

Networks News

March 2020

*Please take a moment to congratulate the following students for earning
standout awards for the following months:*

January 2020

Alexia Havens – Auto

Sean Boykevich – Copy

Jonathan McMurray – Etch

Elizabeth Joynt – Fabric

Gwen Geyer – Munch

Chris Huertero – Team

Kevin Andrews – Trade

February 2020

Bowen Fowler – Auto

Gustave Pasquarella – Copy

Nicholas Dixon – Etch

Jay Collins – Fabric

Elizabeth Joynt – Floral

Connie McAllister – Merch

Ree-Ail Wilson-Cottingham – Munch

Destiny Vitali – Team

Diamere Wheeling – Trade

Congratulations to all!

CHRISTINA
SCHOOL DISTRICT

Seven Things You Don't Know About Your Child's Digital Life

Our children are spending more and more time on their devices. They have at their fingertips access to more information than even imaginable 15 years ago.

This connection is incredible. And also frightening.

Think back to when your parents first handed you the keys to the car so you could drive to work or to school for the first time – by yourself. How many hours had you logged behind the wheel with an adult in the passenger seat? Your parents were probably pretty confident you knew the rules of the road.

When you hand your child a phone or tablet for the first time, you are essentially handing them the keys to their first car. How confident are you they know the rules of the road? And importantly, how confident you know everything they're doing online?

The Beau Biden Foundation has a free e-book available to help you.

This free e-book will help you understand what your kids are doing online. It will help you have smarter conversations about their digital life. And, hopefully, it will help you help them make smart decisions about their digital footprint.

In this e-book, you'll learn:



1. That your child is likely involved in bullying.
2. That digital advertisers are tracking your child.
3. That predators use online gaming platforms to groom children.
4. That your child's accounts are not really "private."
5. That your child likely has accounts you don't know about.
6. That your child is oversharing (ok, you probably know that – but you'll learn why, and what harm it may cause).
7. That your child has probably seen pornography online.

You'll also get a **free mobile device contract** for you and your child to sign, three tips for talking to your children about sexting, and information on the 15 apps law enforcement believe all parents should be aware of.

All for Free.

At the Beau Biden Foundation, we realize keeping tabs on your child's digital life can be overwhelming. The phone never stops buzzing. The popular apps are constantly changing. You do a good job checking your kid's profile and review their friends – but you worry you are missing something.

To obtain this FREE book, simply go onto the website (<https://www.beaubidenfoundation.org/seventhings-3/>) and complete the form at the bottom of the page. It will only take you a couple of minutes and then you will receive an email with a link to download this free e-book. It might not answer all of your questions, but it will answer some. And it will help you have healthy conversations with your kids about their digital life.



ELECTRONIC DEVICE AGREEMENT

This agreement is made between _____ (Parent/s) and _____ (Child) on _____ (Date). By signing this agreement, I agree to follow the rules set by my parent(s) and understand that they have the right to take away my privileges of using a device if I violate any of these pledges and rules. This agreement may apply to the use of a phone, tablet, gaming device, or computer/laptop. I understand that these rules are for the safety and well-being of my family, my friends, and myself.



PARENT(S)

1. Parent(s) will provide the device and be the only owner of the device.
2. Calls/texts from parent(s) will be responded to promptly.
3. Parent(s) will advise child of plan limits including minutes of talk, texts, and data available. Parent(s) may set a separate limit on talk/text.
4. The device will not be used during family time, such as meals, or when prohibited under school, employment, or other rules.
5. When in the home, the device is to be given to parent(s) each night no later than _____ pm. Parent(s) agrees to return the device each morning by _____ am, assuming all rules are followed.
6. Parent(s) are to be immediately notified of suspicious, inappropriate, sexual or threatening messages or images.
No penalty will occur as a result of advising parent(s) of this circumstance.

