



Weekly Bulletin

“ Language is a more recent technology. Your body language, your eyes, your energy will come through to your audience before you even start speaking.

- Peter Guber

Upcoming Events

- Thurs., Jan. 9 – Regular Board Meeting
- Mon., Jan. 13 – Make Your Dream Come True Day
- Tues., Jan. 14 – Dress Up Your Pet Day
- 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

Language matters. I know I’ve written those words or very similar words many times in the Weekly Bulletin. The truth is that the words we choose are only one part of conveying a message. Tone and body language figure prominently in the meaning that people are able to construct from interactions. When I was an elementary school principal, I remember a first grade boy who was sent to me because his teacher “had had it” with him. As the boy and I talked, I learned that he was confused by how the teacher was communicating. “Mr. Doughty, she only smiles with her mouth; her eyes don’t smile.” The teacher’s body language, tone, and words were not all sending the same message. I thought about that interaction recently as I read a fascinating article about a research project. It was a University of Rochester Medical Center study titled, [In Search of Compassion: A New Taxonomy of Compassionate Physician Behaviours](#). In the study, researchers recorded the conversations between oncologists and their patients with stage III or stage IV cancer. They then analyzed the recordings to, “identify examples of the three main elements of compassion: recognition of suffering, emotional resonance, and movement towards addressing suffering.” As a result of their research, the investigators found that clinicians tended to focus on the scientific, rather than the emotional part of treatment. “In health care, we believe in being compassionate but the reality is that many of us have a preference for technical and biomedical issues over establishing emotional ties,” said senior investigator Ronald Epstein, M.D.

The researchers also found that it wasn’t about some magical or perfect phrase that doctors needed to use to show compassion. Rather, it was more about the whole interaction. “It became apparent that compassion is not a quality of a single utterance but rather is made up of presence and engagement that suffuses an entire conversation,” wrote one of the authors.

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Brighton ♦ East Irondequoit
 ♦ East Rochester ♦ Fairport
 ♦ Honeoye Falls-Lima ♦
 Penfield ♦ Pittsford ♦
 Rush-Henrietta ♦ Webster ♦
 West Irondequoit

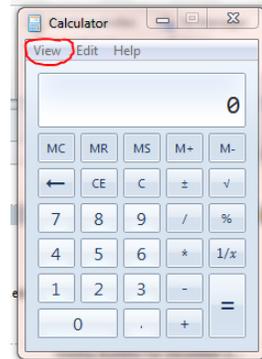
How do you let people know that you understand and care about what they are going through? Does your tone and your body language match your words? Do people leave conversations with you knowing that you understand their problems and care about them as people?

- Mike Doughty, Assistant Superintendent for Instruction

Technology Tip of the Week

Windows Calculator

I am sure that many of you have used the Windows calculator for basic calculations, but did you know that it can also be used for scientific calculations, statistics, unit conversions, date calculations, and even as a mortgage calculator? To use the calculator for one of these functions, open the calculator and click on **View**. Then select the options you would like to use. When done, click on **View** and return to standard and basic for simple calculations.



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 **Liz Walton**.

- **What are your primary responsibilities?** I supervise the wonderful teachers and tutors of CTTS! Our staff works in various locations across the area, including private and parochial schools, district buildings, and homes. I have had the opportunity to visit a lot of new school environments and see how they work to meet student needs.
- **How long have you worked at BOCES?** I have been at BOCES since 2000 minus 1 ½ years in the middle. I have worked as a teacher, assistant principal, and now a coordinator. I love that at BOCES there are always new learning experiences
- **What is your favorite part of your job?** I love the “coaching” aspect of my job. I enjoy working with teachers and tutors to continually develop their professional skills and instill a philosophy of life-long learning.
- **What do you enjoy doing in your free time?** I am mainly a chauffeur and maid for my three kids right now! But I love to read and write. During the summer we spend as much time as possible at our cabin on the Rideau Canal in Canada. It is beautiful up there!
- **What is the one thing you would like people to know about you?** If you ever stop by the Walton house, you’re in for a treat! We have two dogs, a parakeet, a chinchilla, a hedgehog, and ten ducks!



Programs & Services Update

Holiday Happenings at District Based:

The week before the holiday break was filled with holiday cheer for District Based classes. Mrs. Forma's class from Johanna Perrin visited Mrs. Tota's class at Northside for a fun filled morning of gingerbread house building, holiday videos, and holiday BINGO. Many of Mrs. Forma's students attended Northside so it was exciting for the Northside staff to see how much the students have grown. Both classes were excited about the day, making friends and sharing memories!



Across town, the students in Mrs. Bailey's class were the stars of the Martha Brown Hoedown. Martha Brown students paired up with our students to present a rousing, hand clapping, square dance demonstration. The event was choreographed by Mrs. DiPerna, PE teacher at Martha Brown. Mrs. DiPerna capped off the event with an ice cream social to celebrate their dancing expertise. Across the hall in another gym, two of our students participated in a PE square dance with their general education peers in their inclusion PE class. This is our first year with a classroom at MB and it is amazing how quickly the staff and students have embraced our classrooms with a very warm welcome and supportive environment.



Both events are excellent examples of collaboration which bring students together with the goal of learning and friendship. Congratulations to all involved in these two exciting events.

- Cyndi Lembo, Principal, District Based

SANE (Sometimes Acronyms Need Explaining)

English Language Learner: **ELL**