



Weekly Bulletin

“ A problem is a chance for you to do your best.”
- Duke Ellington

Upcoming Events

- Thurs., Feb. 26 – Regular Board Meeting
- Sun., March 8 – Daylight Saving’s Time begins
- Thurs., March 12 – Regular Board Meeting
- Tues., March 17 – St. Patrick’s Day
- Thurs., March 26 – Regular Board Meeting

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

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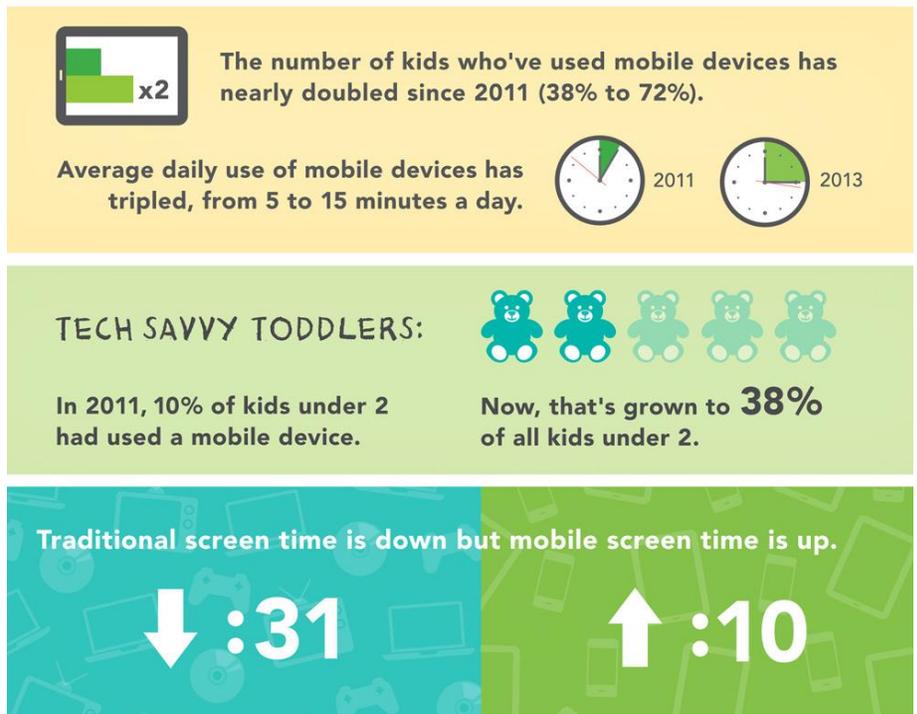
A Message from Mike

Remember getting yelled at as a kid for sitting right in front of the TV? Apparently being that close to the screen was bad for your eyes or turned your brain to mush or something equally melodramatic. My dad used to call the TV the idiot box, presumably because too much time in front of it turned you into one. And this was at a time when the screen was hardwired in one room of the house. I felt myself channeling my parents last week as my children were home from school for the week. They spent the better part of several days on various pieces of furniture in front of various mobile devices.

Apparently my children are not alone. A 2013 study by Common Sense Media identified the screen time behavior in children. The key findings are summarized in this infographic. So how much is too much? And does it rot your brain?

The [American Academy of Pediatrics](#) offers the following recommendations for screen time and children:

[E]stablish "screen-free" zones at home by making sure there are no televisions, computers or video games in children's bedrooms, and by turning off the TV during dinner. Children and teens should engage with entertainment media for no more than one or two hours per day, and that should be high-

