

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

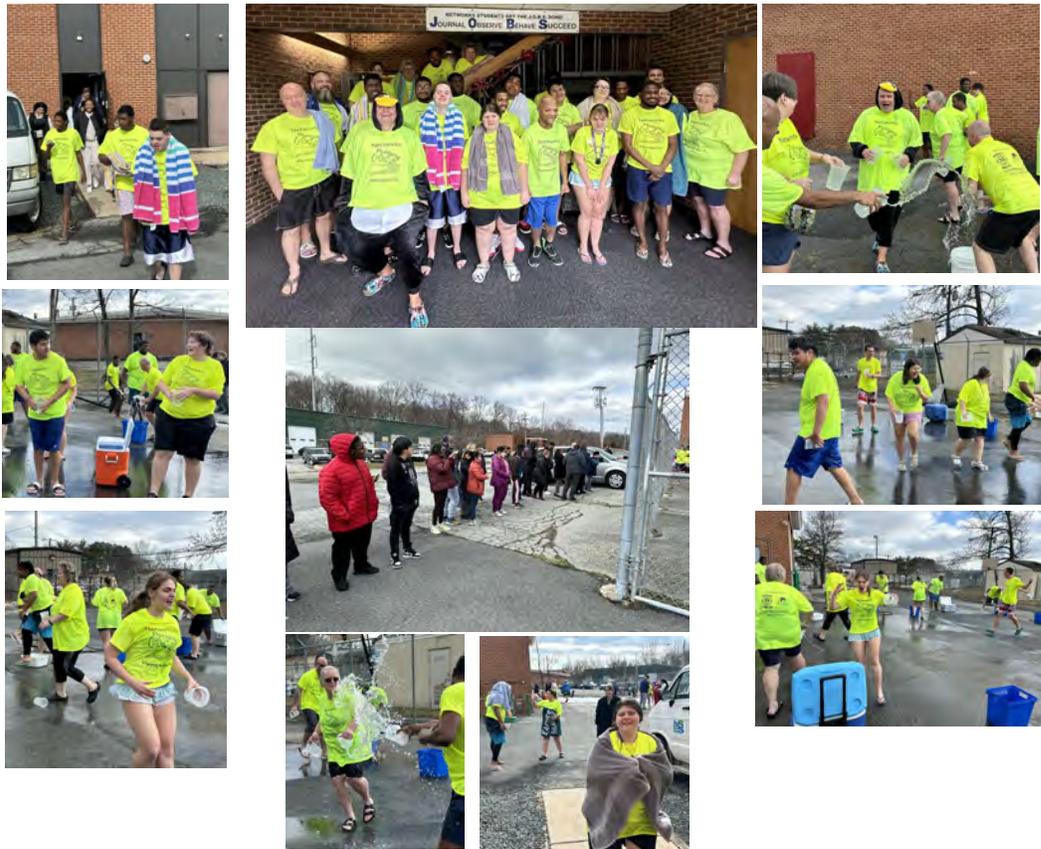
# Networks News

January / February 2024

On behalf of the Networks Students and Staff, we would like to thank everyone for your help making our 1<sup>st</sup> Virtual Plunge with the Special Olympic Team a success!! We had 19 students and 9 staff members "Plunge" on Thursday, February 1st. Everyone had a blast plunging and we think everyone had a blast observing the team. We have even heard students asking how they can become part of the team. For information on becoming part of the team, contact Ms. Debbie Kearns.

We would like to thank everyone who contributed to our fundraising especially our major sponsors Minquas Fire Company and Schell Brothers. We exceeded our goal of raising \$5,000 and so far have a total of \$7,725 for Special Olympics as of February 2, 2024. That is way above what we had hoped to raise!! Thank you all so much for your help with raising funds and remember no donation is too small. If you have not donated yet, there is still time as our team page will be available for donations until March!! Please check out all of the plunge pictures, videos and link to Support the PLUNGING PENGUINS on our Facebook page!!

