

Weekly Bulletin

“ Spring is nature's way of saying, 'Let's party!'”
- Robin Williams

Upcoming Events

- May – Mental Health Awareness Month 
- May 3-10 – Children’s Mental Health Awareness Week
- Tues., May 5 – Cinco de Mayo
- Thurs., May 7 – Regular Board Meeting
- Sun, May 10 – Mothers’ Day
- Wed., May 13 – Bird/Morgan Talent Show
- Thurs., May 21 – Regular Board Meeting

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

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A Message from Mike

From pirates building paper helicopters to a whole room of people, “making rain” to Deputy Shannon taking about trends in teenage drug use, Superintendent’s Conference Day was a resounding success. Scott Covell and I were able to visit nearly all of the sites. Planning and implementing this event is a big deal and a lot of work. Thank you to Annette Hauenstein, the instructional specialist team, our technical folks, and all of our presenters. Days like this don’t just happen. This another great example of the power of cooperation and collaboration.

Speaking of collaboration, last week I was able to attend an event at the University of Rochester to celebrate the TOUR (Transition Opportunities at the University of Rochester) program. This program for post high school students is a collaboration between BOCES, the University of Rochester, and Lifetime Assistance. Below is a picture of the participants and a description of the program.

The Transition Class located at the University of Rochester is a 12:1:1 special education program for 18-21-year-old students to remain in an age appropriate school program. The classroom is located in Meliora Hall on the University of Rochester campus. Students in the program participate on campus for half the day; the other half of the day they work toward their individual adult outcomes.



An integral part of the program is matching up UR undergraduate students as mentors to our transition students. During the luncheon, the Dean of the College spoke about the benefits to everybody involved, but it was the students who stole the show. The undergraduate student who spoke talked about the mutual benefits including the true friendships that developed between the UR undergrads and

our transition students. There wasn't a dry eye in the place. As I was talking with several staff members, someone noted that the transition students didn't sit together but with their undergraduate student mentors/academic coaches. It was great to see the positive results of such a collaborative effort. After all, cooperative is our middle name.

Here is a [link to the brochure](#) that describes all of the transition programs that we offer.

- Mike Doughty, Deputy Superintendent



Technology Tip of the Week

Find nearby gas prices

Gas Buddy (gasbuddy.com) provides a website and smartphone app that lists gas prices in your area (sorted lowest to highest), and the smartphone version of the app guides you there with turn-by-turn directions. Just type in a zip code to see a list of gas prices in that area.

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 **Ellie Schipper**.

- **Why are you running or walking in the Corporate Challenge this year?** In past years, I have had a great time collaborating and interacting with my co-workers. I chose to walk the Corporate Challenge last year but I am training to run this year. I really hope we can get a big time this year!
- **What do you enjoy most about the Corporate Challenge?** I love the feeling of community among Monroe #1 BOCES employees. It also makes me feel good that my registration fee is going to a great cause!

The Corporate Challenge is a 3.5 mile walk, jog, or run event. This event donates yearly to a selected not-for-profit organization. **Registration for the JP Morgan and Chase Corporate Challenge is OPEN! The Corporate Challenge will take place on Tuesday, May 26th at 7pm at the Rochester Institute of Technology.**

Use the link below to follow the instructions to register for this great event:

https://www.jporganchasecc.com/companies.php?team_id=413033

For more information about this year's Corporate Challenge please follow the following link:

https://www.jporganchasecc.com/events.php?city_id=3



Programs & Services Update

Music Therapy

Music Therapy Interns Kayla McNamara and Chris Wojdak recently represented Monroe #1-BOCES at the Mid-Atlantic Music Therapy Regional Conference in Ocean City, Maryland.

Kayla co-presented a conference session for Music Therapy students entitled, "What to Expect When You Are Expecting...An Internship" and, during the Research Poster session, Chris presented his historical paper, "Arthur Harrington, MD: Psychiatrist and Musician."

In addition, Chris and Kayla fielded questions from students regarding our National Roster Internship Site at the Monroe #1 BOCES display in the exhibit Hall. Congratulations Kayla and Chris!



- Leslie Hunter, Music Therapist

Computer Office Skills

Dell and Delphina have been in the back of room J-4 debating whether a look is too casual to be "Business Casual" or too formal to be "Business Casual"? Computer Office Skills' students settled the debate. Students selected new "business casual" attire. Afterward, girls and guys alike participated in a neck-tie challenge. (The key word in class is "try".) Thanks to Brian Oliver (para from Pittsford Sutherland) and John DeStefano (para from Penfield) for helping to demonstrate how to tie a neck tie.



- JoAnne Jones, Computer Office Skills Teacher

News and Notes

National Children's Mental Health Awareness Week is May 3 – 10, 2015.

Michele Austin provided you a wonderful link for information on **National Children's Mental Health Awareness Week in the April 20th Bulletin.**

For **Children's Mental Health Awareness Week 2015**, there will be a national focus on the importance of including mental health as a primary public health issue. Mental Health is essential to overall health. We must treat mental health challenges with the same urgency and respect as we treat physical health challenges. The connection between physical health, learning, and mental health has been firmly established. What is equally well established is that the earlier mental health issues are identified and treated, the better the long term outcomes are.



Understand Facts about Children's Mental Health

- Mental health refers to a person's overall emotional and psychological well-being. It impacts how we think, feel, and act, including how a child or adolescent:
 1. Feels about himself/herself
 2. Relates to other children and adults
 3. Handles change, stress and other life situations
- One in five children may experience a mental, emotional, or behavioral health problem before age 18. These problems affect children of all demographic groups, regardless of education, income, race, or culture.
- 75% of school-aged children with a diagnosable mental illness do not receive treatment.

Early identification and early intervention improves lives. Watch, listen, and talk with children about what they are feeling. If you have any concern about a child's or adolescent's stability or ability to adequately cope, relate your concern to a helping resource (mental health counselor, administrator or parent). Make sure students know that they are not alone and that there are people who can help.

- Bill Hurley, Coordinator, Mental Health

SANE (Sometimes Acronyms Need Explaining)

MSD – Most Significant Disability

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