

Networks News

Volume 7, Issue 4

December 2019

Here are a few reminders as we are approaching the winter season:

Due to inclement weather or other emergencies, it may be necessary to cancel school for the day, dismiss school early or have a delayed opening. We encourage you to tune in early when bad weather is predicted as we try to make the announcements as soon as the decision is made. Please remember that any decision affects only one school day; a new announcement will be made if the situation continues.

In the event of a schedule change due to inclement weather, the decision will be communicated through the following outlets:

- ParentLink Notification System
- The District's Information Hotline: (302) 552-2726
- CSD Alerts, Christina School District's ALERT e-newsletter. [Sign Up](#).
- The District [Facebook](#) and [Twitter](#) pages
- CSD Text Alerts (Information to sign up is located on the Christina School District Website)
- [The Christina School District Website](#)
- [State of Delaware School Closing](#) Information website. [Subscribe](#).
- Local Media Outlets
 - [The News Journal](#)
 - Radio: [WDEL 1150 AM](#), [WILM 1450 AM](#), [WJBR 99.5 AM](#) , [WSTW 93.7 FM](#)
 - Television: [CBSPhilly*](#), [ABC6 Action News*](#), [NBC10 Philadelphia*](#)

* when applicable.

Enjoy your holiday break - Remember to take some time to relax & refresh!



PARENT GUIDE: BULLYING

WHAT IS BULLYING?

Bullying can be physical (ex: hitting or shoving), verbal (ex: taunting or name-calling), social (ex: excluding or shunning), and cyber (ex: spreading rumors online or sharing inappropriate pictures). The behavior is typically repeated, but can be a one time instance. The effects on youth can be long-term, but bullying is preventable and resilience is possible with support. For information on bullying laws and definitions by state, visit: <https://www.stopbullying.gov/laws>

THE FACTS

 More than **1** out of **5** students reports being **bullied**.¹

The reasons for being bullied most commonly **reported by students** include physical appearance, race/ethnicity, gender, disability, religion, and sexual orientation.²

When bystanders intervene, **bullying stops within 10 seconds 57%** of the time.³

90% of teens who report being cyberbullied **have also been bullied offline**⁴; only about **20 - 30%** of students **notify adults** about bullying.⁵

THINGS TO SAY/THINGS NOT TO SAY

"It Took Courage to Tell Me." Acknowledge how difficult it is to talk about bullying. Praise your child for their bravery and remind them that speaking up is the best way to end bullying.

"This Is Not Your Fault." Sometimes kids feel like they did something to cause the bullying. Remind your child that the responsibility for the bullying lies with those who bully. Avoid questions like, *"Did you say something to upset the other kids?"* or *"Did you do something to them first?"*

"How Do You Want to Handle It?" Avoid the instinct to "fix it." When you brainstorm solutions with your child, you empower your child to take control. Don't schedule a "meeting" with the other child's parents. Often times, this ends up being awkward and uncomfortable for both families and doesn't actually solve the problem.



THE SIGNS OF BULLYING AND CYBERBULLYING



Signs of being bullied:

- Poor school adjustment, sleep difficulties, withdrawal from friends and family, sadness, poor concentration, decline in school performance, changes in eating or sleeping, anxiety, negative health effects (ex. headaches and stomach aches), difficulty trusting, fear of going to where they are the target of bullying



Signs of being cyberbullied:

- Loss of interest in electronic devices and won't talk about why, gets tense or stressed when receiving an email, text, or website notification



Signs of cyberbullying others:

- Hides online use, avoids conversations about computer and cell phone activities, uses multiple online accounts, switches or closes screens when others are nearby, excessive use of the computer or cell phone, overly upset if access to devices is limited or denied



Signs of bullying others:

- Aggression towards others, a need to control and dominate others and situations, impulsive, often tests limits and breaks rules, good at talking their way out of difficult and tense situations, shows little sympathy towards targets of bullying

