

# Networks News

Volume 7, Issue 1

October 2019

## *Principal's Notes:*

It's hard to believe that September has come to an end. Staff have been busy getting to know the new students and reacquainted with the previous students.

It was great to see so many new and old faces during the Open House this year. I hope you had the opportunity to meet your child's teacher and see the various enterprise areas. This year's parent conferences will be held on November 14<sup>th</sup> & 15<sup>th</sup>. Teachers will be making contact with you around mid to late October to schedule a parent conference if you would like one.



Throughout the school year, Networks will be hosting several fundraising events to fund the school's PBS program. All proceeds go directly back to the students for various reinforcers for the plus closet and quarterly trips such as Bowling, Roller-skating, BBQ Event just to name a few. Each month, enterprise area staff can nominate one student that stood out for the month.

*Mrs. Brister*



## From the Nurse's Office

### WELCOME BACK!!



I want to take a moment to thank you for assisting us in making sure we have received a **Student Emergency Card** back this school year. Please keep us notified of any changes to addresses or contact numbers throughout the school year in case the unexpected happens. If you have not already returned the Emergency Card / Student Information registration card, please do so **ASAP**. This card **IS REQUIRED** for your son / daughter to go out of the building to worksites and is taken by the enterprise or co-op staff in case contact is needed in an emergency while off campus.

If your son / daughter has a high-risk medical condition such as **Asthma, Diabetes, Heart Condition** requiring follow up with a cardiologist, **Life Threatening Allergy** or **Food Intolerance** requiring a diet restriction, **Seizure**, etc., please obtain the appropriate action plan(s) and return it to the school nurse. A copy of this form(s) will be sent on all off campus trips and will be shared with EMS as needed. These plans were sent home with the student emergency card. **Emergency action plans MUST be signed by the PHYSICIAN and the parent.**



**VISION TO LEARN** We will once again partner with this program this fall so students can receive a **FREE EYE EXAM** and **GLASSES**. If your son or daughter has been seen by Vision To Learn in the past or has history of wearing glasses, they are eligible to be seen. The best part about Vision to Learn is they come to us. The student does not need to leave Networks for the eye exam. If glasses are needed, students will be able to pick out their own frames and the glasses will then be delivered to the school in approx. 3 to 4 weeks.

I have requested that the van will make at least three (3) stops at Networks starting October 1<sup>st</sup>. If your son or daughter comes to Networks only on Wednesday or Thursday, we are still working on scheduling a visit this day. Please return your child's permission form ASAP if you would like them to participate OR send me a note stating you are not interested in the program. I will be sending home reminder forms during the first week of October.

Having glasses will help improve the student's overall life by allowing them to see and understand what their teacher is presenting at school. Their worksite performance is expected to improve on our campus or while out in the community at local business. Students will be able to see better at home as they will have a clearer picture of what is happening.



**THE FLU** What are you waiting for? **THE FLU SHOT IS READY!!** The American Academy of Pediatrics (AAP) and the U.S. Centers for Disease Control and Prevention (CDC) recommends that everyone over 6 months of age receive a FLU shot this season. Both the CDC and AAP report that the annual flu vaccine significantly reduces the risk of severe influenza and death. It takes about 2 weeks after receiving the FLU vaccine for antibodies to protect against the virus to develop in the body. The FLU vaccine lasts for about 6 months before it starts to wear off. Although the flu virus is common, it is also unpredictable. It can cause serious complications even in healthy children and adults. Remember, once one person in the family gets sick ... everyone gets sick. **THE BEST WAY TO PREVENT THE FLU IS TO GET VACCINATED!!** *Don't get the flu. Don't spread the flu. Get Vaccinated!!*



### Do you just feel miserable? Are your eyes watering and you cannot stop sneezing, sniffing? Fall / Autumn Allergies Have Arrived!!