**JUST CHILL! Join the WADDLE and PLUNGE with the NETWORKS PLUNGING PENGUINS! JOIN the COOL POWER of TEAM! FEAR THE WADDLE**



**Upcoming Dates to Keep In Mind for Include:**

February 14 and 15 Professional Dress

**No School for students on:**

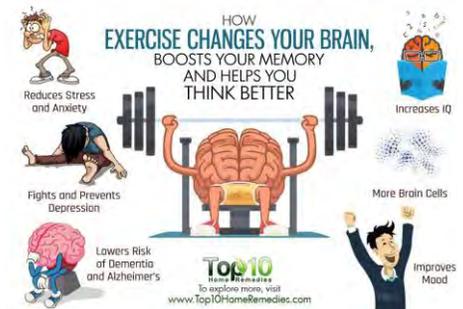
February 12 and 19, March 8, March 28 to April 7th Spring Break

## 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!!**





## BE CAREFUL WALKING ON SNOW AND ICE PREVENT SERIOUS FALLS

Just like we use defensive driving to avoid accidents, we need to **Practice Defensive Walking** to avoid winter falls. With more snow in January 2024 than the previous 715 days, we hope the end of the winter weather is behind us. However, one never knows and the Department of Labor reports that Winter work injuries involving snow, sleet or ice results in over 40,000 workplace injuries that required at least 1 day away from work. Most injuries due to falls on level ground.

### TIPS FOR STAYING SAFE WHEN WALKING

Plan ahead to prevent last minute rushing

Always wear proper footwear including shoes or boots with rubber soles

Don't jump or slide and always use handrails when available

STOP and scan for hazards

*Keep your porch, deck walkways and driveway clear of snow and ice*

*Be careful getting into and out of the car*

Stay inside designated walkways and limit walking to areas that have been cleared

Take shorter steps

**“Walk like a penguin and Do the penguin shuffle”**

*Walk flat-footed taking short steps with feet turned outward*

*Walk with your arms at your side and not in your pockets – Keep your arm*

*Concentrate on maintaining balance*



Slow down

Don't text and walk at the same time

Keep hands and arms free and maybe try a backpack to carry “your things”

Assume ALL wet, dark areas on pavement are black ice



### SHOVELING SNOW

Shoveling can cause several health concerns from muscle strains to heart attacks.

*Use an ergonomic shovel*

*Warm up much like you would before that 5 mile run*

*Keep up with the snow as it falls*

*Push the snow instead of throwing it and if you must pick it up, use your legs and not your back to lift the snow*

*Take breaks and keep hydrated*



## WINTER CLOTHING

How you dress outside in the winter does make a difference

Dress in Layers



*Wear a hat to cover your head as we lose a lot of heat through our head  
Wear a scarf to cover your mouth – A scarf should not be used mainly as a fashion accessory*

*Remember gloves or even better mittens*

*Outerwear with wind resistant material is always a good idea to protect you*

*Do not forget to wear socks*

*Lined, waterproof boots will keep your toes toasty warm*

Change wet clothing to prevent loss of body heat

*Wet clothing makes you feel even colder. Hypothermia can set in quickly – stay dry and warm*



## FROSTBITE & HYPOTHERMIA



Frostbite injuries to the skin and other tissues affect nearly 10,000 people in the US each year.

The nose, cheeks, lips, ears, hands and feet are most vulnerable. If skin is red, numb, hard or pale, or have blisters, seek medical attention to prevent infection and damage.



## WINTER DRIVING SAFETY TIPS

Keep your vehicle in good running order with snow tires, good wiper blades and in good mechanical running order.

Make sure you can see. Keep your windows free of ice and snow.

*Do not forget the top of your vehicle as well.*

Slow down as roadways become slippery and give yourself extra room to stop.

*Can you see the tires of the car in front of you when you drive normally? Double this distance in slippery weather.*

Pack along a winter safety kit that contains extra blankets, emergency snacks, a candle with matches or a flashlight, tow rope, booster cables, a first aid kit and a shovel / kitty litter for in case you get stuck on the ice.

*If you do get stuck or stranded, stay with your vehicle!!*

*Signal for help*

*Keep your exhaust pipe free of ice and snow*

*Use your engine only for short periods of time just long enough to warm up the vehicle*

Plan your travels by letting others know when you will leave and when they should expect you to arrive.

