu complications. During the 2020-2021 flu season when many of us were staying and working from home, there were 26 confirmed cases of the flu with one hospitalization and one death.

DPH Director Dr. Karyl Rattay. "We must not get lulled into a false sense of security with last year's unusually low case numbers. With Delawareans resuming pre-pandemic activities, the flu is a definite threat to our health."

The flu vaccine is recommended for Delawareans 6 months of age and older. In case you are wondering, the Flu Shot can be administered at the same time as the COVID-19 vaccine whether it is your first dose or a booster dose.

Remember, it takes approximately two weeks after vaccination for antibodies that protect against influenza virus infection to develop in the body. Being vaccinated as early as possible gives your body time to build immunity. Getting the flu vaccine now will also provide protection during the entire flu season.

DPH is offering flu vaccines in conjunction with COVID-19 vaccines at community-based events. These events are listed at de.gov/getmyvaccine under the Community-Based events section (indicated by *DPH mobile trailer, flu vaccines also available). Additionally, a schedule for flu vaccines at Public Health clinics for uninsured and underinsured individuals can be found at: <https://dhss.delaware.gov/dhss/dph/fluclinics.html>. Flu vaccines also are offered through physician offices, many pharmacies and some grocery stores. To locate where flu vaccines near you are being offered, Google "CDC flu finder" and enter your ZIP code.

The flu is easy to transmit, and you can get it even from seemingly healthy, but unvaccinated, children and adults. Children, older adults, and those who have chronic underlying medical conditions are most at risk for complications from the flu and are strongly encouraged to get vaccinated now.

In addition to getting an annual flu shot, Delawareans can prevent the spread of the flu and COVID 19 the same way they can prevent other respiratory illnesses:

- wash hands frequently with soap and water or use alcohol-based hand sanitizers
- cover coughs and sneezes with a tissue
- wear a face covering when in public
- maintain 6 feet of space between others, especially those who reside outside of your own home (3 feet when masked)
- avoid touching your eyes, nose or mouth

As of November 15, 2021, the cases of COVID 19 have been increasing. With more than 2000 new COVID 19 cases reported in DELAWARE in the past week and the holiday season now upon us, **it is important that you stay home from work or school if you are sick – even if you are fully vaccinated.** Finally, please get tested ASAP at a free testing location in Delaware: de.gov/gettested. Remember, children can be tested FOR FREE weekly at all Christina School District locations on a weekly basis.

Those sick with the flu or COVID 19 should stay home from work, school and other gatherings and not return until they have been free of fever – with a temperature of less than 100 degrees F (37.8 degrees C), without the use of fever-reducing medications – for at least 24 hours. People with flu symptoms should avoid close contact with well people in the household – you can give someone the flu 24 hours before you show symptoms and five to seven days after you get sick.

STAY HOME WHEN YOU ARE SICK

Be safe. If you feel sick, stay home.



Stay well hydrated by drinking plenty of water and other clear liquids. Over-the-counter medicines can provide symptom relief, but if you suspect you have influenza, call your doctor as they may decide to provide antiviral medications to help hasten recovery and prevent serious complications. This is particularly important for those who feel very sick, are pregnant or have chronic medical conditions. For more information about the flu and where you or your family can be vaccinated, visit flu.delaware.gov or call 1-800-282-8672.

COVID-19 vs Flu

	COVID-19	Flu
Fever/chills	✓	✓
Cough	✓	✓
Body Aches/Headache	✓	✓
Tiredness	✓	✓
Loss of taste/smell	✓	✗
Runny/stuffy nose	✓	⊖
Sore throat	⊖	⊖
Shortness of breath	✓	⊖
Severity	Varies. Older adults and people with certain underlying conditions are at higher risk of severe illness. Seems to cause more severe illness in more people than flu.	Varies. Young children, older adults, and people with certain chronic conditions are at higher risk of severe illness.
Onset of symptoms	Later (2-14 days after infection)	Earlier (1-4 days after infection)
Cause	SARS-CoV-2	Influenza viruses

The flu and COVID-19 have many similar symptoms.

