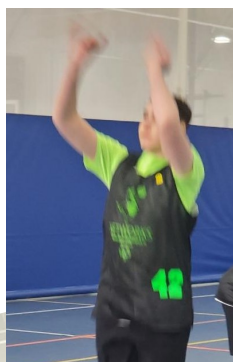


CHRISTINA
SCHOOL DISTRICT
Networks Program
30 Blue Hen Drive
Newark, DE 19713

Networks News

March 2022

Congratulations to our basketball team for a great job done at the qualifiers on Saturday. The teams played two games half court (won one and lost one) and two games full court (and won both).





From the Nurse's Office



Vision to Learn

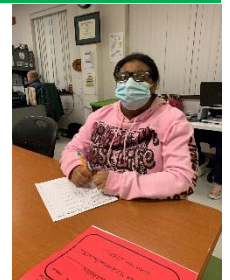
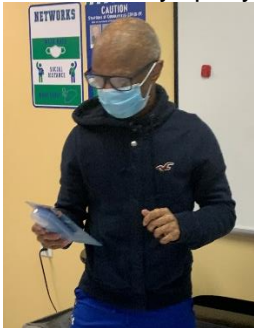
The nurse's office has been busy this school year making sure students have new glasses for 2021-2022. Prior to participating in the Vision to learn program, there were a few steps that took place:

- Students were screened and referred by the school nurse,
- Parents were contacted to discuss potential changes in their child's vision,
- Consent for participation in the program was obtained,
- Students were seen in the Vision to Learn van for eye exams by a licensed Optometrist,
 - A total 41 of 42 students (WOW!) who had their vision checked and were identified as individuals who needed glasses.
 - The best part of the eye exam for students is getting to pick out their own frames.
- An optician came to Networks on September 15th and February 23rd to distribute glasses and assure proper fit.
 - If your child is having problems with proper fit, Vision to Learn informs us you can stop by any location that sells glasses to get them adjusted. If you need a copy of the prescription from the exam, please visit www.visiontolearn.org/glasses Questions regarding your child's glasses can be sent to delaware@visiontolearn.org or you can call 302-803-6549.

It is an awesome feeling and "sight" when a student looks around the room and puts a smile on their face which can be seen even through their mask after receiving their new glasses as they can see much better.

Students (and parents), please remember these two tips in adjusting to the new glasses:

1. If they are "*not on your face, be sure they are in their case.*"
 - a. The wearing times of glasses is noted on the outside of the eyeglass case: Full-time; Part-time for Distance or Reading
2. Always put your glasses on or take them off by holding them on both frame arms.





Springing Forward to Daylight Savings Time -- March 13, 2022



How long will it take you to adapt to time changes? For many of us, it should only take a day or two to adapt to the time change. A common rule of thumb is that it takes about one day to adjust for each hour of time change. However, there is significant individual variation. If you are getting seven to eight hours of sound sleep and go to bed a little early the night before, you may wake up feeling refreshed. If you are sleep-deprived already, getting by on six hours, you're probably in a bit of trouble, especially if you consume alcohol or caffeine close to bedtime. In this situation, you may well experience the decrements of performance, concentration, and memory common to sleep-deprived individuals, as well as fatigue and daytime sleepiness. So, there may be some tired and groggy people hitting the streets the morning of **Monday, March 14th** in the dark. This includes your children getting on the bus coming to school.

To help create sleep-friendly environments and enhance your chances of falling asleep, staying asleep, and sleeping soundly you may want to reduce or eliminate caffeine and alcohol, exercise several hours before bedtime, create calming rituals before bed to gradually relax yourself (taking a hot bath for example), and wear ear plugs and eye masks, to name a few. Also, it is important to go to bed and rise at the same time every day.

Use these 10 sleep tips to help you spring forward easily and sleep better all year long.

