

Networks News

February 2023



February is Black History Month

Black History Month is an annual celebration in the United States that recognizes the history, culture and contributions of Black Americans every February.

This month is an opportunity to reconcile with the past, pave the way for a more just future, and celebrate all the amazing figures who have taken their place in the archives of Black History.

It is hard to believe we are already in the third marking period. The weather has been kind to us, so far. Let us hope the trend continues.

This week several students will be participating in the 2nd quarter's PBIS event – Bowling.

For the 3rd marking period, students can earn the opportunity to go to Main Event on April 20th.

Students would need the following to go on the PBIS trip:

- 60 PLUSes

- Students have to have passing grades

- Good attendance (defined as no more than 1 unexcused absence within the marking period)

- No Behavior referrals

The 3rd marking period starts Tuesday, January 31st.

Networks Family Corner

Networks Priorities or Strategic Planning

As we begin 2023, one of Networks priorities in our strategic plan is to **Enhance Our Family Engagement**. The goal is to increase our **community connection** and **expand the pride** we have in work produced.

In order to accomplish this goal, we have discussed some things we feel we do fairly well including:

- Keeping social media website (Facebook and Instagram) up to date
- Keeping the website Up to Date (Although, we feel we can improve on this goal)
- Producing a monthly newsletter during the normal school year

When mentioning the Newsletter, this is where ***we need your help!!*** We are looking for success stories about our program or stories about how the Networks School Community has helped your family. The newsletter will be starting a new section initially called the "Parent Corner" but, have since thought we might want to change the name to "FAMILY CORNER" as the stories can come from parents, guardians, community partners and even our students or alumni. Submissions for possible inclusion in this corner can be made anonymously or it can be specific to a student and their family member(s).

NOW ...WE WANT TO HEAR FROM YOU!

The Networks staff is looking for feedback about your experiences with our services, products, areas, events, etc. We would like to not only hear success stories but would also like to hear ways you feel we can improve our program. Please use the QR code below to share your feedback. Who knows, your story could be the next focus in the Family Corner.



NETWORKS FAMILY MEMBERS:

Be on the lookout for:

- Google Form/Survey
- Electronic suggestion box

Future engagement events sponsored at Networks outside of the school day

Information may come in a variety of ways so check your email, and/ or our social media sites.



Networks

Family Corner

Here is one of our success stories we received via email as we returned to school in January.

We had a wonderful Christmas. However, just a few days after, my Mom passed away. "Grand Mom" lived with us. She and my daughter shared a special bond ever since her birth. Our daughter is doing as well as expected but not uncommon to suddenly get agitated or burst into tears. We are doing the best to help comfort her. I reached out to FLORALworks to help with the funeral flowers. We are excited to have our daughters program represented at the funeral and services. Sincerely hope everyone enjoyed the holidays and that 2023 will be a good year for all.



A couple of weeks later, we heard back from this family and they expressed the following:

The flowers were beautiful flowers, just stunning. Everyone complimented on them and our pastor was so impressed with them he told the congregation that the flowers were from Networks. Everyone was impressed! I still have people asking about them!

Keep Your New Year Resolution Going

20 Great Reasons to **EXERCISE** and improve your quality of life.



1. **Exercise is energizing** It leaves you with a natural high.
2. **It is one of the best things you can do for your health.** Every little bit counts and regular exercise will dramatically lower your risk of heart disease, stroke, cancer and other illnesses.
3. **Regular exercise can lower your blood pressure and reduce the risk of Type 2 Diabetes.**
4. **Exercise can help control your cholesterol.** Vigorous exercise like swimming and biking may lower your "bad" (**LDL**) cholesterol. Exercise can raise you "good" (**HDL**) cholesterol.
5. **With regular exercise, you may live longer and live healthier.** You will build stronger bones.
6. **Exercise helps prevent osteoporosis.** Your back will be happier and your joints will appreciate it.
7. **You will get stronger** by building your muscles.
8. **You will use more calories.** As your muscles grow bigger, you will burn even more calories sitting still. Exercise burns fat.
9. **Exercise will help you maintain a healthy weight.** It can help you lose weight and it is cheaper than buying a new wardrobe.
10. **You will be getting into shape.** Your self-esteem and confidence may improve. You will look and feel your best.
11. **You will feel your best.** Exercise will lift your mood as it is a natural "Anti-depressant." Doctors and even the Surgeon General recommend it!!
12. It will help you look and feel younger.
13. Walking, jogging biking and other aerobic exercises will strengthen your heart.
14. Stretching will release tension to help you relax..
Exercise is a great stress buster. Stretching will also keep you limber.
15. **People who exercise regularly tend to get sick less often.** You will be fighting against colds and flu.
16. **Exercise may help you to get to sleep faster – and sleep better.**
17. **Exercise will help you age gracefully.**
18. **You've got to use it or lose it.** It is a fun way to spend time with family and friends. Or, exercise is also a nice time to spend time alone.
19. **Exercise can be play.** You can do it at home, in a park or in a gym. You can watch them on TV AND play sports.
20. **Gardening, housework and dancing all count.**



It is never too late to get into shape!!