They include:

fever or feeling feverish/chills, cough, shortness of breath or difficulty breathing, fatigue (tiredness), sore throat, runny or stuffy nose, muscle pain or body aches, and headaches.

Other signs and symptoms of COVID-19 that are different from flu include a change in or loss of taste or smell.

If you are sick, the best thing to do is call your health care provider to see if you should be tested for COVID-19 or come in for a visit.



Common



Less Common



Not Common

cdc.gov/coronavirus

COVID 19 BOOSTER DOSE FAQs

As many individuals are becoming eligible for what has been called their “Booster Doses” for COVID -19, many people are wondering when they can get their dose. The chart below breaks down who is eligible for a COVID-19 vaccine booster, when they are eligible, and which vaccine they are eligible to receive. To learn more about boosters in Delaware, including where you can get the shot: <https://coronavirus.delaware.gov/vac.../additional-doses/...>

Mixed dosing is authorized for COVID-19 vaccine boosters in Delaware



When	Six months after completion of series	Six months after completion of series	Two months after single dose
Who	65+; 18+ at high-risk for severe COVID-19; 18+ who live or work in high-risk settings	65+; 18+ at high-risk for severe COVID-19; 18+ who live or work in high-risk settings	Anyone 18+ who received a first dose.
Booster Options	Pfizer or J&J, or 1/2 dose of Moderna	Pfizer or J&J, or 1/2 dose of Moderna	Pfizer or J&J, or 1/2 dose of Moderna

de.gov/covidvaccine

Antibiotic Awareness



depulichealth

...

Viruses or Bacteria What's got you sick?

Antibiotics are often prescribed when they are not needed for respiratory infections. Antibiotics are only needed for treating certain respiratory infections caused by bacteria. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your healthcare professional for tips on how to relieve symptoms and feel better.

Common Respiratory Infections	Common Cause			Are Antibiotics Needed?
	Virus	Virus or Bacteria	Bacteria	
Common cold/runny nose	✓			No
Sore throat (except strep)	✓			No
COVID-19	✓			No
Flu	✓			No
Bronchitis/chest cold (in otherwise healthy children and adults)*		✓		No*
Middle ear infection		✓		Maybe
Sinus infection		✓		Maybe
Strep throat			✓	Yes
Whooping cough			✓	Yes

* Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help you feel better.



BE
ANTIBIOTICS
AWARE
SMART USE. BEST CARE.

To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use.



NATURAL DEFENSE

against

COLDS & FLU

Simple tips to get you through the cold & flu season WITHOUT antibiotics!

Sometimes we get sick! It happens to all of us and it totally sucks to be “coughing up a lung” and using tissues like “it’s no bodies business.” 90% of cold and flu symptoms are due to a VIRUS, not bacteria that means antibiotics are NOT effective. So instead of running to your doctor for a prescription, head to your home pharmacy instead especially with COVID and Flu Season! REMEMBER: if it resembles COVID 19, go get tested!! It does not require a doctor visit.

Here are some (not all) cold and flu remedies that will help your body heal naturally and actually work!! Remember to rest and get adequate sleep to help your body recover. DO NOT COME TO SCHOOL IF YOU HAVE A FEVER!!

- **HYDROTHERAPY:** Alternate hot/cold (cool) showers which promotes circulation and strengthens the immune system. (If you have a fever, avoid shivering in the shower or bath, as this will only cause your inner temperature to rise.) Hydrotherapy helps with sinus congestion.
- **GARGLE WITH SALT WATER:** You will want to do this as soon as you start to feel sick. Water follows salt so gargling will help pull out the viral fluids from the throat and it will help relieve a sore and scratchy throat. Mix ½ teaspoon of normal table salt in a cup of water twice a day.
- **HONEY TO THE RESCUE:** Honey is great for soothing a sore throat and it works as a cough suppressant by soothing irritated and sore mucous membranes, which will help remove the irritation and thus the cough reflex.
- **LEVEL UP VITAMIN C & ZINC:** Vitamin C is often depleted during an infection so be sure to use supplements. Both vitamin C and zinc support and strengthen the immune system.
- **GARLIC:** Garlic is a great anti-microbial, anti-viral and has antibiotic properties. It is packed with nutrients that help bust colds and flus. Enjoy fresh, think about putting some in your homemade soup recipe or use a garlic supplement.
- **VITAMIN D:** Deficiency with this vitamin has been linked to increased susceptibility to infection, so be sure to supplement accordingly to maintain / support immune function.
- **ELDERBERRY SYRUP:** This syrup is a powerhouse for fighting colds and it shortens the duration, as well as relieves sinus infections.
- **TAKE A GINGER SHOT:** Ginger is great for congestion, nausea, colds and fevers.

