

# Networks News

January / February 2022

## *Principal's Notes:*

It's hard to believe we are already halfway through the school year and it is the start of the third semester. This newsletter brings us a double issue of activities and work that has been happening in each of our enterprise areas during the months of December 2021 and January 2022. I just want to thank everyone for their patience in pivoting whether for operational issues related to COVID 19 or weather.

Throughout this newsletter you will be hearing about the many updates / guidelines on COVID-19 since school resumed after winter break and we have been notified there is more to come! We ask you to please take time to read about the changes and keep a copy close by for reference. Please call or email Nurse Michelle with any questions.

Please notify Nurse Michelle of any COVID-19 cases at home for further guidance regarding attending school in person or via zoom at home. At this time, students can only attend zoom classes if actively quarantined or isolated due to COVID 19

OR

if school is closed by the CSD Administration due to operational issues or weather related issues. Students will not be allowed to enter a Zoom Lesson if they are home sick at this time.

Look for our February specials and fundraising events. As a reminder, the funds from any fundraising events are used to fund the school's PBIS program. All proceeds go directly back to the students for various reinforcers for the plus closet and the quarterly PBIS events.

In order to participate in PBIS events, students will need to:

- Earn the appropriate number of PLUSes for the event
- Have passing grades in all classes
- Have good attendance in all classes (defined as no more than 1 unexcused absence within the marking period)
- Have no behavior referrals
- Follow J.O.B.S

*Mrs. Brister*



## From the Nurse's Office



### ALL THINGS COVID

#### Concerned about the Omicron variant?



We hope you and your family were able to spend some quality time together over winter break and were able to avoid being sick from COVID-19. This new Omicron variant has proven to be much like what one may consider a "Nor'Easter" as it is spread so quickly among all age groups in the community and potentially your family once someone becomes infected. The COVID 19 virus is mutating what seems like monthly, weekly or even daily. Members of the CDC and the Department of Health are trying to keep up with modifying guidelines for Hospitals / Healthcare Facilities, Schools / Childcare Centers and even the general public.

The one thing through all of this that has remained a constant is the need to remain flexible and keep up to date in following the guidelines. Lately, with the new variant, these guidelines seem to be changing quickly and in fact have been updated 3 times since we have returned to school from Winter Break on January 3, January 10 and January 18<sup>th</sup>. (The date of the guidelines can be found in the bottom right footer of the page.) *Scheduled changes will also take effect on January 31 as well as new guidelines being scheduled for approximately February 8<sup>th</sup>.* If you or your child becomes COVID + or a close contact of someone who is COVID-19 positive, we will be following the guidance of the most recent published guidelines from the Delaware Department of Health / Department of Education. As we navigate these trying times of COVID-19, please be patient with directions provided that may be different from what you have heard or seen in the past. We use the MOST UP-TO-DATE information we have available and sometimes we even need to take a step back and make sure we are following the new guidelines.

To help provide information in an easy to read format, we have separated the information into 4 categories that will be placed throughout the newsletter:

1. You're COVID Positive – What happens next?
2. Mask Wearing – Protecting yourself and your neighbor
3. I'm a Close Contact – What do I do now?
4. Staying Up to Date on Vaccines and Booster Shots



If after reading about all of the changes over the last few weeks to the COVID 19 GUIDELINES throughout this newsletter, you still may have questions, please contact Nurse Michelle @ [michelle.gayeski@christina.k12.de.us](mailto:michelle.gayeski@christina.k12.de.us). There is also a link to a recent program that was excellent in explaining many topics and we encourage you to watch this recording:

**Real Talk: Get the Real Talk about COVID-19 in Delaware.**

This is a recording of a live Town Hall Event that was presented on Wednesday, January 19, 2022.

Questions or comments can be sent to: [liveunited302staff@gmail.com](mailto:liveunited302staff@gmail.com).

The meeting recording can be found using the following address:

<https://uwde.zoom.us/rec/share/iCk7JjcfvGWpSLcht1o15oFLU60knlN8KmiJ3aDMI7MIdcuuR71PPec-ITX7PWLH.Lj-UIZ1TJ8ZZY1wi>

## How to Respond to Positive COVID-19 Tests & Close Contacts in School Settings



### What is the definition of a close contact in school settings?

**Close Contacts:** In schools, any student within 3 feet sustained for 15 minutes or more, or adult within 6 feet sustained for 15 minutes or more, regardless of mask use. Also, anyone between 3 and 6 feet sustained for 15 minutes or more without masks.

**Not Close Contacts:** Any student more than 3 feet from an infected student, only if both the infected student and exposed student correctly and consistently wore well-fitting masks the entire time. Also, anyone more than 6 feet from an infected student or adult.

### TEST POSITIVE FOR COVID-19

#### ISOLATE – For 5 days, regardless of vaccination status

- Report positive case to school nurse/COVID coordinator.
- Provide information for any close contacts from the school environment.
- **With Symptoms:**
  - 1) You can end isolation **5 days after** symptoms first appeared
    - **IF:** 24 hours with no fever without the use of fever-reducing medications
    - **IF:** Other symptoms of COVID-19 are improving (loss of taste/smell may last weeks and should not delay end of isolation)
    - **AND:** You must wear a well-fitting mask for the following 5 days when around others, both at home, and outside-of-the home.
- **Without Symptoms:**
  - **Isolate for 5 days** since your positive COVID-19 test. You must wear a well-fitting mask for the following 5 days when around others, both at home, and outside-of-the home.
- If you are unable to wear a mask, isolate for 10 days

### CLOSE CONTACTS

#### IF YOU:

- Are 18+, fully vaccinated and boosted when eligible; or
- Are 5-17 and fully vaccinated (even without booster) **\*starting 1/31 ages 5-17 who are not boosted when eligible are to quarantine for 5 days per CDC update.**
- You had a viral-test confirmed case of COVID-19 within the last 90 days.

#### IF YOU:

- Are unvaccinated, or partially vaccinated
- You are 18 +, fully vaccinated but haven't gotten booster if eligible (five months after complete Pfizer/Moderna series, or two months after J&J vaccine).

#### THEN:

- **No quarantine** is required
- **Wear a well-fitting mask for 10 days** around others both at home, and when not at home
- Test on day 5 after your exposure if possible (not required if positive COVID—19 test in last 90 days)
- If symptoms develop, isolate at home immediately and get a test.

#### THEN:

- Stay home (**quarantine**) for **5 days**.
- **Wear a well-fitting mask** around others at home and outside of home for **another 5 days**
- Test on day 5 after your exposure if possible
- If symptoms develop, isolate at home immediately and get a test.

