

Weekly Bulletin

“Enthusiasm moves the world.”
 - Arthur Balfour

Upcoming Events

- Mon., Sept. 3 – Labor Day
- Tues., Sept. 4 – First Day of School for Teachers
- Wed., Sept. 5 – First Day of School for Students
- Mon., Sept. 9 – Grandparents’ Day
- Wed., Sept. 11 – Patriot Day
- Sept. 16-18 – Rosh Hashanah
- Wed., Sept. 19 – International Talk Like a Pirate Day
- Wed., Sept. 26 – Yom Kippur

Follow this [link to the BOCES Calendar of Events](#)

A Message from Mike

Theresa, the girls, and I visited Theresa’s parents in beautiful Salem, Virginia last week. One afternoon we headed over to the mall and passed the building pictured below, which is near my in-law’s house. Emma looked at the building and said, “Wow, they have already started school down here?” It took me a second to realize that she was talking about this building, a General Electric Plant that manufactures, among other things, power converters for wind



energy systems. This got me thinking about how many schools are big, brick boxes that look like factories. The models for our early, large public schools were 20th Century factories. These days, the outsides of the building are where the similarities between factories and schools end. As we gear up for the pending arrival of our students after Labor Day, I encourage you to think about what will you do to make school feel like school? How will you develop a community in which students feel safe and comfortable engaging in the work of school – learning.

- Mike Doughty, Assistant Superintendent for Instruction

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Data Snapshot

Approximately 45% of fourth-graders in the nation had teachers who reported placing a heavy emphasis on algebra and functions in 2011, which is a higher percentage than in 2007 and 2009.

(Source: [NAEP](#))

Programs and Services Update

Regional Special Education Technical Assistance Support Center (RSE-TASC)

Last week, the Mid West RSE-TASC in collaboration with Monroe #1 BOCES sponsored a 2- day Summer Institute on Special Education. Overall the two-day event was a great success!

While the first day focused on topics such as direct/explicit instruction, discipline procedures for students with disabilities and frequently asked questions regarding regulations and policies.

The second day brought a more global perspective. We were honored to have Assistant Commissioner James DeLorenzo join us as the morning keynote speaker. Mr. DeLorenzo provided the group with recent legislative changes to special education law as well as a big picture view of New York State and changes or implications for students with disabilities. Regent Wade Norwood provided closing remarks to more than 70 educators. His speech was both engaging and motivating to all who attended. We hope to have Regent Norwood join us again in the future to continue our dialogue about the challenges facing local school districts given increasing demands and dwindling resources.



Specific comments and feedback from participants included the following:

- *Thanks again- very worthwhile!*
- *Great day! Very motivating.*
- *This was excellent!! The two days were helpful and encouraging. I am walking away with lots of resources, tools and good information to use with my staff.*
- *Invigorating, thought provoking.*
- *I was interested, engaged and ignited*

Connecting with a Colleague

Each week, a staff member will be selected to complete a brief questionnaire to help us get to know him or her. This week we are connecting with **Joe Alati, Collision Repair Technology teacher at EMCC.**

- ***What are your primary responsibilities?*** I teach Collision Repair Technology at EMCC to 11th & 12th graders along with integrated English, Science and Literacy.
- ***How long have you worked at BOCES?*** This December completes year 20 for me!
- ***What is your favorite part of your job?*** Challenging students to do more than they are willing or thought possible and guiding them to become lifelong learners
- ***What do you enjoy doing in your free time?*** Taking long walks with our year old Weimeraner dogs, reading, tending to a pretty big vegetable garden, and maintaining 2 horses and 14 acres.
- ***What is the one thing you would like people to know about you?*** I am never satisfied with my work. I believe it can always be better and that I consider this a good thing.



Look for a different colleague to be profiled each week.

Technology Tip of the Week

Thanks to Diane Smith for sharing this Tip of the Week:

Excel's Auto-Fill Corner

If you want to fill several cells with the same data or a series of data consider using the Auto-Fill corner.