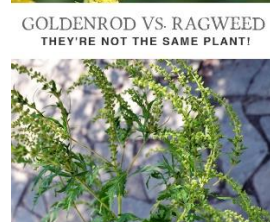
**AUTUMN IS RAGWEED SEASON.** The fall can be especially difficult for people who are sensitive to mold and ragweed pollen. It is estimated that over thirty million Americans are joining you in suffering from pollen allergy, a.k.a. allergic rhinitis or hay fever so you are not alone. Ragweed is known in the scientific world as *Ambrosia*, and it includes more than 40 species worldwide with the majority of them growing in temperate regions of North and South America. They are invasive plants that are difficult to control. Their pollen is a very common allergen, and the symptoms of ragweed allergy can be especially severe.



### KNOW THE DIFFERENCE

Other plants that drop their pollen in the fall include nettles, mugworts, sorrels, fat hens, and plantains.

Contrary to popular belief, ragweed pollen, and not goldenrod, causes hay fever.



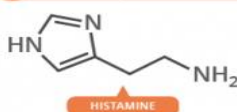
Symptoms typically flare in fall as weed pollen grains fill the air from **August through October (up to the first frost)**. In someone with hay fever, inhaling these tiny particles triggers a cascade of biochemical reactions, resulting in the release of histamine, a protein that causes the all-too-familiar symptoms including SNEEZING, CONGESTION, and FATIGUE, histamine can cause COUGHING; POST-NASAL DRIP; ITCHY EYES, NOSE, and THROAT; dark circles under the EYES; and ASTHMA ATTACKS. Typically, you will have a Runny nose with thin, watery discharge; no fever that starts immediately after exposure to allergens and lasts as long as you're exposed to allergens



According to the American College of Allergy, Asthma and Immunology, other things that can cause problems are:

**Lingering Warm Weather** While most people enjoy Indian summer, unseasonably warm temperatures can make rhinitis symptoms last longer. Mold spores can also be released when humidity is high, or the weather is dry and windy. Be sure to begin taking medications before your symptoms start.

**Pesky Leaves** - Some folks might find it difficult to keep up with raking leaves throughout the autumn. But for allergy sufferers, raking presents its own problem. It can stir agitating pollen and mold into the air, causing allergy and asthma symptoms. Those with allergies should wear an NIOSH rated N95 mask when raking leaves, mowing the lawn and gardening.



## PROBLEMS THAT MAY BE ASSOCIATED WITH FALL ALLERGIES INCLUDE:

**Reduced quality of life** from interfering with your enjoyment of activities and cause you to be less productive. For many people, allergy symptoms lead to absences from work or school.

**Poor sleep** as symptoms can keep you awake or make it hard to stay asleep, which can lead to fatigue and a general feeling of being unwell (malaise).

**Worsening asthma.** due to coughing and wheezing.

**Sinusitis** due to Prolonged sinus congestion which may increase your susceptibility to sinusitis — an infection or inflammation of the membrane that lines the sinuses.

**Ear infection** in children, can occur in middle ear infection (otitis media).

**PREVENTION** There's no way to avoid getting allergies/hay fever. The best thing to do is to lessen your exposure to the allergens that cause your symptoms. Take allergy medications before you're exposed to allergens, as directed by your doctor.

## REDUCE YOUR EXPOSURE TO ALLERGY TRIGGERS AND TAKE EXTRA STEPS WHEN POLLEN COUNTS ARE HIGH:

### Ragweed Season ORAL ALLERGY SYNDROME

Allergic reactions can become more severe when another allergen—such as ragweed pollen—is present. When this happens, a food that might not normally cause a reaction can cause problems if the air is filled with ragweed pollens that cause reactions.

#### SYMPTOM CAUSING FOODS:

- Cantaloupe and other melons
- Banana
- Zucchini
- Mango
- Milk
- Mint
- Lettuce



**Stay indoors on dry, windy days.** The best time to go outside is after a good rain, which helps clear pollen from the air.