- 1. Gradually Transition Into the Time Change** - Go to bed 15 minutes early, starting several days before the change.
- 2. Give Yourself a Sleep Break After the Time Change** If you feel sleepy after the change to daylight saving time, take a short nap in the afternoon before 4:30. Avoid sleeping in an hour longer in the mornings. Your internal clock will adjust on its own in several days.
- 3. Know How Much Sleep You Need** To find your ideal number of hours of sleep requirements to be well-rested, sleep without an alarm on weekends and see when you wake up naturally.
- 4. Keep Regular Sleep Hours** Go to bed and wake up at the same time each day. This helps your body regulate its sleep pattern and get the most out of the hours you sleep. If possible, wake up at the same time on the weekends. If you must nap, only take a short nap (20 – 30 minutes) so not to ruin your night's sleep.
- 5. Get Some Exercise During the Day** Even walking, can help you sleep better. Aim for at least 30 minutes of exercise, three times a week or more. If you don't sleep well, try not to exercise too close to bedtime.
- 6. Avoid Stimulating Substances** Alcohol and caffeine (i.e. coffee, tea, chocolate, tobacco and some pain relievers) can interfere with sleeps so it is best to avoid it for 4 to 6 hours before bedtime.
- 7. Eat Lightly at Night** Indigestion from spicy or fatty food or having too much food in your stomach can cause insomnia. For a better night's sleep, eat light, simple foods several hours before bed. If you get hungry, have a snack of easy-to-digest food such as carbohydrates or dairy. Also, avoid too much liquid before bed so that you don't have to wake up to go to the toilet.
- 8. Relax Before Bed** Stress and overstimulation can make it hard to fall asleep. Try to avoid intense television programs or movies before bed. Relax with a soothing, warm bath and curl up with a book instead. Worry boosts production of the stress hormone cortisol, which makes you more alert. If anxiety keeps you awake, write out your schedule for the following day before going to bed, including possible solutions to challenges you may face. If you're worried about hitting a deadline the next day, go to bed early and wake up early to work. Don't work late into the night. Your mind needs the rest. You may even need less time to finish your work.
- 9. Create a Sleep-Friendly Environment** Try sleep shades, earplugs, a white-noise machine, or all three. Room temperature between 60-75 degrees is considered the most comfortable. If you have restless or snoring pets, keep them out of your room, along with all electronics, including your television, computer, DVD player, and stereo. Save your bedroom for sleep and relaxing.
- 10. Get Up if You Can't Sleep** We've all had those nights when we can't fall asleep or we wake up and can't get our minds to shut down. Avoid watching the clock, which can create more anxiety. If you've been awake more than 20 minutes, get up, go to another room, and do something relaxing to help you get drowsy. Keep the lights low, have some warm milk, read a book, or write about whatever may be on your mind until your eyelids get heavy.

AUTOWORKS

This month in AUTOWorks students had the chance to put their GNAP (Greeting Name Area Purpose) skills to the test by helping FLORALworks deliver the arrangements for Valentine's Day. Students spent the day helping to navigate their communities and accurately finding specific addresses to ensure the products made it to the right person. Students were able to safely interact with customers and brighten their Valentine's Day.



MERCHANTworks

This month, our focus in MERCHANTworks has been "Social Skills". We introduced the students to:

- What "Social Skills" are
- How to improve them
- Who can help you improve them

During this month, we were able to work on "Preparing to Apply for a Job". We created, updated resumes and discussed the different parts of a resume.

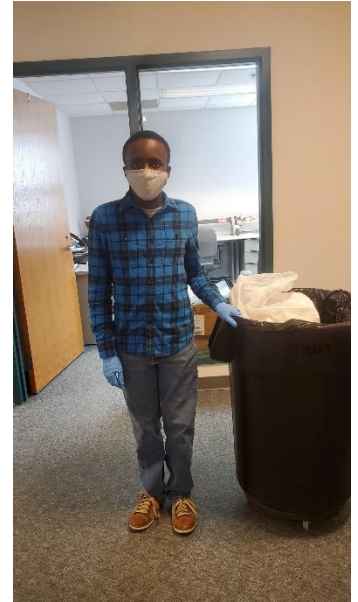
We also discussed:

- Job Applications
 - both online and on paper.
- Teamwork Dynamics
- Use of a Calendar
- How to use your strenghts and weaknesess in a job search

COPYworks News

In the past month the students completed a unit on Self Esteem. We looked at both positive and negative self-esteem and the effects that can have on you. We learned how to increase our self-esteem, accepting the things we cannot change and learning about self-image and confidence. An activity we completed was saying something positive about our classmates. Students completed a few sentences every day for a week. We then used those compliments to create a word image.



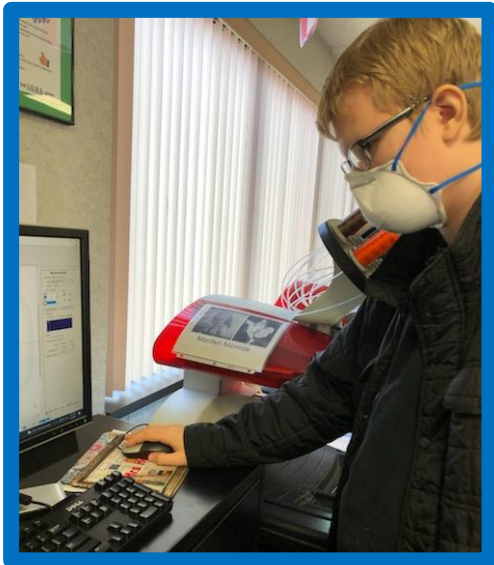


Cleaning up in ETCHworks

One of the community sites that ETCHworks goes to is the Special Olympics of Delaware office. At the office, we vacuum, sanitize tables, clean windows, remove trash and recycling and clean the bathrooms. The students love to expand their knowledge of cleaning and enjoy visiting with the staff at the office.



