The “Fall Dance” was held on October 28th. After what seemed to be a long day at school, students came back for a night of smiles, laughter & fun. The Networks Cafeteria was transformed into our very own “Dance Floor.” Admission to the dance included a canned food item that will be donated to those in need this holiday season. Students danced the night away while listening to some great music!
We are 1/3 of the way through our fall Planned Parenthood classes and have reviewed:

- The difference between Private, Public and Special Private Places
- Basic Anatomy of the Male and Female
- An individual’s right to tell anyone “No” regarding touch

There are currently 31 students attending either a morning or afternoon session based upon the return of their permission forms. We have a wait list for our Spring Session. The Planned Parenthood Staff presenting the information in class are Quinn and J, just J. Students are provided with a take home sheet that outlines what information is covered in the class and what terminology is used.
This school year AUTOworks classroom is again working with the City of Newark Parks and Recreation. When out working in the parks, students are working on laying ground carpet around play equipment, cleaning up debris and trash from parks and trails. Students learn what it’s like to work outside, to meet deadlines, and work together as a part of team. Students also come away from these activities with a sense of pride as they are making the parks safer for the children that use them.
The adventure continues with... learning more about the history of computers and the internet.

The school store - students are actively purchasing and “selling” our products. It has been fun utilizing the school store as a platform to practice GNAP (Greeting, Name, Affiliation, and Purpose).

Other activities included learning about the Home Row keys – ASDF JKL;
BRENNENworks

BRENNENworks has had a very busy to start the year. We are fully involved in pushing into the Networks enterprise areas. We have students attending two to three days per week in AUTOworks, MERCHANTworks, TRADEworks, TEAMworks, FLORALworks and BITworks.

Our Brennen vocational trips have been keeping us very busy as well. We have been going to the University of Delaware to work on a custodial cleaning crew where we work on wiping windows, tables, vacuuming and re-setting furniture. We are also going to the Delaware School for the Deaf where we are learning to wipe tables and chairs, bag fruit, assemble boxed meals and do other prep activities.

We have been going to the Brennen School group home to vacuum, sweep, dust, make beds and put laundry away. We have also completed our first Professional Dress Day! We are looking good.
For the end of October and first half of November the students in COPYworks are working on a mailing for the Newark Symphony Orchestra. We complete all the following tasks to produce a finished product including:

- print the envelopes
- print and fold the inserts
- collate the pages
- insert the pages and return envelope into the mailing envelopes
- seal the envelopes
- label the envelopes
- take them to the post office for mailing.

It is quite a job!
COOPERATIVE EDUCATION

CO-OP focused on DART training this past month. Students had the opportunity to ride DART fixed route buses. Staff and students rode from Blue Hen Drive 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. CO-OP hopes to expose even more students to riding a DART fixed route bus this school year.
**Etch Dresses to Impress**

Professional dress is something that everyone at Networks learns about. We have professional dress days so that we can practice the correct way to dress for a job interview.

A gentleman should wear a suit and tie or dress pants with a jacket, as well as a belt. A white collared shirt is preferred along with a tie. Dress shoes should be either black or brown (depending on your color pants) and black dress socks should also be worn.

A lady should wear either a dress, skirt or dress pants. If a skirt or dress pants are chosen then you should wear a blouse and possibly a suit jacket. Stockings and shoes with a low heel will complete the outfit.

As well as dressing for success, you must also make sure that you have taken care of your personal hygiene.
Students in FABRICworks joined ETCHworks for a BINGO extravaganza!

This month, we talked about how signs are used to give us information, keep us safe, and give us direction. We focused on community signs and workplace signs.

At the end of the unit, we enjoyed ourselves with a big game of BINGO with our peers.

Students enjoyed the game while reviewing what they learned.
FLORALworks

FLORALworks students are busy with floral orders, gift baskets and balloon bouquets!

At times throughout the school year, students and staff shop for needed items for gift baskets and floral orders.

Pictured below, students are shopping for items for Thanksgiving specials by locating items, checking prices and paying for items.