**Delegate lawn mowing, weed pulling and other gardening chores** that stir up allergens.

**Remove clothes you've worn outside and shower** to rinse pollen from your skin and hair.

**Don't hang laundry outside** — pollen can stick to sheets and towels.

**Wear a pollen mask** if you do outside chores.

**Check your local TV or radio station, local newspaper, or the Internet** for pollen forecasts and current pollen levels.

**If high pollen counts are forecasted, START TAKING ALLERGY MEDICATIONS BEFORE YOUR SYMPTOMS START.**

**Avoid food that** may cause problems when the air is filled with ragweed pollens

**Close doors and windows** at night or any other time when pollen counts are high.

**Avoid outdoor activity** in the early morning when pollen counts are highest.

## TRY AN OVER-THE-COUNTER NONPRESCRIPTION MEDICATIONS REMEDY AT HOME to help ease allergy symptoms before they start as we do not have this medicine available at school:

**ANTIHISTAMINES FOR HAY FEVER**

**CETIRIZINE**  
**LORATADINE**

**Block histamine action, prevent most symptoms**

All oral formulations for treatment of hay fever are antihistamines. These bind to H<sub>1</sub> histamine receptors instead of histamine, preventing the effects produced by the allergic response - although they may not clear blocked noses.

**1<sup>ST</sup> GENERATION VS. 2<sup>ND</sup> GENERATION**

First generation antihistamines can cause undesirable effects, including sedation. Second generation are less likely to exhibit sedative effects, particularly loratadine. Peak levels of antihistamines are generally reached one hour after taking.

**NASAL SPRAY**

**Take when hay fever symptoms are expected rather than when they have already started**

This is because they cannot reverse the effects of histamine already binding to the H<sub>1</sub> receptors, and so will not provide relief.

**Oral antihistamines.** Antihistamines can help relieve sneezing, itching, a runny nose and watery eyes. Examples of oral antihistamines include loratadine (Claritin, Alavert), cetirizine (Zyrtec Allergy) and fexofenadine (Allegra Allergy).

**Decongestants.** Oral decongestants such as pseudoephedrine (Sudafed, Afrinol, others) can provide temporary relief from nasal stuffiness. Decongestants also come in nasal sprays, such as oxymetazoline (Afrin) and phenylephrine (Neo-Synephrine). Only use nasal decongestants for a few days in a row. Longer-term use of decongestant nasal sprays can actually worsen symptoms (rebound congestion).

**Nasal spray.** Cromolyn sodium nasal spray can ease allergy symptoms and doesn't have serious side effects, though it's most effective when you begin using it before your symptoms start.

**Combination medications.** Some allergy medications combine an antihistamine with a decongestant. Examples include loratadine-pseudoephedrine (Claritin-D) and fexofenadine-pseudoephedrine (Allegra-D).



# AUTOworks

This month in AUTOworks we have focused on identifying tools/supplies, safe tool use and learning proper detailing procedures. When we are not detailing cars, students have been busy working with the City of Newark in the community parks. 2019- 2020 is shaping up to be a great year in AUTOworks!



# BRENNENworks

Hello from BRENNENworks. Another year is upon us and we have come out of the gate in a fury of activity. We have started with our students attending the Networks enterprise areas. We have been able to get our students into the community in some new vocational job placements through Brennen.



While at Networks, our students are accessing MERCHANTworks, COPYworks, TRADEworks, and new this year, FLORALworks. Early responses seem to be very positive, even for our brand new students!

When in the community, our students began working at the Gallaher Elementary cafeteria and are also working at PetKare where we clean the small animal cages.

This year, we will be returning to the D.A.P. group home to work on domestic skills training and will begin working at Kirkwood Highway Public Library to do some light cleaning, alphabetize their videos, shelve books and pull books for orders.

Already, we have seen some surprising successes!





# COPYworks News

## Introducing Networks to You and You to Networks

### Essential Questions:

Why is it important to know your personal information?

