



Weekly Bulletin

“Attitudes are contagious. Are yours worth catching?”
- Dennis and Wendy Mannering

Upcoming Events

- Mon., Feb. 18 – Presidents’ Day
- Fri., Feb. 22 – Washington’s Birthday
- Sat., Feb. 23 – Purim begins at sundown
- Tues., Feb. 26 – Tell a Fairy Tale Day
- Wed., Feb. 27 – No Brainer Day
- Sat., Mar. 2 – Read Across America Day
- Mar. 3 - 9 – National School Breakfast Week
- Fri., Mar. 8 – International Women’s Day

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

A Message from Mike

Here’s how it went on the way back from swimming the other night:

Emma: Can I swear?

Mike: [long pause] Why do you think you would need to swear?

Emma: I don’t know. Other kids do...maybe to show when I’m mad?

Mike: Interesting. There might be other ways to show you’re mad. Remember that everything you do and say helps people form an opinion about you.

Emma: I know. I have been doing better this year controlling my emotions, and when I get mad not yelling at people.

Mike: I’ve noticed. You’ve worked hard on that.

Emma: Yeah. Last year I was a hot mess.

Self-awareness is a fascinating thing. Some people seem to have it, and others struggle. Having a realistic sense of your own strengths and weaknesses is often an essential ingredient to self-improvement. Are you able to recognize when you are a “hot mess” and when you have worked hard to improve something? What are you working on right now to make yourself a better person?

- Mike Doughty, Assistant Superintendent for Instruction

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SANE (Sometimes Acronyms Need

Data Snapshot

80%

The percentage of school districts that use BOCES as their primary provider of Race To The Top professional development and student data analysis

You are about to enter *the...Staff Zone*



Just a reminder, for **Conference Regulations and Forms**, check out the Business Office section in Staff ZONE, click [here](#).

- John Walker, Coordinator of School-Community Relations

Technology Tip of the Week

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



Capture the iPad Screen

To capture a screen shot, press and hold the **home/menu button** (the main button below the screen) and the **power/lock button** (the switch on the top edge of the device) **at the same time**.

Your screen will flash white for a second and make a camera shutter noise. The image will be automatically saved in your iPad photo album. From there, you can email it or edit it.

Programs & Services Update

Office of Assistive Technology (OATS)

- **What is assistive technology?** The legal definition as it appears in IDEA is "any service that directly assists an individual with a disability in the selection, acquisition, or use of an assistive technology device". An assistive technology device is defined by the Assistive Technology Act of 1988 as "any item, piece of equipment, or product system, whether acquired commercially, modified, or customized, that is used to increase, maintain, or improve functional capabilities of individuals with disabilities." This includes low tech supports (pencil grips, slant boards, communication boards, highlighting, etc.), mid tech supports (calculators, eye glasses, splints, software programs, static display communication devices, etc.) and high tech supports (wheelchairs, dynamic display communication devices, computers, etc.).
- **What is OATS?** The Office of Assistive Technology Services (OATS) at Monroe #1 BOCES provides consultation, evaluation, planning, and training in the appropriate use of assistive technology. Members of the OATS Team develop individual and organizational plans for the acquisition, use, and maintenance of assistive and adaptive devices in education. It coordinates the expertise of specialists in speech-language pathology, vision, occupational and physical therapy, and educational technology. OATS can assist in the evaluation of individual student needs, develop recommendations, and train in the use of assistive technology devices and software. Such devices and software may include specialized software programs, screen magnification software,

augmentative and alternative communication devices, alternative keyboards and input devices, and much more! In addition, OATS can provide guidance in the development of district assistive technology plans.

- **Who is OATS?** The Office of Assistive Technology is currently staffed by a Mary Rundell, Vision/Orientation/Mobility Specialist, Amie Preston, Occupational Therapist, Peter Bertram, Educational Technology Specialist/Special Educator, and Mary Mundy, Speech/Language Pathologist.

Lois E. Bird/ Morgan

On January 31, staff and students at the Bird/Morgan School were having fun dancing the afternoon away. Students had the opportunity to socialize with their friends and participate in their school community while getting some exercise at the same time. Staff members were in the spirit as well showing off their hidden dancing talents. The school wide dance-off was a big hit and was enjoyed by all!

- Ellen Howe, Principal, Lois E. Bird/Morgan School



Teacher Lori Sorber joins in the dancing fun with the students.

Instructional Programs

Chums or Chum?

On February 26, Peter Robson and Shaun Dulen will be at the bottom of the Atlanta, Georgia Aquarium, video conferencing nationally and internationally. This is the largest aquarium in the world with the largest whale sharks in captivity. There are hammerhead sharks over 8 feet long and barracuda in the aquarium as well. We will be connecting with over 22 classrooms. Conferences are scheduled at 9 AM, 10 AM, 12 PM, and 1 PM. Stop in at 11 Linden Park to take a peek. Below is a list of the district locations we will be connecting with. It should be an exciting day:

Brighton, NY/ Hilton, NY/Atlanta City Schools, Georgia/Quebec, Canada/ Honeoye, NY/ HF-L, NY/ BOCES 1 (District based, ALA/START, and Bird/Morgan)/Harley School, NY/ Little Falls, NJ/ Mentor, Ohio/Shreveport, Louisiana/Magpi (Distance Learning Organization)

- Steve Orcutt, Director of Instructional Programs

A promotional poster for a live video conference program titled "Journey with Giants" at the Georgia Aquarium. The poster features images of whale sharks and text describing the program. It includes contact information for Steve Orcutt and Debra Croce, and a logo for the BOCES project.

The Georgia Aquarium is a fascinating place to learn about some amazing creatures within our oceans. With 80,000 animals, representing 500 species, it boasts more aquatic life than any other aquarium in the world. Our main exhibit contains more than six million gallons of saltwater and is home to our four Whale Sharks.