BULLYING PREVENTION TIPS FOR PARENTS AND GUARDIANS

- 1. Bullying is a behavior, not an identity.**
Labeling a child as a bully can have a detrimental effect on their future and often limits their ability to change a child's behavior. Instead, try using language such as a "person who bullies" and "person being bullied."
- 2. Start a conversation with your children early.** Talk about respect before they start school and on an ongoing basis. Go over the roles in bullying situations – the person bullying other(s), the person being bullied, and the bystanders.
- 3. Teach your children to take action when they see bullying behavior.**
Stop bullying when you see it – the silence and inaction of adults can encourage and worsen bullying behavior. Talk about standing up for others without fighting.
- 4. Teach your children to say no when they feel uncomfortable or pressured.**
Teach them to respect the no's of others. Provide honest and positive reinforcement to help build self-esteem and respect for others.
- 5. Support children who speak up.** Telling an adult – even a trusted one – about bullying can be difficult for a child. Take time to listen and provide support before taking action.
- 6. Know your school's bullying policy.**
What are the definitions of bullying? What are the solutions and consequences to bullying behavior? Talk about clear policies around bullying, in your home and at school.
- 7. Collaborate!** Work with your parent-teacher organization to foster conversation and develop school programs to prevent bullying and improve safety for all.

(Adapted from Mental Health America Bullying Tips for Parents)



RESOURCES

For additional resources, please visit <http://BeauBidenFoundation.org/resources>.

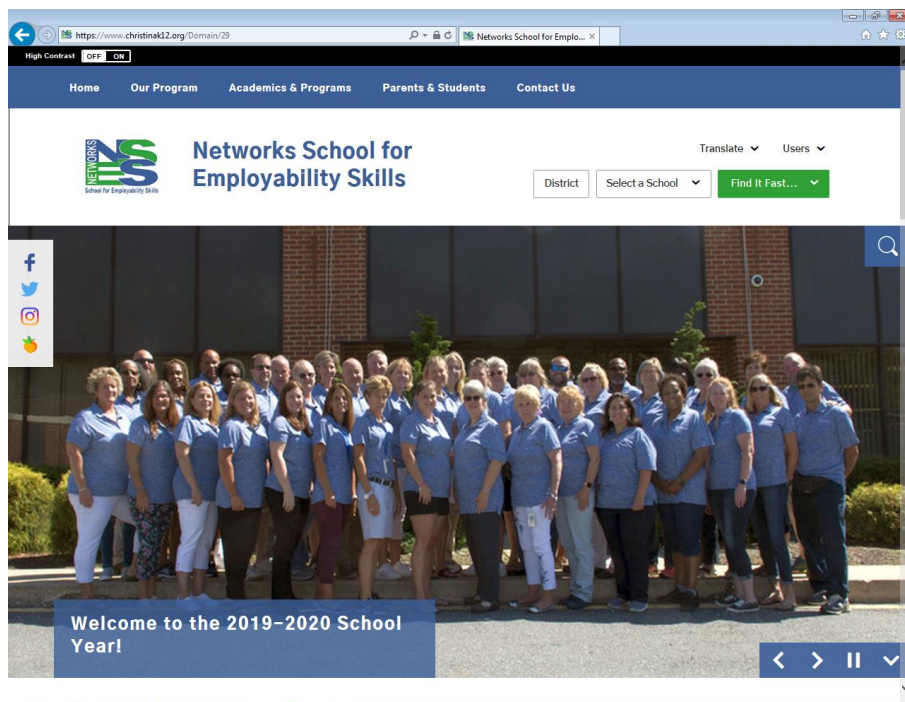
¹ Lessne, D., Yanze, C. (2016). Student Reports of Bullying: Results From the 2015 School Crime Supplement to the National Crime Victimization Survey. *NCES 2017015*

² National Center for Education Statistics. (2016). Indicators of School Crime and Safety: 2016. U.S. Department of Education.

³ Hawkins, D. L., Pepler, D., and Craig, W. M. (2001). Peer interventions in playground bullying. *Social Development, 10*, 512-527.

⁴ George, M.J., Odgers, C.L. (2015). Seven Fears and the Science of How Mobile Technologies May Be Influencing Adolescents in the Digital Age.

⁵ Ttofi, M.M., Farrington, D.P. (2011). Effectiveness of school-based programs to reduce bullying: a systematic and meta-analytic review. *Journal of Experimental Criminology, 7*(1), 27-56.



Networks School for Employability Skills Website Information

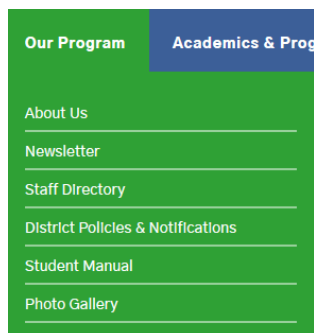
Our School Website has changed this fall along with the Christina School District (CSD) Website.