CHILD

7. Child will keep settings at "private" and not share password to anyone besides parent(s), including friends.
8. "Send" is **forever**. "Post" is **forever**. Remember that once something is sent or posted online, it cannot be undone, even if deleted or hidden. The device will not be used in an improper or illegal manner, including:
 - a. Sending or forwarding messages, emails or any form of communication that is mean, uses offensive language or may hurt or embarrass any other person.
 - b. Taking or sharing pictures that are nude/semi-nude or that depict myself or others behaving in an inappropriate or illegal manner.
 - c. Using a device to engage in any improper behavior or behavior that violates family rules.
9. Devices may not be used before _____ am or after _____ pm, unless the child is out of the home and contacting parent(s) or for an emergency situation (911).
10. For safety, the child will not reveal the specific place they are at when they are there. For example, they will not post a picture saying, "At the park with my friend and now we're heading home."
11. Child agrees not to use any device until my homework is completed, unless they can prove it is being used for homework purposes.

CONSEQUENCES

12. Failure to follow these rules may result in the following penalties:
 - a. Removal of device privileges, length of which is to be determined by the parent(s).
 - b. Amendment of agreement to provide stricter rules.
 - c. Loss of other privileges, such as spending time with friends.

Child Signature

Date

Parent(s) Signature

Date



From the Nurse's Office



On February 27, 2020, the Networks Program participated in the Delaware Smile Check Program that is affiliated with the Delaware Department of Public Health Bureau of Oral Health and Dental Services. Participants of the program had their height and weight checked. Students then had a visual screening by a local dentist and if needed a fluoride varnish with aftercare instructions.



All students checked left with a bag containing a toothbrush, toothpaste, dental floss, oral health literature and a list of area dental providers. If the student requires additional follow-up care, a representative from the Bureau of Oral Health and Dental Services will be calling you.

All children who participate in the Smile Check Program receive:



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

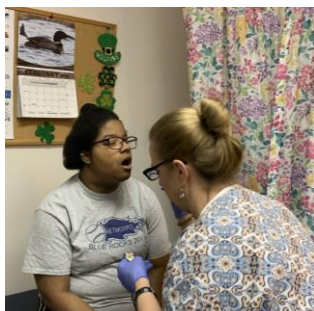
Access to care coordination services from dental experts

Dental education

Help getting dental insurance or other health services if needed

Guide of dental resources available in Delaware

Help finding a dentist for the whole family



Stand Up for Your Child

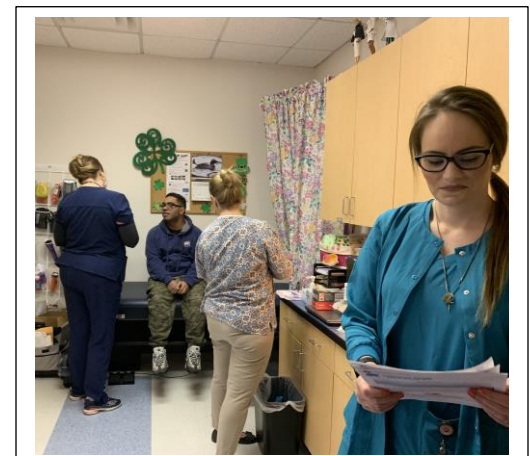


- Cavities can be life-threatening
- Kids with "bad teeth" are more likely to be bullied
- Kids with healthy mouths do better in school

2 MINUTES
30 SECONDS PER QUADRANT



You brush your teeth at night to keep your teeth, you brush your teeth in the morning to keep your friends.





