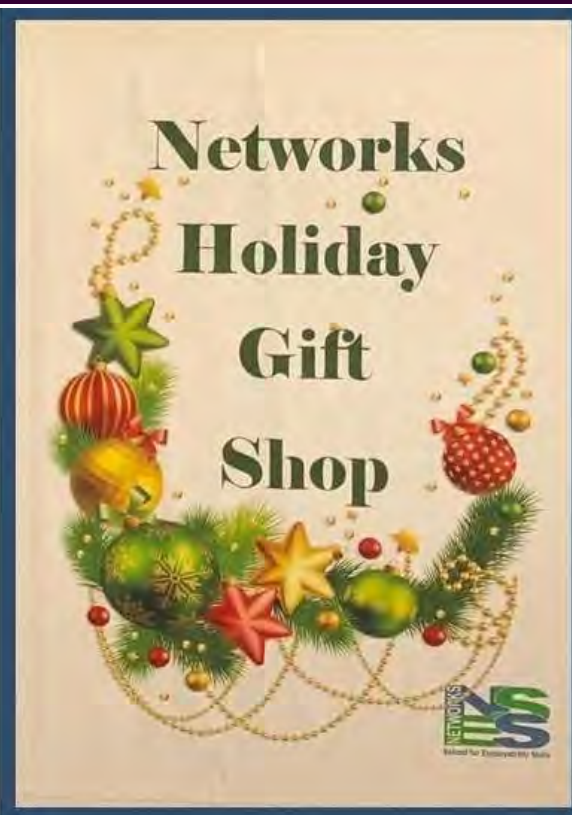


**CHRISTINA  
SCHOOL DISTRICT**  
Networks Program  
30 Blue Hen Drive  
Newark, DE 19713

# Networks News

December 2023



Be sure to mark your calendar to attend Networks Annual Holiday Shop on December 6 and 7 from 8:00am to 7:00pm

Our students and staff have been hard at work preparing for this event.



## **Additional Upcoming Dates to Keep In Mind for December Include:**

December 13 and 14 Professional Dress

December 21 Winterfest

## **No School for students on:**

December 22, 25, 26, 27, 28, 29, January 1 and 2



# FLORALWORKS Holiday Specials

Phone: 302-454-2028

Email: [barbara.lomas@christina.k12.de.us](mailto:barbara.lomas@christina.k12.de.us)



**Winter's Glow**  
(Ribbon color may vary)  
**\$27**



**Home for the Holidays**  
**\$35**



**Rudolph**  
(Made in wooden pot created in WOODworks)  
**\$22**



**Joyous Season**  
**\$28**

**All orders must be placed by Wednesday, December 13<sup>th</sup>, 2023.**  
**Orders can be picked up or delivered (for fee listed below) on Tuesday, December 19<sup>th</sup> or Wednesday December 20<sup>th</sup>. Orders can be picked up Thursday, December 21<sup>st</sup>.**  
**Delivery fee: \$3.00 District, \$5.00 Local**

**Sorry, credit cards are NOT accepted at this time.**  
**Cash and Checks made out to Christina School District with FLORALworks on the memo line are welcome!**

## To order:

Scan the attached QR Code,  
Click on the link below,

[https://docs.google.com/forms/d/e/1FAIpQLSckX4MxhgVgFnOkOifYxSI9xLO8KNOLYuB8P4PvSpwIYw32A/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSckX4MxhgVgFnOkOifYxSI9xLO8KNOLYuB8P4PvSpwIYw32A/viewform?usp=sf_link)

**OR**

**Email Barbara Lomas at the email address above and make sure you receive a confirmation email from Networks staff.**

**If you have a container from previous holiday special we will refill.**  
**PLEASE HELP SUPPORT OUR STUDENTS**



**FLORALworks**  
**30 Blue Hen Drive, Newark, DE 19713**





# WOODWORKS Holiday Specials

Phone: 302-454-2233 (Networks) 302-514-3211 (WOODworks Google Voice Mail)

Email: [curtis.ball@christina.k12.de.us](mailto:curtis.ball@christina.k12.de.us)