Remember to call 302-454-2028 or email at barbara.lomas@christina.k12.de.us for floral arrangements and fruit/snack baskets.
This month, our students participated in Professional Dress Days, which allows them to prepare for dressing for important interviews. The students really enjoyed coming in dressed up professionally and looking their best!

MERCHANTworks students also continue to gain work experience helping at local businesses as well as growing their resumes.
MUNCHworks is gearing up for the holidays!

The holidays are fast approaching and MUNCHworks has already begun to plan for one of our busiest baking seasons of the year. We’ve been practicing our knife and baking skills to try a new recipe for Carrot Cake which we served to Networks’ students and staff. It was delicious!!

We will kick off the season with our Autumn Specials, which in the past has been a huge success! Our Pumpkin Cream Cheese Rolls and Jewish Apple Cakes are made fresh and never frozen and customers will have the option to pick up their orders or have them delivered for a nominal fee.

Would you like to have help with your holiday baking? Are you looking for a delicious hostess gift to take along to the party or gathering you’ve been invited to? Is your schedule too busy to make all of your family favorites or, to try something new that you may have seen or read about? Well...MUNCHworks has just the answer for you! Please contact us at (302) 454-2233 so that we may discuss how we can help make your holiday season less hectic and yummy.
TEAMworks

TEAMworks is off to a very busy start. We have been working hard learning new skills. Students are learning how to print shirts, clean screens, catch, fold and fill an order. We have discovered through our quality control that sometimes customers’ orders are similar but there are slight differences in design. Attention to detail is important in producing our final product.
Students in TRADEworks continue to work in the community. This month we have focused on organization of supplies, following 2-3 step directions, quality control and most importantly TEAMWORK. Students have been working in pairs to complete tasks at the worksites. Tasks include but are not limited to trash collection, cleaning bathrooms, lifting pews in the church, dusting, sweeping, vacuuming, and mopping. Students practice good communication skills with each other, ask for help when needed, and encourage each other on the job.
Establishing Routines

Routines create structure and promote mental, physical and emotional health. The absence of a routine can often lead to stress and feelings of unmanageability. A life without a positive daily routine or structure is so much more draining mentally, physically, and emotionally than you can ever imagine! Establishing routines can lead to long term success in both your personal and work life! Our nervous system needs and craves predictability. Consistency, knowing what to expect and when, helps us from the time that we are born, to regulate our emotions and to tolerate big feelings. Imagine if someone kept turning the thermostat at home or work up and down all the time, it would not feel very nice to be cold one minute and really hot the next and have no idea whether to keep the sweater on or off. Having routines is like a thermostat for our nervous system.

Some examples of things you can do to help establish a new routine:

1) **DO SOMETHING HEALTHY**

Maintaining healthy habits is important to physical and mental health. Build in one healthy habit into your daily routine
2) HAVE SELF COMPASSION

These uncertain times can impact our emotions. Be sure to build in one habit each day, just for you.

3) ORGANIZATION

Organizing your time can help you maintain motivation. Create a schedule to map out the time focused on school work or career deadlines.

4) SHOW KINDNESS

When we are kind to others, we create a stronger community. This helps us feel safe amidst stressful times. Devote time towards one kind gesture every day. Ideas: Help a family member prepare a meal, or thank your teachers for their time.
5) **FIND INSPIRATION**

The stress brought on by the pandemic can and world events can weigh on us. It's important to acknowledge what that means for you, and build moments for inspiration.

6) **CONNECT**

Being away from friends, colleagues and family can be difficult. Find one way to stay connected with those you care about.
We need your help!

In the next few months, Networks will be holding several fundraisers and activities for our students. All proceeds go directly back to the students. The students are able to purchase items with pluses that they earn for getting the job done! In addition, the students go on various trips quarterly throughout the school year. This quarter some of the students have earned to go roller-skating.