From the Nurse's Office



Springing Forward to Daylight Savings Time March 8th, 2020

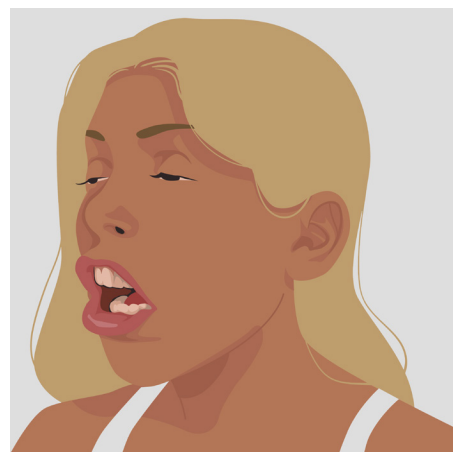
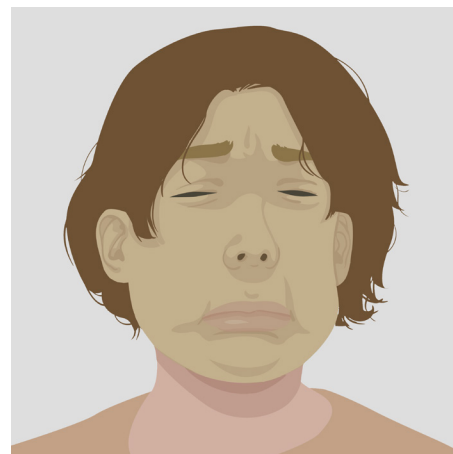
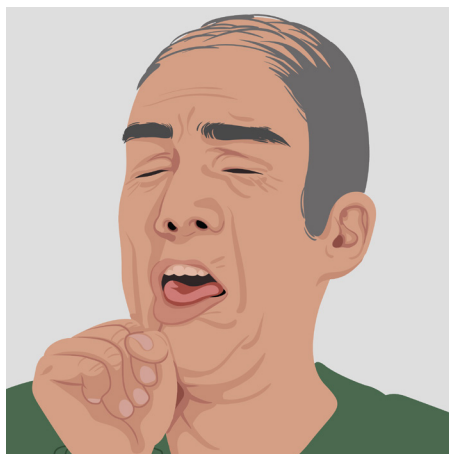
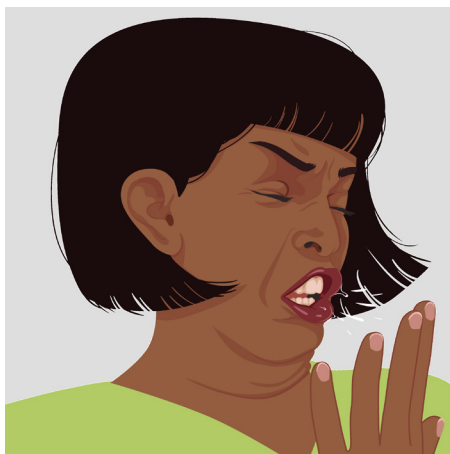
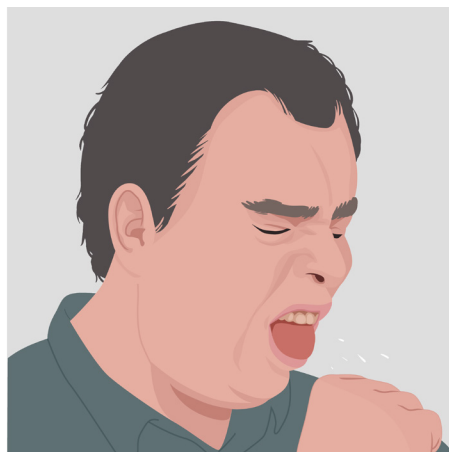
How long will it take you to adapt to time changes? For many of us, it should only take a day or two to adapt to the time change. A common rule of thumb is that it takes about one day to adjust for each hour of time change. However, there is significant individual variation depending upon whether you are getting seven to eight hours of sound sleep and go to bed a little early the night before, you may wake up feeling refreshed. If you are sleep-deprived already, getting by on six hours, you're probably in a bit of trouble, especially if you consume alcohol or caffeine close to bedtime. In this situation, you may well experience the decrements of performance, concentration, and memory common to sleep-deprived individuals, as well as fatigue and daytime sleepiness. So, there may be some tired and groggy people hitting the streets the morning of **Monday, March 9th** in the dark. This includes your children getting on the bus coming to school.

To help create sleep-friendly environments and enhance your chances of falling asleep, staying asleep, and sleeping soundly you may want to reduce or eliminate caffeine and alcohol, exercise several hours before bedtime, create calming rituals before bed to gradually relax yourself (taking a hot bath for example), and wear ear plugs and eye masks, to name a few. Also, it is important to go to bed and rise at the same time every day.

Use these 10 sleep tips to help you spring forward easily and sleep better all year long.