To help you keep up-to-date on all the latest activities, news and events occurring, please check out our website either on-line or on your mobile device.

As we become more comfortable in navigating the new program and website, you will have a chance to catch up on the latest news including some pictures as the events happen.

To get to our website, sign into the Christina School District website at <https://www.christinak12.org/> and find our program under “Select a School” **OR** directly at <https://www.christinak12.org/Networks>

On this page, you can navigate to a variety of locations to find out the latest information. A tab you will want to become very familiar with is “**Our Program.**” The first area under this tab is where you will find important FAQ’s **About Us** and our program.



Next, you will find our most recent **Newsletters** to find out what has been happening each month in our different enterprise areas. Additionally, you will find a copy of calendars for the two upcoming months so you can keep up to date and help your child plan for school related activities.

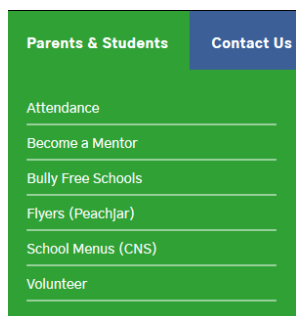
The next area that you may want to utilize is the **Staff Directory** section. Here you will find the names and emails for the staff working at Networks.

At the bottom of the section, you will be able to check our students “in action” at different events held throughout the year in our **Photo Gallery**.

Finally, under this tab, you will conveniently find links to the CSD Website for information in regards to **District Policies & Notifications** as well as to the **Student Manual**.



The next tab across our navigation bar will lead us to “**Academics & Programs.**” In this section, you will find information and become more familiar with just what our **Cooperative Education** program is all about as well each of our different Enterprise Areas / **Programs**.



The final tab under “**Parents & Students**” will provide you with useful information in regards to **Attendance** including the district on-line form used to **REPORT ABSENCES** (See partial copy to the right), **Bully Free Schools**, **Flyers** and current **School Menus**.

It is important to point out that CSD District Information will also be available for review as you scroll down on our main webpage.



From the Nurse's Office



How to Calm



The Dreaded Cough

Catching a cold is normal in the winter when we spend so many hours inside sharing the same air and **GERMS**. Coughing that comes along with the cold is a key part of the body's recovery process, even if it feels and sounds as though your child's symptoms could be getting worse. [Katie Lockwood, MD](#), a pediatrician at Children's Hospital of Philadelphia (CHOP) recently shared ways to help individuals get through their cold and soothe their cough. Excerpts from the article are noted below:

Coughing is a normal symptom associated with a cold, and rarely indicates something more severe. The cough reflex clears out excessive mucus and protects the lungs from pneumonia so many doctors do not give medications to stop a cough even though it is very irritating to the sick person.

Noisy breathing is normal and results from vibrations of mucus in the nose or pooling in the lower throat and is often referred to as 'rattling in the chest'. Coughing up mucus is actually a sign the cold is improving and the infection is starting to break up. We are actually coughing up the damaged cells. The yellow or green sputum (phlegm) is part of the normal healing phase of viral bronchiolitis (usually caused by a cold or flu virus) and it does not mean there is a bacterial infection. It is important to note that a cough can last a while longer (up to 3 weeks) as the trachea repairs itself.



What you can do to cope with your cough

Try to rest and make your family member or yourself as comfortable as possible when battling a cold. Many people do not like to eat or drink while sick because of the pain of swallowing and this causes many people to become dehydrated. It is very important to stay well hydrated throughout your cold. If your family member is one year old or older, give them warm apple juice, milk or decaffeinated tea with honey in it. The warm liquid can soothe their throat and loosen the mucus. Help clear their chests with a cool mist humidifier or turn on the hot shower and breathe in the steam.

Signs you should see your primary care provider

If your child is coughing up blood. The color and consistency don't really indicate a level of severity and many pediatricians are not too concerned about the color, just whether or not there's blood.

For younger children, it's rare for them to cough and show you any mucus. But if your child is having difficulty breathing or their temperature increases beyond normal, you should contact your pediatrician.

