



# Weekly Bulletin

“ I’m always trying to figure out ways to keep hold of memories. My one-sentence journal, for instance.”  
- Gretchen Rubin.

## Upcoming Events

- Tues., Sept. 22 – Yom Kippur Begins at Sundown
- Wed., Sept. 23 – First Day of Autumn
- Sun., Sept 27 – Harvest Moon and Super Moon
- Mon., October 5 – [World Habitat Day](#)
- Thurs., Oct. 8 – Regular Board Meeting
- Mon., Oct. 12 – Columbus Day
- Fri., Oct. 16 – Boss’s Day
- Sat., Oct. 31 – Halloween

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

## A Message from Mike

If you told me in April of this year that I would be writing in a journal every single day, I would’ve told you that you were crazy. It turns out that writing in a journal for five minutes every morning has become a habit and part of my daily routine. I’m not sure how I got into it exactly. Several of the podcasts that I listen to have promoted journaling as a way to focus your thinking.

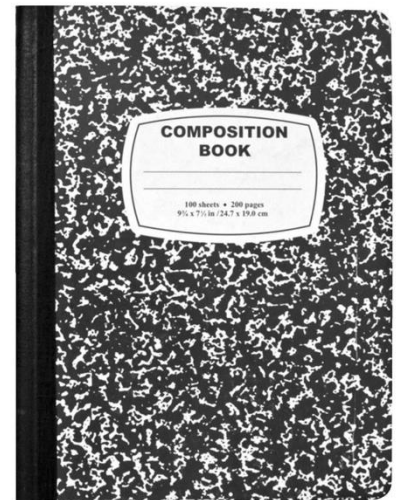
I’m not going to lie. When I started out in April writing every morning it was excruciating. I set a timer for five minutes and I wrote until the timer went off, sometimes stopping midsentence. In the beginning, five minutes seemed like an eternity. I noticed that my hand was cramping up because over the years I had spent so much time keyboarding and so little time actually writing by hand. Fast forward to September 21, 2015. I’ve only missed a few days since I started on April 15, and I have almost filled a second composition book. I write one page per day, and the topics vary. Sometimes I write about the mundane, like what happened the day before. Theresa suggested that I write about what I’m grateful for, so every once in a while I do that. Usually it’s whatever is on my mind that particular morning.

It’s interesting how something that was so difficult to get into initially has now become something that I look forward to every single day. Every few weeks, instead of writing, I’ll go back and read what I wrote in the past. This is fascinating. “I often find myself asking, “What was I thinking when I wrote that?” Sometimes it will remind me of a memory that I had forgotten. If you’ve experimented with journaling, I’d be interested to hear about your experiences with it. If you haven’t, I recommend it.

- Mike Doughty, Deputy Superintendent

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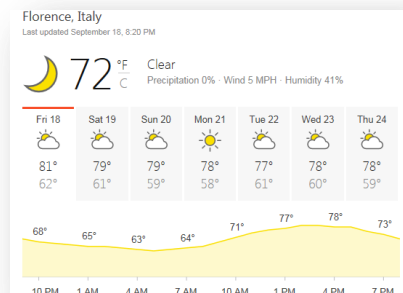


# Technology Tip of the Week

Thanks to Pete Scheid for the following tech tips:

## Tricks to simplify your internet search:

- Searching for a new phone in a specific price range? Try **phone \$50..\$100**
- Not sure of the definition of a word? Try **define:your word here** for example, "**define:pulchritudinous**"
- Maybe you're interested in seeing a movie. Type the movie title and the zip code.  
For example: **movie:14450 movie:Mission Impossible**
- Do you want to know the weather in any city in the world? **What is the forecast for Florence** will give you the weather in Florence, Italy. Looks like no umbrella needed! For any other city, simply change the name of the city in your search.



## Programs & Services Update

The Eastern Monroe Career Center (EMCC) is committed to offering 16 career programs that provide high school students from Brighton, East Irondequoit, East Rochester, Fairport, Honeoye Falls-Lima, Penfield, Pittsford, Rush-Henrietta, Webster and West Irondequoit the opportunity to develop the skills and attitudes they will need to succeed in their chosen careers. Enrollment for the 2015-16 school year is 706 students.

I have come across many students who state to me that they wish their home schools would provide programs like the ones at EMCC. While speaking with a student in the Engineering and Fabrication class, he stated that he wished his school offered this class. I said to him, "They do...it is called EMCC." He looked at me confused. I informed him that EMCC is his high school's CTE program, it just happens to be here.

One of the activities we do with all our programs in the first week is to take them on a tour of EMCC and Monroe #1 BOCES to show them all the programs that are available to high school students in eastern Monroe County.

This [video connection](#) (which is on the EMCC webpage) shows all the programs at EMCC. It was produced by two students from the Visual Communication and Photography program, Jacob Guiseppetti (Penfield) and Adam Montoya (Webster Thomas). They produced it for the EMCC Student Recognition and Certification Ceremony on June 12, 2015.

- John Lisak, EMCC Principal

## Professional Development

### PD at M1B: Engaged in Learning

The number of staff enrolling in our 2015-2016 WinCap WEB Internal Professional Development catalog offerings is amazing! Each day my queue is full of participants needing final approval to enroll in a session. This reveals so much about the staff that we have here at M1B. We have people interested in learning and growing in their roles and in their ability to support our students.

I would like to highlight two of the upcoming offerings. Look for these sessions as well as a series provided on dealing with difficult behaviors, Cognitive Coaching, and so many more as you scroll through the pages of offerings.

- **WCW: How to Work the System?** This session is for people who are new to our WCW system for PD. In this session, staff members with a professional certification will learn how to track their professional hours for the NYS TEACH system.
- **Introduction to Atlas.** This session is for Administrators and Teachers. Rubicon Atlas is our web-based curriculum mapping tool. All BOCES courses or programs have a curriculum map or are working on a map which is housed in Rubicon Atlas. These sessions are to provide guidance with how to access, view and use this resource.

Below are upcoming offerings you may find beneficial for your growth.

**Upcoming Professional Learning Opportunities:**

<b>Mentor Training Part 1</b>	<b>September 22</b>
<b>WCW: How to Work the System?</b>	<b>September 22</b>
<b>Mentor Training Part 2</b>	<b>September 23</b>
<b>SmartBoard User 101</b>	<b>September 23</b>
<b>Therapeutic Crisis Intervention Refresher</b>	<b>September 24</b>
<b>Introduction to Atlas for Teachers</b>	<b>September 24</b>
<b>Introduction to Atlas for Administrators</b>	<b>September 30</b>
<b>Introduction to Atlas for Administrators</b>	<b>October 1</b>
<b>WCW: How to Work the System?</b>	<b>October 1</b>

For these sessions and others, follow this [link](#) to our Internal Catalog in **WinCapWEB** and enroll today!

- Annette Hauenstein, Coordinator of Curriculum, Instruction & Professional Development

## 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 **Jeff Wyman**.

- **What are your primary responsibilities?** I'm the guy who makes you pack up all your belongings and leave your room. Then I fix, build, and paint, hopefully leaving you happy.
- **How long have you worked for BOCES?** It's been 4 ½ very quick years.
- **What is your favorite part of your job?** Meeting and interacting with all the different personalities in the school is my favorite part of the job.
- **What do you enjoy doing in your free time?** What is this free time you speak of? (lol) When I can, I like to ride my sport quad.
- **What is one thing you would like people to know about you?** Never said I was perfect, but I will always try my best.



## SANE (Sometimes Acronyms Need Explaining)

**NYCC**– New York Comprehensive Center

**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