



# Weekly Bulletin

“The only way to make sense out of change is to plunge into it, move with it, and join the dance.”

- Alan Watts

## Upcoming Events

- Thurs., July 4 – Independence Day
- Mon., July 8 – Monroe #1 BOCES Extended School Year Programs Begin
- Mon., July 8 – Ramadan begins at sundown
- Tues., July 9 – Board Meeting – Reorganization Meeting
- Thurs., July 11 – World Population Day
- Thurs., July 25 – Regular Board Meeting
- Sun., July 28 – Parents’ Day

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

## A Message from Mike

Here we are at the end of the regular school year. It seems like this year has flown by. If you do not work in a school building every day you can lose the ebb and flow of the school year. If you have children at home, you are still right in the middle of this important transition. One of the unique elements of education is that we have a very well defined end to our work each year. Some years this end is easier than others. The great thing about having a well-defined end is that with it comes a distinct, new beginning. Hopefully you will be able to take time to rest, rejuvenate, relax, learn, and grow professionally over the summer. Consider how lucky we are that we get to begin again as we start a new school year on July 1. If you are working during the summer, either in our extended school year programs or because you are a 12-month employee, I hope you get to take a little time for yourself.

Attending our graduation and awards celebrations this spring, I was able to witness firsthand the results of a wonderful and productive year. We have much to be proud of, and all of it is a direct result of the hard-working and dedicated professionals here at Monroe #1 BOCES.

**It’s time to evaluate the Weekly Bulletin** – “If you’re not falling, you’re not learning.” I remember my Uncle Steve offering this sage advice when I was learning to ski and bragging about how I had stayed upright for an entire day. At the time not falling was more about complacency than true improvement. For real growth to occur, meaningful and

## In this Issue

Upcoming Events .....	1
A Message from Mike .....	1
Technology Tip of the Week .....	2
Programs & Services Updates.....	2
Connecting with a Colleague .....	3
Health Services Update.....	4
SANE.....	4

## Data Snapshot

Asked about the impact of the internet and digital tools in their role as middle and high school educators, these teachers say the following about the overall impact on their teaching and their classroom work:

- 92% of these teachers say the internet has a “major impact” on their ability to access content, resources, and materials for their teaching
- 69% say the internet has a “major impact” on their ability to share ideas with other teachers
- 67% say the internet has a “major impact” on their ability to interact with parents and 57% say it has had such an impact on enabling their interaction with students

(source: [Pew](#))

timely feedback is essential. Trying to carve that turn just a little bit tighter might result in a fall, but that trip to the ground gives important information on what to do differently the next time.



In this spirit of growth and improvement, I am once asking for feedback about the Weekly Bulletin. Please click “button” at the right to complete a short, anonymous survey about the Weekly Bulletin. Your honest feedback is critical to making this communication tool more effective. Thank you for taking the time to help out.

- Mike Doughty, Assistant Superintendent for Instruction

## Technology Tip of the Week

Thanks to Diane Smith for the following tech tip:

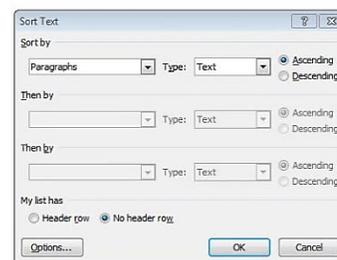
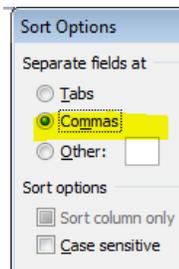
### Sorting Alphabetically in Word (Names will be sorted by last name.)

1. **Select** the names.
2. Go to the **Home** ribbon.
3. In the **Paragraph** section of the ribbon click on this icon: 
4. In the **Sort Text** dialog box, sort by **Paragraphs/Text/Ascending** and click OK.



### To sort by First Name:

1. Follow steps 1-3 above.
2. In the **Sort Text** dialog box, click **Options**. Under **Separate fields at:** select **Commas** and click OK.
3. The **Sort Text** dialog box reappears. Change sort by: from “**Paragraphs**” to “**field 2**” using the drop down arrow. Then click OK.