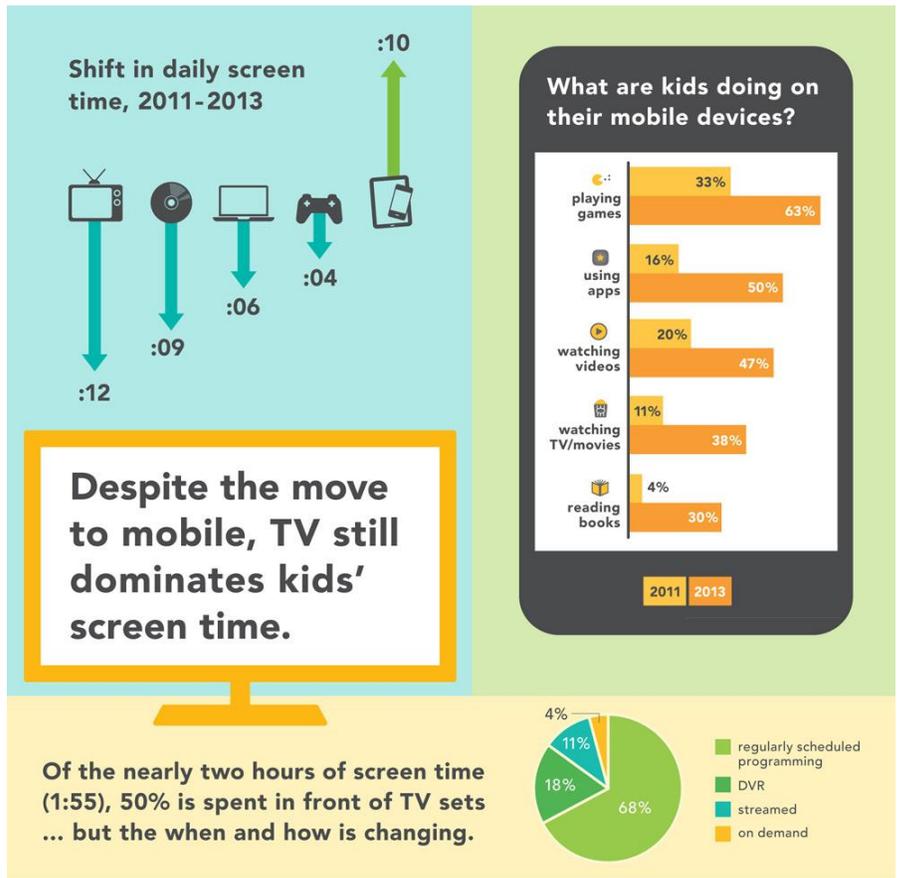


quality content. It is important for kids to spend time on outdoor play, reading, hobbies, and using their imaginations in free play.

Television and other entertainment media should be avoided for infants and children under age 2. A child's brain develops rapidly during these first years, and young children learn best by interacting with people, not screens

So how do you control screen time? Maybe I'm just weak and haven't controlled my children's screen time, but their brains haven't turned to mush yet. And we did dig a maze in the snow in the backyard for the dog. No screens were involved in that family-oriented activity.

- Mike Doughty, Deputy Superintendent



Technology Tip of the Week

Thanks to Diane Smith for the following tech tip:

Transpose Data from a Row to a Column in Excel

You would use this feature if you want to transpose data to get a better display; however, retyping all data would be the last thing you would need to do if you know how to use the Transpose function in Paste. Here's how:

1. **Copy** the area you want to transpose. (A1:D4 in example below)
2. **Move** the pointer to another blank location. G1
3. **Right-Click** on the new cell.
4. Click on the **Transpose** icon.
5. (Or Go to **Home Ribbon**, click on the down arrow under **Paste** and select the same icon as above **Transpose**)



Year	UK	USA	Grand Total
2009	\$ 156,843.61	\$ 452,347.15	\$ 609,190.76
2010	\$ 119,173.75	\$ 306,646.35	\$ 425,820.10
2011	\$ 57,313.55	\$ 136,002.99	\$ 193,316.54

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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 **Kristine Seely**.

- **What are your primary responsibilities?** I review Related Services Provider's documentation and send it out to districts for Medicaid reimbursement which includes: orders for services, supplemental forms, session notes, Medication Administration Record, Under the Direction services, etc. I verify that service providers are up-to-date with the NYS Office of Professions and send registration certification to districts. I also update the Medicaid list on active echo to keep service providers current for Medicaid eligibility.
- **How long have you worked for BOCES?** I am a new employee of Monroe #1 BOCES and have just completed 6 months. I look forward to many more years here!
- **What is your favorite part of your job?** I enjoy the collaboration with nearly 50 districts of Medicaid personnel which keeps me learning the different aspects of the needs for Medicaid requirements in their districts.
- **What do you enjoy doing in your free time?** I have a passion for cooking. I cook three new recipes each week. I recently won a trip to South Beach to attend "Food Network's Food and Wine Festival" this weekend.
- **What is one thing you would like people to know about you?** I have a twin sister.



Professional Development

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

In the Professional Learning Cycle, the professional development piece that follows Instruction for All is Data Driven Instruction. If that is the next step for you, please sign up for the upcoming session of DDI listed in our Internal PD Catalog.

Upcoming Professional Development Opportunities:

- TCI Refresher – February 27th
- Data Driven Instruction – March 3rd
- Effective Communication Skills – March 5th
- TCI Refresher – March 6th

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*

SANE (Sometimes Acronyms Need Explaining)

LVA – Literacy Volunteers of America

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