AUTOWORKS

Since the start of the New Year it has been business as usual in AUTOWorks. The mild temperatures have made it a little more enjoyable to wash cars in the morning and has provided the class with plenty of opportunities to work out in the community with the City of Newark.



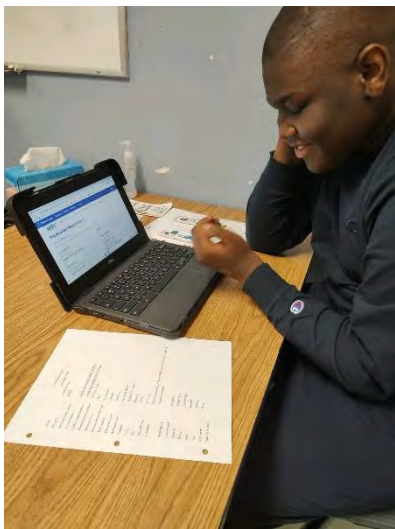
When the weather has been not as nice students have begun to research, sketch and design their pallet wood projects.

Pictures of that to come in future newsletters!



BRENNENworks

Welcome back to BRENNENworks for the new year. We are starting back and are involved in numerous things. Besides doing our Professional Dress Days, we are also learning how to hang clothing on hangers, fold and put away laundry at the group home, work in a school cafeteria and so many other activities in Networks. We look forward to working on our next “project” for Valentine’s day.



Computer work



Professional dress



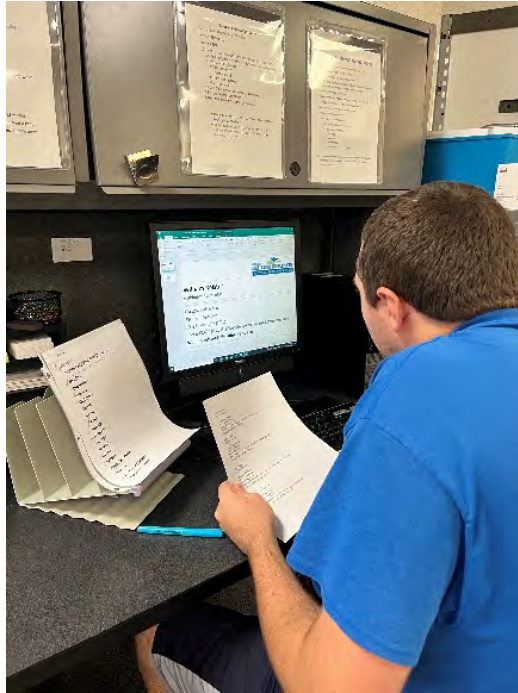
In class vocational work

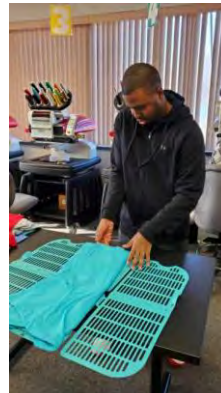


Community vocational work

COPYworks News

In COPYworks, the students have been working on several different job tasks. Below are students creating business cards and making pre-addressed envelopes. Some of our tasks included following multi-step directions. We are always busy in COPYworks!