We would really appreciate any help you can give us in acquiring the following ingredients:

Flour
Powdered sugar
Sugar
Kidney or northern beans
Chicken broth
Tomato sauce
White socks (crew)
Colored socks (crew)

*The above pictures are just for reference, items can be any brand or size. All items need to be unopened.*

Please contact Georgette Mischler if you have any questions (302) 454-2233 or georgette.mischler@christina.k12.de.us

The School Store is open. Just a reminder that students can use their PLUSes only to shop from 8 – 1:30. Visitors, families and staff are able to purchase items too – using cash of course!
Floralworks
Thanksgiving Specials
Phone: 302-454-2028
E-mail: barbara.lomas@christina.k12.de.us

All orders must be placed by Thursday, November 10th, 2022.
Orders can be picked up or delivered (for fee listed below) on Thursday, November 17th or Friday, November 18th.
Delivery fee: $3.00 District, $7.00 Local, $8.00 Wilmington

Turkey Time (made from pallets) $20
Pumpkin Pup $25
Autumn Splendor $30
Colors of the Season $35

Sorry, credit cards are NOT accepted at this time.
Cash and Checks made out to Networks are welcome!
*Pumpkin, Flower type and colors may vary*
E-mail Barbara with your order. Don’t forget a card message.
MUNCHworks
Autumn Specials

Please place your order by
Tuesday, November 15, for Delivery or Pick Up on
Thursday, November 17 or Friday, November 18, 2022
Phone 303-454-2233 FAX 302-454-5446

Pumpkin Cream Cheese Roll

Jewish Apple Cake

Customer Information:
Name:
Address:
Daytime Phone: __________________ E-mail: __________________

Order Information:

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Order Total + Delivery Total: $________

Pick Up or Delivery Date Preference: (please circle one) Thursday, Nov. 17 or Friday, Nov. 19, 2022
Please indicate pick up time BEFORE 3:00PM: a.m. or p.m.

Recipient Information (if different from above):
Name: ____________________________________________
Location: _________________________________________
Phone Number: __________________ E-mail: __________________

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

Thank you for supporting our students!
HOLIDAY FOOD DRIVE TO STOCK THE NAWC POP-UP FOOD SHOP

Help Fight Hunger!
Please donate:

BREAKFAST BARS
POP TARTS
SYRUP
CANNED FRUIT
CANNED JUICE
CEREAL
PANCAKE MIX
BISCUIT MIX
OATMEAL/CREAM OF WHEAT

November 1 – December 13, 2022

Thank you for your support!

NEWARK AREA WELFARE COMMITTEE (NAWC)
P.O. Box 951 Newark, DE 19715-0951
HolidayFood@NewarkAreaWelfare.org | NewarkAreaWelfare.org

Pluses will be earned for donations!
Networks Cookie Fundraiser

Networks is offering one dozen average sized Holiday Shaped Sugar Cookies. Cookies are stacked in a cello bag for $10. Cookies will be randomly decorated with a mix of icing, sprinkles and/or sugar.

**Orders due by Friday, Dec 9, 2022**

**Pick-up or delivery (additional fee) is Wednesday December 14 or Thursday Dec 15, 2022**

Use the link or QR code below to order.

https://forms.gle/DCBwsAjxyPBvcLV68

Questions?

Call or email Meredith: meredith.england@christina.k12.de.us

302-454-4793

Sponsored by Networks Fundraising Committee
Our Holiday Shop / Extended Hours will be

DATES: Wednesday, December 7th & Thursday, December 8th
TIME: 8AM until 7PM
LOCATION: 30 Blue Hen Drive, Newark (Off Route 72 behind Eastern Marine and Verizon)
ENTRANCE: Will be through the main lobby

Please Note: The number of shoppers in the building at any one time may be limited.
All visitors will be asked to remain in our Holiday Shop Area
Please do not park in front or on the side of the building during school hours of 8:00am and 2:00pm to allow for safe dismissal of our students.

We look forward to seeing you as you look for unique, handcrafted gifts for the holidays.
Our stock of holiday items may change daily. Pictures from previous events.

If you do not think you can make it to our Holiday Shop, please visit us at:
Rockwood’s Holiday Open House on Friday, December 2nd & Saturday, December 3rd from 5:00 to 9:00pm