### Read Updated CDC Guidance on Isolation and Quarantine

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#closecontact>

### Social Distancing in Schools

CDC recommends schools maintain at least 3 feet of physical distance between students within classrooms, combined with indoor mask wearing to reduce transmission risk. When it is not possible to maintain a physical distance of at least 3 feet, such as when schools cannot fully re-open while maintaining these distances, it is **especially important to layer multiple other prevention strategies.**

\*\*These procedures outline general guidelines, but each case is assessed based on the facts of each unique situation.  
Design based on document issued by Haines Borough, Alaska: <https://www.hainesalaska.gov/covid19>

Issued: Jan. 18, 2022

A copy of the most current guidelines will be included in a letter that is sent out to all students and staff members if there is a member of our school community who tests positive for COVID-19 and have been in the school building but not necessarily in your enterprise area.

This individual(s) will not return to the building until he/she has cleared COVID-19 health and safety protocols.

The school nurse in the building will contact everyone who has been required to quarantine, via a direct contact.

If you have not been contacted by the school nurse, you or your child has not been impacted by this positive COVID-19 incident and may continue attending school.

As always, for the health and safety of fellow students and staff, please continue to follow the guidance of the Center for Disease Control, CDC.

- **Wear a mask,**
- **Wash hands often,**
- **Maintain social distancing whenever possible,**
- **Stay home when you are feeling ill.**

# Counselor's Corner



## NEW YEAR'S RESOLUTIONS

Wake up and be Awesome

TRY, TRY, TRY

Dream Big

Relax

Choose Happy

Stay Weird

Do what you LOVE

BELIEVE YOU CAN!!!

As we start 2022, always remember to stay safe and make good choices!

# Counselor's 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

@seanforidkidds



# ALL THINGS COVID

## You're COVID-19 Positive – What happens next?



Continuing to dig a little deeper on current changes as of January 18, 2022 info-gram and the School Guidance and Recommendations: Winter 2022 from January 19, 2022:

### POSITIVE COVID-19 Case by Testing / Symptoms and ISOLATION

At one time, you may recall that for an individual to be considered positive, s/he needed to be tested using a PCR test. That is not the case currently with the new variant of COVID 19. An individual is NOW considered positive if they test with a PCR test, antigen test and even a positive home test if the individual has positive symptoms. If you have not already signed up for a FREE home COVID 19 test kit, please use attached web address to order through the US mail <https://special.usps.com/testkits>

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    - **AND:** You must wear a well-fitting mask for the following 5 days when around others, both at home, and outside-of-the home.
- **Without Symptoms:**
  - **Isolate for 5 days** since your positive COVID-19 test. You must wear a well-fitting mask for the following 5 days when around others, both at home, and outside-of-the home.
- If you are unable to wear a mask, isolate for 10 days

As per the CDC and what is known about COVID-19 and the Omicron variant, the CDC shortened the recommended time for isolation from 10 days to 5 days followed by 5 days of wearing a mask around others beginning around December 28, 2021. The change which is motivated by science demonstrating that the majority of COVID-19 transmission occurs early in the course of illness (generally 1 to 2 days prior to the onset of symptoms and the 2 to 3 days after. As per Dr Rattay from the Delaware DPH, “we want to follow the science and what it’s telling us is that people are most infectious earlier in their exposure and longer periods of isolation and quarantine are not necessary.”

ALL individuals who test positive for COVID-19 whether with or without symptoms and even with resolving symptoms (without fever for 24 hours) are to follow **5 days of wearing a mask** when around others **including in their own homes** to minimize the risk of infecting others. These individuals will also need to **wear a well-fitting mask** when around others both at home and outside the home for an **additional 5 days**.

The next page reviews the period / time of **ISOLATION** due to a COVID-19 positive case. It is dependent upon whether the individual is showing signs of COVID-19 or not. There is also a chart that compares the symptoms of COVID-19 versus the Common Cold, the Flu, Seasonal Allergies and/or Asthma. As with any medical condition, there are always emergency warning signs when we should seek emergency medical care immediately. **For COVID-19, if someone is showing any of these signs, seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone
- Call your medical provider for any other symptoms that are severe or concerning to you.

Symptoms	Coronavirus <sup>1</sup> (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms	Asthma Gradual or abrupt onset of symptoms
Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks	Can start quickly or last for hours or longer*
Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)	Common (can be dry or wet/productive)
Wheezing	No	No**	No**	No**	Common
Shortness of breath or trouble breathing	Common	No**	No**	No**	Common
Chest tightness/pain	Sometimes	No**	No**	No**	Common
Rapid breathing	Rare	No**	No**	No**	Common
Sneezing	No	Common	No	Common	No***
Runny or stuffy nose	Common	Common	Sometimes	Common	No***
Sore throat	Common	Common	Sometimes	Sometimes (usually mild)	No***
Fever	Common	Short fever period	Common	No	No
Feeling tired and weak	Common	Sometimes	Common	Sometimes	Sometimes
Headaches	Common	Rare	Common	Sometimes (related to sinus pain)	Rare
Body aches and pains	Common	Common	Common	No	No
Diarrhea, nausea and vomiting	Common	Rare	Sometimes	No	No
Chills	Common	No	Sometimes	No	No
Loss of taste or smell	Common	Rare	Rare	Sometimes	No

If you have any cold or flu-like symptoms, talk with your doctor, get tested, and stay home. Your symptoms may vary. \*Information is still evolving. Many people may not have symptoms. \*\*If your quick-relief medicine is not helping your asthma symptoms, or if you are in the Red Zone on your Asthma Action Plan, call your health care provider or seek medical attention immediately. \*\*\*Allergies, colds and flus can all trigger asthma which can lead to shortness of breath, chest tightness/pain and rapid breathing. COVID-19 is the only one associated with shortness of breath on its own. \*\*\*\*If you have allergic asthma, you may have symptoms of both asthma and allergies at the same time.

Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention. edited 8/3/21 • [aafa.org/covid19](https://aafa.org/covid19)

If a symptomatic (having symptoms) **POSITIVE** case of COVID-19, the individual should isolate for **5 days from the onset of symptoms and until they are fever-free for 24 hours without the use of fever-reducing medications and their symptoms are improving (loss of taste and smell may linger and should not delay end of isolation).** They must continue to wear a mask for an additional 5 days in all settings when around others inside and outside of the home after their initial isolation period. Isolation may be ended after 5 days if the individual is over age 2 and can effectively wear a mask for an additional five days. If mask wearing is not feasible, isolation should be continued for a total of 10 days.

If an asymptomatic (having no symptoms) **POSITIVE** case of COVID-19, the individual should isolate for **5 days following the test date (specimen collection date) provided they remain without symptoms.** They should wear a mask for an additional 5 days in all settings when around others inside and outside of the home after their initial isolation period. Isolation may be ended after 5 days if the individual is over age 2 and can effectively wear a mask for an additional five days. If mask wearing is not feasible, isolation should be continued for a total of 10 days.

