

Networks News

April 2022

Networks Wins Silver in the Special Olympic State Basketball Tournament



On Saturday March 26th the Networks Special Olympic Basketball Teams competed against other Special Olympic teams in the State of Delaware.

The full court team members: Jay Collins, Bowen Fowler, Alexia Havens, Jayden Hutchison, Darron Jones, Elisabeth Pantoja and Jane'a Wright played 3 games. The team had a record of 2 and 1 and took home the silver medal in their division.



The half court 3v3 team members: Angelica Pantoja, Nia White and Jonathan Woodson played 2 games. They had a 2 and 1 record winning the silver medal in their division. We are extremely proud of our team!!



Allergy Season is Among Us Now

As we all know, how bad the spring allergy season is depends upon the previous winter months. When people start complaining of itchy eyes, runny nose and congestion, it is because of the pollen from trees both in your backyard as well as from in surrounding neighborhoods. Think of all that yellow and green powder that is or will be resting on your car. This same powder is on your clothes and face. Spring allergy season typically lasts from March to July and then picks back up in intensity in August through Halloween.

Just because you did not experience spring allergies the last few years, it does not mean you will be immune this year. It can often take your body a few years to develop allergies, especially if you have recently moved to a new area. Your immune system needs time to be exposed to the pollen before deciding if this is something it can fight off. **The only known cure for allergies is to avoid them!! But, we all know this is not possible so we must learn to avoid or limit the exposure time to the things we are allergic to as much as possible.**

So, you may be asking yourself, **HOW CAN I AVOID THEM?** It is so beautiful outside with all the trees and flowers blooming and I just want to sit and soak up the fresh clean air. *It is good for me, RIGHT?!?!*

Even though we just want to open up our windows and get fresh air into the house, closing your windows in your house and car especially during PEAK allergy times is one of the best options you may have esp. for your family members who suffer from seasonal allergies. Other things you can do is keep the air conditioner on, cleaning up (or at least avoiding) any mold in your basement and taking medication before you go outside. If you do go outside to attend one of your children's sports or play activities, it is recommended that you change your clothes as well as your child's clothes and rinse the skin of children shortly after coming inside to prevent experiencing intense symptoms.



DO NOT ALLOW ANYONE TO LAY AROUND ON THE COUCH OR EVEN WORSE IN BED WITH THE SAME CLOTHES THAT THEY WERE JUST OUTSIDE IN FOR AN HOUR OR MORE. These clothes need to be washed.

You may want to start thinking about providing allergy medication to younger siblings of Networks students with allergies since most kids might not speak up about how bad the allergies are. *(Talk with your child's health care provider or even your local pharmacist re: recommendations of over the counter medications.)*

Children and adults experience the same allergy symptoms, but children often do not know how to tell you about itchy eyes or congestion. So, if it seems like one of your children are just "A little off," it's important for you to be on the lookout.

You may want to go into your child(ren)'s room while they are sleeping to check on how they're breathing.

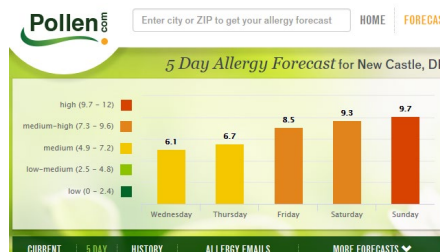
- If they are breathing through their mouth, it is likely because of congestion stemming from allergies. Mouth breathing can affect dental growth and other health problems within the mouth.
- If a child has asthma, parents should be aware that allergies can trigger asthma attacks. You need to be on high alert for problems and get your child to the doctor if they experience any signs and symptoms of respiratory distress



First Alert for 2022 was March 2nd

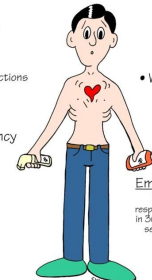


You can sign up on www.pollen.com for a daily email that is sent to your inbox to notify you of the pollen levels for today and tomorrow. There is even an option to see a 5-day forecast.