*Tell others which route you will take and do not forget your cell phone and charger*



### IS YOUR VEHICLE WINTER READY?



## TIPS FOR EXITING YOUR CAR TO PREVENT FALLS

Do not grab objects as you are exiting the vehicle.

*Exit the vehicle and then retrieve items.*

Maintain three points of contact when stepping out of higher vehicles such as trucks, SUV's, etc.

Use the vehicle for support

Use caution when shifting your weight to exit the vehicle.

**Remember, one third of slip and fall injuries on ice occurred in parking lots.**

Walking during the winter requires special attention to avoid slipping and falling.

The national safety council estimates that falls cause more than 1,500 deaths and 300,000 injuries per year.

**DON'T BE A STATISTIC THIS WINTER.**



Networks Semi-Formal  
Dance

# Starry night

6:00 PM to 8:45 PM



Aetna Fire Hall, Newark, DE



March 22, 2024



# Networks

## Family Corner

It has been a little over a year since we received one of our first success stories from the work done in one of our enterprise areas. **Here is another success story** we received via email as we returned to school in January.

*I recently reached out to FLORALworks to order flowers for my daughter's bridal shower. The flowers were gorgeous, and everyone complemented how beautiful they were at the shower. Recently, while attending a pre-wedding event, the mother of the groom remarked on how long the flowers lasted. Great job and we can't wait to see the bouquets for the wedding.*



### **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 CHILI FUNDRAISER



Things are heating up in the Networks kitchen! It's time for our annual chili fundraiser. This year we are offering both Red Chili (beef) and White Chili (chicken). Please complete the form below to place your order. The cost is \$12 per quart. Check or cash payments will be accepted. All checks should be made out to Christina School District with "Networks Chili" written on the memo line. Orders can either be picked up or delivered to you on March 13th or March 14th. The cost for delivery is \$5. ALL ORDERS MUST BE PLACED BY MONDAY, MARCH 11th.

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

Phone number: \_\_\_\_\_

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

Red Chili  
Number of Quarts: \_\_\_\_\_

White Chili  
Number of Quarts: \_\_\_\_\_

Pick-up OR Delivery (circle one)

Pick-up or Delivery Date: (circle one)

Wednesday, March 13th    OR    Thursday, March 14th

Address (for delivery only): \_\_\_\_\_  
\_\_\_\_\_

\*Return the bottom portion of this form to Networks

# Counselor 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
- 🧹 Tidy
- ☀️ Enjoy sunshine
- 📖 Read
- 🍳 Cook
- 📖 Read about people whose lives are more complicated
- ✍️ Write or draw (think out loud)
- 🌱 Garden
- 💬 Talk to myself
- 🤗 Get a hug
- 🐱 Cuddle cats
- 🗨️ Talk to select people
- 🚶 Walk or bike (esp in a park)



## 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

# AUTOWORKS



Students have completed their Pocket Resume. This document will be used when completing online applications and further developing their resume.



Now that the holidays are over, we are transitioning **back** to working on detailing the interior and the exterior of vehicles. **Working outside in the colder weather conditions** makes it more difficult. **So, we have moved much work on vehicles indoors.** **Sometimes,** further cleaning is needed outdoors. Students work together to complete a larger task in a quick and timely manner.



*Thank you for all you do!*



# BITWORKS

## Newsletter

### THE JOURNEY OF A PLUS

#### THE PROCESS

Networks' Students are always earning PLUS's: Performing Like yoU Should. What happens after those PLUS's are spent?