- *“For an application.”*
- *“To introduce yourself.”*
- *“In case of an emergency.”*

Where do you see yourself when school is completed?

- *“Working”*
- *“Easter Seals”*
- *“A job in retail”*
- *“Working at Gamestop”*
- *“Cleaning”*

What does JOBS stand for?

J – journal

O – Observe

B – Expected Behavior

S – Succeed

➔ Ask your child how we use “JOBS” everyday!

Welcome to COPYworks!! We began our year talking about the expectations for Networks and our employment goals. We also did some getting to know you activities and followed that with a “snow ball” fight and testing “airplane flight”.



After sharing some information with the class, we folded paper airplanes and tested how far they could fly!



September also kept us busy at the Business Card cutting machine. A school ordered 50,000 cards to be used across the year for their PBS system.





## **ETCHworks is Dressed to Impress**

This month we have been working on dressing professionally. Dressing professionally will help you make a good first impression when you are applying for a job or going to job interview.

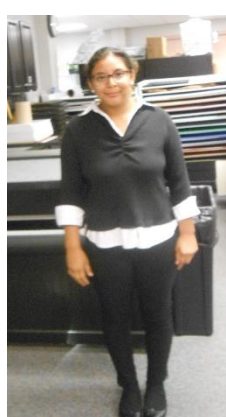
When you dress professionally as a young man, you choose from a variety of items. You can choose from:

- a shirt with a collar
- dress pants
- a belt
- dress shoes with dark socks
- a conservative tie
- button down dress shirt
- solid color conservative suit
- neatly trimmed nails and groomed hair

Young ladies also have clothing items that they can choose from.

They include:

- dress top with sleeves and a modest neckline
- dress pants/skirt
- a casual dress
- dress shoes with a closed toe and flat or small heel
- conservative jewelry, makeup or perfume
- solid color pants suit, skirt and coordinated blouse
- neatly trimmed nails , groomed hair





# FABRICworks



**New Students....**



**Veteran Students...**



**= Mentoring**



FABRICworks welcomes our new students and is grateful to have returning students to mentor their peers. **WELCOME BACK!!**

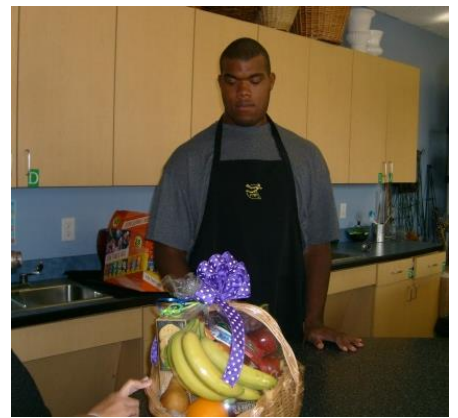


# What's Happening in FLORALworks?

Welcome to a new school year! FLORALworks has been busy working on our GNAP (Greeting, Name, Area, Purpose) skills while delivering arrangements! Students have been hard at work processing flowers, making floral and balloon arrangements and fruit baskets.

FLORALworks is still making arrangements for special occasions. Call 302-454-2028 for any and all of your floral/gift needs!

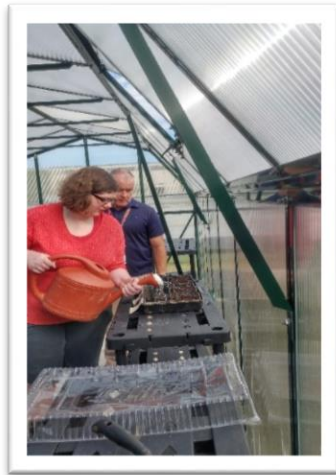
Below are a few pictures of students working!





# MERCHANTworks

During the month of September, MERCHANTworks began our first Career Cluster for the year, Agriculture, Food and Natural Resources. Networks was fortunate enough this past year to have a Greenhouse erected on our school grounds which has been beneficial for our efforts at hands-on learning and assessment options for our students.



