



Weekly Bulletin

“Practice does not make perfect. Only perfect practice makes perfect.”

- Vince Lombardi

Upcoming Events

- October – [National Bullying Prevention Month](#) and Cyber Safety Month
- Sun., Oct. 12 – National Children’s Day
- Mon., Oct. 13 – Columbus Day
- Thurs., Oct. 16 – National Bosses’ Day
- Thurs., Oct. 16 – Regular Board Meeting
- Sat., Oct. 18 – [Sweetest Day](#)
- Wed., Oct. 22 – National Unity Day
- Fri., Oct. 24 – United Nations Day

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

A Message from Mike

Who likes to be interviewed for a job? My guess is that very few people enjoy going through this nerve-wracking and intense process. Like many other things in life, interviewing is a skill that can be honed. And what we know from research about learning new skills is that in order to become proficient, deliberate practice is required. The term “deliberate practice” is used to describe a process that has certain attributes (see Geoff Colvin’s book *Talent is Overrated*). These elements include the following:

- It’s designed by a teacher or mentor specifically to improve performance.
- It can be repeated a lot.
- Feedback on results is continuously available.
- It’s highly demanding mentally.
- It isn’t much fun.

Last week I witnessed in a fantastic example of deliberate practice when I participated in mock interviews for our Criminal Justice students at EMCC. Several adults in the organization served as interviewers for a fictitious security guard job for which the students had prepared to interview. Using a set of scripted questions, we met one on one with students for the interviews. Afterwards we were able to give the students specific feedback on their performance using a rubric with several different elements including everything from the professional-ness of the student’s appearance to the quality of his or her answers. All of these students were professional, prepared, and receptive to the feedback. You can’t get better at something if you don’t practice it. What are you working on this year?

-Mike Doughty, Deputy Superintendent

In this Issue

Upcoming Events	1
A Message from Mike	1
Technology Tip of the Week	2
Connecting with a Colleague	2
Programs & Services Update	2
News and Notes	3
SANE	3

Technology Tip of the Week

Thanks to Diane Smith for the following tech tip:

Creating a Hyperlink – As an alternative to pasting an entire website address (URL) do the following. Type the title of the website – highlight the title – Click **Ctrl K**.



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 **Rachel Ritchie**.

- **What are your primary responsibilities?** I am a 1:1 School Health Aide for a student with multiple disabilities.
- **How long have you worked for BOCES?** I have worked at BOCES for 1.5 years.
- **What is your favorite part of your job?** Everyday has something new in store for me.
- **What do you enjoy doing in your free time?** I enjoy spending time with friends and family.
- **What is one thing you would like people to know about you?** I really enjoy my job and all the students I get to interact with.



Programs & Services Update

M1B TEACHER CENTER Update:

Do you want more information about FREE Professional Learning opportunities?

Do you want more information about FREE resources for teachers, related service providers, AT's and paras?

Visit the Teacher Center Website: www.monroe.edu/teachercenter

We offer workshops and study groups, and have a color poster printer, laminator, book binder, copier and more! We also have raffles and giveaways!

- Jodi Coniglio, Teacher Center Director

Urban-Suburban Program begins 50th Anniversary Celebration

The Urban-Suburban Interdistrict Transfer Program kicked off its 50th Anniversary Celebration with a welcome breakfast for current students, program alumni, school board members, teachers, and staff. The event at Irondequoit High School was hosted by the West Irondequoit School District, the first suburban district to participate in the program five decades ago.

The event was the first of several being held throughout the school year to recognize the 50 years of service to students and families in the greater Rochester community. The celebration will culminate with a Black Tie Gala at the Rochester Riverside Convention Center scheduled for Friday, June 12, 2015. All alumni, former and current parents and students, supporters, and community members are invited to celebrate.



Urban - Suburban staff, co-chairs, and members of the first graduating class at the kick off breakfast

The Urban-Suburban Interdistrict Transfer Program currently serves 587 students from the City of Rochester who are enrolled in seven suburban districts: Brighton, Brockport, Fairport, Penfield, Pittsford, West Irondequoit, and Wheatland-Chili. The program is administered by Monroe #1 BOCES.

The purpose of the program is to voluntarily reduce racial isolation and the segregation of academic opportunities in elementary and secondary schools in order to enhance and enrich racial and ethnic awareness among students, teachers, and parents.

- Jessica Lewis, Urban - Suburban Community Liaison



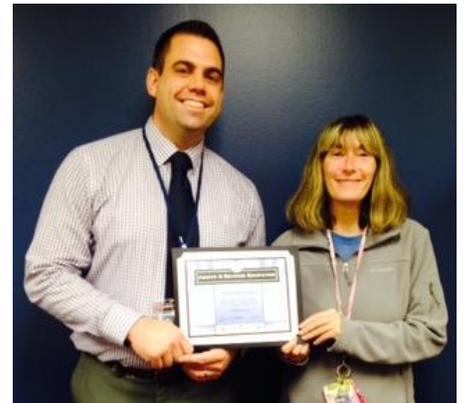
Urban - Suburban Class of 2015

News and Notes

START/ALA Above & Beyond Educator

START/ALA recently instituted an Above & Beyond Educator Award. This monthly award goes to a staff member who demonstrates a commitment to the success of students and the program that is truly above and beyond the call of duty. START/ALA administrators thank Ms. Amie Woodward for always going above and beyond. Amie has been with BOCES for nearly 15 years and this year works as a 1:1 paraprofessional. Her work ethic, creative ideas, dedication, teamwork, and 'whatever it takes' mentality have led to a better than expected transition for her student coming to the high school from Bird/Morgan. Again, thank you, Amie.

Mike Langridge, Principal, START/ALA



SANE (Sometimes Acronyms Need Explaining)

ILNNY – Independent Living Network of New York

Notice of Non-discrimination

The Monroe #1 BOCES does not discriminate on the basis of an individual's actual or perceived race, color, creed, religion, religious practice, national origin, ethnic group, sex, gender identity, sexual orientation (the term "sexual orientation" means heterosexuality, homosexuality, bisexuality, or asexuality), political affiliation, age, marital status, military status, veteran status, disability, domestic violence victim status, arrest or conviction record, genetic information or any other basis prohibited by New York state and/or federal non-discrimination laws in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. In addition, students are also afforded protection based on weight.

For more information, contact one of our Civil Rights Compliance Officers: Nancy Carr, 585-249-7010, Nancy_carr@boces.monroe.edu; James Colt, 585-383-2298, James_colt@boces.monroe.edu; Dennis Glaser, 585-383-2232, Dennis_glaser@boces.monroe.edu