Talk with your local pharmacist who will be able to recommend over the counter medications to help with your symptoms but not interfere with your prescribed medications.

Save this for future reference and share with others. Do you have any other home remedies?

AUTOWORKS

This month in AUTOWorks when not detailing cars or working on employability skills, students have been working on preparing items for our upcoming gift shop in December. We are making items from reclaimed pallet wood. In order to make the items, students have had to work together as a team, use multiple tools and equipment safely. Additionally, they really pay attention to detail when painting and measuring. Below are some pictures of students working on these items.

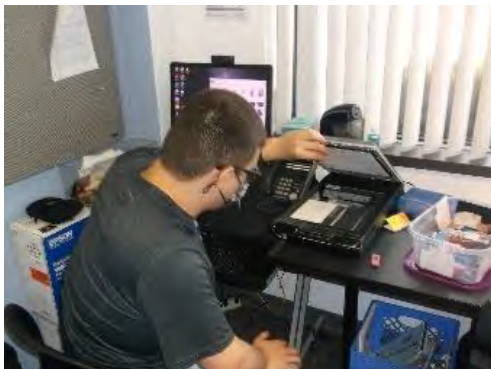
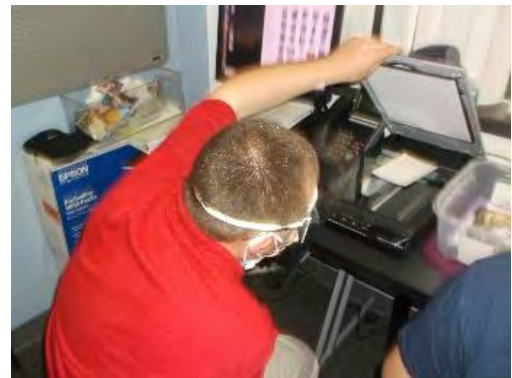


BRENNENworks

We are finally in full swing in BRENNENworks. While it has been a very slow start to the school year, we have begun our full schedule and have been very busy. We have been going to the group home and working on vacuuming, sweeping, making beds and folding laundry.

Our vocational trips have us going to the Delaware School for the Deaf to clean cafeteria tables, Encore Dance Studio and the University of Delaware's Redding Hall to practice custodial work, and Embassy Suites to practice sorting and folding laundry. We continue to join Networks enterprise areas and our students are working in AUTOWorks, FLORALworks and MERCHANTworks.

We have begun digitizing photographic slides and pictures in our class. Our students are learning a new job skill and valuable technological skills. More to come later, we are just too busy!



COPYworks News

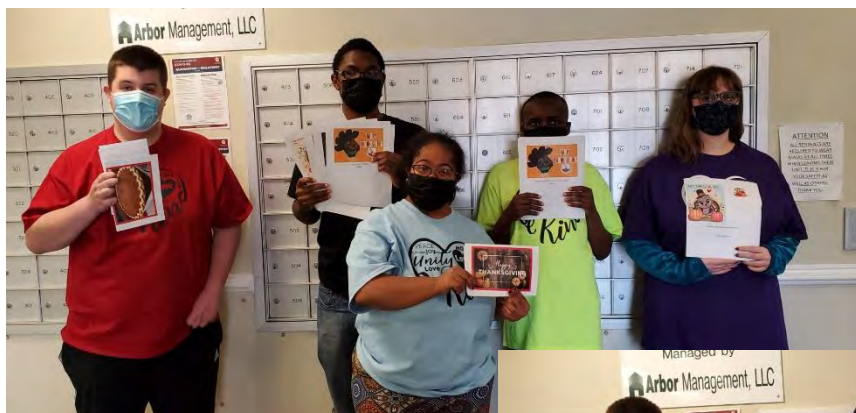
This month we are working every day to complete a 2,000 piece mailing. We had to print the documents and envelopes, insert them into the envelope, label every letter then seal the envelope – whew, it is a big job!!!