**Let It Snow**  
\$15



**Holiday  
Memories**  
\$25



**Mr. Grinch**  
\$15



**Oh Christmas Tree**  
\$15 As Pictured  
\$12 No Lights / Stain



**Winters Night**  
\$10 a piece  
White or Burnt



**Reindeer**  
\$12

**All orders must be placed by Tuesday, December 12<sup>th</sup>, 2023.  
Orders can be picked up on Tuesday, December 19<sup>th</sup> or Wednesday December 20<sup>th</sup>  
Either at the Networks Building or CEEC**

**Sorry, credit cards are NOT accepted at this time.  
Cash and Checks made out to Christina School District with WOODworks on the memo line  
are welcome!**

## To order:

Scan the attached QR Code,

Click on the link below,

<https://docs.google.com/forms/d/1YWYP3jGROadnZPj4q3EjOHKvn44AVsrIZ4SobtRfYG0/edit>

**OR**

Email Curtis Ball at the email address above

**PLEASE HELP SUPPORT OUR STUDENTS**

**WOODworks**

**Networks - 30 Blue Hen Drive, Newark, DE 19713**

**Housed at CEEC (Christina Early Education Center) - 620 E Chestnut Hill Road, Newark, DE 19713**



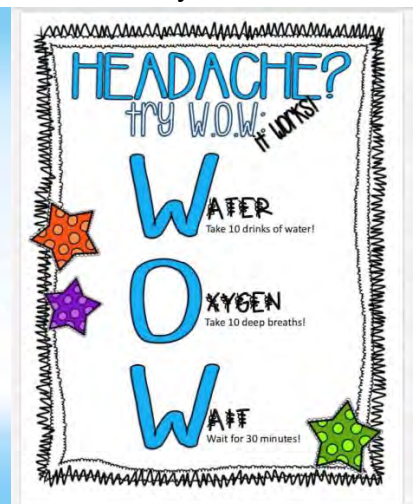
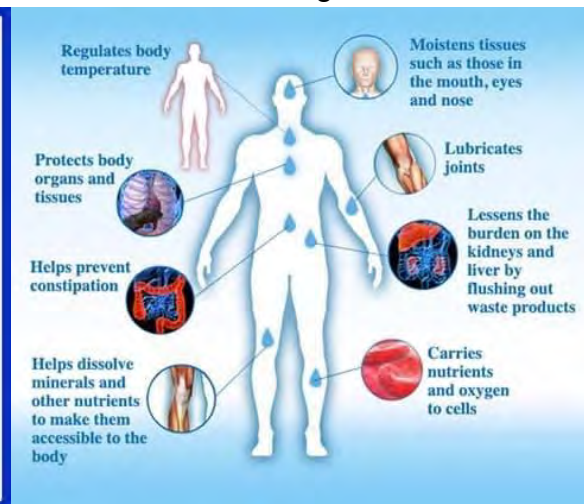


## From the Nurse's Office



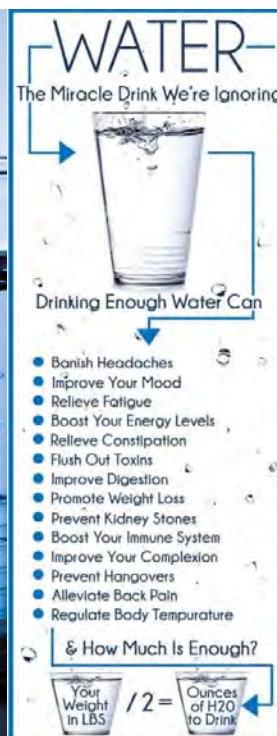
### WATER, WATER Everywhere & There ARE Drops to Drink

Many of us have heard the old saying that there is no water available to drink. However, we are fortunate enough to live in an area where we do have water available to drink but many of us do not drink the recommended amount of water daily for a variety of reasons. Please take a few minutes to review the benefits of drinking water and staying hydrated especially during this time when many of us are inside and the heating in our homes and school is dry.



### Advantages of Drinking Water

1. Keeps skin clear by pushing toxins out of the body
2. Promotes weight loss by boosting your metabolism
3. Boosts energy by restoring vital nutrients within your muscles
4. Relieves constipation by improving digestive health
5. Relieves headaches by hydrating the body







## From the Nurse's Office



As we get closer to cold and flu season, I felt it was important to quickly review some information to help you make the "RIGHT" decision when trying to decide what to do in regards to keeping your son / daughter at home OR sending them back to school.