- 1. Gradually Transition Into the Time Change** - Go to bed 15 minutes early, starting several days before the change.
- 2. Give Yourself a Sleep Break After the Time Change** If you feel sleepy after the change to daylight saving time, take a short nap (20 to 30 minutes) in the afternoon before 4:30. Avoid sleeping in an hour longer in the mornings.
- 3. Know How Much Sleep You Need** To find your ideal number of hours of sleep requirements to be well-rested, sleep without an alarm on weekends and see when you wake up naturally.
- 4. Keep Regular Sleep Hours** Go to bed and wake up at the same time each day. This helps your body regulate its sleep pattern and get the most out of the hours you sleep. If possible, wake up at the same time on the weekends.
- 5. Get Some Exercise During the Day** Even walking, can help you sleep better. Aim for at least 30 minutes of exercise, three times a week or more. If you don't sleep well, try not to exercise too close to bedtime.
- 6. Avoid Stimulating Substances** Alcohol and caffeine (i.e. coffee, tea, chocolate, tobacco and some pain relievers) can interfere with sleeps so it is best to avoid it for 4 to 6 hours before bedtime.
- 7. Eat Lightly at Night** Indigestion from spicy or fatty food or having too much food in your stomach can cause insomnia. For a better night's sleep, eat light, simple foods several hours before bed. If you get hungry, have a snack of easy-to-digest food such as carbohydrates or dairy.
- 8. Relax Before Bed** Stress and overstimulation can make it hard to fall asleep. Try to avoid intense television programs or movies before bed. Relax with a soothing, warm bath and curl up with a book instead. If anxiety keeps you awake, write out your schedule for the following day before going to bed, including possible solutions to challenges you may face. If you're worried about hitting a deadline the next day, go to bed early and wake up early to work. Don't work late into the night. Your mind needs the rest. You may even need less time to finish your work.
- 9. Create a Sleep-Friendly Environment** Try sleep shades, earplugs, a white-noise machine, or all three. Room temperature between 60-75 degrees is considered the most comfortable. If you have restless or snoring pets, keep them out of your room, along with all electronics, including your television, computer, DVD player, and stereo. Save your bedroom for sleep and relaxing.
- 10. Get Up if You Can't Sleep** We've all had those nights when we can't fall asleep or we wake up and can't get our minds to shut down. Avoid watching the clock, which can create more anxiety. If you've been awake more than 20 minutes, get up, go to another room, and do something relaxing to help you get drowsy. Keep the lights low, have some warm milk, read a book, or write about whatever may be on your mind until your eyelids get heavy.

Spreading germs is OUT. Handwashing is IN!



Handwashing is one of the most important things we can do
to avoid getting sick and spreading germs to others.



**Centers for Disease
Control and Prevention**
National Center for Emerging
and Zoonotic Infectious Diseases

www.cdc.gov/handwashing

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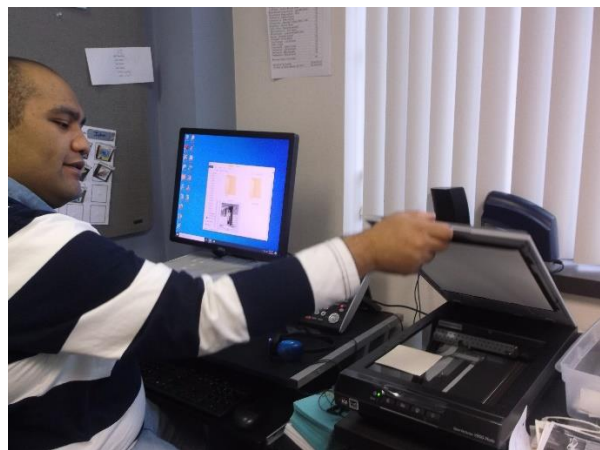
AUTWORKS

AUTOWorks helped to deliver some Valentine's Day cheer. Floralworks had an incredible number of deliveries so we jumped in to help. Deliveries are a great opportunity for students to learn to navigate unfamiliar places/buildings and to use their customer services skills and GNAP in the community.



BRENNENWorks

BRENNENWorks is working harder than ever these days. We have begun to learn to a new job: how to digitize old photographs. This includes scanning the photos and then moving them to the correct folder on a USB drive. We are also learning to remove creases, watermarks and spots to make the pictures look more like the originals. Keep up the great work everyone!