Contact your pediatrician immediately if you are exhibiting:

- Blood in the mucus
- Harder or faster breathing
- Using chest or abdominal muscles to breathe
- Tugging or flaring nostrils while breathing
- Uncontrolled fever

Cover your Cough



Cough or sneeze into your upper sleeve, not your hands.

OR



Cover your mouth and nose with a tissue.



Put your used tissue in the waste basket.

Clean your Hands

After coughing or sneezing:



Wash with soap and water.

OR



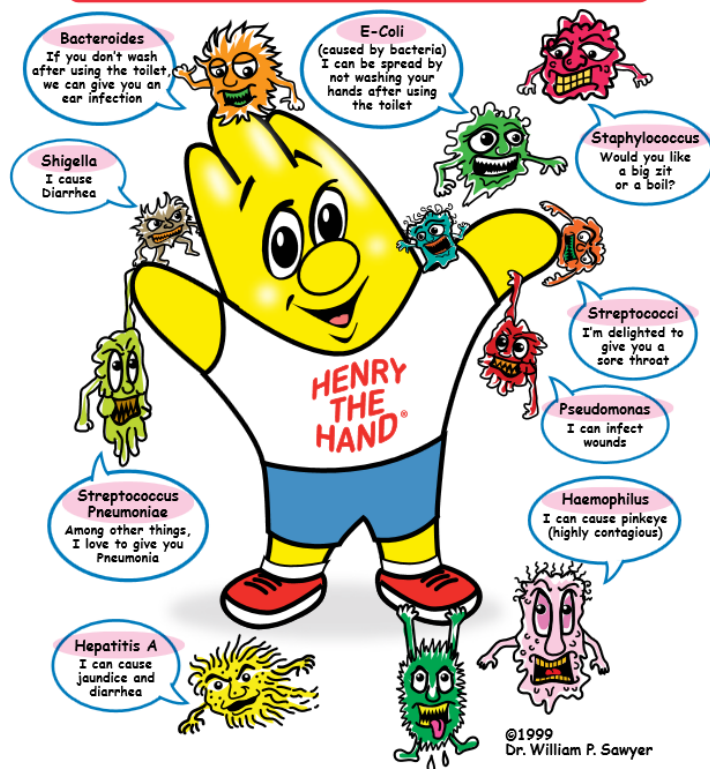
Clean with waterless hand cleaner.

CDC officials report fastest start to flu season in over 15 years. CDC officials say the rate of outpatient visits involving flu-like illnesses has reached or exceeded the national baseline for a month, and high activity was observed in 12 states during the week ending Nov. 30, indicating the fastest start of flu season since 2003-04. The 2019-20 flu season also has a 40% likelihood of reaching its peak this month, and six pediatric deaths have been documented so far, according to the CDC.

Remember there are MANY other viral infections that do not have vaccines: CMV, RSV, enterovirus, AFM (Acute Flaccid Myelitis), parainfluenza, Coxsackie, Norovirus and many more!
Then of course there is MRSA, Strep, C difficile, E coli and many more bacteria, as well!
It will have a positive impact on their health and wellness if you share them!

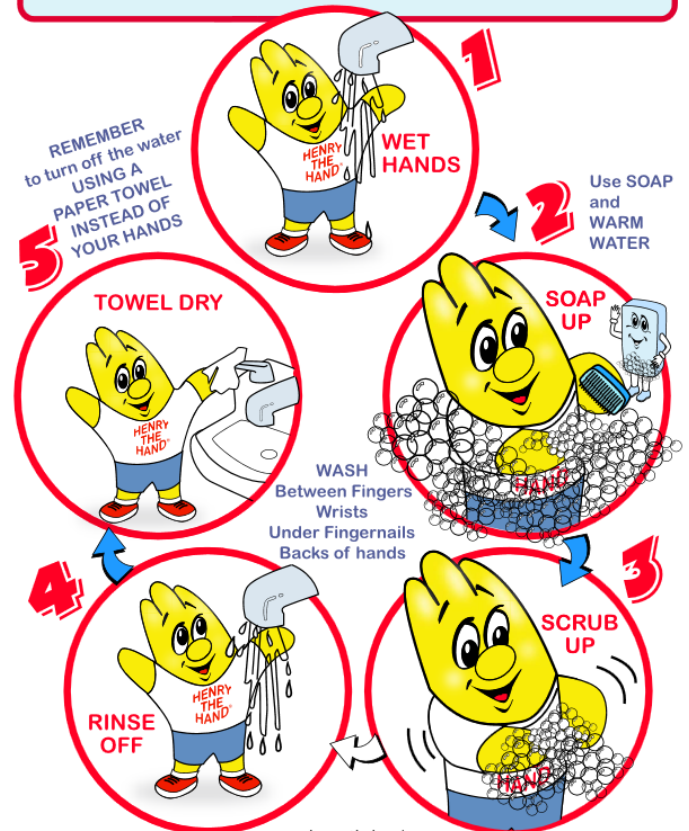
OUR BEST DEFENSE AGAINST GERMS AND GETTING ILL IS HANDWASHING!!!