IS IT A <b>COLD</b> OR <b>FLU</b> ?		
Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

#FIGHT FLU



### I need to **STAY HOME** if...

I have a <b>fever</b> . Temperature of 100.F or above	I am <b>vomiting</b> within the past 24hrs.	I have <b>diarrhea</b> within the past 24hrs.	I have a <b>rash</b> with itching or fever	I have live <b>head lice</b> .	I have an <b>eye infection</b> . Redness, itching or pus drainage from eye.	I have <b>bad cough</b> and/or feel too sick to function at school.	I have been in the <b>hospital</b> . Confined in the hospital or ER visit.

### I am ready to go back to school when I am...

Fever free without medication for 24 hrs.	Free from vomiting for 24 hrs.	Free from diarrhea for 24 hrs.	Free from rash, itching or fever. I have been evaluated by doctor.	Treated with appropriate lice medication at home	Free from discharge and evaluated by doctor.	Symptoms of bad cold (sneezing and coughing, are gone.	Released by healthcare provider to return to school.
---	--------------------------------	--------------------------------	--	--	--	--	--

If your child has strep throat or another bacterial infection, he/she should stay home until the antibiotic has been given for at least 24 hours before returning to school and your healthcare provider has given permission. We encourage you to seek medical attention when your child is sick to follow your healthcare provider's recommendations about returning to school and other activities



# Networks Family Corner

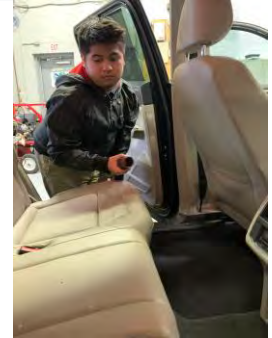
Here are a few parent quotes we received recently from some of our customers and student family members regarding our program.

**December 2023**

*"My family had a fun time at BINGO night. The kids are asking if there will be another one."*



*"We had our van detailed. The students did a wonderful job. They removed all the bugs off of the bumper and inside was as clean as the day we bought it. Thank you."*



*"We thank the staff for all they do for our son. We appreciate you."*

**REMINDER:** We are always looking for your feedback about your experiences with our services, products, areas, events, and even our school. We would like to not only hear success stories but would also like to hear ways you feel we can improve our program. Please use the QR code below to share your feedback. **Who knows, your story could be the next focus in the Family Corner.**





# AUTOWORKS

We are looking for donations of new socks, preferably white socks, even mix-matched ones would be great! Please bring them directly to AUTOworks. These will be made into Snowmen during the Winterfest.



\*PLUSes will be awarded to those who bring in SOCKS!

It is wonderful to see Auto and Munch collaborate on certain days of the month. Here we are working on our daily Move This World (MTW) activities.



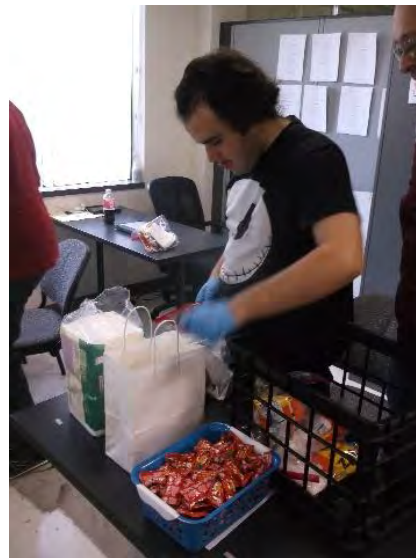
**ALWAYS,** Please remind your student to call in when absent **and provide a note...** 302-454-2233.

# BRENNENworks

Hello from BRENNENworks! We have been busy learning new activities and skills to go along with our current jobs.

BRENNENworks students learned about working in an assembly line and used these skills to package all the materials for the Networks Hayride. We learned how to work together on the same job and as well as good hygiene practices that was needed during the packaging process.