Here at Networks, we have identified jobs within the career cluster that our students have been hired in previously or have shown an interest in. Those highlighted jobs have been researched for their job requirements and have been highlighted for instruction since Networks can provide them with the skills to meet the standards for employment.

In addition to our usual start of the school year curriculum requirements, we have tied those ideas in to the career clusters instruction both in and out of the program. All of the observations and interests displayed during this instruction will be documented in our various assessments for further student vocational planning during the school year and at IEP and Transition Meetings.



We are very pleased to continue our relationship with Walgreens, Newark Bike Project along with Goodwill. These companies and non-profits have been instrumental in allowing our MERCHANTworks class and Networks Program students apply their instructed skills in a real-world work environment.



# We Are MUNCHworks!

Students in MUNCHworks have the opportunity to learn the skills needed to enter careers in nutrition, food preparation, catering and other fields that involve working with food.

By participating in a full-service catering business, which includes meal planning and food safety in accordance with the guidelines of ServSafe, students learn basic food preparation techniques, procedures and vocabulary as taught in the food service industry.



Students work on learning how to: read a recipe and follow the instructions to completion, perform calculations to increase or decrease recipe yield, and safely use a variety of food preparation utensils, appliances and equipment. Preparation of both hot and cold foods are the focus of instruction.

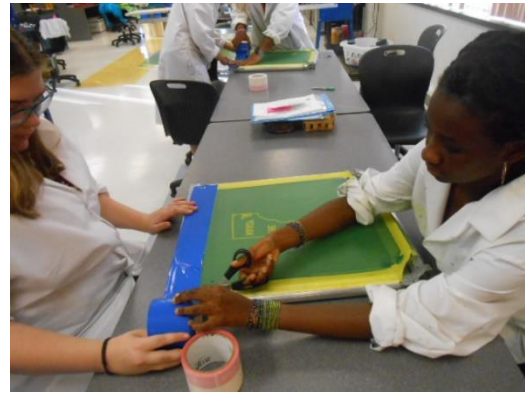


**Ms. Lewis, Ms. Anker and Ms. Pettyjohn  
are the MUNCHworks staff members.**



# TEAMworks

This month in TEAMworks, we are very busy completing orders for our customers. We are working very hard to meet our deadlines. We are also practicing our GNAP (Greeting, Name, Affiliation or Area, Purpose) skills.



Taping screens



TEAMworks AM Class



TEAMworks PM Class

# TECHWORKS

Welcome back to all our Students! As we start another school year, I for one am pleased to be back! Miss Kondos and I have been getting used to all the new faces here at Networks and are happy to assist our students with computers/technology.



During the short time we have been here, our students have been given an introduction to computers. They have been exposed to the various components of a computer and their purposes. This year, we also will be exposing our students to multiple Career Clusters. Our first Career Cluster of the year is Agriculture, Food & Natural Resources. While learning about computers, our students will also gain valuable insight of the corresponding and obtainable jobs available to them in this Career Cluster.





# WELCOME BACK to TRADEworks 2019-20

Students in the TRADEworks enterprise area learn hands-on custodial and maintenance skills while working in the community. Students are learning how to work cooperatively while also being safe.

Here are some of our community work sites...



**Alpha Training**



It is going to be a busy year!

We look forward to a great year!  
Ms. Tomeo & Ms. Cailah



Remove trash, sanitize and clean bathrooms, wipe doors, grounds maintenance (rake leaves, sweep walkways and parking lot)



Clean sanctuary and bathrooms, arrange and fix chairs, dust and wet mop all floors



**Aetna Fire Hall**

Clean and sanitize bathrooms, food prep area/kitchen



Vacuum offices, hallways, trash collection, remove recyclables, wipe tables, clean windows, entryways

# Co-Op Department – starting back strong ...

Co-Op is having an exciting start to the new school year!