If you / your child has been out of school isolating after being a confirmed Positive COVID-19 case and your symptoms are improving as outlined above, you may return to school after discussion with the School Nurse.

Individuals who have been COVID-19 Positive and are returning between day 5 and 7 will be distanced away for others at breakfast and lunch for the entire 10 days. Additionally, there should be NO TESTING (PCR or antigen) for 90 days after positive per Dr Hong, Medical Director of Delaware DPH.

Finally, if you have had COVID-19, please remember that you may be tired even after you have recovered from an active case. Listen to your body and take that extra rest if you need it. The sense of smell and taste will be the last thing to return to normal in most instances.

### Most Common Post-COVID Conditions

- Fatigue
- Loss of smell or taste
- Shortness of breath



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# AUTOWORKS

This month in AUTOWorks, students have been working on proper introductions when meeting new people and using GNAP. We have also focused a lot on accepting corrective feedback in the workplace and working to make the necessary changes to be successful. With the weather and COVID quarantines, we have focused most of our time working on different pallet wood projects inside of the classroom. As we closed out the 2<sup>nd</sup> marking period, we are really looking forward to some warmer days and the exciting learning opportunities that will be present in the 3<sup>rd</sup> and 4<sup>th</sup> marking periods.



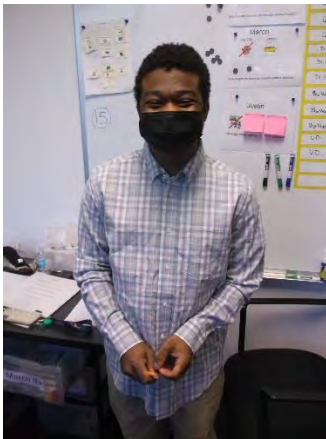
# AUTOWORKS

Although this school year has had many challenges and it seems like things are ever changing, AUTOWorks students have really handled anything thrown their way and have continued to excel.



# BRENNENworks

As 2021 ended, we are in full swing working and learning in the classroom and outside in the community. We have been collaborating with some of the Networks enterprise areas. We have also joined forces with our Brennen community sites since November 2021. Finally, we have been learning to dress professionally.



Vocationally, we have been going to the Delaware School for the Deaf's cafeteria. There, we have been wiping down the tables and chairs after breakfast, as well as helping to prepare some items lunch.

We have started working at Encore Ballet Studio cleaning large mirrors, the barres and the bathrooms. We continue to work at the University of Delaware cleaning the dorm lounges.

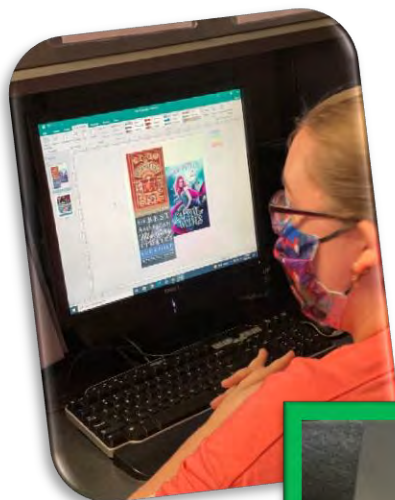
# COPYworks News

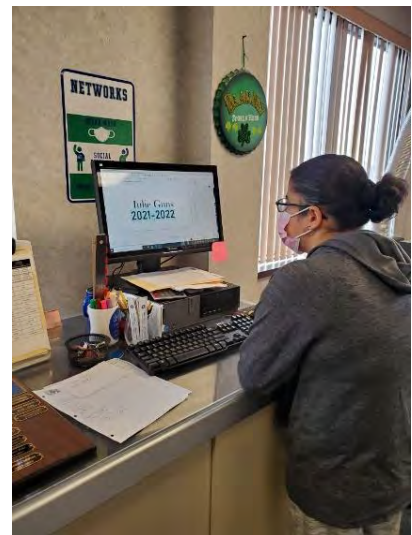
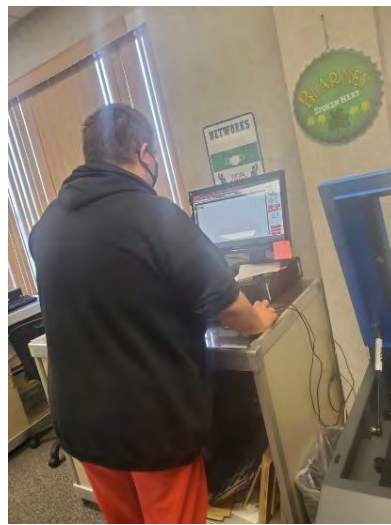
COPYworks students can really clean up! We have been talking about the importance of first impressions and how to dress for an interview. These students came to school prepared during Professional Dress Days.



# COPYworks News

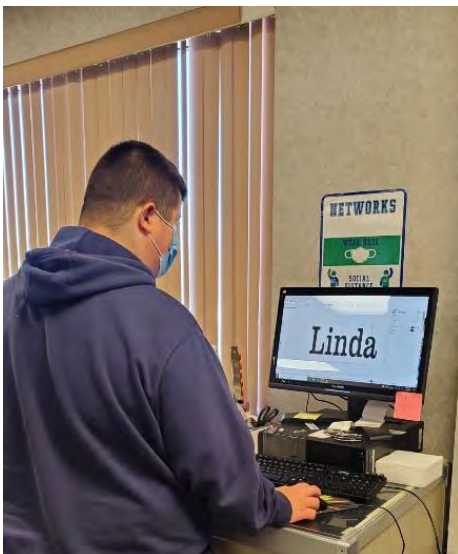
In January, each student designed, printed, hole-punched and coiled their own notebook! Students were very excited about this project – we make many of these but this time they got to design their own and take it home. ☺

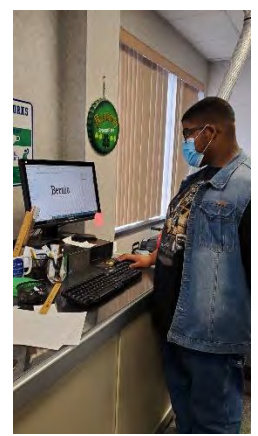
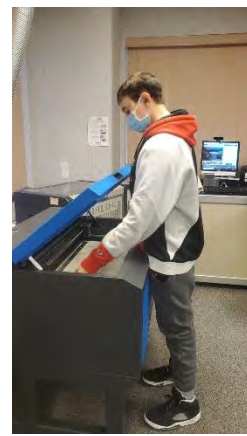
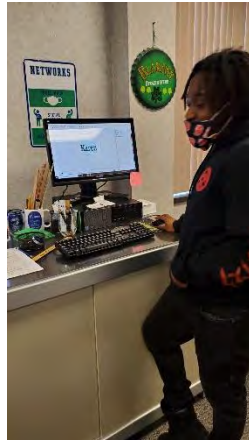
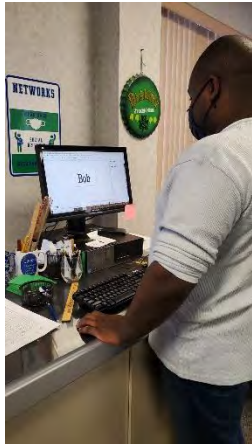




