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
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 potentionally 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 18th. (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 8th. 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. 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.

The meeting recording can be found using the following address:

https://uwde.zoom.us/rec/share/iCk7JjcfvGWpSLcht1ol5oFLU60knlN8KmiJ3aDMID7MduuR71PPec-ITX7PWLHLJ-UIZ1TJ8ZZY1w
Let’s take a look at some changes to the new info-gram:

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!
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
ALL THINGS COVID
You’re COVID-19 Positive – What happens next?

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

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.
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.

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

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 symptoms, or if you are in the Red Zone on your Asthma Action Plan, call your healthcare provider or seek medical attention immediately. **Allergies, colds and flu 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. 

** Most Common Post-COVID Conditions **

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

[cdc.gov/coronavirus]

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.
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 2nd marking period, we are really looking forward to some warmer days and the exciting learning opportunities that will be present in the 3rd and 4th marking periods.
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.
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 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.
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 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!**
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.

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.
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
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 🎈
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.
Customer orders continued to come in to TEAMworks. As we 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.
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.
Welcome to the 3rd 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.
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.

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.
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.
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.
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: Any student within 3 feet of 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.

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.

**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 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 Phizer 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.

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**.
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 (Phizer 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 Phizer 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
- **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
**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: 40-100° 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**
- 4 (5.3 oz) cartons strawberry or other berry flavored yogurt
- Sliced strawberries, blueberries, raspberries, or other fruit of your choice
- Dark chocolate-optional (melted in microwave)

**Directions**
- Line an 8 x 8 pan with parchment paper.
- Pour the yogurt into the pan and spread out evenly.
- Place the fruit on top, gently pressing down to secure it into the yogurt.
- Freeze for a few hours, or until set.
- Break into squares and enjoy!
<table>
<thead>
<tr>
<th>Date</th>
<th>Q: Can you name the 5 food groups you should eat daily?</th>
<th>A: Fruits, vegetables, grains, dairy, and protein</th>
<th>Q: What part of the apple contains most of its vitamins and nutrients?</th>
<th>A: The skin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, February 7</td>
<td>Q: What is a prune?</td>
<td>A: Prunes are dried plums! They have lots of fiber</td>
<td>Q: Are tomatoes a fruit or vegetable?</td>
<td>A: A fruit!</td>
</tr>
<tr>
<td>Tuesday, February 8</td>
<td></td>
<td></td>
<td>P: True/False – yogurt has calcium, just like milk?</td>
<td>Drizzle melted dark chocolate on strawberries or bananas as a healthy Valentine’s Day treat.</td>
</tr>
<tr>
<td>Monday, February 14</td>
<td>Q: True/False – yogurt has calcium, just like milk?</td>
<td>A: True. Yogurt is a good way to get calcium if you don’t like milk.</td>
<td>Q: True or False: Carbohydrates are your body’s preferred source of energy.</td>
<td>A: True! Choose healthy carbs such as fruits, vegetables, and whole grains.</td>
</tr>
<tr>
<td>Tuesday, February 15</td>
<td></td>
<td></td>
<td></td>
<td>PK-12 SCHOOLS CLOSED</td>
</tr>
<tr>
<td>Monday, February 21</td>
<td>PK-12 SCHOOLS &amp; OFFICES CLOSED</td>
<td>Q: Which has more fiber? Whole fruit or fruit juice?</td>
<td>A: Whole fruit</td>
<td></td>
</tr>
<tr>
<td>Monday, February 28</td>
<td>Fun fact: It takes about 20 minutes for your stomach to communicate with your brain that you’ve had enough to eat.</td>
<td></td>
<td>Q: In what types of foods can you find cholesterol?</td>
<td>A: Animal foods, such as dairy and meat</td>
</tr>
</tbody>
</table>
PLEASE NOTE:
THERE IS A TWO-WEEK WAITING PERIOD AFTER INITIAL COVID-19 IMMUNIZATIONS TO BE CONSIDERED FULLY VACCINATED.
TWO DOSES OF PHIZER 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??

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

** Please note: Vase type/color may vary.

Thank you for supporting our students!

Will You Be My Valentine - $15
Sweetheart - $30
Valentine Vibes - $60

Customer Information:

Name:__________________________________________
Address:_______________________________________
Daytime Phone:_________________ E-mail:_____________________

Order Information:

<table>
<thead>
<tr>
<th></th>
<th>Price</th>
<th>Quantity</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Will You Be My Valentine</td>
<td>$15.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweetheart</td>
<td>$30.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Valentine Vibes</td>
<td>$60.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Select:

<table>
<thead>
<tr>
<th></th>
<th>Price</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delivery</td>
<td>(District) $3.00</td>
<td>(Residence) $5.00</td>
</tr>
<tr>
<td></td>
<td>No Fee</td>
<td></td>
</tr>
</tbody>
</table>

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 or call 302-454-2028.

** Please note: Vase type/color may vary.

Thank you for supporting our students!
**Customer Information:**
Name: 
Address: 
Daytime Phone Number: 
E-mail: 

**Order Information:**
<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Qty.</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Heart Shaped Cookies</td>
<td>$5.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 Red Velvet Cupcakes</td>
<td>$6.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Select Delivery or Pick Up:**
<table>
<thead>
<tr>
<th>Price</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delivery</td>
<td>$3.00</td>
</tr>
<tr>
<td>Pick Up</td>
<td>No Fee</td>
</tr>
</tbody>
</table>

**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!
To Benefit the Networks School for Employability Skills

Wednesday February 23rd 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