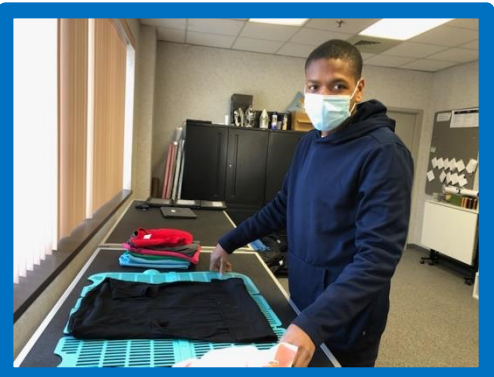
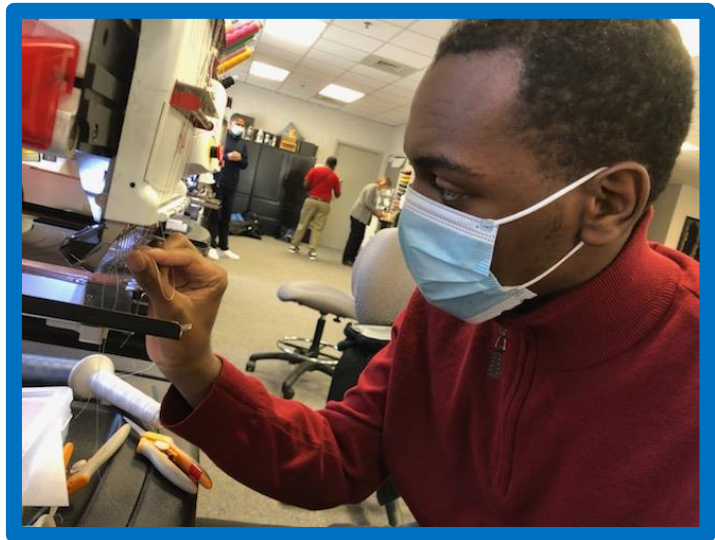
FABRICworks



In FABRICworks, we have started discussing how to find a job that matches the skills we have. We are looking at job descriptions to see what employers are looking for. Students find that we learn many skills in the enterprise area that can be transferred into the workplace.

Some examples include:

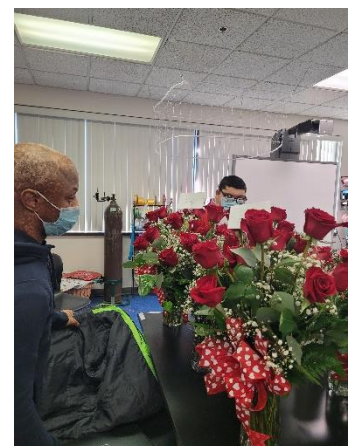
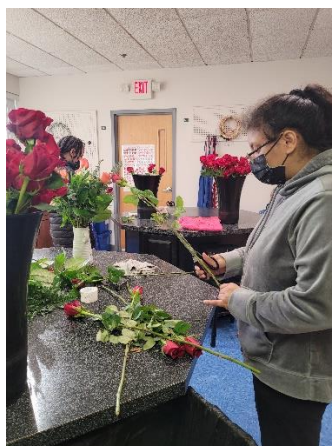
- Computer skills
- Organizational skills
- Fine motor skills
- Stocking shelves
- Packaging
- Attention to detail



FLORALworks

Floralworks students were busy working on Valentines Day orders during the month of February!!!

We are so thankful to all of the Networks areas for helping deliver all of the orders! After the orders were delivered to customers, students helped to confirm that the delivery was made using the computer and online system. This was a huge undertaking considering we filled at least 110 orders and delivered 65 of the orders!!! Here are a few pictures of our busy month!



Valentine's Day in MUNCHWORKS



Six Heart Shaped
Cookies in a Cello Bag



Two Red Velvet
Cupcakes



To celebrate the auspicious occassion we rolled, cut, decorated, baked and packaged more than 275 heart shaped cookies and we made 60 red velvet cupcakes (not including the mini ones that were served to Networks students at lunch).