## Names for Everyone in ETCHworks

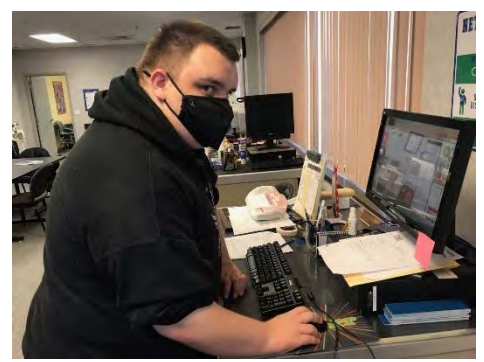
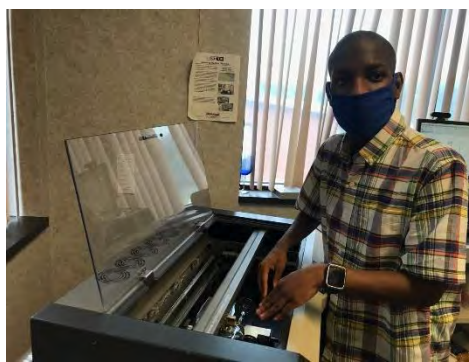
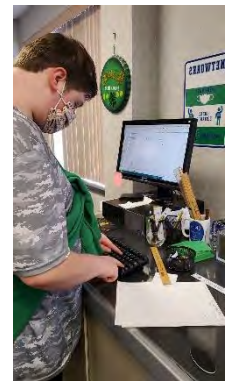
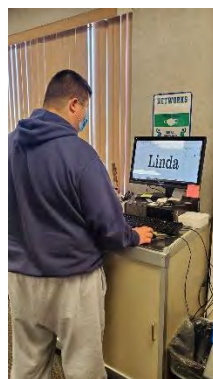
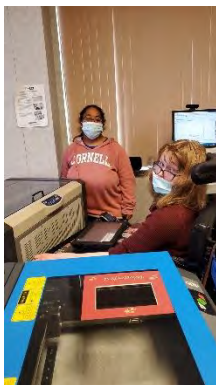
This month in ETCHworks we have been creating name tags for a community group. This is a very enjoyable job for us because we got to learn there are different ways to spell the people's names. We have all become very skilled at using the laser machine to create these nametags.





## **Using the Laser Machine in ETCHworks**

One of our favorite machines in ETCHworks is the laser machine. The laser machine uses the program Coreldraw to create products for our customers. After the design is created, we use the machine as the printer for our products. There are many different steps that all of the students learn when operating this piece of equipment.



# FABRICworks



FABRICworks also does a little bit of FRAMEworks. The two areas are combine and students also assist in framing prints or photos.

Pictured below are students backing a framed print and packaging.

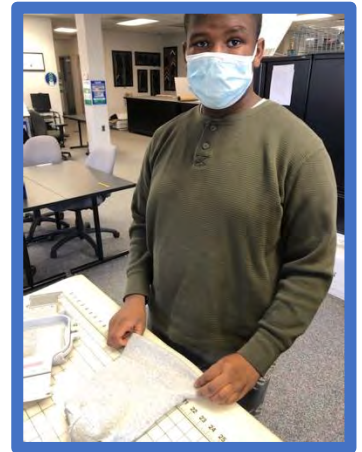
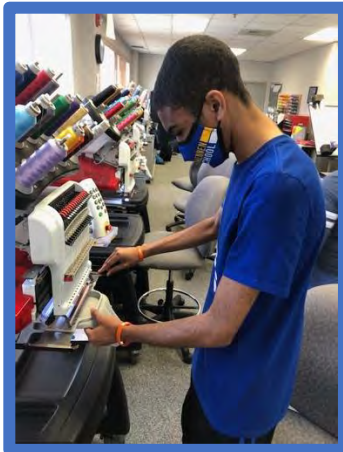
Above, students are putting frames away at our community-based site, JoAnn Fabrics. Students were sure to look on the outside of the box for directions on how to open the box and handle the items.

**FRAGILE!**





# FABRICworks



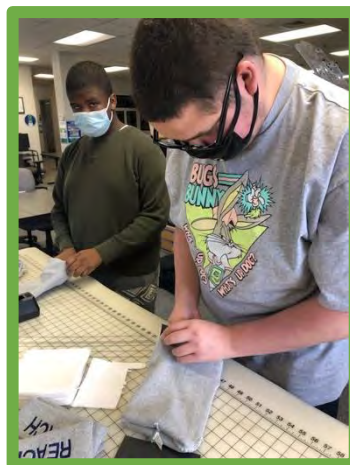
What happens when you have a big group, who will be participating in the [Polar Bear Plunge](#) and they would like to be identified as a group?

**You have them wear the same thing!**

FABRICworks was busy embroidering hats to keep those participants warm while they are outside either getting ready to take the "PLUNGE" or there to support their group. We had students gathering supplies, hooping hats, trimming hats, monitoring the embroidery machines, and packaging the completed hats.

Students were cooperative and worked well together.

We also welcome two new students, Willie and Angelica, who were in our enterprise area in the past.



# FLORALworks

December is always a BUSY month with holiday orders being our priority!

We were like busy little elves making items for the holiday gift shop.



We began working in the community to clean St. Thomas Church each week.



We finished out the month prepping and making our holiday specials!





# FLORALworks



FLORALworks is getting ready for the Valentine's season! Students helped to research Valentine Floral ideas for our specials this year. When the final three arrangements were chosen, students helped to mock up our FLORALworks Valentine's specials. Check our specials below and look for the form enclosed in this newsletter for the order sheet.



*Will You Be My Valentine*



*Sweetheart*



*Valentine Vibes*

FLORALworks students continue to work on floral design techniques. We are also working on customer service skills. Students use these skills to make and deliver floral arrangements to customers.



