

# Weekly Bulletin

“ For I have known them all already, known them all;  
Have known the evenings, mornings, afternoons,  
I have measured out my life with coffee spoons”  
- from *“The Love-Song of J. Alfred Prufrock”*  
by T.S. Eliot

## Upcoming Events

- October 14-18 – National School Lunch Week
- Mon., Oct. 14 – Columbus Day
- Tues., Oct. 15 – White Cane Safety Day
- Wed., Oct. 16 – National Boss Day
- Thurs., Oct. 17 – Regular Board Meeting
- Thurs., Oct. 24 – United Nations Day
- October 28 – November 1 – School Board Recognition Week

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

## A Message from Mike

Since I became a school administrator – or as my retired teacher mother says, “went to the dark side” – I measure how good the week was by how much time I was able to spend in classrooms with students. By that metric, this was a great week. John Walker helped me capture some of this fun in images. Here are a few of the highlights:

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Emily from Shannon Speranza’s class helped me take apart a whole chicken for the first time.



Students from Delia Tee’s Emergency Services class practiced their skills by putting me on a backboard.



Tyler from Tracy Sens’s class at Creekside described how he and his classmates prepared and packaged Rice Krispie treats for sale in the school store.



Johnny from Elisabeth Ganley’s class at Creekside shared with me how production was going in the Work Training Center.

- Mike Doughty, Assistant Superintendent for Instruction

# Technology Tip of the Week

## Extreme Collaboration with SmartBoards



Want to have students engaged and interacting with a lesson? Extreme Collaboration (EC) is a FREE plugin that allows for students to interact with the SmartBoard. EC is great for tickets out of the classroom, quick check for understanding, gathering student knowledge, and polling. Students can use a computer or Smartphone to interact with the SmartBoard. To learn more - <http://www.extreme-collaboration.com/blog/>



## News and Notes

### "White Cane Safety Day" OR "Blind Americans Equality Day" (as named by Obama)



#### Celebrate the Independence of Visually Impaired Persons

Federal law authorizes the President of the United States to proclaim October 15 of each year as "**White Cane Safety Day**". Its purpose is to gain recognition for the growing independence and self-sufficiency of persons with a visual impairment, and also to gain recognition of the white cane as the symbol of that independence and self-reliance. President Obama also named it "**Blind Americans Equality Day**".

*-NancyJ Carr, Program Coordinator  
Deaf/ASL Education-Vision/Orientation & Mobility Department*

### October is "National Bullying Prevention Month."

An important goal of this national campaign is to encourage everyone to take part in efforts to reduce bullying and harassing behaviors. It is my belief that this should be a continuous effort; we should always do all that we can to protect and guide our kids in an ever-changing world. Recently, the Dignity for all Students Act was amended to include more specific language about bullying, and to include on or off campus cyber bullying that may impact students. Even with the new law in place, it is important to question if we are doing enough to prevent and respond to bullying and harassment.

Research has indicated that the average bullying episode lasts about 37 seconds, and that school staff has noticed or intervened in only 1 out of every 25 instances. I am very confident that we can do much better than that here! Yet, despite all the information we now know about bullying based on research over the past 15 years, the rates of bullying prevalence have remained steady. In my view, we will see reductions in rates of bullying by first understanding that we all play a role in prevention and intervention. This means continuing to teach students how to manage emotions, show empathy, and solve problems, and also consistently intervening when we become aware of harassment in any of its forms. In the words of one father whose son committed suicide as a result of bullying, "**Ending bullying begins with one: one person, one action...**" It then continues to grow from there.

Here, everyone is deserving of respect. Period. No exceptions.

*-Jim Colt, Coordinator of School Safety and Security*

## **National School Lunch Week – October 14-18, 2013**

More than 32 million children eat school lunch every day across the USA, and to celebrate the healthy choices in schools we have National School Lunch Week. National School Lunch Week is held in October to raise public awareness about the nutritional value of the federally funded lunch program available at schools. The National School Lunch Week 2013 theme is "School Lunch Across the USA." It's about celebrating the regional flavors, ingredients, and traditions from across the country. On the menu at Monroe #1 BOCES during National School Lunch Week is General Tso Chicken, Southwest Tomato Black Bean Soup, Buffalo Chicken Wrap, Marinated Black Bean Salad, Vegetarian Wrap, Pizza and more. "School Lunch Across the USA" allows you to celebrate the popular flavors in our own region and across the country too!

Our National School Lunch Program provides nutritionally balanced, healthy meals to students and staff every day. The program requires school meals to meet federal nutrition standards by:

- Ensuring students are offered a variety of both fruits and vegetables every day of the week;
- Substantially increasing offerings of whole grain-rich foods;
- Offering only fat-free or low-fat milk varieties;
- Limiting calories based on the age of the children being served; and
- Reducing amounts of saturated fat, trans fats and sodium.

We hope to see you during National School Lunch Week and every day in our Monroe #1 BOCES cafeterias.

*-Karen Bronson Clark, MPS, Food Service Director*

## **Health Services Update**

### **Tips For a Longer Life**

No matter what your age, you have the power to change many of the variables that influence how long you live, and how active and vital you feel in your later years. Actions you can take to increase your odds of a longer and more satisfying life span are really quite simple:

1. Don't smoke.
2. Enjoy physical and mental activities every day.
3. Eat a healthy diet rich in whole grains, vegetables, and fruits, and substitute healthier monounsaturated and polyunsaturated fats for unhealthy saturated fats and trans fats.
4. Take a daily multivitamin, and be sure to get enough calcium and vitamin D.
5. Maintain a healthy weight and body shape.
6. Challenge your mind. Keep learning and trying new activities.
7. Build a strong social network.
8. Follow preventive care and screening guidelines.
9. Floss, brush, and see a dentist regularly.
10. Ask your doctor if medication can help you control the potential long-term side effects of chronic conditions such as high blood pressure, osteoporosis, or high cholesterol.

From Harvard Health Publications  
<http://www.health.harvard.edu/>

*-Kathy Mackay, Executive Coordinator of Health Services*

# 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 **Diane Barone**.

- **What are your primary responsibilities?** I am one of three Assistant Principals with the District Based program. I support five classrooms located in the Fairport and Webster school districts.
- **How long have you worked at BOCES?** I am currently in my 16<sup>th</sup> year with BOCES. I can hardly believe that! Most people know me as a former school counselor and administrator with EMCC. This year, I had the opportunity to join the District Based team; I am excited by the change and all that I am learning.
- **What is your favorite part of your job?** This year, I am enjoying the opportunity to learn about and service a whole new population of children. I am also in absolute awe at the talent and dedication of the teachers, paraeducators, and related service providers in District Based. Each department at BOCES is so unique; I feel fortunate to have the chance to experience a whole different dimension of the organization.
- **What do you enjoy doing in your free time?** I am lucky to have a close knit family and some really great friends that I enjoy spending time with. I also enjoy swimming, hiking, yoga and taking care of my home.
- **What is one thing you would like people to know about you?** I am always curious and always learning.



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## SANE (Sometimes Acronyms Need Explaining)

**Career and Technical Education- (CTE):** New York Career and Technical Education is committed to providing high-quality CTE opportunities for all students. New York State's CTE delivery system consists of over 1,100 CTE providers, serving over one million students in school districts, BOCES, and postsecondary institutions.

CTE studies are organized in New York in the following content areas:

- Agricultural education
- Business & Marketing education
- Family & Consumer Sciences education
- Health Occupations education
- Technology education
- Trade, Technical & Industrial education