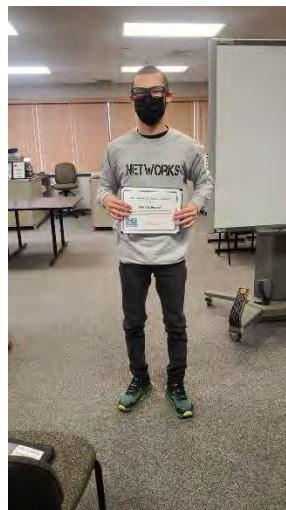




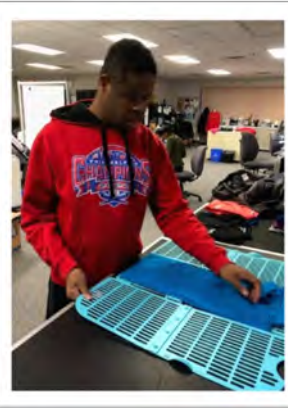
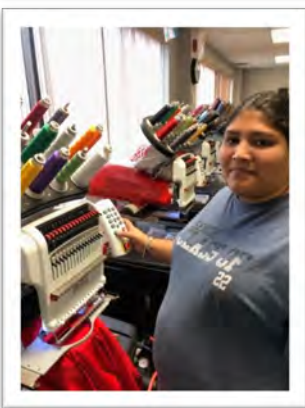
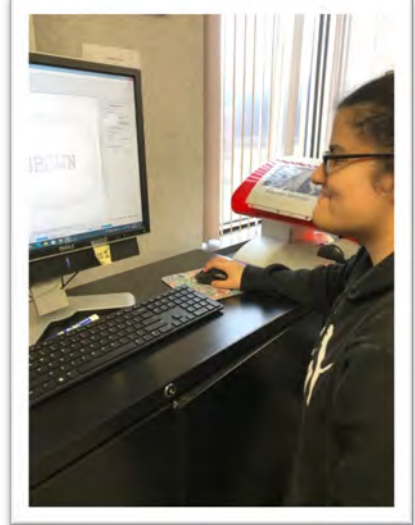
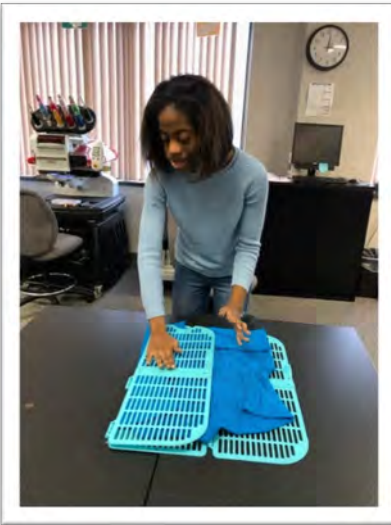
Etch Learns About Quality Over Quantity

This month ETCHworks learned about quality and quantity when completing a job. It is very important when completing a customer order to make sure that the product is correct. It is important to work slowly to check for spelling, centering and correct fonts, then speed up your work completion as you learn the job. After completing the lesson, we had a little contest with FABRICworks to see who could correctly fold shirts the quickest. Guess who won???

Congratulations to Ryan Edwards for being chosen as the ETCHworks Stand Out Student for December.

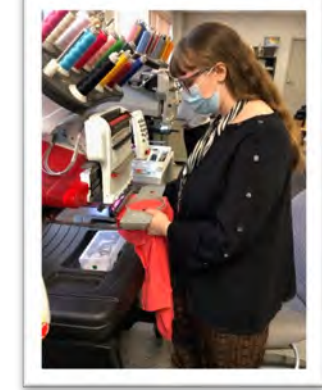


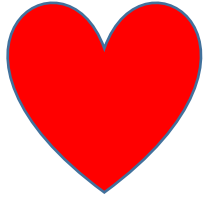
FABRICWORKS



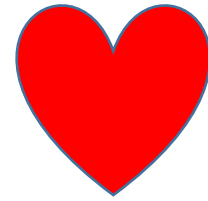
In FABRICworks, we have lots of **SKILLS** and we like to show them off!! Throughout the school year, students create reflection sheets about some of the skills they have learned or events they have participated in.

Students explain what they are doing in their photos and they can be used for information in the future.





FLORALworks



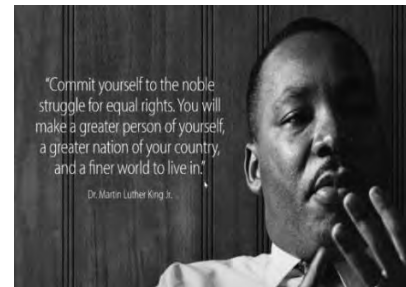
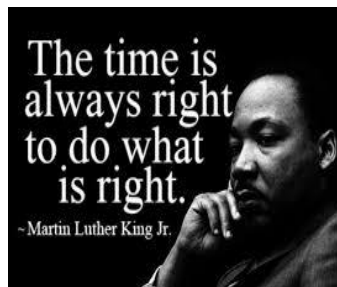
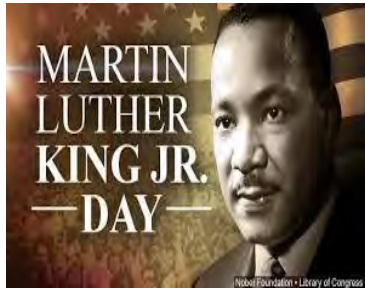
Darron Jones is FLORALworks standout student for the month of December. Darron has shown maturity this school year. He takes responsibility for his actions and attitude. He comes in to class each day ready to work, always asking what he can do to help. Darron has begun working part time this marking period and he notifies staff of his schedule. He is a hard worker with a positive attitude at school and at his job.