# MERCHANTworks



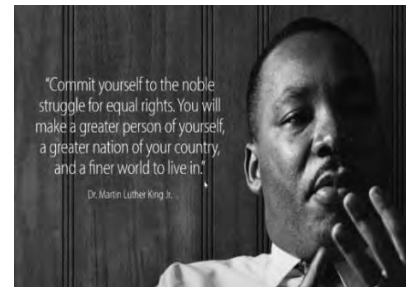
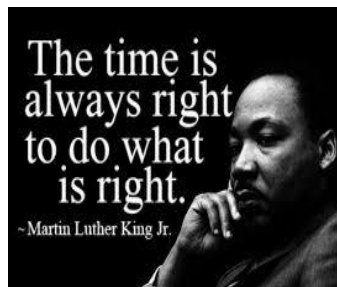
*December's focus in MERCHANTworks was "Making a good impression on the job". The students learned the importance of:*

- *dressing appropriately for a job interview,*
- *first impressions,*
- *having a positive attitude,*
- *having qualities employees should possess.*

*Mr. Madigan, Ms. Anker and Ms. Norman*

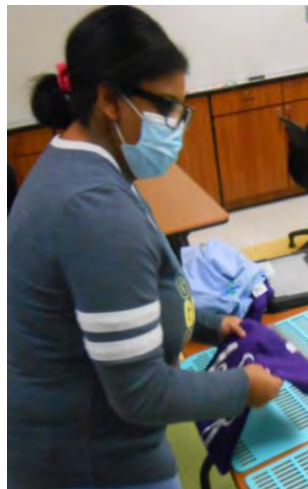


# ***MERCHANT**works*



In January, we continued our focus on Work Ethics and Attitudes. We discussed how a positive attitude can lead to a better quality of life and happiness. All employers are looking for positive employees and this is just another tool our students can use to become gainfully employed.

Our students also discussed and reflected on the important contributions Martin Luther King Jr. made for our great nation. Please be safe and don't forget to wear your masks and wash your hands often.



# MUNCHworks

was very busy during the month of December. We rolled, cut out and decorated nearly 900 sugar cookies for Networks' first *Holiday Cookie Fundraiser*.



We also made, packaged and "gussied up" other food items to sell at Networks' Gift Shop...and we enjoyed (almost) every minute of it!



*Valentine's Day is only a few weeks away,  
please be sure to check out our*



*Valentine's Day Specials*



# TEAMworks

In December, TEAMworks worked really hard on making shirts for Winterfest. After the TEAMworks classes designed a few different options, students and staff from throughout the building visited the area and were able to vote on their favorite choice.



The winning design was the gnome.



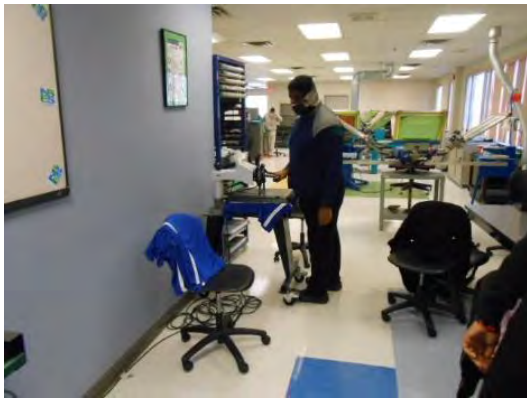
During Winterfest, each student received a screen-printed T-shirt they caught “*Hot Off the Press*” -- the drying belt. They were able to don the festive shirt for the remainder of the day.

# TEAMworks

Customer orders continued to come in to TEAMworks. As we to print shirts and fill customer orders, the students have been working hard to learn the ins and outs of printing designs on different apparel items we make such as:

- Masks
- Bags
- T-Shirts
- Sweat shirts and pants
- Pajamas

“Just to name a few!!”



Before packaging our finished product, students use the Perfect Fold for quality control.



# TECHworks!



This is an exciting time of the school year!

The lessons have focused on learning about computer functions and programs, specifically Microsoft:

- Word,
- Excel and
- PowerPoint.

Students learned what each program does and how they can use it within their classes.



Later we learned about various careers including their:

- Required qualifications,
- job descriptions and
- training you need BEFORE and AFTER you get the job.



Our next topic will include learning about electronic devices, taking and sharing photos, and using social media appropriately.





# Techworks!

Welcome to the 3<sup>rd</sup> Marking Period!

**PLEASE remember**, if you are absent due to COVID-19 Isolation or quarantine and NEED to zoom, please visit Schoology and click on the computer icon (pictured here) -->>> then click the zoom link.



*(For other enterprise areas, please follow your teacher's instructions!)*

The past few weeks have included:

- how to take photos,
- sharing of documents and
- where items are stored.

We talked about objects in the foreground and background of each photo. We also enjoyed participating with our annual Winterfest this year and thank Etch and Fabric/Frame for the help with the frames! Enjoy the pictures.

Before leaving the topic of photo's it is important to **REMEMBER** if photos or documents are deleted from your personal cell phone or online, they can remain in cyberspace.

Proper use of electronic devices was a topic that peeked the students interest to the students. They learned various ways to protect their personal information in using their devices. The importance of appropriately communicating on-line was discussed as often times on-line communication can be misunderstood.





From the Nurse's Office








# ALL THINGS COVID

## Mask Wearing – Protecting yourself and your neighbor

Although surgical masks double layered (meaning wearing two masks) or KN95 or similar masks are the current recommendations for the best protection from COVID-19, Dr Rattay has stated time and time again that any mask is better than no mask at all. A mask with a bendable (moldable) nose- piece that can be shaped to the bridge of your nose is always best.

### Wear a mask with the best fit, protection, and comfort for you.

 <b>N95 Respirator</b> NIOSH-approved	 <b>KN95 Respirator</b>	 <b>Disposable Mask</b> Sometimes referred to as "surgical masks" or "medical procedure masks"	 <b>Cloth Mask</b> Non-medical, made of fabric
When worn correctly, respirators offer the highest level of protection and filter 95% of particles.	Filtration varies depending on standard.  When worn correctly, KN95s provide more protection than disposable masks.	Disposable masks offer more protection than cloth masks.	Layered finely woven cloth masks offer more protection.  Loosely woven cloth masks provide the least protection.



Masks and respirators should not be worn by children younger than 2 years old.

**[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)**

If you have purchased and are wearing the disposable “surgical masks” which are three layers, here are some helpful hints:

- Please wear a new mask each day
- Please make sure the white portion of the mask is faced IN and the color portion of the mask facing out.
  - The colored portion of the mask is facing out as it is made out of water-repellent non-woven fabric.
- Shape the nose-piece to make it rest on the nose and then press the nose clip to pull rest of the mask under the lower end of the jaw.

# What Mask Should I Wear?

Along with getting vaccinated and boosted, experts recommend upgrading your mask if you want optimal protection.