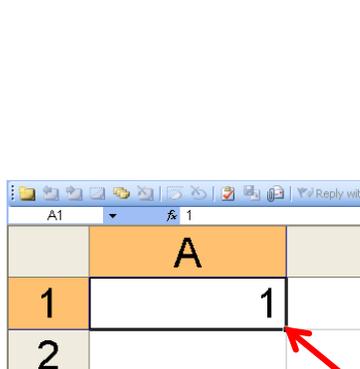


Figure 1

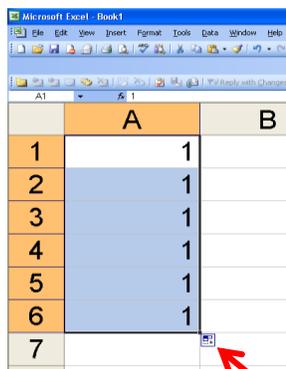


Figure 2

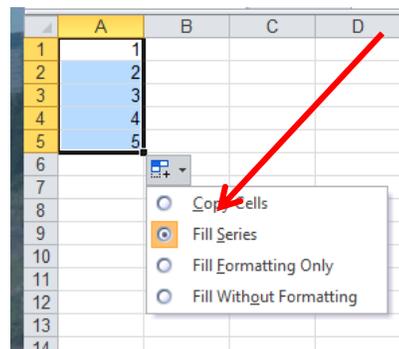


Figure 3

1. Type the data you want to **copy** in a cell.
2. Move the mouse over the lower right corner of the cell until the cursor changes to a plus sign (+). **(Figure 1)**
3. **Click and drag** this plus sign for as many **rows or columns** as you want filled. **(Figure 2)**
4. **Release** the mouse to fill in all the cells with the same value.
5. If you want a series of consecutive numbers, after doing steps 1-4, click on the small icon on the lower right and select **Fill Series**. **(Figure 3)**
6. Some lists are built in to Excel including days of the week and months of the year. To fill cells with the days of the week, type for example, Monday. Follow steps 1-4 above and the rest of the days of the week will be filled in. This also works by typing in a month.

To use the auto-fill feature for a mathematical series of numbers that is not consecutive:

1. Type two numbers in two adjacent cells. (i.e. 5 & 10)
2. Select both cells.
3. Click on the Auto-Fill corner, drag, and release.

This will give you the series 5,10,15,20...

This also works well on dates. For example, if you want the dates of all Fridays in November, enter the dates of the first two Fridays and use the steps above to fill in all the Friday dates.

Health Services Update

INTERESTING HEALTH FACTS

- **VITAMIN E** – not too long ago, vitamin E was recommended to help protect your heart, but new research shows that vitamin E won't reduce your risk of chronic disease, and may even make it worse
- **MICROWAVE COOKING** – microwaved food may retain vitamins better than stove-cooked food. For example, spinach retained all of its folate (Vitamin B) when cooked in the microwave, but only 77% when cooked on a stove.
- **LIVER DISEASE** – the leading cause of acute liver disease isn't hepatitis or alcohol, it's acetaminophen (Tylenol). Often people overdose by taking medicines that have a combination of ingredients (for cold, sinus relief) and

also taking pain relievers. Avoid remedies that contain multiple ingredients, and take only the medications that you need.

- **BAKED POTATOES** – a medium sized baked potato **with skin** contains potassium (to keep your blood pressure under control), magnesium (reduces the risk of type 2 diabetes), and 5 grams of fiber (to keep your intestinal tract running smoothly and reduce your appetite).
- **SURGERY** – scheduling surgery in the morning means you are 4 times less likely to have problems than if it were scheduled between 3 and 4 pm.

- Kathy Mackay, RN, SNT, FNP, Executive Coordinator of Health Services

News and Notes

Important BOE Policies

As we get close to the start of another school year, it is time to review several important Board of Education Policies. Please take a moment to reacquaint yourself with these policies:

<i>Policy</i>	<i>Location</i>
All Monroe #1 BOCES Policies	www.monroe.edu/policies
Code of Ethics for Staff	www.monroe.edu/ethics
Dignity for All Students Act	www.monroe.edu/dasa
Discrimination	www.monroe.edu/discrimination
Fraud	www.monroe.edu/fraud
Harassment	www.monroe.edu/harassment
Technology Acceptable Use	www.monroe.edu/AUP

September 2012 Flu Clinic Schedule

<i>Date</i>	<i>Time</i>	<i>Location</i>	<i>Contact</i>
Friday, 9/14/12	2:15 PM - 4:15 PM	Bird/Morgan Campus	Judy O'Lena
Monday, 9/17/12	Noon - 4:00 PM	Foreman Center, Board Room, R-13	Kathy Mackay or Deb Letta
Tuesday, 9/18/12	10:30 AM - 2:00 PM	Transportation, 79 O'Connor Road	Colleen Shaughnessy
Wednesday, 9/26/12	Noon - 2:00 PM	11 Linden Park. Room H1	Dave Dennison

The seasonal flu shots are offered to ALL BOCES 1 employees. Each employee MUST present their health insurance card. Please note:

- With most insurance policies there is no cost to the employee; check your policy to be certain.
- You must be in good health.
- You must not be allergic to eggs.
- If you are pregnant, you must have a doctor's order to receive the vaccine.

- John Walker, School-Community Relations Coordinator

SANE (Sometimes Acronyms Need Explaining)

Thanks to Jeff Dillon, Coordinator, Monroe County School Business Partnership for the following explanation:

RACEC

Rochester Area Career Education Collaborative- a service of Monroe #1 BOCES providing a unique resource, leading career education initiatives to ensure quality in our community's workforce.

<http://www.monroe.edu/racec.cfm>

If you have an acronym that you think needs explaining, please email [Lisa Pickett](mailto:Lisa.Pickett).