Etch is Kind

ETCHworks celebrated a Day of Kindness on November 13 by writing Thanksgiving Cards to the seniors at Main Towers in Newark. The students learned to access their Google Drive to create a document using clip art and different fonts and colors. The students created cards that were delivered to Ms. Cookie at the Main Towers. She will give them to the seniors with their Thanksgiving meal.



FABRICworks



Meet **Miracle Dennis**, FABRICworks Student of the Month. Miracle is a hard working young lady who always strives to do her best! She is helpful in the enterprise area to staff and students.

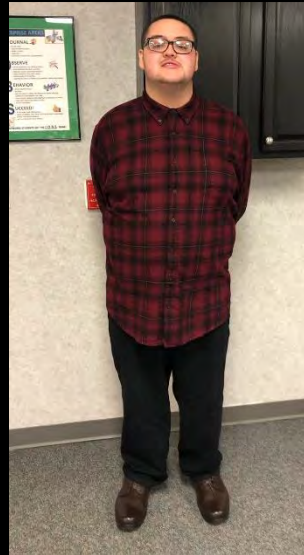
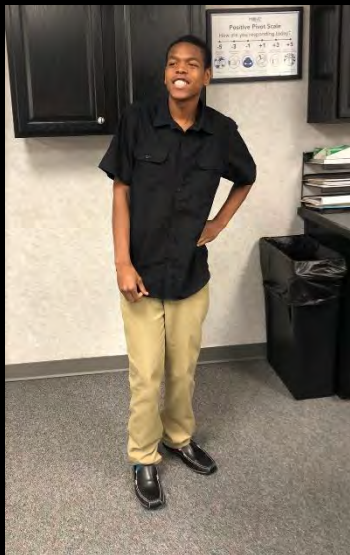
It is a pleasure working with Miracle. She comes into the enterprise area ready to go and does not stop until the work is done. Congratulations, Miracle!!

We are proud of you!

Students in FABRICworks participate in Professional Dress Days. Check them out!

Professional Dress Days are opportunities for students to earn PLUSes for dressing as if they were going to a job interview or to work. Students don some of their nicest apparel and get to “walk the walk”.

Way to go and you look *marvelous*!



FLORALworks

We have been busy working on a large wedding this month in FLORALworks!



FLORALworks students know how to demonstrate professional dress!!



Our Standout Student for the month of October was Miana Wise! Miana has shown initiative by completing tasks without being told. She is also helpful to classmates. Congratulations Miana!



MERCHANTworks

This month in MERCHANTworks, we continued to increase our retail skills by completing both classroom learning and working in the community. Wawa and Walgreens are just two of the locations where we take what we learn in school and use these skills when we are in the community. Both Wawa and Walgreens are busy and fast paced. We must keep up our stamina and pace work to meet industry standards.





MUNCHworks is gearing up for the holidays!

The holidays are fast approaching and MUNCHworks has already begun to shift into high gear. We kicked off the season with our annual *Autumn Specials*. We made 40 Pumpkin Cream Cheese Rolls and 26 Jewish Apple Cakes.



Thank you to all who ordered!



Would you like to have help with your holiday baking?

Well...MUNCHworks has just the answer for you!

Please contact us at (302) 454-2233 so that we can discuss how we can help make your holiday season less hectic and more yummy.

TEAMworks

This month in TEAMworks we are working hard getting ready for the Networks Holiday Gift shop. Students are sorting stock into each design category. Then, we are using a tagging gun to price our shirts. We are also selling sweatpants at the gift shop.