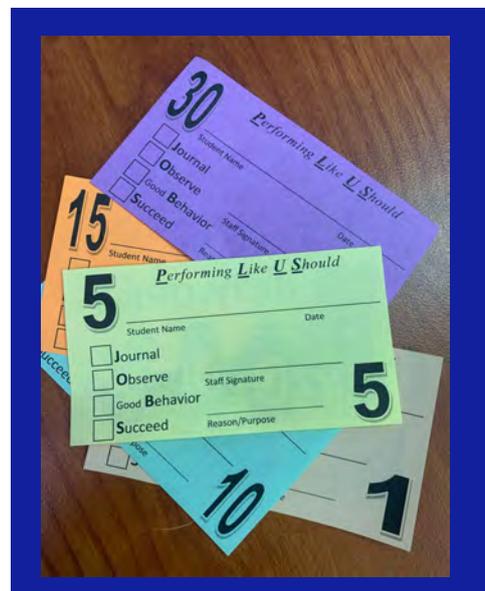
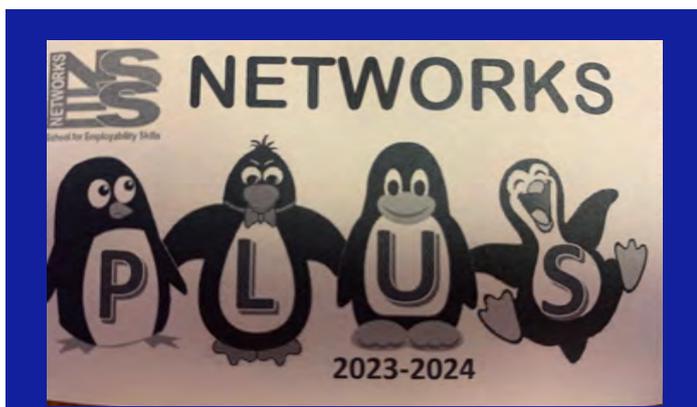
Plus's are collected by BITworks. Bitworks' students then enter the data found on the PLUS's. Some of the data collected includes, name of student, JOBS category (Journal, Observe, good Behavior and Succeed), and the reason or purpose the plus was given.

#### DATA ENTRY

Students enter the data collected from each plus into a google form. This helps build skills in typing, troubleshooting, and data entry.

#### STATISTICS

AS OF JANUARY 22, 2024  
STUDENTS LOGGED OVER  
1,700 PLUS's!



# BRENNENworks



Winter break is behind us and we are back to our usual schedules. We are working on new skills and improving on skills we already have. Students will be learning a new vocational skill shortly and will be introduced to a new skill of scanning photos and slides to digitize them for customers. We are looking forward to this new challenge.



# CO-OP CORNER

Several Networks students are currently completing an internship at Burlington. They sort merchandise, stock inventory, unload trucks, and do store recovery. In addition, students participate in lessons that educate them on professional dress, going to interviews, appropriate work behavior, and how to read a work schedule. So far this has been a very positive experience and we look forward to watching the students progress.

Goodwill of Delaware is continuing their partnership with Networks this winter. The Goodworks program includes a weekly lesson on best practices in the workforce. The students then have the opportunity to apply these skills to a real life setting by working at Goodwill for 2 hours each week. Students prepare the store for customers by stocking shelves, organizing items and pulling outdated items. The students have been doing a great job!



**Co-Op Contact Info**  
**Adrienne Bane**  
and  
**Jim Lenihan**

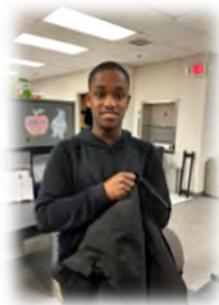
**302-454-2233 x112**

# COPYworks News

COPYworks has been working hard. The students have been working on hole punching groups of papers and using a model to set up binders for a customer order. These binders have several steps and need to be set up in a specific order. The students listened intently and followed the verbal, visual or written directions that were presented to them. This job was detail oriented.



We also would like to welcome two new students to our team. Jaheim joins us in the AM COPYworks class and Savion will join us in the afternoon class. We are happy to have them here learning new skills and making new friends.



Our students continue to practice professional dress. This past month we have been learning how to leave and take a message. The students have been completing MOCK sessions where they need to provide all the appropriate information needed to leave a message such as: **G**reeting, **N**ame, **A**ffiliation and **P**urpose for the call. We will continue to practice this skill throughout the year.