FLORALwork students are preparing for Valentine's day. We are practicing preparing and identifying carnations, roses, baby's breath and baker fern – as these will be needed for our Valentine arrangements.

If you would like to order a Valentine arrangement, please visit the link: <https://forms.gle/aQXuEzfs55nbVN9s8> or call Floralworks at 302-454-2028. Thank you!

***MERCHANT**works*



This January both students and staff returned from a well-deserved **WINTER BREAK**. All were eager to get back to work! This month we continued our focus on Work Ethics and Attitudes. We were able to show the students 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.

We continued to help-out at our community work sites and participate in Professional Dress Days. Our students also discussed and reflected on the important contributions Martin Luther King Jr. had made for our great nation.



Munchworks

doesn't always
get it right...
the first time



Sometimes in MUNCHworks things don't turn out as we plan. On occasions, the ingredient substitution we used didn't work; the finished product does not look like the picture; it is over/under cooked or misshaped; or it doesn't taste as good as we expected.

These are pictures of us making Chocolate Chip Cookie Truffles. We used chocolate chip cookies that we made but were not suitable for us to sell to our customers. We learned from our mistakes and use what we can to create a delicious alternative product that our students and staff sampled and enjoyed.

TEAMworks

TEAMworks this month continues to work hard. We are all still learning a variety of new skills. We continue to work on orders for our customers and are even learning to print new things.



Taping Screens



Catching shirts



Printing shirts



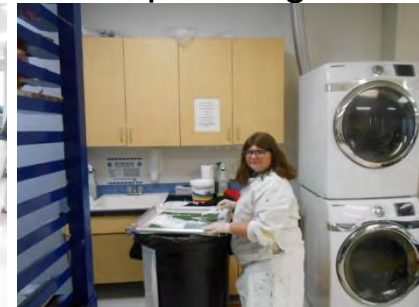
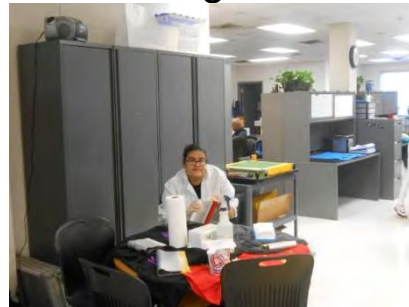
Rebuilding screens



Heat pressing



Cleaning tools



Carding screens

TRADEworks:

Focus on Teamwork!

During the month of January, students focused on working together to complete a task in the community. Students demonstrated excellent cooperation and communication skills.



**The strength of the team
is each individual member.
The strength of each member
is the team.**

Phil Jackson



BITworks



Students worked hard to get items they needed for the Networks Holiday Shop and Winterfest! The holiday shop held at Networks was a success. Some students offered their time by volunteering to work at the store while others helped paint and create Grinch ornaments.



Students learned about sorting various supplies, measuring material for scarves and hats along with purchasing items on a budget. Many items were even donated for the craft! *BITworks appreciates all those who provided socks, buttons and other supplies.*

Winterfest was such a fun day, and even had a special guest working alongside our students! Mrs. Tomeo paid us a visit and utilized her crafting techniques to assist students to create some beautiful snowmen. Students had to choose items to decorate their snowmen – a hat, scarf, sweater and used an assortment of buttons to create their own.

Such a fun filled day!





COOPERATIVE EDUCATION

Paratransit is the ADA division of DART. It is a door to door service offered to qualified individuals with physical or mental disabilities that are not able to ride the traditional fixed route buses.

In order to ride Paratransit, individuals must apply, complete an interview and then be approved. Once the application is accepted, individuals are scheduled to interview at the DART Headquarters in Wilmington. Following the interview, a decision is made as to whether or not the applicant has been approved.