ASTHMA (Reactive Airway Disease)

- Triggers
 - Hypersensitivity
 - URI
 - Exercise
 - Air Pollutants
 - Respiratory Infections
 - GERD
- Familial Tendency
- Cough
- Mucus
- Shortness of Breath
- Wheezing & Prolonged Expiration
- CO₂ Retention
- Chest Tightness
- Retractions

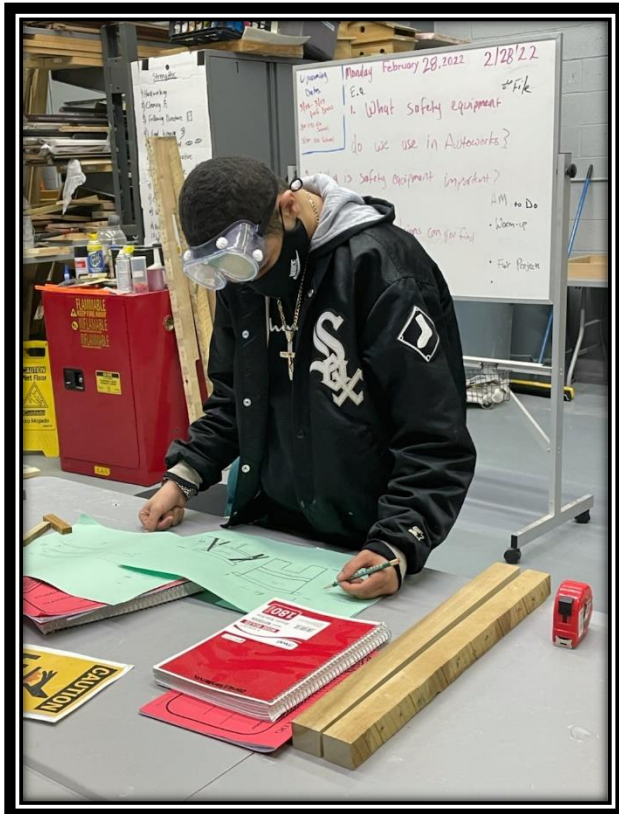


Emergency:
If symptoms do not respond to usual treatment in 30 minutes, client should seek medical attention.

Status Asthmaticus
Can be life threatening!

AUTOWORKS

This month in AUTOWorks students were given the task of creating something to enter into the Delaware State Fair. The first step was researching a project that they were interested in building. After finding something to build, students then sketched out their project design and put rough size measurements to it. All projects are being built out of reclaimed pallet wood. Being that their projects are going to be entered into the fair students are working at their own pace and with minimal guidance from staff. We will share some finished projects later in the year.



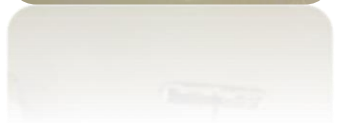
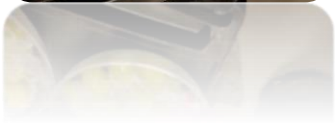
BRENNENworks

BRENNENworks has been busy over the last month. As we get ready for a spring break, we also are working to be independent in many of our jobs, both in the classroom and out in the community.

We are still working on vacuuming and making beds at the Brennen group home, and some of our students have moved onto folding and putting laundry away.