The class enjoyed working on this activity and we hope everyone who attended enjoyed the hayride and cookout!







## Co-Op Corner

Paratransit is the ADA division of DART. It offers door to door service to qualified individuals with physical and/or mental disabilities who are not able to ride the traditional fixed route buses.

In order to ride Paratransit, individuals must apply, complete an interview and then be approved in order to access the Paratransit transportation system. Once the application is accepted, individuals are contacted to schedule an interview either via zoom or at DART headquarters in Wilmington. Following the interview, a decision is made as to whether or not the applicant qualifies for Paratransit services. Approved individuals will then be able to schedule trips on Paratransit. Trip reservations must be made in advance, either online or over the phone. A location for both pick-up and drop off must be provided in order to schedule a trip. Fare for the trips is \$4-\$6 each way. If needed, individuals are allowed to have a companion accompany them for free.

This school year the COOP Department at Networks has assisted a dozen students with the Paratransit application process. From filling out the paperwork to facilitating the interviews, we can help with the entire process. Networks can assist with learning how to schedule and ride Paratransit as well. Paratransit is a great option for students to become independent and confident.

If you are interested in having the COOP department help with applying for Paratransit or would like more information, you can reach out to:

Adrienne Bane: [adrienne.bane@christina.k12.de.us](mailto:adrienne.bane@christina.k12.de.us)

Jim Lenihan: [james.lenihan@christina.k12.de.us](mailto:james.lenihan@christina.k12.de.us)

You can reach us at the office: 302-454-2233 x112 and we will be happy to help.



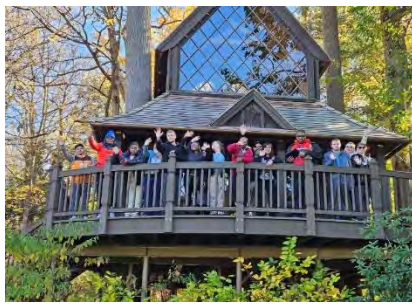
# COPYworks News

We have been extremely busy here in COPYworks. Our students have been working on a very large mailing that required them to complete this order in steps. The students needed to print envelopes and letters. They then had to fold and fill the envelopes, placing two letters in each envelope. After this, the students worked on placing labels on each envelope and sealed them. After completing the mailing, some students took the mailing to the post office to be mailed.

This month we learned about Service Projects as we celebrated Kindness Day. The students made cards and learned the importance of being kind to all they come in contact with.







## Working as a Team in Etch

This month ETCHworks has worked closely with FABRICworks to explore Longwood Gardens, participate in the Day of Kindness and play Safety Sign Bingo. We loved every minute of it and worked hard on our socialization skills.



Congratulations to Owen Lichtenstein on being selected as the ETCHworks Standout Student for October.



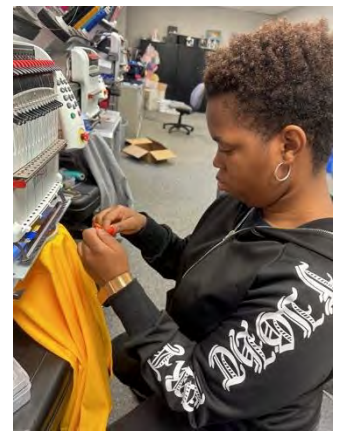


# FABRICworks



Above, FABRICworks teamed up with ETCHworks to do a community clean-up on **Day of Kindness**. Students felt great working together and helping our community at the same time.

Below, it's business as usual. We are gearing up for a busy time of year serving our customers and creating holiday gifts.





