



Weekly Bulletin

“ Industry, thrift and self-control are not sought because they create wealth, but because they create character.”
- Calvin Coolidge

Upcoming Events

- Sun., Sept. 28 – National Good Neighbor Day
- Wed., Oct. 1 – World Vegetarian Day
- Thurs., Oct. 2 – Regular Board Meeting
- Sat., Oct. 4 – Yom Kippur
- Sun., Oct. 12 – National Children’s Day
- Mon., Oct. 13 – Columbus Day
- Thurs., Oct. 16 – National Bosses’ Day
- Thurs., Oct. 16 – Regular Board Meeting

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

A Message from Mike

Self-control is something that all humans struggle with. When faced with unpleasant tasks or delaying gratification, we all have to work at it. In this [interesting article](#) from *The New York Times*, Pamela Druckerman describes an interview with Columbia Psychology Professor Walter Mischel. Professor Mischel, now in his 80s, conducted the famous “marshmallow tests” with five-year-old children in the 1960s. In these experiments, Mischel would seat a child at a table with a treat of her choosing (e.g., marshmallow, cookie, etc.), and then tell the child that if she waited 15 minutes, then she could have two of the treats. If she didn’t wait, then she would only get one. Predictably, different boys and girls were able to delay their own gratification for different amounts of time. While it’s interesting to see how long children are able to delay gratification, the fascinating part of the research came when Mischel followed up with the subjects of the study as they aged. He found that, “preschoolers who waited longest for the marshmallow went on to have higher SAT scores than the ones who couldn’t wait. In later years they were thinner, earned more advanced degrees, used less cocaine, and coped better with stress.”

It may be tempting to chalk up our adult shortcoming to whether or not we would have eaten the marshmallow as five-year-olds. Mischel has written a recent book that claims just the opposite. It appeared that the children in the study who were most successful at delaying gratification used deliberate strategies to distract themselves from the temptation. Some turned their backs, others pretended the food was something inedible, and some just pushed it away from themselves. The big idea here is that anyone, even adults, can become better at self-control. It’s important to remember that we have two competing parts of our brain. The limbic system demands instant gratification, while the prefrontal cortex is more rational and goal-oriented. (The preteen girl at my house loves it when I explain to her that her irrational behavior is probably the result of her not-yet-developed prefrontal cortex). The secret, claims Mischel, is to, “train the prefrontal cortex to kick in first.”

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To do this, use specific if-then plans, like “If it’s before noon, I won’t check email” or “If I feel angry, I will count backward from 10.” Done repeatedly, this buys a few seconds to at least consider your options. The point isn’t to be robotic and never eat chocolate mouse again. It’s to summon self-control when you want it, and be able to carry out long-term plans. “We don’t need to be victims of our emotions,” Mr. Mischel says. “We have a prefrontal cortex that allows us to evaluate whether or not we like the emotions that are running us.” This is harder for children exposed to chronic stress, because their limbic systems go into overdrive. But crucially, if their environment changes, their self-control abilities can improve, he says.

Go forth and work on your prefrontal cortex.

- Mike Doughty, Deputy Superintendent

Technology Tip of the Week

Thanks to Diane Smith for the following tech tip:

A Double-Click Trick to Quickly Move Around Your Worksheets

Double-click the border of the currently selected cell to quickly jump to the end of a range of cells. The active cell will jump in the direction of the edge you click, until it encounters a blank cell. (See example below.)



	A	B	C	D	E	F	G
1							
2		Month	North	Central	East	Downtown	
3		Jan	\$ 12,756	\$ 16,204	\$ 14,118	\$ 6,893	
4		Feb	\$ 14,928	\$ 12,278	\$ 9,759	\$ 14,424	
5		Mar	\$ 6,427	\$ 15,280	\$ 11,201	\$ 4,426	
6		Apr	\$ 10,618	\$ 14,875	\$ 15,414	\$ 15,754	
7		May	\$ 16,553	\$ 4,600	\$ 13,024	\$ 11,324	
8		Jun	\$ 13,436	\$ 3,300	\$ 8,225	\$ 10,555	
9		Jul	\$ 8,259	\$ 10,723	\$ 13,294	\$ 11,119	
10		Aug	\$ 5,003	\$ 11,459	\$ 8,225	\$ 10,555	
11		Sep	\$ 6,830	\$ 10,183	\$ 13,294	\$ 10,555	
12		Oct	\$ 14,499	\$ 5,055	\$ 4,151	\$ 11,119	
13		Nov	\$ 9,027	\$ 6,500	\$ 7,700	\$ 20,974	
14		Dec	\$ 9,330	\$ 7,700	\$ 20,974	\$ 20,974	
15							

An alternate way to do the same thing: hold down the **CTRL** key and press one of the **arrow keys**.

- Thanks to Francis J. Hayes, TheExcelAddict.com

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 **Nancy Simmons**.

- **What are your primary responsibilities?** I am responsible for the Record Center which is part of Microfilm Services. Eleven School Districts have access in using the Center that follows the NYS Ed Retention Schedule. Communication with the Districts is important when notifying where their boxes are located and when they have reached destruction. I am the person you call when requesting empty boxes for storage. My other responsibilities include: Scanning, Digitizing and inputting data into the computer.



- **How long have you worked for BOCES?** At the end of October of this year it will be 30 years!
- **What is your favorite part of your job?** Making a difference for our Districts. I like that they trust me and know they can store their boxes here and they will be safe in the Record Center. Also, if they need boxes to be returned, they will be ready for delivery from our couriers within one day or sooner depending on the time I received the call.
- **What do you enjoy doing in your free time?** I enjoy going on motorcycle rides with my husband Rick, along Lake Ontario or traveling along the Finger Lakes. Also, four years ago we learned how to Square Dance and joined two clubs, Copy Cats and Village Squares. This is great exercise for the heart and mind and allows you to leave your worries behind for a couple hours; plus you sleep better at night. If you are interested: Copy Cat classes begin on Tuesday, Sept 30th (7:00 PM-9:00 PM) at Bay Trail Middle School in Penfield. Meet new friends and share a lot of laughs. Other than that, when I'm home I am relaxing with my husband and my two cats Jasper and Sedona.
- **What is one thing you would like people to know about you?** When I am at an Orchestra concert, I like to sit on the same side as the violinist. There is something about watching them play and hearing the music.

Professional Development

The Monroe #1 Internal PD - Catalog Keeping Us #1

As September rolls into October our catalog has some items that may pique your interest.

Upcoming Professional Development Opportunities:

- Why Didn't I Learn This in College - September 29
- WinCap WEB – How to Work the System – October 1
- Bird/Morgan K-2 Instructional Planning – October 1
- Bird/Morgan Science Instructional Planning – October 2

Follow this [link](#) to our Internal Catalog in **WinCapWEB** and enroll today!

- Annette Hauenstein, Coordinator of Curriculum, Instruction & Professional Development
Jodi Coniglio, Teacher Center Director

News and Notes

Creekside Behavior Specialists Carly Plain and Candace Rotundo recently passed the BCBA exam. In doing so, they are now Board Certified Behavior Analysts. Congratulations!

- Jason Rotundo, Secondary ELA Instructional Specialist

SANE (Sometimes Acronyms Need Explaining)

ILS- Independent Living Services

Notice of Non-discrimination

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