What a day it was!!!!

TEAMworks

This month TEAMworks resumed working at our community work site “Old Navy”. The students had a great time learning how to dress mannequins and tag stock for sale on the sales floor.



TECH WORKS

MOVE THIS WORLD ACTIVITIES!



STUDENTS WORKED TOGETHER TO PRINT BADGES FOR NEWARK HS.

This job was done by several students who learned to work together. First they created a template and sent it to the customer for approval. After customer approval, the badges were printed. It was important to measure and make sure words and names were centered.

BADGE WORKS

PHOTO EDITING

Crop
Center

TYPING

Quality
Speed

QUALITY ASSURANCE

Accuracy
Precise

TEAMWORK

Customer Service
Collaborate





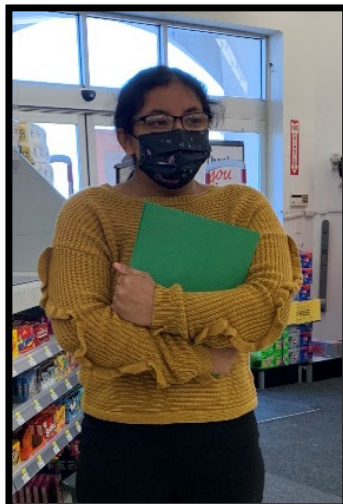
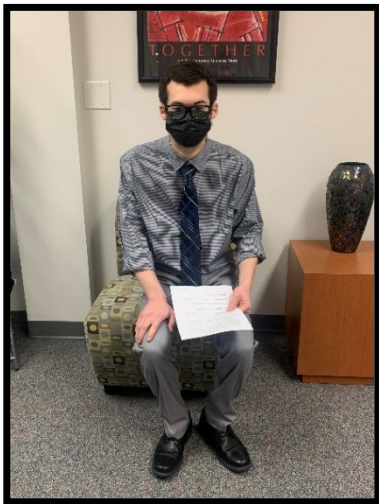
Cooperative Education

A big congratulations goes to Angelica P. for landing her first official job! Angelica had to fill out an application and interview for the position. After the interview, she was offered the job on the spot! Angelica trained for a week at the Stanton Shoprite to be ready for her regular store. Angelica is now working part time and attending Networks. We are so very proud of this young woman.

Networks is happy to announce they have teamed up with Goodwill again this year to host the Goodworks program. This is a 10-week program, run by Goodwill that teaches students about working at Goodwill. Students will spend Tuesday mornings learning about Goodwill and Thursday afternoons working at Goodwill. During their time on site at Goodwill students will be paid.

In other news, Chinelo K. has started a 4-week internship at Walgreens in University Plaza. Soon Ryan E. and Alexia H. will be starting their own 4-week internship at Walgreens.

Way to go Networks students!



Counselor's Corner

Self Care

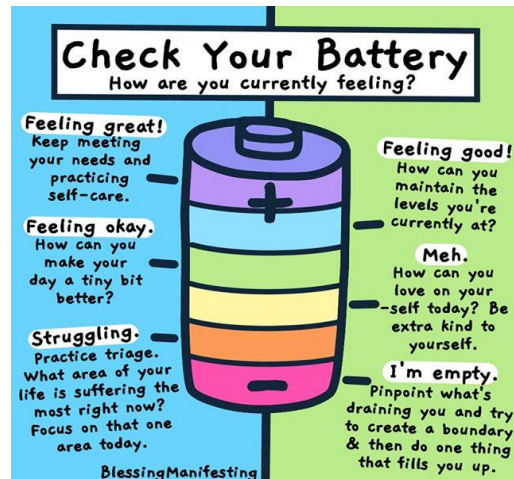
Self care means that **you are simply being mindful of your own needs**, so you are better able to support the people you care about. When you take care of yourself and are not stressed, you are better able to meet the needs of others. Self-care comes in a variety of forms.

When we practice self-care, we encourage positive feelings. Those positive feelings help us to build on our self-esteem and strengthen our feelings of self-worth. Rather than continuing to give ourselves to others (our jobs, families, communities, etc.), we're taking time to give back to ourselves. This ensures that we are not "pouring from an empty cup", but instead taking time to refill that cup. When we practice self-care we're not only helping ourselves, we're making sure that we're better able to help others, while setting a strong example for those around us, encouraging them to focus on their own self-care.

Self-care is a form of setting boundaries to promote our own self-worth. To be our best selves we must take time to do whatever it is that makes us feel good. Just as you show kindness and compassion toward others, take time to show kindness and compassion toward the most important person in your life...you!

What do I do for self-care?