### **Answering the Telephone in ETCHworks**

It is extremely important to understand how to answer the telephone. In ETCHworks we have been practicing answering the telephone. We start by remembering and practicing GNAP, greeting, name area and purpose for the telephone call. The more you practice the better you will be at answering the telephone. Give us a call and check out our skills.



# FABRICWORKS

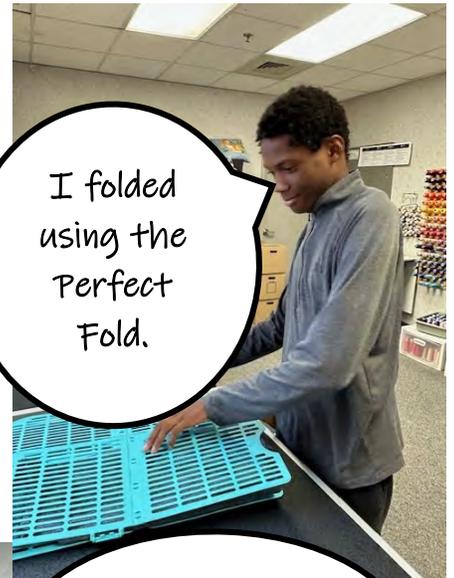
When you ask your student,  
“What did you do today at  
Networks??”



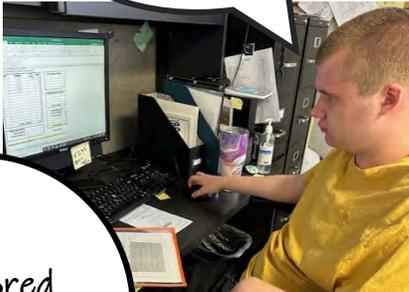
I backed  
a picture.



I fixed  
thread  
breaks.



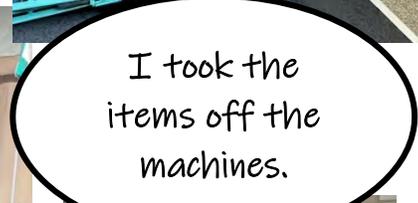
I folded  
using the  
Perfect  
Fold.



I typed up  
an invoice!



I checked  
orders.



I took the  
items off the  
machines.



I  
monitored  
the  
machines.



I  
typed  
in  
data.



I organized  
thread  
cones.



I pulled  
off labels.



I  
typed  
in  
data.



I organized  
thread  
cones.



I  
vacuumed  
the area.



I pulled  
off labels.

# FLORALworks

Students have been busy working on making customer arrangements.

Valentine's Day is soon approaching. Please call us for your orders. We take special orders or you may order by the following link:

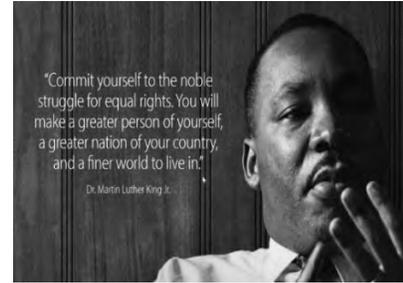
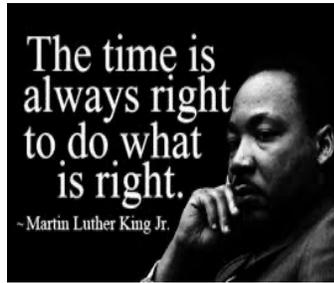
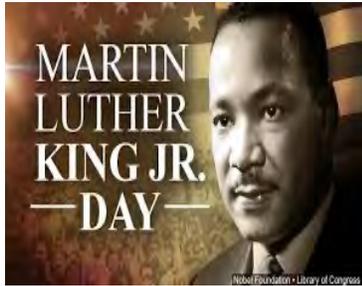
<https://forms.gle/QyvcUQodRh94zzdV6>



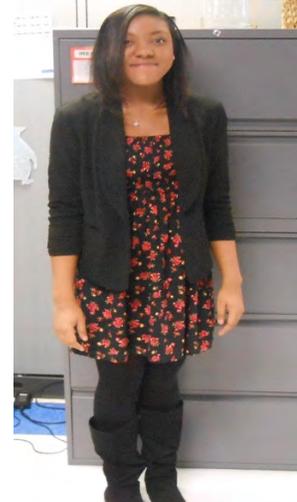
Contratulations to our Standout student of the month, Sydney!!!