# FLORALworks

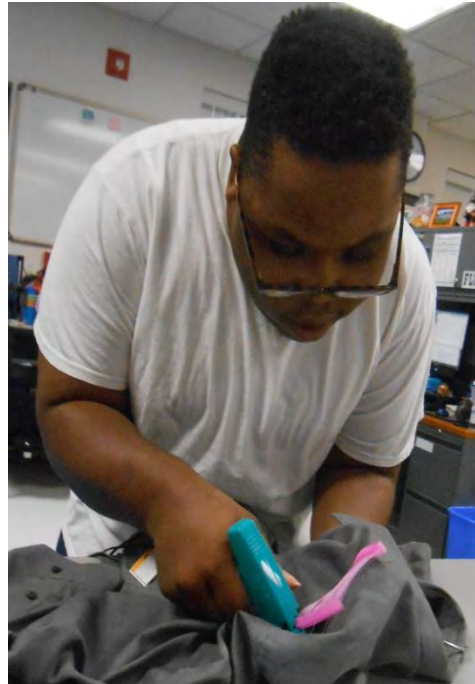


FLORALworks students participated in community service by collecting can tabs for Ronald McDonald house. We presented the can tabs to Ronald McDonald house and were told that they use the can tabs for money to help keep the Ronald McDonald house running. The Ronald McDonald house provides free housing and food to families, while their loved ones are cared for at Nemours Children's Hospital.



# MERCHANTWORKS

*This November, our students have been working on honing their skills in our class as well as in the community!*



*Have a safe and happy holiday season from the MERCHANTworks staff!!!*

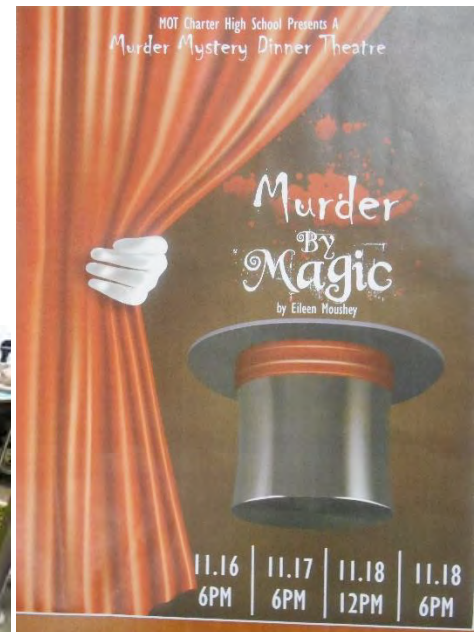




# MUNCHWORKS

The holidays are fast approaching and MUNCHworks has already begun to plan for one of our busiest baking seasons of the year. We kicked off the season with a large order for MOT Charter High School's

## *Murder Mystery Dinner Theatre*



We shopped for ingredients, prepped, sliced and cut vegetables, made sauces and croutons, and baked hundreds of cookies to fulfill the customer's order. The order consisted of eight full trays of Baked Ziti, eight full trays of Chicken Alfredo, eight full trays of Garden Salad, eight full trays of Caesar Salad, and four large cookie trays.



Would you like to have help with your holiday baking? Is your schedule too busy to make all of your family favorites or, to try something new that you may have seen or read about? Well...MUNCHworks has just the answer for you! Please contact us at (302) 454-2233 and let us help make your holiday season less hectic and more yummy.

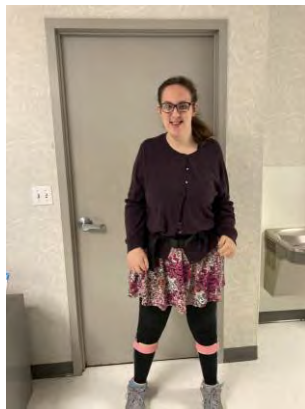


# TEAMworks

TEAMworks continues to be busy. We receiving multiple orders from both new and old customers. Right now, we are working on printing new things for the Networks Holiday Gift Shop. We hope to see you there and you like our new designs.



We are also practicing how to dress professionally. We are looking forward to the day we interview for a job looking our professional best.





# Vocational Arts

In addition to working on your student IEP goals, as well as promoting engagement and understanding during all aspects of the school day, we have been working on:

- Comprehension, sequencing events, theme and emotion in a story or article
  - Listening and identifying key points and ideas from daily news articles
- Following a schedule, sequential order, counting money and making purchases
  - Measuring food and non-food items, counting items and filling orders
- Following a recipe
  - Identifying ingredients and steps in a recipe
- Identifying household items and their purpose.
- Identifying signs and safety in the community
- Learning how to be safe and healthy
  - Hand washing, social distancing, wearing a mask
  - Making healthy food choices
    - Planning a menu, identifying likes and dislikes.
- Identifying days of the week, as well as special events happening
  - Birthdays, graduations, holidays, etc.
- Checking the weather each morning
  - Working on what we should wear
  - How we should plan our day based on the weather.