Kenny Tran will be participating in a 4-week paid internship through Service Source at Marshall's.

This year the Co-Op students will continue to gain valuable experience in multiple community work sites. Some of these sites include: Anytime Fitness, Caffè Gelato, Goodwill, Klondike Kate's, Learning Express, Little Sisters of the Poor, Walgreens and Wawa.





# Counselors' Corner

**Welcome back to a new school year!!** This year we have a lot of activities in store. We will be running several school wide and small groups over the course of the school year.



We will start off our year with a 5 week overview of **DISABILITY AWARENESS** starting in October through early November. We will be focusing on being “differently abled”, what is a disability, understanding disabilities, types of disabilities, how to effectively and positively communicate and employment and disabilities. Each week, we will have small group discussion, activities and video discussions.



In December and January, we will be devoting our time to several small focus groups on **INTERNET & SOCIAL MEDIA SAFETY** with the help of the Beau Biden Foundation. Along with this, we will also be conducting small focus groups on **BULLYING & CYBERBULLYING**.



In February, we plan to go through many elements of the **LOVE IS RESPECT PROGRAM** with a focus on healthy relationships.



In the spring, we will do the **ROCK YOUR SOCKS** and **PLEDGE FOR WORD DOWN'S SYNDROME DAY** and **SPREAD THE WORD TO END THE WORD** in March and we will “**LIGHT IT UP BLUE**” for Autism Awareness Month in April.

Along with our programs, each month in our newsletter we will share resources and some insights in different disabilities and ways to help our students, parents and caregivers advocate for themselves as they enter into adulthood.

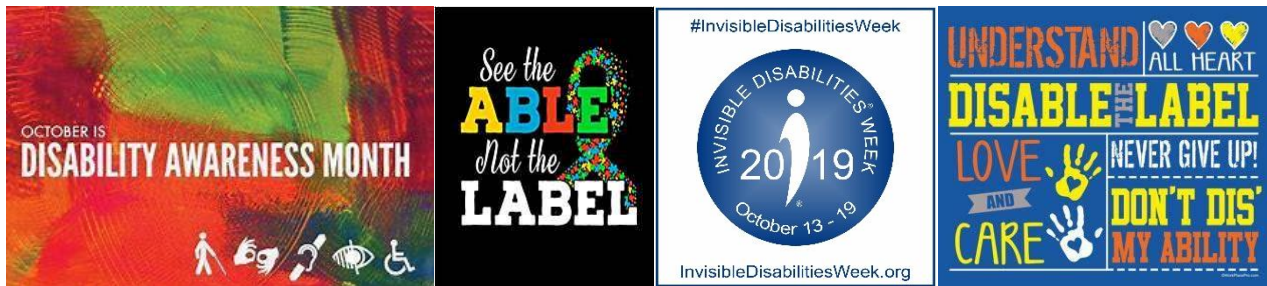
# Counselors' Corner

## PROMOTING AWARENESS:



**October is National Disability Employment Awareness Month (NDEAM).** NDEAM celebrates the contributions of workers with disabilities and educates about the value of a workforce inclusive of their skills and talents. NDEAM raises awareness about disability employment issues and demonstrate a commitment to an inclusive workplace through disability awareness training or informal educational events that can include information about accommodations and the ADA. For more information on NDEAM:

<https://www.dol.gov/odep/topics/ndeam>



**October is also Learning Disabilities Awareness Month.** Learning Disabilities Awareness Month is a time where people pay particular attention to children and adults with learning disabilities. The month is celebrated to bring attention to individuals that have disabilities like dyslexia, dyscalculia and attention deficit hyperactivity disorder. For more information on learning disabilities and awareness month:

<https://ldaamerica.org/its-learning-disabilities-awareness-month/>

<https://www.ncld.org/>



## Cafeteria Corner October 2019



### National School Lunch Week

This year, National School Lunch Week falls on October 14<sup>th</sup>-18<sup>th</sup>. The theme, "School Lunch: What's on Your Playlist" will be celebrated. This theme was created by the School Nutrition Association to spotlight the wide variety of flavors, dishes, delivery options and tastes that can be customized in today's school lunch!