COPYworks News

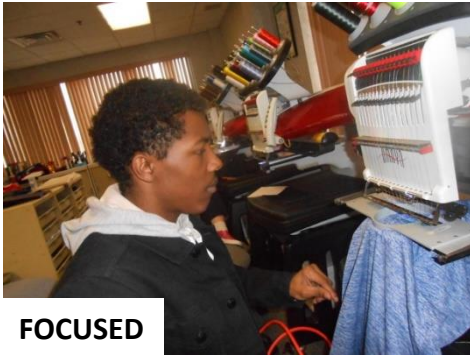
COPYworks, has been busy making deliveries and picking up boxes of shredding throughout the district. While on deliveries students get practice using their “GNAP” skills (Greeting, Name, Area and Purpose). These next few weeks will keep us busy creating a coil bound magazine (printing inside, collating covers, hole punching, binding and crimping the coil) for the local libraries, we have 300 to complete in the next three weeks!



FABRICworks

As we begin gearing up for our annual career fair, updating and creating resumes, discussing strengths and skills, students begin to realize what they do at Networks prepares them to gain employment. Students learn that they have skills that their peers may not have.

See how our students possess a variety of skills and strengths:



FOCUSED



ABLE TO USE HAND TOOLS



ATTENTION TO DETAIL



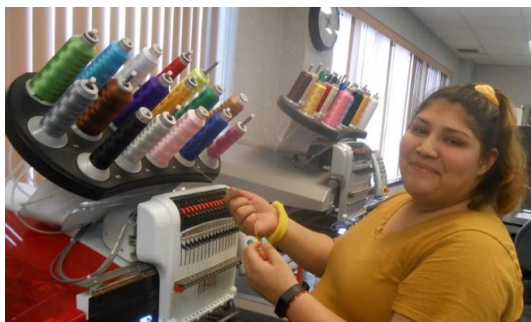
COMPLETE TASKS IN A TIMELY MANNER



**PREPPING ITEMS FOR
PACKAGING**



EAGER TO LEARN NEW THINGS



WORKS WELL INDEPENDENTLY



ABLE TO ASSEMBLE PRODUCT



GREAT WORK ETHIC

**POSITIVE
ATTITUDE**



FLORALworks

We were very busy during the month of February getting floral arrangements, gift baskets as well balloons designed and then delivered to over 100 individuals throughout Northern New Castle County.

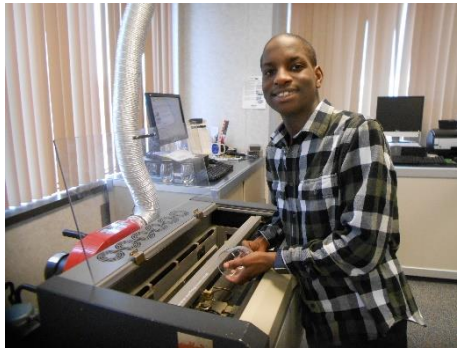


See FLORALworks students hard at work getting ready for Valentines Day.



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.



Working Hard in ETCHworks



This month in ETCHworks we have been very busy on multiple jobs. We just completed a large glass order (216 stemless glasses) for a customer as well as trophies for Glasgow High School Swimming and pencils for a church in New Castle.

ETCHworks is able to work on a wide variety of items due to the many pieces of equipment in the area. This keeps everyone very busy!



ETCHworks would like to congratulate Jonathan McMurray for being chosen as the February Standout Student.

MERCHANTWorks



Throughout the school year, we have periodically used a variety of student exercises to enhance many of the employability skills needed to be successful in the current work environment. For the student challenge, we focused on problem solving, communication, teamwork, leadership patience and perseverance to successfully complete the “Lava Challenge”. During the challenges, combinations of students grouped together.

As a natural result of the team communication phase, leaders and followers emerged. Students worked through the initial phases of the trial/error steps. We saw growth in the various targeted employment skills.



The students need to further develop the skill of communicating directions that have more than one-step. The exercise benefitted the timid or quiet students because they could express their ideas. This exercise taught them even if they fail at first but keep trying, they CAN SUCCEED!!

MUNCHWORKS was very busy in February

To prepare for our annual *Souper Bowl*, the MUNCHworks team looked back to last year's winning line up of our tried and true recipes and opted to run the same play.



Fans from all over the district placed their orders knowing that MUNCHworks would deliver the goods . . . and we did.

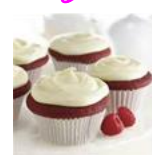


...and then there was our annual *Valentine's Day Specials*



Six Heart Shaped Cookies in a Cello Bag

Two Red Velvet Cupcakes



Next month, MUNCHworks will be talking a lot about "The Interview That Gets the Job".