No Protection

Some Protection

Most Protection



## No Mask or Improper Use

- Mask should fit over your nose and mouth and be snug against your face with no gaps
- Don't use masks that are damp, dirty or damaged
- Don't wear masks with exhalation valves, which allow virus particles to escape

## Cloth Masks

- Washable and reusable. Masks should be washed at least once a day or as soon as they become dirty
- Multiple layers of woven, breathable fabric



If you don't have access to a high filtration respirator mask, double up. Single layer masks, such as bandanas and gaiters, are less effective, so wear a cloth mask with multiple layers or wear a cloth mask over a surgical mask. Be sure your mask fits properly—nose wires improve fit.

## Surgical Masks

- Disposable, intended for one time use
- Multiple layers of non-woven material
- Provides protection against large droplets

## High Filtration Masks

(Respirators - N95, KN95, KF94)

- Varies by mask type, but reusable up to 5 times with proper care
- Filters up to 95% of particles in the air
- Seals tightly to the face when fitted properly (some facial hair can interfere with this seal)
- Designed and regulated to meet international standards. Check lists of trusted manufacturers from CDC and Project N95 to avoid counterfeit masks

## How Should I Wear MY MASK:

### Do wear a mask that



Covers your entire nose (including covering your nostrils) and mouth and can be secured under your chin.

Fits snugly against the sides of your face.

### How not to wear a mask

PLEASE make sure your mask is pulled up, and covers your entire nose when wearing your face-mask.





# Cooperative Education

COOP focused on DART training in December. Students had the opportunity to ride DART fixed route buses. Staff and students rode from Blue Hen Drive or Pencader Plaza to the Christiana Mall and back again. Groups identified bus stops, learned:

- how to use bus passes,
- pull the stop cord,
- bus etiquette,
- how and when to identify stops, etc.

COOP hopes to expose even more students to riding a DART fixed route bus in the New Year.





# Cooperative Education

Walgreen's has played a major role in January when it comes to Networks students and jobs!! First, congratulations to Kevin and Jamarr' who are working as interns at the Harmony Road Walgreen's. They are gaining work experience and building their resumes while being paid to handle tasks including: front facing, stocking, outdates and customer service. What a great opportunity for them!!



Angelica, a recent alumna of the Walgreen's internship, had an interview for a position at another Walgreen's. Best of luck to her! An employer would be lucky to have such a qualified person on their roster.





# ALL THINGS COVID

## I'm a Close Contact – What do I do now?

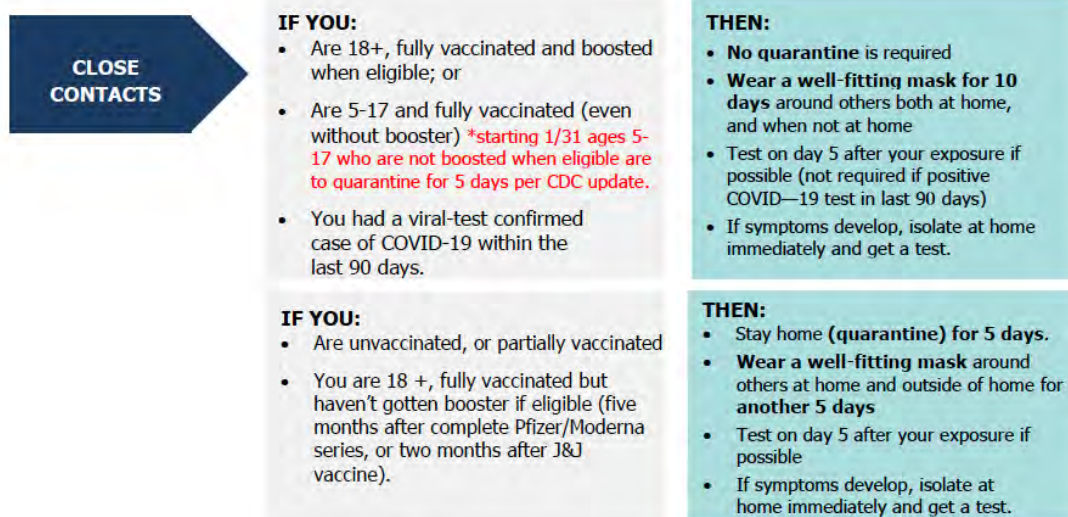
### What is the definition of a close contact in school settings?

**Close Contacts:** In schools, any student within 3 feet sustained for 15 minutes or more, or adult within 6 feet sustained for 15 minutes or more, regardless of mask use. Also, anyone between 3 and 6 feet sustained for 15 minutes or more without masks.

**Not Close Contacts:** Any student more than 3 feet from an infected student, only if both the infected student and exposed student correctly and consistently wore well-fitting masks the entire time. Also, anyone more than 6 feet from an infected student or adult.

In the first section of these guidelines, you can see that the guidelines NOW SPECIFY that a Close Contact is defined as **SUSTAINED CONTACT** FOR 15 Min or more

## Your Vaccination Status as a Close Contact Determines Your Quarantine



There are now new guidelines for Close Contacts that are now separated into three categories as opposed to only being vaccinated and unvaccinated.

If a you are unvaccinated, partially vaccinated, and/or overdue for a booster dose and is a close contact of a positive case, the student should quarantine for **5 days from the date of his or her last exposure to the positive case and then wear a mask for 5 days.**

Currently, to be considered "**fully vaccinated**" and not needing to quarantine, the individual must be up to date with their vaccines, including boosters (*within 5 months of your second mRNA dose of Pfizer or Moderna dose or less than 2 months after the J&J vaccine*) and additional doses if recommended when eligible.

To further define, an individual is considered "fully vaccinated" two weeks after receiving the second dose of the Moderna or Pfizer vaccines or two weeks after the single dose of the Johnson & Johnson vaccine.

Before the two-week period, an individual is not considered to be fully vaccinated and should continue to practice all mitigation strategies in all settings. However, since immunity wanes over time, individuals 12 and older are strongly encouraged to get a booster dose as soon as they are eligible.

Individuals who have tested positive for, and recovered from, COVID-19 within the last 90 days do not need to quarantine. Individuals in this category should wear a face covering for 10 days, and monitor symptoms for 10 days. HOWEVER, if the individual is unable to wear a well-fitting mask, they should quarantine for the full 10 days.