Do You Have Any Idea What Germs Could be on Your Hands?



The 4 Principles of Hand Awareness have been endorsed by the AMA & AAFP
www.henrythehand.com

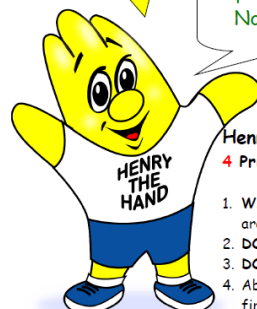
HENRY THE HAND'S HAND WASHING GUIDE



www.henrythehand.com
©1999 Dr. William P. Sawyer

Help Keep the
Networks Program and Your
Home Healthy

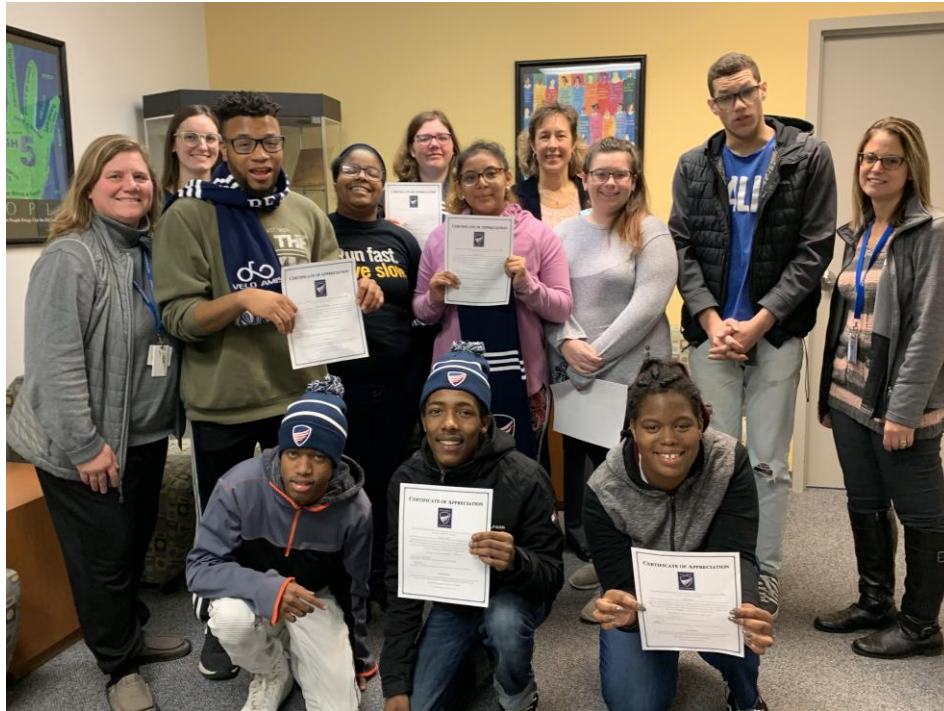
Spread the Word
Not the Germs



Henry the Hand's®
4 Principles of Hand Awareness:

1. WASH your hands when they are dirty and **BEFORE** eating.
2. **DO NOT** cough into your hands.
3. **DO NOT** sneeze into your hands.
4. Above all, **DO NOT** put your fingers into your eyes, nose or mouth!

Counselors' Corner



This month, we had the opportunity to have the Beau Biden Foundation come to Networks and give a presentation about online safety with 2 smaller focus group of students. The speakers came four times discussing the topics of internet safety, social media safety, bullying and cyberbullying.



