



Weekly Bulletin

“ The best way to predict the future is to create it.
- Peter Drucker

Upcoming Events

- Thurs., Oct. 3 – Regular Board Meeting
- Thurs., Oct. 10 – World Mental Health Day
- Thurs., Oct. 10 – Monroe #1 BOCES Cyber Safety Awareness Day
- Sun., Oct. 13 – National Children’s Day
- Thurs., Oct. 17 – Regular Board Meeting
- October 28 - November 1 – School Board Recognition Week

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

A Message from Mike

Are happy people more successful and productive at work or does productive work make people happy? Chicken or egg? Recently my bride shared a TED talk with me about this topic. In his talk, [“The Happy Secret to Better Work,”](#) Psychologist Shaun Achor offers an interesting and humorous take on positive psychology and its impact on work and happiness:

If you can raise somebody's level of positivity in the present, then their brain experiences what we now call a happiness advantage, which is your brain at positive performs significantly better than it does at negative, neutral or stressed. Your intelligence rises, your creativity rises, your energy levels rise.

Achor shares a couple of strategies that you can use to increase your own happiness. Beyond his suggestions, what do you do to prime yourself for happiness and a positive attitude? A long time ago I made a conscious effort to change my response to the question, “How are you today?” Instead of saying, “good,” “fine,” or “OK,” I started using words like “great,” “fantastic,” or “awesome.” Believe it or not, it makes a difference, and it usually gets an interesting reaction from people. It sort of breaks them out of that automatic, “How’s it going?” routine.

- Mike Doughty, Assistant Superintendent for Instruction

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Data Snapshot

As of May 2013, 15% of American adults ages 18 and older do not use the internet or email.

Asked why they do not use the internet:

- 34% of non-internet users think the internet is just not relevant to them, saying they are not interested, do not want to use it, or have no need for it.
- 32% of non-internet users cite reasons tied to their sense that the internet is not very easy to use. These non-users say it is difficult or frustrating to go online, they are physically unable, or they are worried about other issues such as spam, spyware, and hackers. This figure is considerably higher than in earlier surveys.
- 19% of non-internet users cite the expense of owning a computer or paying for an internet connection.
- 7% of non-users cited a physical lack of availability or access to the internet

(source: [Pew](#))

Technology Tip of the Week



CTRL Button

The CTRL button has many functions. Did you know that you can use **CTRL + B** to add or remove bold formatting, **CTRL + I** to add or remove Italics, and **CTRL + U** to add or remove an underline instead of using the toolbar?

News and Notes

Superintendent's Conference Day - October 11th

This Conference day is for Instructional staff members only. There will be a spring Superintendent's Conference Day for all staff members.

BUP Unit Members

- October 11th is a conference day for all BUP unit members.
- BUP unit members who work in our Special Education Programs and ESOL staff members will follow an 8:00 a.m. - 2:30 p.m. schedule.
- BUP unit members who work in our CTE Programs will follow a 7:30 a.m. - 2:00 p.m. schedule.
- BUP unit members do not need to punch in/out because it is a conference day.

BPA Unit (includes paraeducators/teacher aides/some Deaf Ed employees as indicated below)

- Paraeducators/teacher aides who work in the following programs **should not report to work:** Creekside, Bird/Morgan, ALA/START, District-Based, Preschool, EMCC, and Multi-Occupational/FOCUS.
- BPA unit members who are not assigned to the programs listed above (for example notetakers, signing skills coaches, ASL assistants, and C-Print captionists) need to check with their supervisors to find out if it is a normal work day for them. (BPA unit members who need to work a normal work day should punch in/out as usual.)

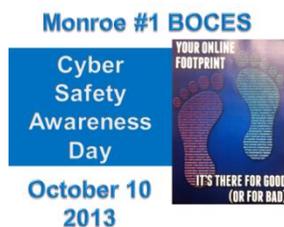
PSP Unit Members (includes clerical and technical staff members)

- It is a normal work day for PSP unit members.

BUSS Unit Members (includes transportation, food service, and operations and maintenance)

- It is a normal work day for all 12 month employees.
- 10 month employees should check with their supervisors to find out if it is a normal work day for them.