## To further define this guideline as Close Contacts and your vaccination status, let's look at a few scenarios:

1. If you received your two vaccines at our vaccine clinic May 11 and June 1, 2021 but have **NOT** received your booster dose since November 1, 2021 when you became eligible.
  - a. You then fall into Category 2.
  - b. You will quarantine for 5-days while monitoring for symptoms.
  - c. You **will be asked to stay home**.
2. If you received your two vaccines at our vaccine clinic October 5 and October 27, 2021 but have **NOT** received your booster dose.
  - a. You would fall into Category 1.
  - b. You would **NOT** need to quarantine because you would not be eligible to receive a booster dose until March 27, 2022.
  - c. You **may come to school**.
3. If you received your 2 doses of the mRNA vaccines (Pfizer or Moderna) or 1 dose of J&J as well as your booster dose within the recommended time,
  - a. You would fall into Category 1.
  - b. You would **NOT** need to quarantine.
  - c. You **may come to school**.
4. If you have not received any vaccine yet or have only received 1 of 2 vaccines during the 3 week period of time between vaccines and come in close contact with someone who tests COVID 19+ (*sustained contact of 15 minutes or more within the 3 to 6 feet regardless of mask use*).
  - a. You fall into Category 2.
  - b. You will quarantine for 5-days while monitoring for symptoms.
  - c. You **will be asked to stay home**.
5. If you have been vaccinated with two doses of Pfizer or Moderna on November 17 and December 20, 2021 and came in contact with someone January 1, 2022.
  - a. You fall into Category 2 as the 2-week period of time after your initial vaccines to become effective.
  - b. You will quarantine for 5-days while monitoring for symptoms.
  - c. You **will be asked to stay home**.

## If you are a Close Contact to anyone who tests positive to COVID-19 regardless of vaccination status, you will be asked to:

- Wear a well-fitting mask around others at home and outside of the home for a full 10 days after exposure

### Reasons to get a COVID-19 test



- You have symptoms
- You were exposed (test 5 - 7 days later)
- It's 1 to 2 days before a gathering
- You are required as part of your job

### Need a COVID-19 test? Don't go to the ER.



**!** Our hospitals are strained by increasing numbers of patients with serious COVID illness, and flu.

**Save the ER, Emergency Room, for emergencies!**  
Visit [de.gov/gettested](https://de.gov/gettested) for a list of testing options near you.

### [de.gov/gettested](https://de.gov/gettested)

### [de.gov/gettested](https://de.gov/gettested)

- **Test on day 5** after exposure when the "Viral Load" of COVID-19 is the highest.
  - This test can be the weekly antigen test completed by QUIDEL / Primary Health at school
  - Through a test at an outside company such as Curative or the DE DMV. More information will be provided by the school nurse if you are contacted.
- If you do not test at school, you should sign up for outside testing once you are notified of contact.
- Monitor for symptoms including a fever the entire 10 days after exposure.
  - If a fever develops, stay home.
- Maintain social distancing
- Wash hands

## Cafeteria Corner February 2022



### Winter Food Safety

Winter is the best time of the year for hot soups, chili, roasts, and casseroles. These warm dishes are often some of your family's favorites. Here are some important food safety tips for hot winter foods.

\*Cook it right! Foods must be cooked to certain temperatures in order for them to be considered safe.

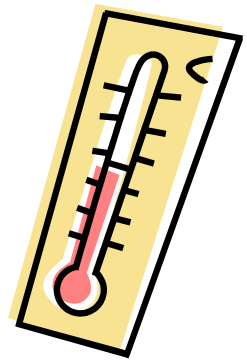
- Poultry: 165 °F
- Ground meats: 160-165 °F
- Egg dishes: 160 °F
- Beef and pork: 145 °F

\*Bacteria grow when food is left in the danger zone: 40-10° F

\*When reheating a leftover food, make sure it gets to 165 °F

\*Leftover are kept best in an airtight container in the fridge.

\*Divide larger portions of food into smaller containers or shallow pans to cool properly.



*Here's a Valentine's Day Treat to try!!*

### Valentine's Yogurt Bark

Ingredients
<ul style="list-style-type: none"><li>• 4 (5.3 oz) cartons strawberry or other berry flavored yogurt</li><li>• Sliced strawberries, blueberries, raspberries, or other fruit of your choice</li><li>• Dark chocolate-optional (melted in microwave)</li></ul>
Directions
<ul style="list-style-type: none"><li>• Line an 8 x 8 pan with parchment paper.</li><li>• Pour the yogurt into the pan and spread out evenly.</li><li>• Place the fruit on top, gently pressing down to secure it into the yogurt.</li><li>• Freeze for a few hours, or until set.</li><li>• Break into squares and enjoy!</li></ul>



# CHRISTINA SCHOOL DISTRICT

## FEBRUARY 2022

### NUTRITION CAFETERIA Q & A

Tuesday, February 1		Wednesday, February 2		Thursday, February 3		Friday, February 4	
	Q: Can you name the 5 food groups you should eat daily?	A: Fruits, vegetables, grains, dairy, and protein		Q: What part of the apple contains most of its vitamins and nutrients?		A: The skin	
Monday, February 7		Tuesday, February 8		Thursday, February 10		Friday, February 11	
	Q: What is a prune?	A: Prunes are dried plums! They have lots of fiber	Q: Are tomatoes a fruit or vegetable?	A: A fruit!		Drizzle melted dark chocolate on strawberries or bananas as a healthy Valentine's Day treat.	
Monday, February 14		Tuesday, February 15		Thursday, February 17		Friday, February 18	
	Q: True/False – yogurt has calcium, just like milk?	A: True. Yogurt is a good way to get calcium if you don't like milk.	Q: True or False: Carbohydrates are your body's preferred source of energy.	A: True! Choose healthy carbs such as fruits, vegetables, and whole grains.		PK-12 SCHOOLS CLOSED	
Monday, February 21		Tuesday, February 22		Thursday, February 24		Friday, February 25	
PK-12 SCHOOLS & OFFICES CLOSED	Q: Which has more fiber? Whole fruit or fruit juice?	A: Whole fruit		Q: In what types of foods can you find cholesterol?		A: Animal foods, such as dairy and meat	
PRESIDENT'S DAY							
Monday, February 28							
Fun fact: It takes about 20 minutes for your stomach to communicate with your brain that you've had enough to eat.							



From the Nurse's Office



# ALL THINGS COVID

## Staying Up to Date on Vaccines and Booster Shots

**THE COVID-19 VACCINE WAS DEVELOPED QUICKLY BUT SAFELY**

- More people enrolled in clinical trials, which sped up the process.
- Mass manufacturing was fast-tracked as the vaccine was going through approvals.
- Years of research laid the groundwork for the advanced science that was used to develop the COVID-19 vaccine.

**GET THE VACCINE YOU ARE OFFERED, REGARDLESS OF MAKER**

- All vaccines are equally effective at preventing hospitalization and death from COVID-19.
- Depending on the vaccine maker, you will need either one dose or two doses to ensure full immunity.
- You should get the vaccine even if you have had COVID-19.