-  Get plenty of sleep
-  Enjoy sunshine
-  Cook
-  Write or draw (think out loud)
-  Talk to myself
-  Cuddle cats
-  Walk or bike (esp. in a park)
-  Tidy
-  Read
-  Read about people whose lives are more complicated
-  Garden
-  Get a hug
-  Talk to select people



SELF-CARE TODAY

I feel...	I need to...
Overwhelm	Take a step back
Stressed	Focus on relaxing
Anxious	Practice a coping skill
Sad	Be loving to myself
Angry	Find a positive outlet
Drained	Rest and recharge
Broken	Practice self-compassion
Upset	Take time for myself
Alone	Reach out for support

More self-care @BlessingManifesting

Cafeteria Corner March 2022



National Nutrition Month

It's that time of year again! March is National Nutrition Month, a time to brush up on our food facts. In celebration of this month, see if you can answer these questions about nutrition. (Your students may be able to help you!) For more information, visit www.eatright.org.

1. What part of a fruit has the most fiber in it?
2. T/F: You should always eat the same vegetable everyday?
3. What food group do almonds fall into?
4. Milk and dairy products are high in which nutrient?

Answers: (1) the skin, (2) FALSE! Eat a rainbow of colors (3) the protein group, (4) Calcium



National School Breakfast Week 3/7-3/11! (THEME: Take Off with School Breakfast!)

Did you know...Breakfast is one meal most often skipped by teens?! Adequate nutrition at the beginning of the school day is critical to improving attendance, behavior/discipline, concentration, achievement, diet and health. Children who eat school breakfast eat more fruit, drink more milk and consume a wider variety of foods. It can be hard to eat a healthy breakfast at home in the morning while rushing out the door, so try arriving at school early to eat a healthy SCHOOL BREAKFAST!

Try this fun breakfast recipe!

Cinnamon Apple Overnight Oats

Ingredients
<ul style="list-style-type: none">• ½ cup whole grain rolled oats• ½ cup skim milk (or milk of your choice)• ¼ cup non-fat yogurt (try Greek yogurt!)• 1 Tbsp honey or maple syrup• ¼ cup diced apples• ¼ teaspoon ground cinnamon• Optional ingredients (get creative!): 1 Tbsp chia seeds, 1 Tbsp chopped pecans, 1 Tbsp peanut butter)
Directions
<ul style="list-style-type: none">• Place all ingredients into a large container and mix until combined.• Cover the container with lid or plastic wrap.• Place in the refrigerator for at least 2 hours, or preferably overnight. Toppings can be added the night before or immediately before eating.



CHRISTINA SCHOOL DISTRICT

MARCH 2022

NUTRITION CAFETERIA Q & A

Tuesday, March 1		Wednesday, March 2		Thursday, March 3	Friday, March 4
	Q: Where do you begin looking when reading a Nutrition Facts Label?	A: The serving size at the top. This will tell you the size of a single serving, which applies to the rest of the nutrition information.	Q: How many hours a day should you spend in front of a screen (TV, video games, computer)?	A: No more than 2 hours a day	
Monday, March 7	Tuesday, March 8	Wednesday, March 9		Thursday, March 10	Friday, March 11
Q: How much sleep should you aim for each night to feel your best?	A: 9-10 hours	Q: True or False: Should you store bananas in the refrigerator?		A: False! Bananas stay best if they are stored on the countertop	Choose canned fruit in 100% juice as opposed to syrup for less sugar.
Monday, March 14	Tuesday, March 15	Wednesday, March 16		Thursday, March 17	Friday, March 18
Q: What food groups should take up the most space on your plate?	A: Fruits and veggies	Q: True/False – eating protein foods, like chicken, help make strong muscles.		A: True!	PK-12 SCHOOLS CLOSED
Monday, March 21	Tuesday, March 22	Wednesday, March 23		Thursday, March 24	Friday, March 25
Q: Riddle of the day: Why aren't grapes ever lonely?	A: Because they come in bunches!	Q: What is tofu?		A: It is bean curd that is made from soybeans and packed with protein.	Fun fact: different colored fruits and veggies give you different nutrients, so eat a rainbow of colors!!
Monday, March 28	Tuesday, March 29	Wednesday, March 30		Thursday, March 31	
Q: True or False: ½ cup of dried fruit counts as 1 cup from the fruit group.	A: True! 1/2 cup of dried fruit, like raisins, can count as 1 cup from the fruit group.	PK-12 SCHOOLS CLOSED		Upgrade your favorite sandwich by using whole grain bread, plenty of vegetables, and limit the heavy dressings or spreads.	