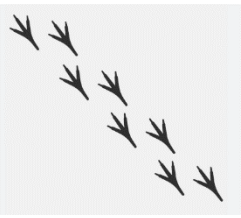
Vocational Arts Students are enjoying the daily social interaction with TRADEworks and WOODworks students every day in our shared classroom at the Christina Early Education Center (CEEC).



## Upcoming Events:

Every Monday in December students from Vocational Arts will be headed to Cabela's from 9:00-11:00am to Bell Ring for the Salvation Army. This will be followed by lunch at the mall for students attending this volunteer activity!

Every Friday in December, we will start going from CEEC to the NETWORKS building at 30 Blue Hen Drive for lunch with our other peers. Additional trips are also planned throughout the month of December so we can participate in various planned activities with our peers.



# WOODworks/TRADEworks



The afternoon group of WOODworks and TRADEworks participated in a Service Learning project this month. We hosted a turkey craft activity for Mrs. Young's pre-school class at the Christina Early Education Center (CEEC). We spent the week planning and preparing materials. Networks students were excellent role models for the little ones. They demonstrated patience, kindness, and creativity.



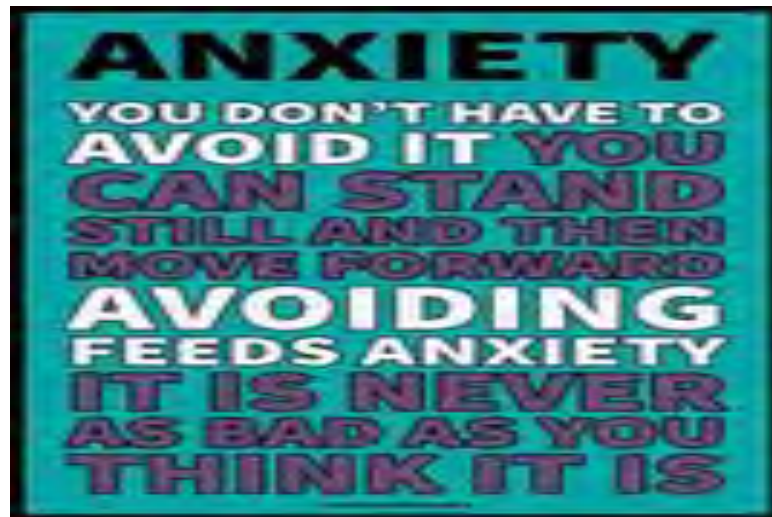


# Counselor's Corner

With the holiday season approaching we all can experience some anxiety. You WILL get through this! It's OK to ask for help! Below are some ways to try to reduce anxiety and some important reminders about social media influences and where you can ask for help.

Following are some anxiety reducers:

1. Exercise
2. Spend time with friends
3. Write in a journal
4. Take some deep breaths
5. Practice positive self-talk



If you find you are experiencing an anxiety moment, following are some calming techniques:

1. Stop and Think
2. Ask yourself: How does my body feel right now?  
Try:
  - Taking deep breaths
  - Taking a walk
  - Listening to music
  - Counting down from 10 slowly
  - Taking some alone time

## Grounding Techniques/Exercises:

What is grounding?


Grounding is a coping strategy that is designed to "ground" you in, or immediately connect you with, the present moment. Grounding techniques are often used as a way of coping and managing times when you are feeling anxious. Grounding techniques often use the five senses—sound, touch, smell, taste, and sight—to immediately connect you with the here and now.

## Grounding Exercise for Anxiety

Name 3 things you...

see 

smell 

hear 

feel 

Breathe in & out slowly 3x  
after each step

## 10 Grounding Exercises for Stress Relief

Simple strategies to detach from emotional pain

### Touch something cold

Place a cool cloth on face, cold can in your hand, hand under cold running water, or and into bowl of ice and water.



### Drink/eat in savoring way

Fully experience the beverage or food; notice the textures, aromas and flavors.



### Notice your body

Feel the weight of your body on your chair or ground, wiggle your toes in your socks or rub your hands together.