**NO CORNERS WERE CUT IN VACCINE DEVELOPMENT**

- More than 4,000 clinical trials were conducted worldwide.
- The FDA strictly monitored vaccine development and testing.

**THE COVID-19 VACCINE DOES NOT INFECT YOU WITH THE VIRUS**

- The vaccine instructs your body to develop antibodies to fight the virus.

**RIGOROUS TESTING HAS SHOWN THE VACCINE TO BE BETWEEN 85% AND 99% EFFECTIVE AT PREVENTING SERIOUS ILLNESS**

**85% EFFECTIVE**

**COVID-19 VACCINATION LOCATIONS**

- Large and small vaccination sites
- Neighborhood pharmacies
- Health care providers
- Employers

Federal officials ensure that personal information gathered while vaccinating people for the COVID-19 virus will not be used in any way for immigration enforcement. In addition, some vaccination sites will not require photo ID. The vaccine is available to everyone in the U.S., regardless of citizenship status. The vaccine is available at no out-of-pocket cost, even to those who don't have health insurance.

\*Johnson & Johnson vaccine    \*Pfizer and Moderna vaccines    Last updated: 03/15/2021

**FIND OUT WHEN, WHERE, AND HOW TO GET YOUR FREE COVID-19 VACCINE**

- VISIT [de.gov/covidvaccine](https://de.gov/covidvaccine)
- CALL 1-833-643-1715
- EMAIL [vaccine@delaware.gov](mailto:vaccine@delaware.gov)

### PLEASE NOTE:

**THERE IS A TWO-WEEK WAITING PERIOD AFTER INITIAL COVID-19 IMMUNIZATIONS TO BE CONSIDERED FULLY VACCINATED.**

**TWO DOSES OF PFIZER OR MODERNA  
ONE DOSE OF JOHNSON & JOHNSON**

**THERE IS NO LONGER A WAITING PERIOD OF 2 WEEKS FOLLOWING BOOSTER DOSES – THEY ARE EFFECTIVE IMMEDIATELY FOR MODERNA, PFIZER AND J&J**

**As with any vaccine, there are Common, Non-life Threatening Side Effects you may experience in the days following your shot:**

On the arm where you got the shot:



- Pain
- Redness
- Swelling

Throughout the rest of your body:



- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea

**Please note:** As with all medications and vaccines, there have been a few instances of severe reactions to the vaccine. When you receive an initial dose, follow up dose and/or booster dose whether at a clinic, doctor's office, pharmacy, etc., you will be asked to sit, wait and be observed for at least 15 to 30 minutes following administration to be sure you do not have this type of reaction before leaving the building.

## Getting the Booster Dose – WHY??



Keep yourself and  
your loved ones safe.

## Why You Should Stay Up to Date with Your COVID-19 Vaccines



COVID-19 vaccines **slow the spread** of COVID-19.



Getting vaccinated and boosted **greatly reduces your risk of severe illness, hospitalization, and death.**



COVID-19 vaccines, including boosters, are **effective against known variants, including Omicron.**



All COVID-19 vaccines currently approved or authorized in the U.S. are **proven to be safe.**



FIND A VACCINE NEAR YOU: [WWW.VACCINES.GOV](http://WWW.VACCINES.GOV)

## Why You Need a COVID-19 Booster Shot



Vaccines are working very well to protect against severe illness, hospitalizations, and death, but effectiveness against infection decreases over time.



Boosters increase your protection from COVID-19, including variants.



The Omicron variant spreads more easily than the original virus.

**GET A BOOSTER SHOT 5 MONTHS AFTER YOUR PFIZER-BIONTECH OR MODERNA SERIES, OR 2 MONTHS AFTER YOUR J&J SHOT.**



[cdc.gov/coronavirus](http://cdc.gov/coronavirus)



**Are you considering a COVID 19 vaccine after having COVID 19?**

**This includes a booster or full series?**

A person may and should receive the vaccine after having COVID-19, provided that individual has been cleared from the isolation period and been fever- and symptom-free for at least 24 hours.

# FLORALworks Valentine's Specials

Please place your order by Tuesday, February 8, 2022



*Will You Be My Valentine - \$15*



*Sweetheart - \$30*



*Valentine Vibes - \$60*

## Customer Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

<u>Order Information:</u>	Price	Quantity.	Total
Will You Be My Valentine	\$15.00		
Sweetheart	\$30.00		
Valentine Vibes	\$60.00		

<u>Select:</u>	Price	Total
Delivery (District)	\$3.00	(Residence) \$5.00
<b>Pick Up by 3PM</b>	<i>No Fee</i>	

Order Total + Delivery Total: \$ \_\_\_\_\_

**Pick Up or Delivery (Monday, February 14th, 2022) (please circle one)**

## 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](mailto:barbara.lomas@christina.k12.de.us) or call 302-454-2028.

\*\* Please note: Vase type/color may vary.  
**Thank you for supporting our students!**



# MUNCHworks

## Valentine's Day Specials

Please place your order by Tuesday February 8, 2022  
for Delivery or Pick-up on  
Monday, February 14, 2022

Phone (302) 454-2233 FAX (302) 454-5446



6 Heart Shaped Cookies  
Stacked in a Cello Bag



Two Red Velvet  
Cupcakes

### Customer Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime Phone Number: \_\_\_\_\_

E-mail: \_\_\_\_\_

<u>Order Information:</u>	<u>Price</u>	<u>Qty.</u>	<u>Total</u>
6 Heart Shaped Cookies	\$5.00		
2 Red Velvet Cupcakes	\$6.00		
<u>Select Delivery or Pick Up:</u>	<u>Price</u>		<u>Total</u>
Delivery	\$3.00		
Pick Up	No Fee		

Order Total + Delivery Total: \_\_\_\_\_ **Total Amount:** \_\_\_\_\_

Please indicate **pick-up time BEFORE 3 pm:** \_\_\_\_\_ a.m. **OR** \_\_\_\_\_ p.m.

### **Recipient Information (if different from above):**

Name: \_\_\_\_\_

Location: \_\_\_\_\_

Phone Number: \_\_\_\_\_

### Payment Information:

Cash \_\_\_\_\_ Check (payable to Networks) \_\_\_\_\_

**Thank you for supporting our students!**



# JOIN US FOR FUNDRAISING NIGHT!



To Benefit the Networks School for Employability Skills

**Wednesday February 23<sup>rd</sup> or  
Thursday, February 24th  
from 3PM-10PM**

# 10%



**Donation Night** for Networks School for Employability Skills.

Present this flyer at the Bear location and Texas Roadhouse will donate 10% of your total food purchases to Networks School for Employability Skills for PBIS Events and Student Activities!



## (302) 322-3443

250 Buckley Blvd  
Bear, DE 19701