TEAMworks

This month, TEAMworks has been finishing our new uniforms for Networks Special Olympics Basketball Teams. We have created unique jerseys that have our penguin mascot and **green numbers**. We think the team looked great!!



TECHWORKS



Our TECHworks students have continued to improve their typing skills and the “*Copy and Pasting*” technique.

We attempted the “Broom Challenge” on day in class to test NASA’s viral tweet that claimed a broom could stand up on its own because of gravitational pull.



Our students continue to earn and save Pluses for upcoming PBS activities this spring. This is accomplished by simply “Performing Like They Should” and participating in the Professional Dress Days.

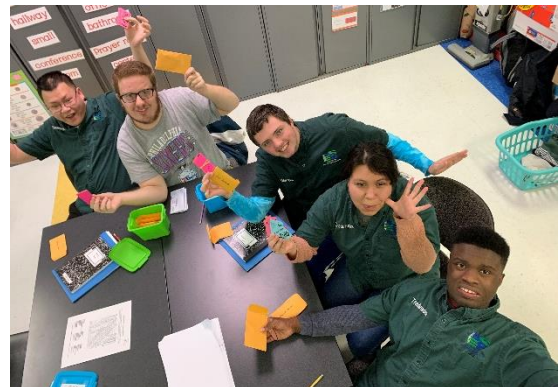
TRADEworks



BIG congratulations to **Kevin Andrews** for being recognized as the Outstanding Student of the Month!



Students earn PLUSes (Perform Like “U” Should cards) for a variety of reasons. Those include demonstrating professionalism, making good choices, being successful in the work and community areas, and being observed going out of their way! With **J**ournaling, **O**bserving, having good **B**ehavior and being **S**uccessful they will earn!



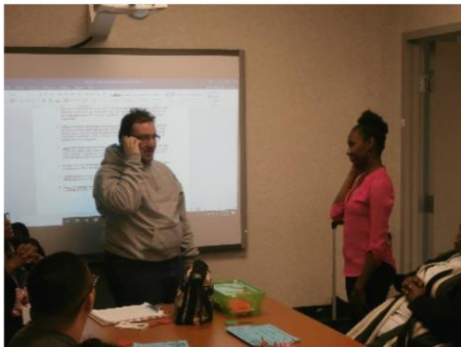
Let's keep up the good work!



Co-Op Department

Congratulations to Ishee Covington, Justin LaCourt and Diamere Wheeling for successfully completing a 4-week paid internship at Walgreens. The students in the GOODWorks Training Program are practicing their customer service skills via the phone. Through classroom instruction and hands-on experience at the Fox Run Goodwill Store, students will learn what it takes to work in the retail industry.

Sterling Johnson has started a 4-week paid internship at Embassy Suites. Students are gaining experience riding the DART fix route. Gwen Geyer, a Cook Assistant at Little Sisters of the Poor and Mari Matos, a Brand Associate at Old Navy are employed and earning a paycheck!



Cafeteria Corner March 2020



National Nutrition Month

It's that time of year again! March is National Nutrition Month, a time to brush up on our food facts. In celebration of this month, see if you can answer these questions about nutrition. (Your students may be able to help you!) For more information, visit www.eatright.org.

1. What part of a fruit has the most fiber in it?
2. T/F: You should always eat the same fruit everyday?
3. What food group does a kiwi fall into?
4. Bananas are high in which nutrient?



Answers: (1) the skin, (2) FALSE! Eat a rainbow of fruity colors (3) the fruit group, (4) Potassium

National School Breakfast Week (3/2-3/6)! (THEME: School Breakfast: Out of this World!)

Did you know...Breakfast is one meal most often skipped by teens?! Adequate nutrition at the beginning of the school day is critical to improving attendance, behavior/discipline, concentration, achievement, diet and health. Children who eat school breakfast eat more fruit, drink more milk and consume a wider variety of foods. It can be hard to eat a healthy breakfast at home in the morning while rushing out the door, so try arriving at school early to eat a healthy SCHOOL BREAKFAST!

Try this fun breakfast recipe!