### Get physical

Jump up and down, clench and release your fists or stretch (extending your arms and legs as far as you can).



### Focus on breathing

Notice how belly expands as you inhale and contracts as you exhale. Repeat a pleasant word on each exhale.



### Listen to music

Create playlist that works for you. Try relatively slow music with simple melody such as "Someone Like You" by Adele.



### Play categories game

Think of types of cars, dogs, states or cities that begin with a particular letter like "A."



### Be compassionate

Place hand over heart and say something kind to self as if talking to good friend: "It's so hard to have to deal w/X. You'll get through this."



### Visualize relief

Imagine gliding away from pain on skates, erecting a buffer/wall or changing TV channel to another show.



### Safe peaceful place

Picture place that feels calm, safe, serene. Maybe beautiful garden, beach or open field. Notice sounds, smells etc.



Adapted from: Seeking Safety by Lisa M. Najavits (2021).



# Preparing for 988 in Delaware

*Summer 2022*



## What You Need to Know

On July 16, 2022, the National Suicide Prevention Lifeline (1-800-273-8255) will transition to an easy-to-remember, 3-digit number (988). Options for texting and online chat will also become more available. This is a federally-required telecom change and Delaware, like every state, has been preparing for it. Along with a multidisciplinary 988 Planning Coalition, Delaware's Division of Substance Abuse and Mental Health has developed a plan to ensure at least 90% of the 988 contacts by Delawareans can be answered by counselors in Delaware by mid-2023.

### ABOUT 988

- The National Suicide Prevention Lifeline (1-800-273-8255) will switch to an easy-to-remember, 3-digit number (988) on July 16, 2022.
- 988 will accept calls, texts and chats from anyone who needs support for a suicidal, mental health and/or substance use crisis. People also can contact 988 if they are concerned about a loved one in crisis.
- During the first year of 988, people with a Delaware area code who reach out to 988 will be connected with ContactLifeline, Delaware's only Lifeline Center.
- As early as the end of 2022, Delaware will add a second Lifeline Center operated by DHSS's Division of Substance Abuse and Mental Health.

### ABOUT CONTACTLIFELINE

- ContactLifeline, Inc. has been operating in Delaware since 1974 and has been serving as the state's only National Suicide Prevention Lifeline Center.
- ContactLifeline provides telephone counseling, crisis intervention, referral information, education, and prevention services for persons in crisis, 24 hours a day, 365 days a year.
- ContactLifeline is funded in part by Delaware's Department of Health and Social Services using federal funds, as well as through the Delaware Criminal Justice Council.



DELAWARE HEALTH AND SOCIAL SERVICES

For more info: [de.gov/988](https://de.gov/988)

# What you can do to prepare



## FOR INDIVIDUALS

- Call 988 or continue to call 1-800-273-8255 to reach the National Suicide Prevention Lifeline when you or your loved ones experience suicidal crises.
- Continue to use existing crisis hotline services as additional resources, especially if an in-person response is needed.
  - Adult Crisis Hotline:
    - 1-800-652-2929 (Northern DE)
    - 1-800-345-6785 (Southern DE)
  - Youth Crisis Hotline: 1-800-969-HELP (4357)
- If you or someone you know is in immediate danger, call 911.



## FOR BEHAVIORAL HEALTH PROVIDERS

- Begin conversations with staff in your agency on the existing referral sources and how they can expand to better serve individuals experiencing crisis.
- Continue to provide clients and other individuals:
  - Adult Crisis Hotline:
    - 1-800-652-2929 (Northern DE)
    - 1-800-345-6785 (Southern DE)
  - Youth Crisis Hotline: 1-800-969-HELP (4357)
  - National Suicide Prevention Lifeline (1-800-273-8255)
- Until additional staff and resources are in place in 2023, do not identify 988 as an agency-specific crisis service.



## FOR STATE, COUNTY AND MUNICIPAL AGENCIES

- Watch for updates as the 988 transition continues in 2023, and services and staffing expand.
- Engage local partners such as behavioral health providers, law enforcement agencies, medical providers and schools to discuss how your community will use 988.



