



Weekly Bulletin

“ Give whatever you are doing and whoever you are with the gift of your attention.”

- Jim Rohn

Upcoming Events

- Wed., Jan. 1 – New Year’s Day
- Fri., Jan. 3 – Fruitcake Toss Day
- Thurs., Jan. 9 – Regular Board Meeting
- Sun., Jan. 19 – National Popcorn Day
- Mon., Jan. 20 – Martin Luther King Junior Day
- Thurs., Jan. 23 – Regular Board Meeting
- Fri., Jan 31 – Chinese New Year

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

A Message from Mike

In this interesting [TED Talk](#), Peter Doolittle, a professor of educational psychology, explores the concept of working memory in the context of learning. He describes the importance of taking time to process what we are learning as a way of living life more fully. Consider the vast amount of information that is constantly bombarding us as we shift quickly from one activity to another. Chances are that something distracted you as you read these last four sentences. How often do you purposefully make an effort to process the information you are taking in and to integrate that new information with what you already know? Effective teachers and presenters know the importance of giving people time to process new information. A couple of weeks ago I gave a presentation to a group of school business officials from Central New York. The presentation was about how to give more effective presentations, and much of the information was either new or hadn’t been accessed in a long time. During the one hour workshop, I deliberately created opportunities for the participants to process the information about every ten minutes. These included, jotting down a note in response to a prompt on the screen, getting up and talking with someone across the room about a concept, and asking a question of the person sitting next to them. The result was a more engaged audience and hopefully a group that will give better presentations about school budgets.

Whether in a classroom, a meeting, or even a casual conversation, how do you build in opportunities for people to process new information? What are you doing purposefully to help participants remember new information? Perhaps a better question is, “Do you want them to remember any of it?”

- Mike Doughty, Assistant Superintendent for Instruction

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Data Snapshot

Usually, how many hours sleep do you get at night?

	1942	1990	2001	2004	2013
	%	%	%	%	%
Five hours or less	3	14	16	14	14
Six hours	8	28	27	26	26
Seven hours	25	30	28	28	25
Eight hours	45	22	24	25	29
Nine hours or more	14	5	4	6	5
NET: Six hours or less	11	42	43	40	40
NET: Seven hours or more	84	57	56	59	59
Average hours per night	7.9	6.7	6.7	6.8	6.8

GALLUP

(source: [Gallup](#))

Technology Tip of the Week

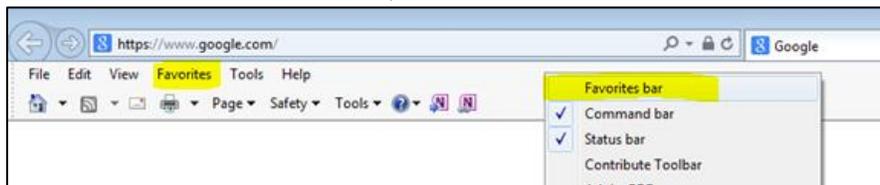
Thanks to Diane Smith for the following tech tip:

Outlook Web Application

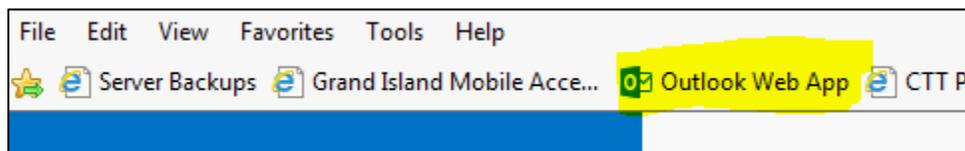
To make it easy to get to Outlook, many of you may have saved it to "Favorites". Another way to save it is to add it to the "Favorites Bar" so it will always be visible when Internet Explorer is open. To do this:



1. Open Internet Explorer
2. Make sure the "Favorites Bar" is displayed - **Right-click** in the Menu area of the screen.
3. If there is no checkmark next to "Favorites Bar", click on it.



4. Now go to the Outlook Web App. Page: **webmail.boces.monroe.edu**
5. Don't put your password in yet.
6. In the menu, click on "Favorites".
7. Click on "Add to Favorites Bar". Now you should see a button that will take you straight to OWA



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 **Jason Rotundo**.

- **What are your primary responsibilities?** My primary responsibilities include supporting secondary ELA teachers across BOCES programs, facilitating curriculum writing, presenting professional development, developing assessments, analyzing and responding to student data, and serving as an internal BOCES representative for statewide Common Core initiatives.
- **How long have you worked at BOCES?** This is my 12th year at BOCES.
- **What is your favorite part of your job?** My favorite part of the job is that I get to work with staff from all instructional programs and departments throughout BOCES.
- **What do you enjoy doing in your free time?** I am what some would consider a "foodie" so I enjoy trying out new and unique restaurants with my wife. Additionally, I love attending various concert acts across the Northeast when I get the opportunity to do so.
- **What is the one thing you would like people to know about you?** I have been to Pug Stock, Pug-O-Ween, Pug pool parties, and Pug Valentine's Day parties.



Programs & Services Update

EMCC Student Spotlight

This week's student in the spotlight is **Ryan Pomar**.

- **What is your school district/high school?** East Rochester
- **In what EMCC program are you enrolled?** Automotive Services
- **How did you first hear about EMCC?** I heard about EMCC through my guidance counselor, Mr. Kelleher, in 10th grade while I was looking at electives.
- **Why did you choose to come to EMCC?** I have always wanted to pursue a career working on cars.
- **What is your favorite part of this program?** I really enjoy working with my hands in the shop.
- **What classes at your home school have helped you at EMCC?** My science classes have helped me to understand some of the basics necessary to understand what is going on in a vehicle.
- **Who most influenced your decision to pursue this career path?** My father was an automotive technician who liked what he did and was good at it. I always watched him working and wanted to be like him. He passed away a few years ago, so I'd like to follow in his footsteps.
- **What are your future goals beyond high school?** I would like to attend a trade school like Alfred State or MCC's Technical Center to further work in some hands-on field. I wish I knew whether it would be automotive services, construction trades, or culinary arts. I am still up in the air.



District Based Program

The Dream Factory is sending Andre to Disney World!

Andre Brown (Webster CSD), a student in Theresa Sanna's District Based class at Barker Road School in Pittsford, is a happy young man! Andre is going to Disney World from December 29th to January 4th, thanks to some help from local sixth graders. When Ms. Sanna recently asked Andre to describe himself, he said, "I love watching sports, going on CBIs in school, and spending time with family and friends. My dream is to go to Disney. At Disney I want to see Spiderman and Batman. It is going to be fun and hot! I might have a great tan when I come back. The story was featured on 13 WHAM TV.

- John Walker, School-Community Relations Coordinator



Lois E. Bird/Morgan

Last week, our Bird/Morgan School completed a school-wide community service project for the Flower City Ballet and the School of the Arts (SOTA). Bird/Morgan teacher, Angela Burrows, who sits on the Board for the Flower City Ballet, created the opportunity for students to build a full-size throne to be used as a stage prop for the current performance of "The Nutcracker". The students collaborated and used recycled/reclaimed materials to construct an impressive gold throne for the Flower City Ballet. Truly a unique and exciting project for students and staff alike!

- John Walker, School-Community Relations Coordinator



SANE (Sometimes Acronyms Need Explaining)

English Language Arts: ELA