Student Poster Contest



The New York State Dignity for All Students Act requires all school personnel to maintain a school environment free of discrimination and harassment of students. Cyber Bullying is one form of bullying we must help protect our students from. The answer isn't forbidding technology. Teaching students about the right from wrong of online behavior is the best first step. As an educator, you can be a powerful force in promoting a climate of respect, including online. To begin the conversation about safe online behavior, Monroe #1 BOCES has designated October 10th as Cyber Safety Awareness Day for our instructional programs.

We will hold a poster contest for students to illustrate their very own cyber safety message. Winners will be selected from each program as well as one poster chosen overall for *Best Cyber Safety Message*. Rules for online safety, easily conducted activities, and resources also will be made available for classrooms to share with their students. Talking with students about online behavior is a big step in keeping them safe. Details for Cyber Safety Awareness Day will be coming soon.

- Bill Hurley, Program Coordinator, Mental Health

Health Services Update

Exercise at a glance

In a nutshell, exercise can:

- reduce your chances of getting heart disease. For those who already have heart disease, exercise reduces the chances of dying from it.
- lower your risk of developing hypertension and diabetes.
- reduce your risk for colon cancer and some other forms of cancer.
- improve your mood and mental functioning.
- keep your bones strong and joints healthy.
- help you maintain a healthy weight.
- help you maintain your independence well into your later years.

Source: Harvard Health Publications - www.health.harvard.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 **Shannon Duserick**.

- **What are your primary responsibilities?** In my role as the Assistant Director for Special Education, I have the opportunity to work closely with our internal programs, component and non-component districts, as well as a large number of the private and parochial schools in our area, to ensure that students are receiving appropriate special education and related services in their educational setting. Additionally, I am the Medicaid Compliance Officer for Monroe #1 BOCES. In this role, I supervise/manage the Medicaid reporting process for BOCES as well as work with our regional partners and the State Education Department to develop consistent Medicaid Compliance processes for our region.
- **How long have you worked at BOCES?** I have worked at BOCES for 10 years; 8 years as an Assistant Principal in the District Based Program and 2 years as Assistant Director. Prior to coming to BOCES, I worked as a Program Supervisor and Special Education teacher at Mary Cariola Children's Center.
- **What is your favorite part of your job?** My favorite part of the job is the opportunity to learn something new every day or work through a challenge that I have not seen before!
- **What do you enjoy doing in your free time?** I really enjoy spending time with my family. I enjoy supporting my kids in their ongoing theater experiences, coaching soccer and being on the sidelines for all of their extracurricular activities.
- **What is one thing you would like people to know about you?** I am a passionate skier. Most weekends and many week nights during the winter I can be found working on the Bristol Mountain Ski Patrol or at another local mountain providing shuttle service to and from my kids' ski races.



Programs & Services Update

Instructional Programs

Thank you to everyone who took time out of their busy day last week to participate in the Challenger test mission. You were a big help to our team. Kudos to Shaun. All of the technology worked properly. Kudos to Mark who put together the attached video. Check out the link: <http://media-cast.monroe.edu/boces/MARKD/orcutt/challengervisit/>

- Steve Orcutt, Director of Instructional Programs

Driver Education

The number of teens who are dying or being injured as a result of texting while driving has skyrocketed as mobile device technology has advanced. An estimated 3,000 young people die each year as a result of texting while driving and another 2,700 die as a result of driving under the influence of alcohol. Monroe #1 BOCES stresses safety skills in its Driver Education program, which prepares teens to receive their pre-licensing certificate (MV-278) and insurance eligibility for the MV-285, insurance reduction certificate. Our Driver Education program expects to serve approximately 722 students this year in collaboration with Brighton, Fairport, Penfield, and Webster school districts.

*- Joyce Cymber, Director, Career & Technical Education, Cooperative Summer School,
Driver Education, ESOL & Translation Services, Grants, School to Career Services*

SANE (Sometimes Acronyms Need Explaining)

Committee on Preschool Education: **CPSE**