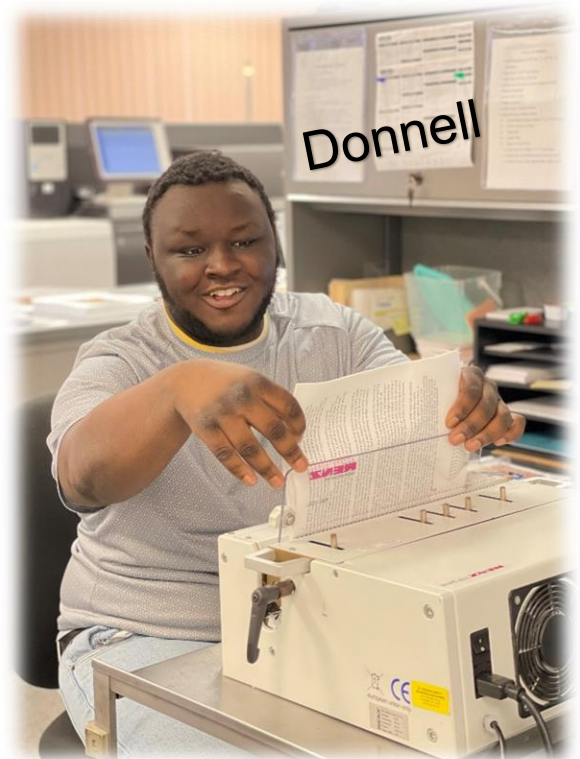
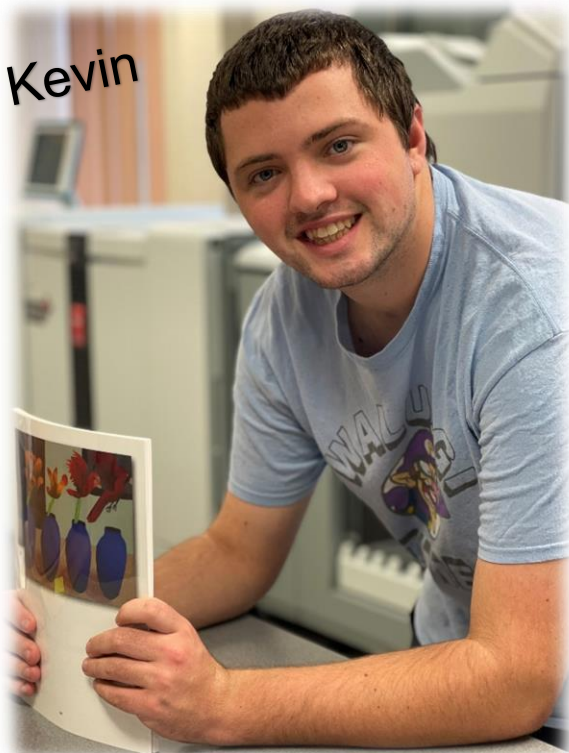
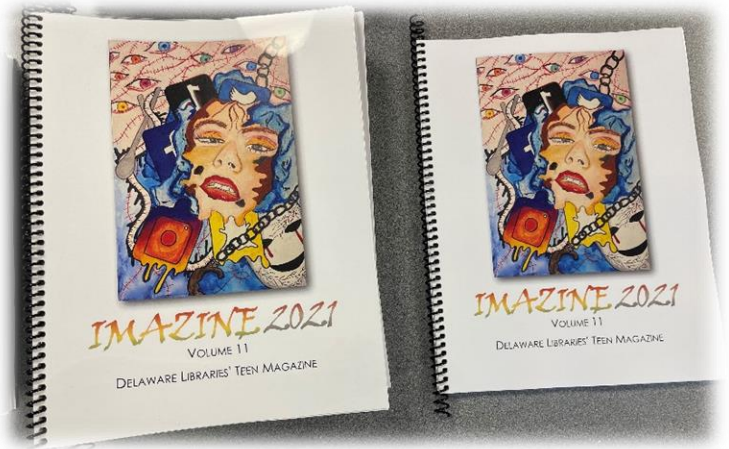
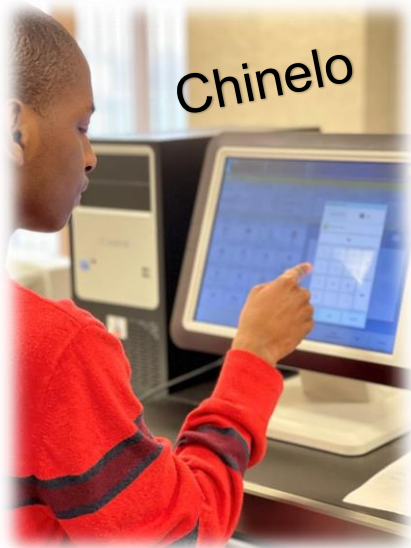
We have been working at the Delaware School for the Deaf cafeteria, Encore Dance Studio and the University of Delaware custodial crew.

Lastly, we are working on developing social skills that will help our three graduates and they move on to new jobs when they leave our program.