Approved individuals can then start scheduling trips on Paratransit. Trips must be made in advance, either online or over the phone. Fare for the trips is \$4-\$6 each way and the rider must schedule a pick up and a drop off time. Approved individuals are allowed to have a companion accompany them for free.

This school year the COOP Department at Networks has assisted over a dozen students with the Paratransit application process. From filling out the paperwork to facilitating the interviews, we can help with the entire process. Networks can assist with learning how to schedule and ride Paratransit as well. Paratransit is a great option for students to become independent and confident.

If you are interested in having the COOP department help with applying for Paratransit or would like more information, you can reach out to: Adrienne Bane: adrienne.bane@christina.k12.de.us

Meredith England: meredith.england@christina.k12.de.us

Jim Lenihan: james.lenihan@christina.k12.de.us

You can reach us at the office: 302-454-4793 and we would be happy to help.





Have you ever wondered:

“Why is my son / daughter out of school for another random professional development day or why can't my son or daughter go to school in the afternoon during high school exam day?” What could staff possibly be learning?

At Networks, staff members including:

Teachers, Paraprofessionals, Specialists, Custodians, Secretaries and even the principal participate in the American Heart Association CPR and FIRST AID Course every two years. Although some staff members decided to Stay After Normal School Hours on two different days, other staff members participated in training on when the students left school in January during HS Exam Week.

American Heart
Association
Learn and Live.



Interest in CPR & AED spiked after the January 2nd collapse of Buffalo Bills Damar Hamlin's collapse from Cardiac Arrest, Networks knew just how vital CPR and First Aid Care can be in the event of an emergency. Performing CPR immediately after cardiac arrest can double and sometimes triple the chances of survival after cardiac arrest. PUSH HARD and FAST as soon as possible when an individual is unresponsive to verbal or tactile (touch).



Counselors 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

5 Steps to Managing Big Emotions

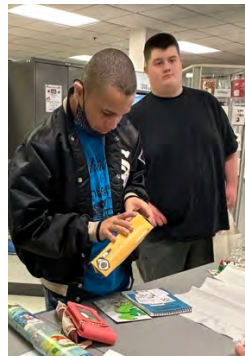
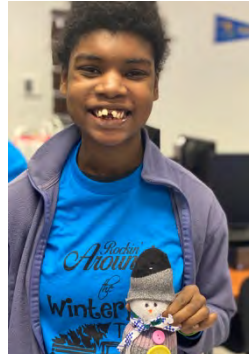


I FEEL	I NEED TO
Overwhelmed	take a deep breath and think about one thing at a time
Sad	write down how I'm feeling or talk to a friend or grown-up about what is making me feel sad.
Angry	take a step back, and think about how I can have a calm conversation about why I am angry
Drained	rest and recharge 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

@stanfordfitkids

WINTERFEST 2022

On December 21st, the students enjoyed themselves eating a special breakfast and lunch, spending their Pluses at the white elephant table, visiting each enterprise area for a unique gift and dancing with their friends! Their smiles were abundant, and their laughter added additional music to our holiday atmosphere.





FLORALWORKS

VALENTINE'S DAY SPECIALS

Phone:302-454-2028



Wrapped with Love

\$10.00



With All My Heart

\$55.00



Be My Valentine!

\$20.00



Sweetheart

\$25.00

TO ORDER: <https://forms.gle/aQXuEzfs55nbVN9s8>

**Floralworks can take care of all your floral needs. We are open
for business all school year long!**

**We accept cash and checks made out to
“Christina School District”**



**Desktop Decoration
by Brennenworks**

\$2.00



MUNCHworks

"Souper Bowl" Special

Please place your order by Monday, February 6, 2023
for Delivery or Pick Up on
Thursday, February 9 or Friday, February 10, 2023
Phone (302) 454-2233 FAX (302) 454-5446



1 Quart Turkey Noodle Soup



1 Quart Tomato Soup



1 Quart Zuppa Toscana

Customer Information:

Name: _____

Address: _____

Daytime Phone: _____ E-mail: _____

Order Information:

Item	Price	Qty.	Total
Turkey Noodle Soup	\$10.00		
Tomato Soup	\$10.00		
Zuppa Toscana	\$10.00		
2 Oatmeal Dinner Rolls	\$2.00		

Select :

Delivery \$3.00

Pick Up No Fee

Order Total + Delivery Total:

Total Amount: _____

Pick Up or Delivery Date Preference: (*please circle one*) Thur., Feb. 9 or Fri., Feb. 10, 2023
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 Christina School District) _____

Thank you for supporting our students!