### Trick or Treat!

Halloween is a fun time of year. Kids are in costumes, leaves are on the ground, and – uh oh! –there is candy everywhere. Whether it's your kid's bag or your own private stash, here are some health tricks for your treats.

- \*Always check to make sure candy is properly sealed before eating it.
- \*Consider giving out treats other than candy such as fruit, raisins, or whole grain goldfish at your door this year.
- \*Everything is good in moderation, so try to limit candy to one or two pieces a day.
- \*Now is a good time to brush up on your oral health. Make sure your family is flossing and brushing!



## Hauntingly Healthy Halloween Treat!

Ingredients
<ul style="list-style-type: none"><li>• Apple slices</li><li>• Almond slivers, peanuts or mini marshmallows</li><li>• Nut butter</li></ul>
Directions
<ul style="list-style-type: none"><li>• Spread nut butter on one side of 2 apple slices</li><li>• Position almond slivers, peanuts or mini marshmallows as "teeth" between the 2 slices</li></ul>





# NETWORKS HAYRIDE & BONFIRE AT WHITE CLAY CREEK



Friday October 25, 2019

Nine Foot Road, Newark, DE 19711

Look for the White Clay Creek parking entrance.

Things you may want to bring/wear:

\*FLASHLIGHT

\*JACKET

\*WATERBOTTLE

\*HAT

\*GLOVES

\*SNEAKERS with SOCKS

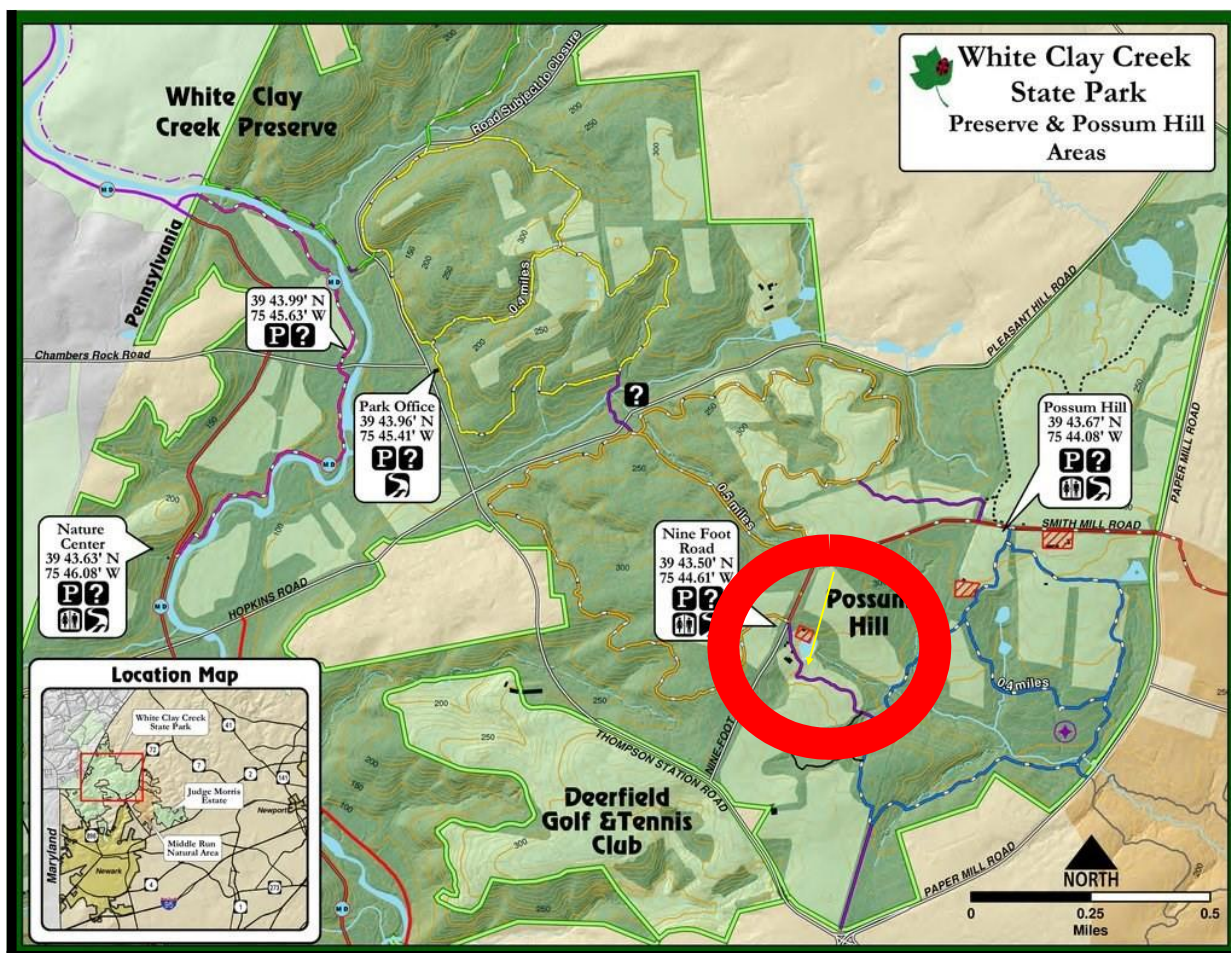
There will be a hayride and bonfire. Hotdogs, chips, s'mores, and beverages will be available.