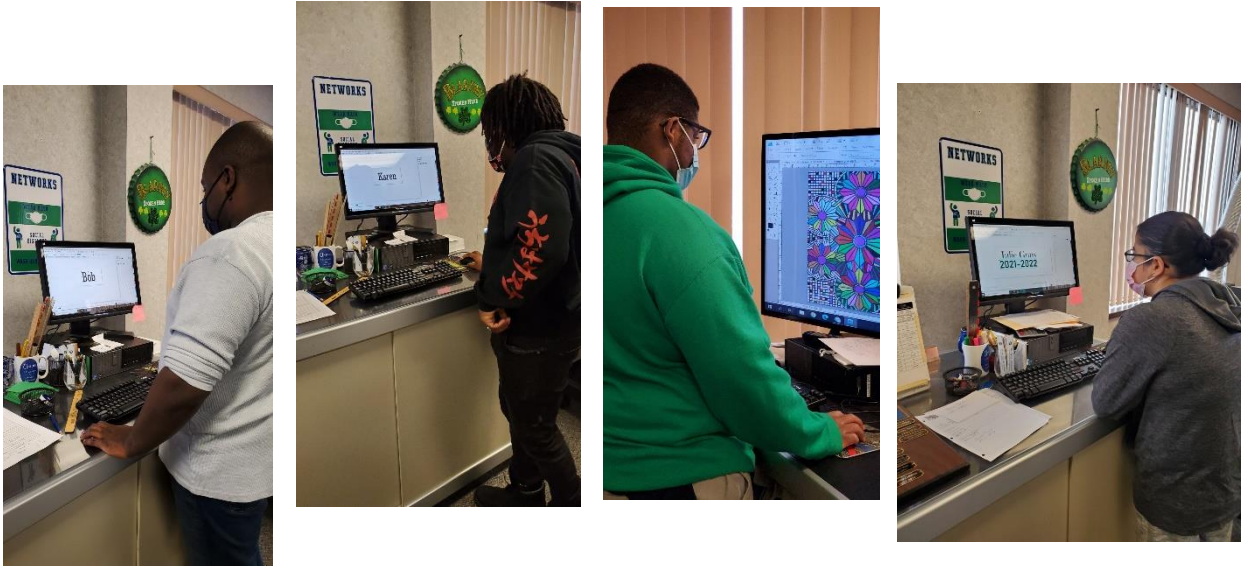


COPYworks News

The students are working on completing 300 booklets for the New Castle County Libraries. We print the booklets, collate and assemble them with covers, hole punch the books then spiral bind them! We have spotlighted some of our seasoned students who will be exiting Networks this year.



ETCHworks



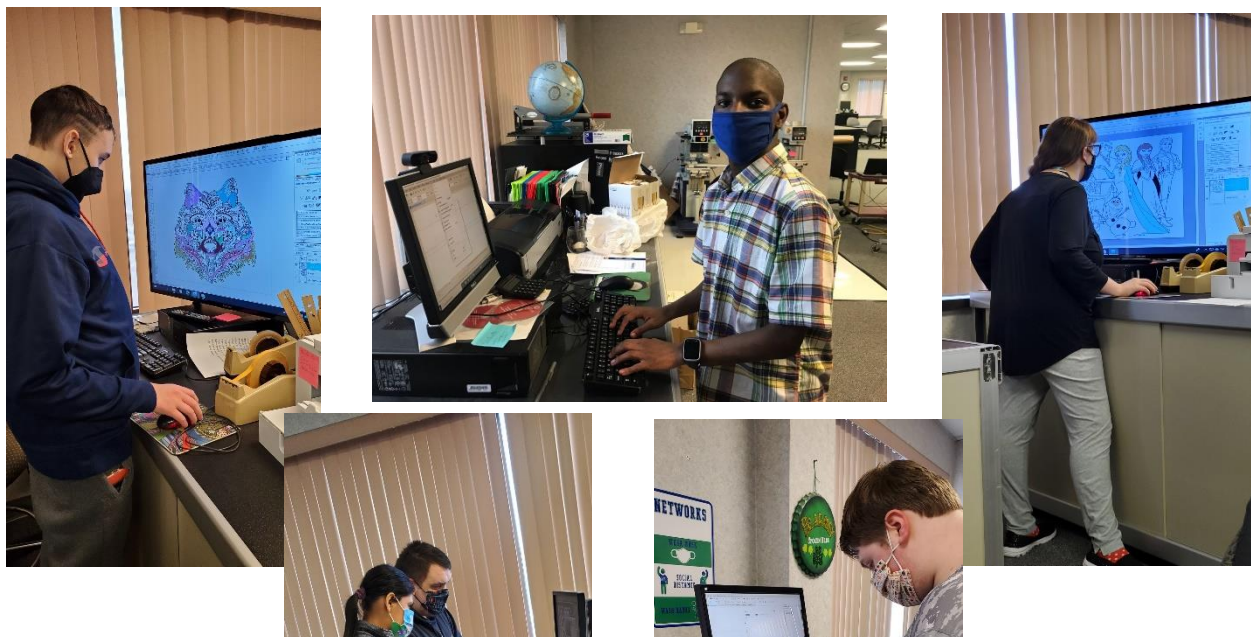
Using Computers to Design

We use computers a lot in ETCHworks. They are an important part of our design process. We use 2 computer programs to complete customer orders:

Photoshop is a full color design program that we use for our sublimation equipment.