## FOR LAW ENFORCEMENT, PARAMEDICS AND 911 CENTERS

- The National Emergency Number Association 911-988 Interoperability Standards Workgroup will release recommendations on 911 and 988 interactions this summer.
- Delaware has a statewide 911-988 Coordinating Workgroup that will continue to meet through the transition and implementation of 988.





# For The Parents

Facilitated by Zeke Garschagen, MSW, LSW and  
Wesley Jones, LCSW

**“For the Parents” is a support group geared towards parents and caretakers of children or young adults struggling with mental illness. This group offers a safe, confidential space for parents and caretakers to learn how to effectively communicate, support, and understand their child as they progress in their mental health journey. The group also targets caretaker burnout, how to implement self-care, and psychoeducation on mental illness.**

For more information, please email  
[angela@unlockthelight.com](mailto:angela@unlockthelight.com) or DM @seans.house on  
Instagram

**MONTHLY, THIRD TUESDAY // 7:15PM**

**Sean's House // 136 W Main Street Newark, DE**



# Unburden

Facilitated by Casey Coston

**Unburden is a mental health support group that meets monthly and uses a series of exercises to work through individual emotions and feelings, while also learning how to better assist others through their emotions and feelings.**

For more information, please email [angela@unlockethelight.com](mailto:angela@unlockethelight.com) or DM @seans.house on Instagram

**MONTHLY, FIRST SUNDAY // 7PM**

**Sean's House // 136 W Main Street Newark, DE**



# Survivors of Suicide Loss

Facilitated by Co-Founder Chris Locke

**The Survivors of Suicide Loss (SOSL) program has monthly meetings which can be attended in-person or virtually. Participants are given opportunities to learn more about suicide and the unique challenges that go along with grieving a suicide loss, as well as the space to discuss how their loss impacts their lives. This program is designed to provide basic information to participants while also connecting them with peers who have endured a uniquely similar loss experience.**

For more information, please email  
[angela@unlockthelight.com](mailto:angela@unlockthelight.com) or DM @seans.house on  
Instagram

**MONTHLY, FIRST TUESDAY // 6:30PM**

Sean's House // 136 W Main Street Newark, DE

# TALKING TO CHILDREN ABOUT VIOLENCE: TIPS FOR FAMILIES AND EDUCATORS

Families and school personnel play a critical role in helping to reestablish a sense of normalcy and security for children after an act of violence occurs. Follow these key reminders and visit [www.nasponline.org/children-and-violence](http://www.nasponline.org/children-and-violence) to learn more.

## KEEP EXPLANATIONS DEVELOPMENTALLY APPROPRIATE

### Early Elementary

Provide simple information and concrete examples balanced by assurance of safety.

### Upper Elementary and Early Middle School

Answer questions and assist in separating reality from fantasy.

### Upper Middle & High School

Emphasize students' role in safety & how to access support.

## REAFFIRM SAFETY



- Emphasize that schools are very safe.
- Let children speak about their feelings and validate reactions to the event.
- Support the appropriate expression of their feelings and help to put them in perspective.

## MAKE TIME TO TALK



- Let children's questions guide the information provided. Be patient and look for clues that a child wants to talk.
- Young children may need concrete activities (e.g., imaginative play) while some older children may prefer writing or playing music.

## REVIEW SAFETY PROCEDURES



- Help children identify an adult at school and in the community that they can go to if they feel threatened or at risk.
- Review procedures and safeguards in school and home settings.

## MONITOR EMOTIONAL STATE



- Some children will not express themselves verbally but changes in behavior, appetite, or sleep patterns can indicate anxiety or stress.
- Seek help from a mental health professional for those with more intense reactions that last more than 2 weeks.

## MAINTAIN A NORMAL ROUTINE



- Keep a regular schedule and healthy nutrition, sleep and exercise to promote physical and mental health.
- Encourage maintenance of school work and extracurricular activities but do not push children who seem overwhelmed.
- Limit exposure to images or graphic reference to the event (e.g., TV and social media)..



NATIONAL ASSOCIATION OF  
School Psychologists

For additional guidance, visit  
[www.nasponline.org/safety-and-crisis](http://www.nasponline.org/safety-and-crisis).

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[www.nasponline.org](http://www.nasponline.org)