AUTOWORKS

This month in AUTOWorks, we have been busy preparing products for the gift shops. Below are some shots of a pallet snowman being created. The AUTOWorks students and staff would like to wish everyone a Happy Holidays!



BRENNENworks

The holidays are upon us and we are learning to get ready for people to visit our homes. We are spending time at our D.A.P. group home working on domestic skills to use around the house to help our families.

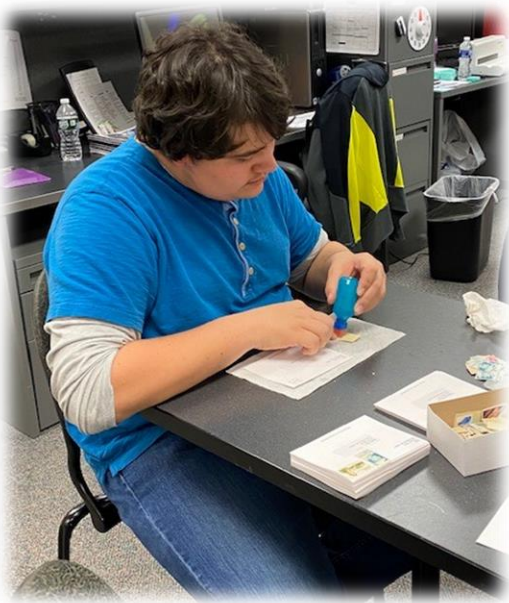


We are learning to make beds, fold towels, sheets and vacuuming. We are also sorting clothing so they can be folded and stored in dressers or hung on hangers and put in our closets.



COPYworks News

COPYworks has kept busy this month printing, cutting, labeling and finally stamping 3,000 postcards for Wilmington Coin Club! Along with that we are also printing, cutting and packaging 50,000 pieces of “Cobra Cash” for a middle school. There was no rest for us!!



Joey, Sean and Christopher busy stamping postcards.



Ryan and Shalanya cutting Cobra Cash and quality checking before packaging.





ETCHworks

The Importance of Answering the Phone Correctly

This month ETCHworks learned how and why answering the phone is important. When you answer the telephone it is important that you use GNAP (greeting, name, area and purpose). This way the caller knows who they are talking to and what area they have reached. We learned that you must speak slowly and a little louder than if you were talking in person. Your voice must be happy and cheerful. If you need to take a message you should repeat the spelling of a person's name and phone number to them. This way if you call them back you have the right number. Before you hang up the telephone, you should always say "Thank you for calling, good bye and have a nice day."



FABRICworks

What have we been up to this month? How about 450 blankets!
Working together made this job get finished on time!!



First, upload the design.

Next, run the design.



Then, TRIM, TRIM, TRIM



Fold.



Package them up! Twenty
six boxes later....



FLORALworks

This month in FLORALworks, we are busy with Holiday orders. We have been processing flowers by cutting the stems and placing flowers in buckets of water with plant food. Next, we prepared the flower order by putting oasis (which we have soaked in water) in the container. After the oasis, we “green in” the order by adding seasonal greens. Finally, we fill with flowers and pine cones to complete the order!



Floralworks is still making arrangements for special occasions. Call 302-454-2028 or email barbara.lomas@christina.k12.de.us for any and all of your floral/gift needs!

MERCHANTworks

Much of the month of December revolved around several events highlighting our students' skills in creating sale items from their enterprise areas.



The first gift shop was at the Christina School District's main offices on Lombard St. in Wilmington.



During the event, staff and students practiced customer service skills with the district's employees that were shopping for holiday gifts. Students used their phones for adding costs, kept an inventory ledger of what items were sold and helped with placing the items in gift bags.

Our next event was at Rockwood during their Holiday Festival. During the set-up students helped organize the tables, arrange lights to highlight the different items for sale and arranged inventory for those staff and students working at the event.



Afterwards the students toured the main house and had questions answered about the building by a helpful staff member.

The last event of the three gift shops was at our Networks building. This provided the public, district coworkers and friends and relatives access to our students' sale items.

After the sales, students helped with restoring the area to its previous set-up and packed up the individual enterprise areas goods for our next holiday sale.

We are using the lessons learned during these events to focus on our communication curriculum covered during the month of December and in to January.





MUNCHworks

was very busy this month preparing special holiday orders for customers.