Coreldraw is the program that we use for our laser machine and our sandblaster.

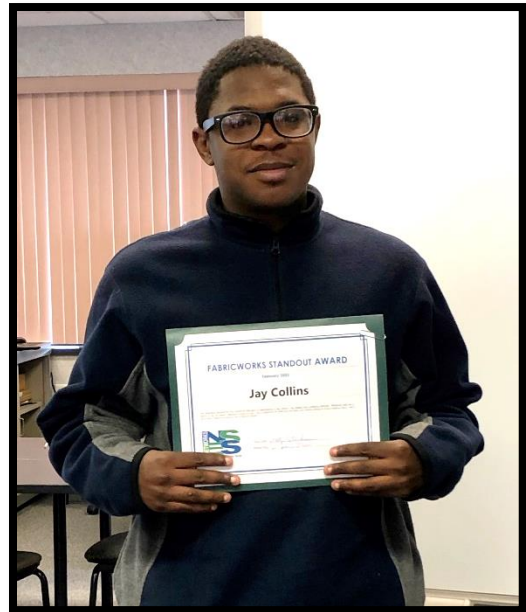
In order to prepare our customer orders, we must know how to use both programs.



FABRICworks



*Donnell turned 21 this month!
Good luck in the future!*



*Jay Collins was FABRICworks Student
of the Month! Congratulations Jay!!*



Jawan, Miracle, Jaden, and Tyra were dressed to impress this month!

FLORALworks



Special Recognition

Floralworks would like to recognize Joshua Grieten. While delivering a floral arrangement inside a bank, Joshua found a \$100 bill on the ground, picked it up and returned it to the bank teller! Way to go Joshua!

Floralworks students care for plants in our school.



Students practice interview skills.



Students prepare flowers for arrangements.



MERCHANTworks

Spring is finally here!!!

This month we participated in our Professional Dress Days.

We have been busy changing the layout of our in-house school store. Students have been excited to rotate inventory to display the products that our various enterprise areas create.

We have also been preparing for our April Mock Interview Fair, which focuses on interview skills.



This month, MUNCHworks talked a lot about *“Preparing for an Interview”*.

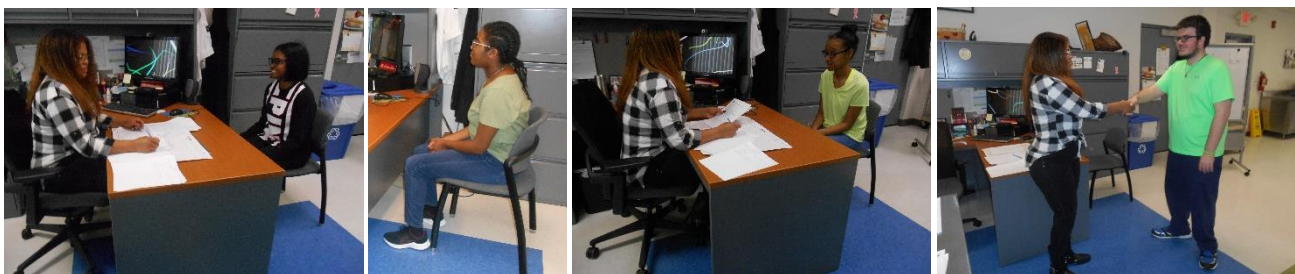
We discussed the purpose of a job interview and said that it is the company’s chance to ask questions about the applicant’s personality, skills, work experiences and career goals.



It is also an opportunity for the applicant to get more information about the company’s business, the job duties and to see if working for the company will be suitable.



We also talked about appropriate dress, body language and questions we could ask.



Then, we had mock interviews to practice the skills we had been working on.



