



Weekly Bulletin

“ We know what we are, but know not what we may be.”
– William Shakespeare

Upcoming Events

- Mon., May 5 – Cinco de Mayo
- Tues., May 6 – National Teacher Day
- Tues., May 6 – National Nurses Day
- Thurs., May 8 – Regular Board Meeting
- Sun., May 11 – Mother’s Day
- Sat., May 17 – Armed Forces Day
- Thurs., May 22 – Regular Board Meeting
- Mon., May 26 – Memorial Day

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

A Message from Mike

As a profession, we know a great deal about what makes for effective teaching and learning. Countless research studies, books, and articles have provided lists upon lists of effective strategies to meet the need of this group and that group. The bottom line is that there is a convergence of these ideas toward a few key concepts. Last week I saw a great video that provided an interesting and concise summary. I have shared many TED Talks. This one is a “[NED Talk](#).” I encourage you to click on the link and watch the short video. These are Ned’s “great 8” concepts for what maximizes student learning:

1. I feel OK.
2. It matters.
3. It’s active.
4. It stretches me.
5. I have a coach.
6. I have to use it.
7. I think back on it.
8. I plan my next steps.

Chances are, if you think back to a very positive and effective learning experience that you have had, several if not most of the eight ideas listed above were at play. On some level each of us has been or continues to be a student. And we have all had to teach someone else something at some point in our lives. How do the concepts above square with your beliefs about good teaching and learning? How might you incorporate them into your next lesson, meeting, or learning experience?

- Mike Doughty, Assistant Superintendent for Instruction

In this Issue

Upcoming Events 1

A Message from Mike 1

Technology Tip of the Week 2

Connecting with a Colleague 2

News and Notes 3

SANE 3

Data Snapshot

Percent of internet users who ... in response to the security bug “Heartbleed”



Source:
<http://www.pewinternet.org/2014/04/30/heartbleeds-impact/>

Technology Tip of the Week

Thanks to Diane Smith for the following tech tip:



Change a Vertical List to a Paragraph

In a different [Word tip](#), I showed you how to sort a list of names by last name. But, what if you don't want a long list of names and just want them separated by a comma or semicolon?

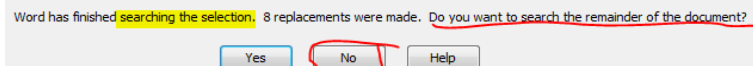
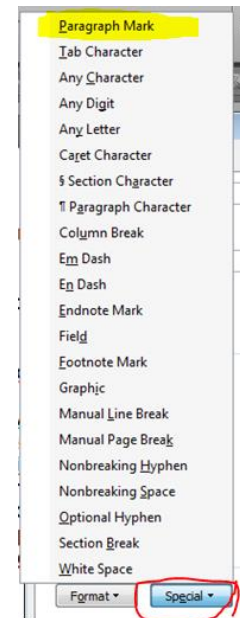
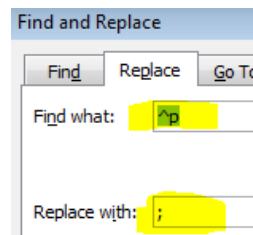
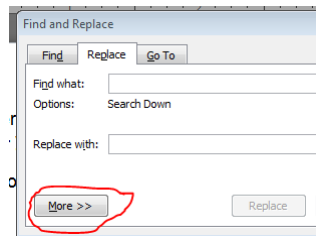
Here's how you change this:

Katy Didd
Io Dine
Polly Ester
Benny Fitt
Al Fresco
Otto Graph
Helen Highwater

To this:

Katy Didd; Io Dine; Polly Ester; Benny Fitt;
Al Fresco; Otto Graph; Helen Highwater;

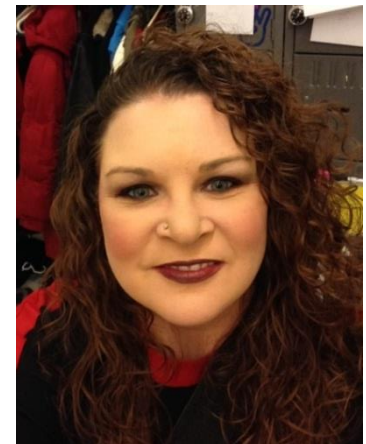
1. **Select** the list you want to reformat.
2. On the **Home** ribbon, click on **Replace**.
3. Click on the **More** button.
4. Click on the **Special** button.
5. Select **Paragraph Mark (^p)** for the "Find what" box.
6. In the "Replace with" box **type a semicolon** and hit the space bar once.
7. Click **Replace All**.
8. When it asks if you want to search the rest of the document, select **No**.



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 **Heather Gavin**.

- *What are your primary responsibilities?* I am a System Administrator and primary responsibilities include administering the WinCap Financial and Human Resources application for 15 districts, SharePoint, the Monroe County Public School Athletic Conference server for Section 5 athletics and I work on Active Directory as well.
- *How long have you worked at BOCES?* August will mark my 15th anniversary at BOCES.
- *What is your favorite part of your job?* I love working with all the technology. I enjoy learning new products and technologies as they are implemented. I am quite a computer geek so this job suits me, as it is not only my job but also my hobby. Who gets to do their hobby all day every day??



- *What do you enjoy doing in your free time?* I enjoy spending time with my two children, Ciara and Cian. I love to spend a lot of time outside during the nice weather. My other favorite thing to do: SHOP!!
- *What is the one thing you would like people to know about you?* One thing many people do not know about me is I have a part-time job which is totally different from this job. I am a makeup artist at Sephora in Eastview Mall. Makeup is one of my passions also and I enjoy doing that during my spare time.

News and Notes

May is "Better Hearing and Speech Month"



An estimated 40 million Americans have some type of communication disorder, costing the United States approximately \$154 to \$186 billion annually due to lost work productivity, special education, and medical treatment.

Monroe #1 BOCES has 37 Speech-Language Therapists, 5 Audiologists and 3 Audiometric Technicians who work tirelessly to bring better hearing and speech to our students who are affected by communication disorders.

A new, nationwide effort to educate the public about communication disorders was recently launched by the American Speech-Language-Hearing Association (ASHA). Identify the Signs is a campaign aimed to help people recognize the early warning signs of communication disorders.

Results of a recent survey of ASHA's membership revealed that 45% of expert respondents reported lack of awareness as the number one barrier to early detection of communication disorders. Research has shown that early detection is critical to treating—and oftentimes reversing—communication disorders. Delayed treatment can result in isolation, poor academic or career performance, and delayed development.

For more information, visit www.IdentifyTheSigns.org.

- Christine M. Lembach, Assistant Program Coordinator for Speech-Language, Audiology and Office of Assistive Technology

May is Mental Health Month 2014

We at Monroe #1 BOCES understand that mental health is integral to our overall health. The mind and body are intricately connected. When a person has "good" mental health, they deal better with what comes their way. Research shows that stress has a huge impact on our lives and is closely linked to a greater risk of physical illnesses. The good news is there are many healthy choices and steps that you can adopt to promote and strengthen mental health—and overall health and well-being. Everyone can take steps to protect and strengthen their minds and bodies. Living a healthy lifestyle may not be easy, but can be achieved by gradually making small changes and building on those successes.

Download this May [calendar](#) for those daily small steps that will help you feel on top of your game!

- Bill Hurley, Coordinator, Mental Health

SANE (Sometimes Acronyms Need Explaining)

GILS: [Government Information Locator Service](#)