Journey with Giants

Most people will never see this amazing resource, and yet, that doesn't need to be you!!! For the first time ever, on a national level, you can join our SCUBA divers while they broadcast live from within the aquarium. Is this simply another TV special? No, you will be able to interact with them directly. Today's Distance Learning Technology allows our divers to interact directly with your class. Learn about the Whale Sharks and other animals within our oceans, but lead the discussion from your end. There are only 4 Whale Sharks in the United States and their home is within the Georgia Aquarium. Why not spend an hour of your day and meet them, up close and personal? In addition to the whale sharks, you'll also learn about ecology, bio diversity, food chains, health concerns and problems with pollution and our aquatic resources.

Come Dive With us on February 26th, 2013

This amazing program is being offered collaboratively by the Georgia Aquarium, the BUBI™ Project, and Monroe #1 BOCES. If you would like more information on program content and broadcast time(s) please contact:

Steve Orcutt - (585) 249-7890
Director of Instructional Programs
steve_orcutt@boces.monroe.edu

Peter E. Robson - 855-826-2450
Instructional Specialist/Dive Master
peter_robson@boces.monroe.edu

Debra Croce 585-249-7063
Clerk: The BoSAT Science Center
Debra_croce@boces.monroe.edu

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 **Corinne Smith**.

What are your primary responsibilities? I provide Special Education to students within a Catholic School setting. Through resource room and consultant teaching, students receive supplemental support that allows them to be active members of their community. I work with a variety of students in grades K-6th at St. John Neumann School.

How long have you worked at BOCES? I have worked at BOCES for 4 1/2 years. I have spent this time working within the Consultant Teaching program.

What is your favorite part of your job? I am so lucky to work within a great community. The students are eager to learn and are thankful for my support. They are passionate about life, faith, and academics. They always seem to brighten my day.

What did you enjoy most about last year's Superintendent's Conference Day? It was great that we had an opportunity to work in small groups with colleagues from other departments. It allowed me to hear other experiences and techniques from a different perspective.

What do you enjoy doing in your free time? In my free time I love to bake! I enjoy cooking also, but desserts are my favorite. I love trying new restaurants and doing crafts.

What is the one thing you would like people to know about you? I have an identical twin sister that lives nearby. Many people confuse us. It is crazy to see just how small this world really is. We love meeting new people, so don't be afraid to say hello!



Health Services Update

Quick Facts about Heart Disease & Stroke

- **Only 13 percent of women view heart disease as a health threat, even though it's women's No. 1 killer.**
- **Cardiovascular disease (CVD) kills nearly half a million women a year, about one per minute.**
- **One in four females and one in four males in the United States suffers from a form of CVD.**
- **Sixty-four percent of women who died suddenly of coronary heart disease had no previous symptoms.**
- **Heart disease rates in post-menopausal women are two to three times higher than in pre-menopausal women.**
- **Stroke affects more women than men, with females representing nearly 62 percent of stroke deaths.**

The American Heart Association encourages everyone to “make it your goal to know your cholesterol and triglyceride numbers as well as you know your shoe size”. Whether it's visiting your healthcare provider, eating healthy or getting active you can do something special to love your heart. They have a wealth of resources on heart health for those of all ages-and a specific page targeted to helping women know their risk factor and take control of their heart!

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

News and Notes

A special THANK YOU to all of the transportation staff members, both BOCES and our districts, for their careful attention to getting our students home safely on Friday February 8th during the worst travel weather of the year. Roads were described as parking lots and buses were stuck idle for long periods of time. Visibility was limited, but with patience and skillful attention to the road the drivers got everyone home. The monitors engaged the students, who were tired and scared, to keep them distracted until they were reunited with their families. The office teams manned the phones, taking my endless calls for ETAs so that District Based staff, who patiently waited with their students long after their

buildings cleared, could have an idea of when the bus might arrive. I appreciate everyone's attention to our students. You are simply wonderful, all of you.

-Cyndi Lembo, Principal, District Based Program

On Friday, February 8th we experienced our first major snow storm of the season on a school day. While the weather was not cooperative, the employees of Monroe 1 BOCES were. As I walked around to each program during dismissal activities, I saw staff helping the students and each other to get home safely. Every day, the ALA/START staff stands outside and in doorways until all of the students are gone. Friday was no exception. Some of the heaviest snow was coming down at that point and I wish I had thought to snap a few pictures of the snow bunnies standing outside. I learned that JoAnn Genthner can make a fashion statement regardless of the weather and that big furry boots really are fashionable and functional! The folks at Creekside began dismissal when busses started arriving early. Over two hours later, at 5:00, the last bus left campus. Staff stayed with their students, keeping them calm and happy until the last one left. A very special thank you is necessary for the staff that worked outside during Creekside dismissal. They patiently stayed out in the snowy bus circle directing drivers and loading busses even though the snow had fully penetrated their snow pants and jackets. From the first bus to the last, the folks who plow, shovel, and salt kept at it. They were a blessing to the program staff who were helping our students get out and on the busses safely! Again, I wish I had a camera to capture Shannon Duserick shoveling in his suit and trench coat! I'm sure there are many more examples of what our staff did to help our students and each other. These are only the few that I observed. While I don't wish for snow storms to come more often, it was wonderful to see the staff of Monroe 1 BOCES demonstrate the true spirit of cooperation and putting students first. Thank you to everyone!

- Cherie Bikowsky, Director of Special Education

SANE (Sometimes Acronyms Need Explaining)

Thanks to Nichole Outhouse, Director of Teacher Center, for the following explanation:

Free Appropriate Public Education (FAPE): an educational right of students with disabilities that is guaranteed by the Individuals with Disabilities Education Act (IDEA)