We each interviewed for entry-level jobs at Little Sisters of the Poor
and JP Morgan Chase Bank

TEAMworks

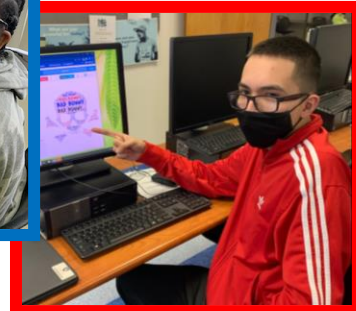
This month in TEAMworks, our students are having a great time working at Old Navy. They are learning the “ins and outs” of working in a clothing retail store. They are building great working relationships with the store staff.

Recently, students competed in a mannequin-dressing contest. They had to shop the store to find an outfit and then dress the mannequins. Store staff did judging. Everyone had a great time.

WHICH ONE WOULD YOU CHOOSE?

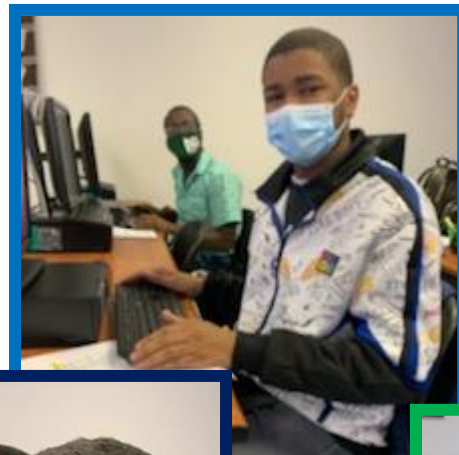


TECHworks Word Art



In TECHworks, students designed and created their own works of art, using the site Wordart.com.

1. Students came up with an original theme: music, cookies, sports teams and TV shows.
2. Next step was to create the collage of words, using the website. They first clicked “create now” and got to work.
3. Then, typed their list
4. It was fun designing – using different shapes, fonts and colors.
5. Finally, they clicked “visualize” to see their final project





Cooperative Education

After a two-year hiatus due to COVID, the Goodworks Program is back and running. Ten Networks students are participating in the 10-week program this spring. The program takes place on Tuesday mornings and Thursday afternoons. In the morning sessions, students learn about working at Goodwill and discuss topics such as customer service, attitude, and completing paperwork needed to have a job. In the afternoon sessions, participants are paid to work within the store. Below are pictures of students working in the Goodworks program.



Counselor's Corner



The season is **Spring** and **Love** is in the air....Remember **LOVE IS RESPECT....**

One resource you can use if you have questions about dating or your relationship (friendships are relationships too...☺), you can google Loveisrespect.org. Let's look at what they say makes a healthy relationship or friendship:

Dating basics: what should I look for?

That you might be attracted in a person, physically, emotionally, intellectually, or otherwise to many different qualities. Every relationship is unique and it is easy to be caught up in the excitement of a new partner, whether they are your first or just your favorite.

All relationships exist on a spectrum from healthy to unhealthy to abusive, and it is important to know what to look for in a partner — both good and bad — to make sure you are building a healthy relationship.

How healthy is my relationship?

A healthy partner encourages you to achieve your goals. They do not resent your accomplishments or make you feel guilty for spending time with other people, and they are not excessively jealous. Ask yourself if:

- Your partner respects you and your individuality.
- You feel safe being open and honest with each other.
- Your partner supports you and your decisions even when they disagree with you.
- You and your partner have equal say and boundaries that are respected.
- Your partner understands and respects your need to spend time with friends or family.
- You can communicate your feelings without being afraid of negative consequences.

Cafeteria Corner April 2022



Spring Savings

Some believe that “healthy food” means “expensive food,” but that doesn’t have to be true! This spring, use these tips to cut back on costs while keeping it healthy.

*When possible, buy in bulk for lower prices. Of course, this is not a good idea for fresh foods that you will not eat before the expiration date.

*Make it semi-homemade. Using a rotisserie chicken will give you more for your money than pre-made chicken nuggets.

*Choose in-season produce. Right now, broccoli, green beans, and strawberries are all in season.

*Try meatless meals. Surprise your family with an inexpensive meatless meal featuring plant proteins like beans, lentils, or nuts.

*Create a shopping list for the week and stick to it! Prioritize your dollars for nutrient-rich vegetables, fruits, low-fat dairy, lean protein, and whole grains.

*Buy generic, store-brand products. The quality and nutrition content is usually no different!