We dropped, rolled, baked, decorated and packaged hundreds of cookies,



cakes and confections...and we enjoyed (almost) every minute of it!



We also made, packaged and gussied up some other food items to sell at our Mobil Gift Shop at the CSD Administration Building, *Rockwood Museum*, and the extended hours here at Networks' Gift Shop.



In the New Year, please consider MUNCHworks for all of your catering needs.

*Wishing You and Yours the
Happiest of Holidays!*

TEAMworks

This month in TEAMworks has been very busy. We are fortunate to have a new community worksite partner. Our students have the opportunity to work at the Old Navy store on West Main Street. They have been working hard on learning the skills needed to work in a retail clothing store.

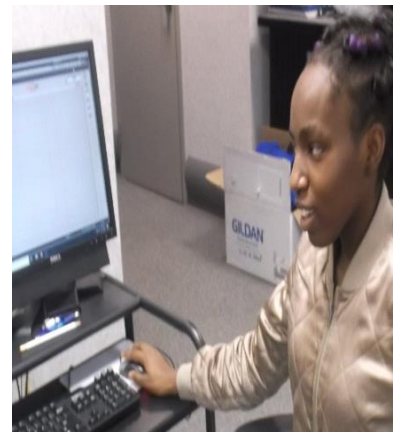


TECHworks



This December our students have anxiously been anticipating WINTER BREAK!

With Winter Break comes Networks Winterfest. Winterfest is an opportunity to allow our students to create and purchase gifts (with their earned PLUSES) for their loved ones. TECHworks will be providing pictures and frames for all students to have as a remembrance of this festive occasion. Our TECHworks students have been able to create the Frames for this event.



This month students have also participated in our ANNUAL FOOD Drive. Donated items will go to the Newark Area Welfare Committee's holiday food drive.

Students have continued to be exposed to the Career Cluster: Hospitality and Tourism, and what jobs await them.

From our TECHworks Family to yours,

We wish everyone a Safe and Prosperous New Year!!!



TRADEworks Is Getting Crafty!

TRADEworks students have been busy getting ready for the gift shops, craft fairs and other events. It was exciting to see the various ideas and research done in preparation for the crafts. We decided to paint gourds and again light bulbs! They were a bit tricky and required some patience, but through it all, we had fun! Being able to work independently as well as part of a team allowed us to produce quality products! We look forward to creating more items for our annual Winterfest tradition



Co-Op Department



Congratulations to Gloria Baffour-Awuah, Harrison Dunnum, Michael Franks, Gwen Geyer, Marianela Matos, Tasheera Patton, Kierah Webster, and Jamarr Williams on completing the GOODWorks 12-week paid internship program!



Congratulations to Ernest Williams as he has completed his 4-week paid internship at HomeSense!



In January, three students will begin a 4-week paid Internship at Walgreens. Ishee Covington and Justin LaCourt will be working at the Walgreens located at the University Plaza in Newark and Diamere Wheeling will be working at the Walgreens in New Castle.

Congratulations to Harrison Dunnum and Andrew Durham who have successfully gained employment with the Goodwill of Delaware and Delaware County. Andrew is working at the Fox Run Goodwill store and Harrison will begin work at the Goodwill store located on Kirkwood Highway in January!

Cafeteria Corner January 2020



A HAPPY NEW YEAR

Make your resolutions a reality

Every New Year many people make resolutions to “get healthy”, but few follow through. Whether you are hoping to lose weight, build muscle, or start a new way of eating, here are some tips for making your resolutions a reality.

*Know your goal. Vague goals, like “I want to eat healthier,” are hard to achieve. Make specific goals, such as “I want to eat two more fruits and vegetables every day.”

*Think about reality. Ask yourself, is this realistic? Unfortunately, losing 10 lb in one week is just not realistic, but losing 1 lb per week might be!

*Gain support! Making a healthy change as a family is a great way to stay motivated and teach your children healthy lifestyles

*Celebrate the small goals! Every accomplishment counts! Keep a positive attitude

*Exercise! Get a group of friends together and motivate each other to exercise daily!

New Year, New Recipes!

TRY IT!