# *MERCHANT works*



In January both students and staff returned from a well-deserved **WINTER BREAK**. All were eager to get back to work! During the month, our students also discussed and reflected on the important contributions Martin Luther King Jr. had made for our great nation.



We continued our focus on Work Ethics and Attitudes. We were able to relate with 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.



## Soups On in *MUNCHworks*

It was January 2010 when we first introduced our “Souper Bowl” Special. At that time customers could choose from: Chili Con Carne with Cornbread, White Chicken Chili with Cornbread and Garden Vegetable Soup with Scones. Since then our “Souper Bowl” Special has become an annual event that customers in and outside of Christina School District looked forward to with anticipation. We’ve changed the offerings since that first year. While we continue to offer three selections of soup, with optional oatmeal dinner rolls, we no longer offer chili.



In our classroom we continue to work on improving our employability skills. Our lessons have focused on *Work Ethics & Attitudes* and *Preparing to Apply for a job*.



We discussed and explored using a phone to make a call, leave a message, find a number using directory assistance, make an appointment and place emergency calls. We worked on how to identify and protect personal data, practiced following directions on forms, writing dates on forms and identifying references.

# TEAMworks

This month we are working hard to make sure our Special Olympics team looks as good as possible. They are going to represent the State of Delaware at the Pennsylvania Winter games. We created their black competition shirts as well as the green snow shoeing shirts for them to wear while they are away.



Our team Delaware shirts



Snow shoeing team shirts & The Polar bear plunge shirts

The team raised money for Special Olympics by doing a virtual Polar Bear Plunge here at Networks. We made sure they will look good will freezing for a reason.



# TRADE works



TRADE works would like to shine a spotlight on our past Standout Students of the month. These students are role models in the community by demonstrating awesome employability skills.



Jennifer



Asher



Lily



Israel and Mary



# *Vocational Arts*

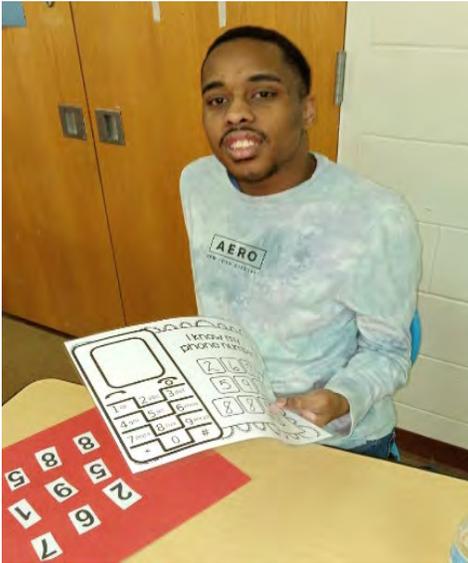
## *18-22 Year Old Program*

During the month of January, Vocational Arts students worked on:

- personal hygiene,
- social skills,
- personal information,
- completing work in assigned time frames,
- working independently and in small group.

Students have implemented some new job skills – wiping tables, sweeping, vacuuming and cleaning up individual work areas into our daily routine. We continue to work on activities and crafts to help us with our fine and gross motor skills as well as following directions.

We are continuing to look for opportunities to go out in the Community and assist with activities within the District.



# WOODworks

This month we have focused on double-checking work in the wood shop. This is an indispensable practice that enhances both the quality of craftsmanship and safety within the workspace. Precision is crucial in woodworking, and a thorough review of measurements, alignments, and cuts helps catch any errors or discrepancies before they become larger issues. This meticulous approach not only ensures the desired outcome of a project but also minimizes material waste. Double-checking work promotes accountability and responsibility among students in WOODworks by emphasizing the significance of accuracy and attention to detail. In terms of safety, verifying the correctness of each step reduces the risk of accidents, injuries, or faulty constructions, fostering a secure environment for both the woodworker and those who may interact with the final product.

