



Weekly Bulletin



To enjoy the glow of good health, you must exercise.”

- Gene Tunney

Upcoming Events

- Tues., Jan. 27 – Bivona Parent Information Night (B/M)
- Wed., Jan. 28 – B/M Winter Carnival at Eyer Park
- Thurs., Jan. 29 – B/M Winter Carnival continues
- Fri., Jan. 30 – Creekside Super Bowl Party
- Mon., Feb. 2 – Groundhog Day
- Thurs., Feb. 5 –Board Meeting/Retreat
- Mon., Feb 16 – Presidents’ Day (Recess)

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

A Message from Mike

How much time do you spend sitting during the day? Some of us spend a substantial amount of time sitting in our cars on the way to work (30 minutes or more). Many of us are at desks or sitting in meetings throughout the day. Recently a significant amount of research has emerged demonstrating the correlation between a sedentary lifestyle and conditions that shorten our lives. This video from CNN gives a decent summary of where many scientists are right now:

<http://www.cnn.com/2015/01/21/health/sitting-will-kill-you/index.html>

This is interesting because it applies to all of us. If you think about your day, there are likely opportunities for you to move around that you are not taking advantage of. It may be as simple as getting up and stretching every 15 minutes or so. This one change can make a huge difference in your mood, your fitness, and your productivity. This article from www.foodfit.com identifies [25 ways to incorporate movement into your daily routine](#). If you’re chairing a meeting or teaching a classroom of students, how are you building in opportunities for people to move around?

It’s easier than you think. If you are interested in more of the hard data related to this topic, please take a moment to read [this article from Runner’s World](#).

- Mike Doughty, Deputy Superintendent

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Data Snapshot

“In a 2012 study published in the International Journal of Behavioral Nutrition and Physical Activity, researchers reported that people spent an average of 64 hours a week sitting, 28 hours standing, and 11 hours milling about (non-exercise walking), whether or not they exercised the recommended 150 minutes a week.”

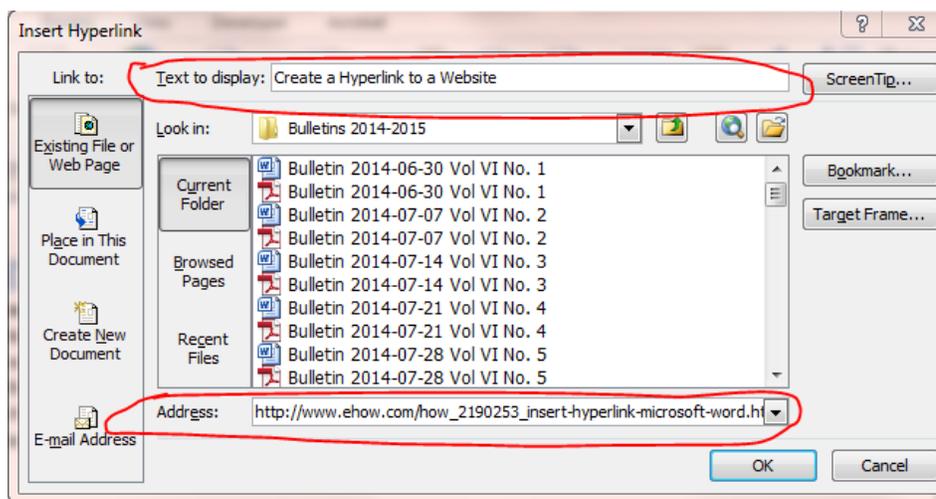
(Source: [Runners World](#))

Technology Tip of the Week

Create a Hyperlink to a Website (Microsoft Word)

If you have ever wanted to add a hyperlink to a document, here's how.

1. **Copy the internet address** that you would like to link to the text or image. (Be sure not to leave a space before or after the address.)
2. **Highlight the word, phrase, or image** in your document that you would like to use to create the hyperlink. (In this example, I selected the phrase **Create a Hyperlink to a Website**.)
3. **Choose Insert** on the menu bar and click on Hyperlink. The word, phrase, or image that you highlighted should be in the "Text to Display" box.
4. **Paste the web address** into the "Address" box.
5. **Click OK**.
6. The word, phrase or image you selected will now be blue. Click on it to be sure it takes you to the website.



*Click the link above to go to **ehow.com** to see variations on how to create a hyperlink.

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 **Nathan Hetherington**.

- **What are your primary responsibilities?** My primary responsibilities are to assist my student with maintaining their behavior and work skills while in academic, work, or community locations.
- **How long have you worked for BOCES?** I have been with BOCES for the better part of 14 years.
- **What is your favorite part of your job?** My favorite part of my job is, no matter how corny it sounds and I know it does, the smile that shows up on a student's face when they have that AH HA moment, and get something that was confounding them. One of those can get me through weeks and weeks of stress and difficulty.
- **What do you enjoy doing in your free time?** If you had asked me a little over a year ago what I like to do in my free time, I would have had some glib answer about watching movies or sports. However, now the answer truly is playing with my son, he is just a ball of energy that both energizes and



exhausts me. (He does love it when football is on in the background, so I guess watching sports still sort of counts.)

- **What is one thing you would like people to know about you?** If there was one thing I would like people to know about me, it is how much I have enjoyed the people I have worked with in the past here at BOCES. I am on my fourth program in the past three years and I don't always get to tell people that on my way to my next job.

Programs & Services Update

Urban - Suburban



URBAN-SUBURBAN
50 years
Building on Success

Save the Date
Friday, June 12, 2015

Commemorative Gala
*Celebrating 50 years of the
Urban-Suburban Interdistrict Transfer Program*

Registration: 6pm – 7pm • Program begins: 7pm
Rochester Riverside Convention Center
123 East Main Street
Rochester, NY 14604

*Formal invitation and
registration information to follow*

Professional Development

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

This week Diane Smith will provide a Professional Learning session on how to use Excel as a tool for student data tracking. Come learn from an expert and create spreadsheets that you can use back in your classroom.

Upcoming Professional Development Opportunities:

- Using Excel in the Classroom– January 28

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

Polar Plunge

There is still time to join the Monroe #1 BOCES Polar Plunge Team! So far to date, our team has raised over \$1500 for the Special Olympics. Currently the Monroe #1 BOCES team is 9th in overall donations out of close to 200 teams. The Plunge is on Sunday, February 8th at noon. We still have room on our team for any staff members who would like to join. Please use the following directions if you would like to join the team or donate to one of our team members.

To join the team, please follow these directions:

1. Go to the [website](#).
2. Under Plunge, click on "Get Started".
3. Click on "Register Here".
4. Select "Join a Team".
5. Choose "Monroe #1 BOCES" and then fill in your information.

To donate to a team member:

1. Go to the [website](#).
2. Under Donate click on "Donate Now".
3. Type in the name of the team member for whom you would like to donate.

We hope to see you on February 8th!

- Rebecca Etlinger, Assistant Principal, Creekside School/Monroe #1 BOCES

SANE (Sometimes Acronyms Need Explaining)

LOA: Leave of Absence

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