Fruity Breakfast Lasagna

Ingredients
<ul style="list-style-type: none">• 4 cups Corn flakes or any other whole grain cereal• 2 cups Watermelon• 1 cup Strawberries• 1 cup Blueberries• 1 cup Yogurt, nonfat (Try Greek yogurt!)
Directions
<ul style="list-style-type: none">• Place 1/3 cereal in layer on the bottom of an 8x8 serving dish.• Mix yogurt and fruit together.• Place half of the yogurt/fruit mixture on top of the cereal.• Sprinkle half of the remaining cereal over the fruit mixture.• Top with the remaining fruit mixture, and end with the rest of the cornflakes.
*Serves 6



2020 NSES Yearbook



**The Networks
YEARBOOK is coming!**

**YOU AND YOUR
FRIENDS ARE IN IT!!**

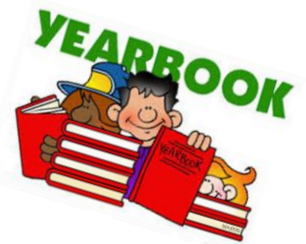
**PRE-ORDER your
yearbook TODAY!!!**

Yearbooks will be distributed upon their arrival sometime after Spring Break 2020!! More information re: delivery date will be coming soon.

They will also be available for purchase at the Student Recognition Ceremony on May 15th!!

Pre-order yours today for only \$20.00!

Yearbooks will be \$30.00 after May 15th.



NEW THIS YEAR: Purchase your yearbook with **"PLUSes"**
250 PLUSes = A FREE YEARBOOK as a reward for your outstanding performance in getting the J.O.B.S done!

Return this portion of this flyer with your payment.

Payment can be via CASH, CHECK or MONEY ORDER. (Checks or money orders are to be made payable to "Networks" with yearbook in the memo line. If purchasing with PLUSes, please place counted PLUSes in an envelope with your NAME / YEARBOOK on the outside.)

NAME: _____

DATE: ____/____/20____

NETWORKS AREA: _____

Payment ☐ Cash ☐ PLUSes

Please return all orders with payment to Nurse Michelle.

via: ☐ Check ☐ Money Order



Network's will be wearing our **2020 Spread the Word - Respect T-shirts** on **Wednesday, March 4th**.

If you did not purchase a new shirt, feel free to wear a we ask that your wear your RESPECT shirt(from any year).



We ask all members of the school community to take the pledge to think about their language, embrace the differences in all people and respect and include everyone. Please join us in this pledge by signing this year's pledge banner that is located in the main hallway on the first floor.



Network's will **ROCK OUR SOCKS** on **Wednesday, March 11th**

If you do not have mismatched socks **NETWORKS** students will be selling mismatched socks at cost from the manufacturer for **\$2.00 per pair** beginning **March 2nd**

YOU'RE INVITED TO ATTEND
NETWORKS

MAGICAL
SEMI-FORMAL



March 27th
6:00pm–8:45pm






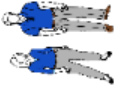




Cost \$20

Aetna Firehall 400 Ogletown Rd, Newark



March 2020




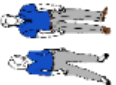






1	2	3	4	5	6	7
	Network's Students begin selling "Mismatched Socks" 		 Spread the Word – Be the Change Wear Your Respect T-Shirt			
8	9	10	11	12	13	14
Daylight Savings Move Clocks Forward 			Rock Your Socks Day at Networks Wear Your Mismatched Socks 			
15	16	17	18	19	20	21
			Professional Dress Day 	Professional Dress Day 	Spring Starts PD Day Schools Closed 	
22	23	24	25	26	27	28
		* PBS Event # 3 Wilmington Amusement Center 			Grading & PD Day Schools Closed Semi-Formal Dance 	Special Olympics Basketball State Tourney Bob Carpenter Center Newark, DE
29	30	31	1	2	3	4

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



April 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Autism Awareness Day 	3	4
5	6	7	8 Professional Dress Day 	9 Professional Dress Day 	10 Spring Break Starts Schools Closed 	11
12 	13 Spring Break Schools Closed	14 Spring Break Schools Closed	15 Spring Break Schools Closed Tax Day 	16 Spring Break Schools Closed	17 Spring Break Schools Closed	18
19	20	21	22 <i>Administrative Professionals Day</i> 	23	24	25
26	27	28 Election Day PD Day Schools Closed 	29	30	May 1	2

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