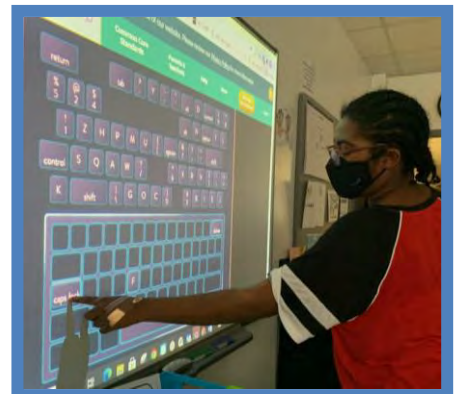
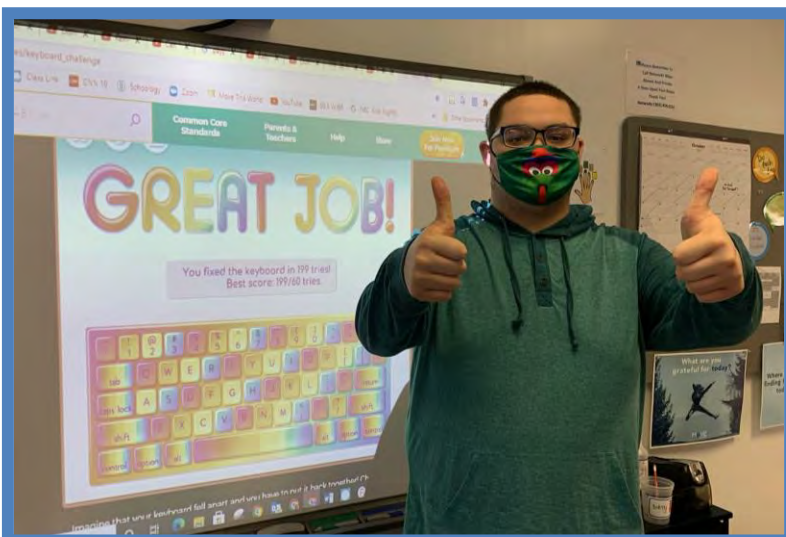
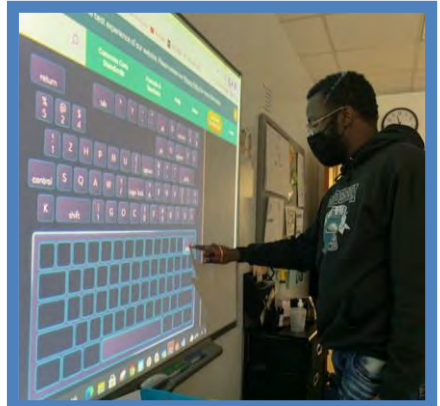
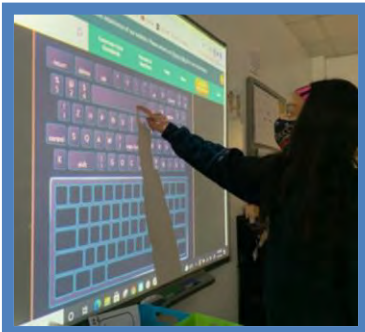
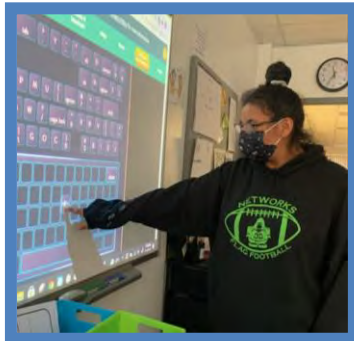
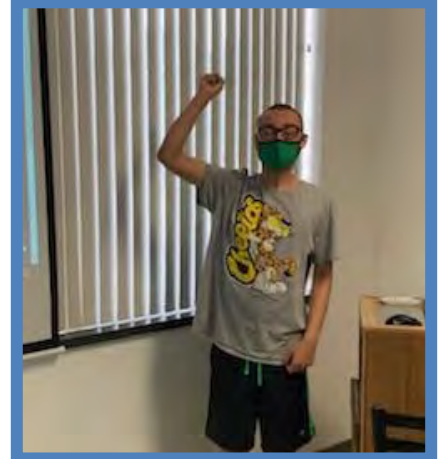
TECHworks

Students have been practicing their typing during class.