*Sneak in veggies where you can! Smoothies are great place to add veggies into your diet [recipe below]



Down to Earth

April 22 is Earth Day. Let’s celebrate our favorite planet by making sustainable choices like the ones below!

*Recycle your plastic containers, and begin a compost area for your food waste.

*Plant a garden and grow your own herbs, fruits, & veggies this year.

*Choose to buy from local or organic farmers.

*Consider using energy-saving kitchen appliances and light bulbs.



Out of This Whirled Smoothie

Ingredients
<ul style="list-style-type: none">• 1 Banana• 1 cup strawberries• 1 cup Milk, skim• Handful of baby spinach• ½ cup Orange Juice
Directions
<ul style="list-style-type: none">• Place all ingredients in blender and blend until smooth.



**CHRISTINA SCHOOL DISTRICT
APRIL 2022
NUTRITION CAFETERIA Q & A**

Monday, April 4		Tuesday, April 5		Wednesday, April 6		Thursday, April 7		Friday, April 8	
Q: True or False? Eating fruit that are in season taste the best.	A: True – it is when the fruit has the most flavor!	Q: True or False? Pasta, Crackers & Rice are in the grain food group?	A: True					Funny Friday: Why did the banana go to the doctor? A: Because it wasn't peeling well!	
Monday, April 11		Tuesday, April 12		Wednesday, April 13		Thursday, April 14		Friday, April 15	
Q: Carrots are high in Vitamin A. What part of the body does this vitamin help with?	A: Eyes! To help us see better	Q: True or False? Brown and white eggs have different nutritional content.	Q: True or False? Brown and white eggs have different nutritional content.					PK-12 SCHOOLS & OFFICES CLOSED	
Monday, April 18		Tuesday, April 19		Wednesday, April 20		Thursday, April 21		Friday, April 22	
PK-12 SCHOOLS & OFFICES CLOSED	PK-12 SCHOOLS CLOSED	PK-12 SCHOOLS CLOSED	PK-12 SCHOOLS CLOSED	PK-12 SCHOOLS CLOSED	PK-12 SCHOOLS CLOSED	PK-12 SCHOOLS CLOSED	PK-12 SCHOOLS CLOSED	PK-12 SCHOOLS CLOSED	PK-12 SCHOOLS CLOSED
Monday, April 25		Tuesday, April 26		Wednesday, April 27		Thursday, April 28		Friday, April 29	
Can you answer this riddle? Q: What did the Easter Bunny do to work up an appetite before his big meal?	A: Egg-exercise!	Q: This green vegetable can be eaten raw in salads or cooked in dishes. It is high in iron and folate. What is it?	Q: This green vegetable can be eaten raw in salads or cooked in dishes. It is high in iron and folate. What is it?			A: Spinach		Friday Fitness: Playing tennis is a great Spring sport!	



2022 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 during the first week of June 2022! **!**

Pre-order yours today for only \$20.00!

Yearbooks will be \$30.00 after May 31st.



Students: Can purchase your yearbook with **“PLUSes”**

75 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: __/__/2022

NETWORKS AREA: _____

Payment

Please return all orders with payment to Ms. Georgette.

via: Cash PLUSes
 Check Money Order



FLORALworks Spring Specials

Please place your order by Friday, April 8, 2022



Tulip Time - \$22



Hanging with my Peeps - \$15



Spring Vibrance - \$27

Customer Information:

Name: _____
 Address: _____
 Daytime Phone: _____ E-mail: _____

Order Information:

	Price	Quantity	Total
Hanging with my Peeps	\$15.00		
Spring Vibrance	\$27.00		
Tulip Time	\$22.00		

Select:

	Price	Total
Delivery (District)	\$3.00	(Residence) \$5.00
Pick Up	No Fee	

Order Total + Delivery Total: \$_____

Pick Up or Delivery (Wednesday, April 13, 2022 or Thursday, April 14, 2022) (please circle one)

Recipient Information (if different from above):

Name: _____
 Location: _____
 Phone Number: _____ E-mail: _____

Don't forget a card message for your order!

Payment Information:

Cash _____ Check (payable to Networks) _____

To order or for more information, please E-mail barbara.lomas@christina.k12.de.us or call 302-454-2028.

** Please note: Flower type/color may vary.
Thank you for supporting our students!