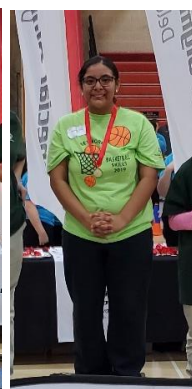
VEGETABLE SUSHI

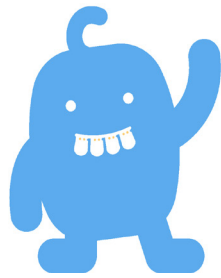
Ingredients
<ul style="list-style-type: none">• 1 Tortilla, whole-wheat• 1 T Cream Cheese, low-fat• 2 Baby Carrots, quartered• ¼ Cucumber, cut into small strips• ¼ Bell Pepper, cut into strips• 2 T Ranch, low-fat
Directions
<ul style="list-style-type: none">• Spread cream cheese over tortilla.• Place carrots along one edge of tortilla and fold over.• Place cucumber sticks beside carrots on tortilla and fold over.• Place bell pepper strips beside cucumbers and roll up completely.• Slice into 1-inch rounds and dip into ranch.



Special Olympic Basketball Skills

On Friday December 13th the Networks Special Olympic team competed in the New Castle County Basketball Skills Competition at William Penn High School. The Networks students competed against students from other high schools in New Castle County. The students have been working hard on 3 major basketball skills, dribbling, passing and shooting. The competition was very successful for our students and they were awarded with lots of medals for their hard work.



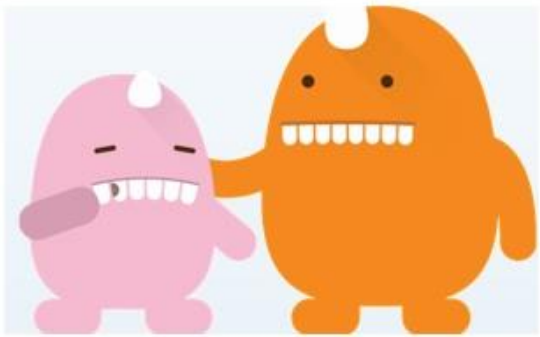


Delaware Smile Check Program

A School-Based Oral Health Initiative

The Delaware Smile Check Program invites students to receive a dental screening and an application of fluoride varnish at school to help your child fight cavities! The screening and fluoride application will be completed by a Delaware licensed dentist or dental hygienist during regular school hours. On average, screenings take three to five minutes to complete.

Stand Up for Your Child



- Cavities can be life-threatening
- Kids with “bad teeth” are more likely to be bullied
- Kids with healthy mouths do better in school

A letter is sent home with your child to notify you of the type of follow-up care that may be recommended. All children are encouraged to participate, and no payment or insurance is required. Families with children who require immediate care will be connected to a dentist who can help, even if you don't have insurance or the ability to pay. If you have Medicaid or coverage through the Delaware Healthy Children Program, the screening and the fluoride procedures may be billed through those programs to help cover the cost of the services. Every child should have the resources needed to access important regular and emergency dental care. Help your child get a healthy smile and a smart start by signing up today.

Fill out the attached *Student Information* and *Consent for Exams* forms on pages 2 and 3 of this packet. **Signatures are required on both of these forms in order for your child to participate.**

Return by January 15, 2020

Forms submitted after the date above cannot be considered for participation

All children who participate in the Smile Check Program receive:



Oral health goodie bag (toothbrush, toothpaste, floss, sticker)

Dental education

Guide of dental resources available in Delaware

Access to care coordination services from dental experts

Help getting dental insurance or other health services if needed

Help finding a dentist for the whole family



January 2020



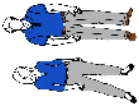


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2 School Restarts 	3	4
5	6	7	8	9	10	11
12	13	14	15 Professional Dress Day  Delaware Smile Check Program Forms Due  	16 Professional Dress Day 	17	18
19	20 Schools & Offices Closed 	21	22	23 Half Day Dismissal High School Exams 	24 Grading & PD Day Schools Closed 	25
26	27	28	29	30 *PBS Event # 2 Skating 	31	1

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



February 2020



2	3	4	5	6	7	8
9	10	11	12	13	14 No School Parent Conferences  <i>Happy Valentine's Day</i>	15
16	17 No School - President's Day 	18	19 Professional Dress Day 	20 Professional Dress Day 	21	22
23	24	25	26	27 Delaware Smile Check Program Visit 	28	29

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