Speed and accuracy individually and within teams has improved.

Activities such as the Keyboard Challenge, allows students to locate and move a specific key to its corresponding location on the SmartBoard or practice their timed typing.

*Thank you,
Ms. Lokey and
Ms. Saly*





Cooperative Education



Congratulations to Angelica Pantoja and Jane'a Wright for completing their internship at Walgreens. They were able to take the DART bus to and from Walgreens, learn about working at Walgreens and some soft skills.

Darron Jones and Nia White start their internship at Walgreens on November 22. Good luck to these two!

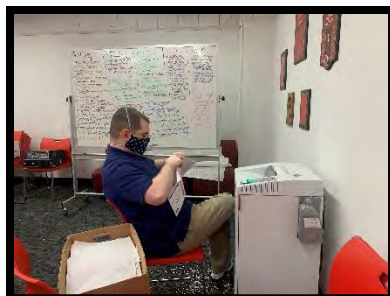


CO-OP is running at full tilt! Many students are being tasked with getting additional training agreements signed. We hope to get even more Networks students exposed to the CO-OP department as well as new work sites. Please, keep an eye out for papers that need to be signed.

Contact Meredith England at Networks if you have any questions.

Meredith.england@christina.k12.de.us or 302-454-2233 x: 103

Please enjoy some pictures of our students working in the community.



Showing gratitude has the following mental health benefits:

- As you can see, you have immediate and long-term benefits from exercising gratitude and being thankful for the things in your life that are good. Take time this month to practice this skill by taking the gratitude challenge.

25 DAY GRATITUDE CHALLENGE

1. Someone you're thankful for
2. Something that makes you smile
3. A food you love
4. Someone that goes unnoticed
5. A favorite book and movie
6. A favorite animal
7. Something unique about you
8. Something beautiful
9. Something that challenges you
10. Beautiful art
11. Something happy
12. A favorite song
13. Something funny
14. Something unique
15. Your favorite foods
16. Something that's helped you
17. Someone in your family
18. A favorite sound
19. Something sweet
20. Freedom
21. A good friend
22. A favorite smell
23. Someone who has taught you something
24. Someone who has helped you
25. Someone you love

Kindness

Kindness in action has a butterfly effect. A butterfly effect is described as one small action that can cause a ripple effect. Kindness in action can have a lasting impact on those around you and the culture of your community. Acts of kindness, whether it's a kind word, a held door, a smile in the morning, a wave to your neighbor, allowing someone ahead of you in line, a genuine compliment, a note of gratitude, all can ripple through the hearts and minds of many. Meanwhile, it makes you feel great. It activates a different part of your mind and soul to act out of kindness without regard for what you will get from it yourself. Look for kindness in action around the school and community. Make sure you mention what you see to others. You will see and experience kindness from others if only you keep your eyes open for it.



FLORALworks Holiday Specials

Please place your order by Friday, December 10, 2021 for all orders



Winter's Glow



A Whoville Christmas



Home for the Holidays

Customer Information:

Name: _____

Address: _____

Daytime Phone: _____ E-mail: _____

Order Information:	Price	Quantity.	Total
Winter's Glow	\$30.00		
A Whoville Christmas	\$20.00		
Home for the Holidays	\$25.00		

Select:	Price	Total
Delivery (District)	\$3.00	(Residence) \$5.00
Pick Up	No Fee	

Order Total + Delivery Total: \$ _____

Pick Up or Delivery Date Preference: (please circle one) Monday, December 20th or Tuesday, December 21, 2021

Please indicate **pick up** time: _____ a.m. _____ or _____ p.m.

Recipient Information (if different from above):

Name: _____

Location: _____

Phone Number: _____ E-mail: _____

Don't forget a card message for your order!!

Payment Information: Cash _____ Check (payable to Networks) _____

To order or for more information, please E-mail barbara.lomas@christina.k12.de.us or call 302-454-2028.

**** Please note: Flower type and/or colors may vary**

Thank you for supporting our students!