### Sorting List-Examples:

Unsorted list	Sorted by Last Name	Sorted by First Name
Less, Ruth	Baer, Ted D.	Kew, Barbie
Mander, Sally	Cakes, Patty	Soar, Dinah
Kew, Barbie	Daktul, Terry	Cakes, Patty
Soar, Dinah	Kew, Barbie	Less, Ruth
Baer, Ted D.	Less, Ruth	Mander, Sally
Cakes, Patty	Mander, Sally	Baer, Ted D.
Daktul, Terry	Soar, Dinah	Daktul, Terry

## Programs & Services Updates

### District Based Program

Every ending has a beginning. Celebrating 10 graduates and 4 Project Search candidates on Tuesday night was a reminder that we celebrate this ending with sadness as we say good-bye to these fine young adults but we cheer them on to new beginnings in the adult world. Many congratulations to these students and their families for all they have accomplished and shared with us over the years. The evening was celebrated by families, friends, and administrators from BOCES as well as our component districts. Also in attendance were BOE members Maggie Markham from Webster, Mike DeLaus from Fairport, James Schwender from East Rochester, and Fred Shippey from Penfield. Additionally, we celebrate four students from our Webster Schroeder classroom who graduate Sunday with their peers from Webster

Schroeder. Best wishes as they continue on to our BOCES TOUR program or college. KUDOS to the District Based Team...all of you who work so diligently to give our students the best opportunities day after day. Celebrate all of our students' successes; you have had a large part in making them come to fruition. As we end this school year, which has been filled with change and opportunities for growth and development, please accept my sincerest gratitude for all you do. I look forward to our next beginning.

*Cyndi Lembo, Principal, District Based Program*

### Creekside

Last Friday, Creekside School celebrated Flag Day in true patriotic fashion. The event began with a parade of students around the school, led by Creekside student drummers. All students and staff were then greeted by four army soldiers who passed out American Flags to everyone as they exited the building. We then proceeded to the flag pole where 15 members of the Patriot Riders were waiting with their motorcycles. The ceremony was spectacular. Creekside students' family members, who previously served in the armed forces, helped raise the flag as students led the Pledge of



Allegiance, informed us about the history of Flag Day, and led over 200 people in singing "You're a Grand Old Flag". Everyone then enjoyed a flag folding demonstration by members of the American Legion. The event concluded with the Patriot Riders making three laps around the bus loop as everyone cheered in celebration and appreciation for the service given by all past and present members of the armed forces. Thank you to Patty Yaeger for all the planning that went into making this event such a huge success.

*-Mark Frenzel, Principal, Creekside School*

## 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 **Michael Mitchell**.

- **What are your primary responsibilities?** I am a school bus attendant. My main responsibility is keeping the students safe.
- **How long have you worked at BOCES?** I am going on 28 years at BOCES. I was hired on September 16, 1985.
- **What is your favorite part of your job?** Because I am a permanent substitute attendant, I get to ride on a different bus every day. That is my favorite part of the job.
- **What do you enjoy in your free time?** I enjoy going to the park and also going to the movies.
- **What is something you would like people to know about you?** I am funny, have a good attitude, and am good with electronics.



# Health Services Update

## Improve your memory with a good night's sleep

Sleep is essential for memory consolidation as well as overall health. Research suggests that six to eight hours of sleep a night is ideal for most people. Perhaps even more important than the amount of sleep is the quality of sleep. For better sleep *and* memory, try the following:

- **Establish and maintain a consistent sleep schedule and routine.** Go to bed at the same time each night and wake up at the same time each morning.
- **Plan to do your most vigorous exercise early in the day.** Exercising in the hours immediately before bedtime causes physiological changes that interfere with sleep.
- **Avoid coffee and other sources of caffeine** (e.g., chocolate, many soft drinks, some brands of aspirin, many types of tea) after midmorning, because caffeine is a stimulant that can keep you awake for hours afterward.
- **Avoid napping during the daytime.** Napping can disrupt your natural sleep cycle and prevent you from feeling tired enough to fall asleep at night.
- **Don't take sleeping pills unless nothing else works.** If you do take a prescription sleep medicine, work with your doctor to use it effectively but only on a short-term basis.
- **Don't try to sleep if you're not tired;** otherwise you'll set yourself up for tossing and turning. If you're still awake after about 20 minutes in bed, get up and read awhile to relax.

*From Harvard Health Publications, Harvard Medical School  
HealthBeat – Trusted Advice for a Healthier Life*

## SANE (Sometimes Acronyms Need Explaining)

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

**Interim Alternative Education Setting (IAES):** temporary educational placement determined by the CSE other than the student's current placement due to behavior that has or will likely result in injury to the student or others.