Drop off is at 5:45 PM at the Nine Foot Road parking lot off of  
Thompson Station Road (Deerfield Country Club)

**PICK UP IS AT 8:00 PM**

**\*Please Note\***

This event is first come first serve and is free to Networks students.  
Parents and siblings of Networks students are welcome to attend at a  
price of **\$5.00 each**. Deadline to sign up is Friday, October 17th.



**For questions call Ms. Kearns (302) 454-2233 before the event.**



**NETWORKS**  
**FALL DANCE**

**FRIDAY NOVEMBER 8TH**

**AT**

**NETWORKS CAFE**

**TIME: 6PM-8:30PM**

**COST**

**1 CANNED GOOD**









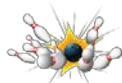






# October 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Rosh Hashana School CLOSED Offices Open	1	2	3	4	5
6 Flag Football Qualifier MOT Football Complex	7	8	9 Yom Kippur School CLOSED Offices Open	10	11	12
13	14 Milburn Orchards Fundraiser Starts 	15	16 Professional Dress Day 	17 Professional Dress Day 	18	19
20	21	22	23	24	25 Hayride @ White Clay Creek State Park - 5:45 – 8:00 	26  Flag Football Tournament St Andrews Middletown, DE Bring your own chair For Times, <a href="https://www.sode.org">https://www.sode.org</a> 
27	28	29	30 *PBS Event #1 – Bowling* 	31 End of 1 <sup>st</sup> MP Milburn Orchards Fundraiser Ends	Nov 1 No School Grading & PD Day	2

\* Students need to have good attendance, no referrals, and 60 pluses to attend the event.



# November 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 No School Grading & PD Day	2
3	4	5	6	7 Picture Day 	8 Picture Day Fall Dance Fall Dance @ Networks 6 - 8:30pm 	9
10	11 No School Veteran's Day 	12	13	14 No School Parent Conferences 	15 No School Parent Conferences 	16
17	18	19	20 Professional Dress Day 	21 Professional Dress Day 	22	23
24	25 Milburn Orchards Fundraiser Pick- Up 	26	27 No School Thanksgiving Holiday Offices Open	28 No School Thanksgiving Holiday 	29 No School Thanksgiving Holiday	30