

TOGETHER

February/March 2023

My Fitness Buddy and Me

by Jennifer Merkel

Fitness activities often speed up the heart. The Fitness Buddies program also warms the heart.

At WEMOCO Career and Technical Education (CTE) Center, BOCES 2 CTE Exercise Science students learn about exercise physiology, training, anatomy and nutrition to enter the workforce or continue their studies after high school.

Less than one mile away, Village Plaza One Transition Program students learn daily living skills, self-regulation, functional communication and socialization to thrive as independent and confident adults.

The paths of these students come together every Wednesday when the CTE students trek over to the Transition students and connect with their Fitness Buddies.

Through Fitness Buddies, two students from different programs and with different abilities are paired up to work through a variety of exercises. Exercise Science students demonstrate a skill, assist their buddy, offer words of encouragement and celebrate the Transition students' victories, often with high fives.

"What Fitness Buddies is to me is getting together with other students and helping them improve," said Caleb Quinn, an Exercise Science student and Spencerport senior.

Exercise Science Teacher John Strachan has not only seen his students applying their CTE program knowledge, but he has also watched their professional skills blossom.

"Two of my students have really taken charge in running the two separate groups we have, and they individually work with their own students," said Strachan. "I have seen my students really get out of their comfort zones and become leaders to the Transition students by helping them exercise appropriately and motivating them to do it."



From left, Caleb Quinn demonstrates proper technique as his Fitness Buddy Corey Nelson completes an arm exercise.



From left, Exercise Science student Erin O'Hara, her Fitness Buddy MacKenzie Mulligan-Cheshire and Physical Therapist Kristyn Allen are all smiles as they work through a fitness activity together.

Exercise Science students need to leverage their problem-solving, observation and scaling skills to help their Fitness Buddies through activities.

"There's obviously different levels of how people can do exercises," said Quinn. "Scaling the activity is important because sometimes they'll have trouble doing something or understanding how to do it, so by scaling it and bringing it back to the basics, it really helps them complete the exercises."

Through their participation, Exercise Science students earn work-based learning hours, an indicator of real-world application of their industry-aligned knowledge. Quinn aspires to be a personal trainer after graduation, and he can see a direct tie to the work he'll be doing in the future.

"In the real world, there are going to be people who are just trying to improve and are not at a level where they can do a certain skill yet, so I'd have to scale it down," said Quinn.

"Corey is awesome," added Quinn of his Fitness Buddy. "We always have a good time. We always get the workout done. Sometimes there may be a limitation we have to work around but Corey always works through it and adapts. He's now increasing the weights he can use."

Cindy Webster, Transition Program occupational therapist, has seen firsthand the kindness, patience and professionalism the Exercise Science students exhibit, as well as the growth of the Transition students.

"All Exercise Science students demonstrate encouragement and verbal support," said Webster. "This makes the Village Plaza students feel comfortable, willing to engage and hopefully, progress in their skills."

Each Wednesday, the impact of the Fitness Buddies program can be sensed as encouraging words are heard, smiles are seen and friendships are formed between buddies.

Summer at the Center

Students in grades 6-8 can go beyond just watching others do the things that grab their attention. This summer, they can get a first-hand feel for the things that catch their eye through Summer at the Center. Campers will be able to try out the tools of the trade and find new skills at WEMOCO Career and Technical Education (CTE) Center.

Summer at the Center is a career and technical education summer camp intended for students entering grades 7-9 in September 2023. Camp hours are 9 a.m.-noon. Sessions are run by industry-experienced professionals at WEMOCO CTE Center located at 3589 Big Ridge Road in Spencerport. Transportation is not provided.

2023 Summer at the Center Camps

July 10-14

- Camp Fender Bender (automotive)
- Camp Block Head (construction)
- Camp "Get Ready" (cosmetology)
- Spark Camp (welding)
- Spencerport Junior Fire Academy*
- Junior Police Academy

July 17-21

- Baking Bootcamp
- Camp International Flavor (culinary)
- Camp "Hammer"-Head (carpentry)
- Down on the Farms* (agriculture)

**Camps are held at WEMOCO other than Spencerport Junior Fire Academy and Down on the Farms.*

For full descriptions of the camps and a link to registration, visit www.monroe2boces.org/summer.

Summer at the Center is a collaboration between Monroe 2-Orleans BOCES Center for Workforce Development and Career and Technical Education.



SkillsUSA Fundraiser

Vendor and Craft Show

Saturday, March 25, 2023

10 a.m. to 3 p.m.

WEMOCO Career and Technical Education Center
3589 Big Ridge Road, Spencerport, NY 14559

Handmade creations from talented local craftspeople and vendors featuring top name brands
Over 100 different booths and attractions

Join us to help support SkillsUSA students as they head to state and national competitions

Featuring student-made items and services provided by WEMOCO students

OUR TIMES NOW

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Teachers Union sponsored Raffle

Hiring Event

Thursday, March 23, 2023
3-7 p.m.

3599 Big Ridge Road
Spencerport, NY 14559

Open Positions

- Classroom Faculty
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- Student Support
- Office Support
- Facility Support
- Technology Support
- Extended School Year

Join the educational partner of choice

Pre-Register at
monroe2boces.org/hiring



CTE Students Garner 12 Medals, Area Vice Presidency at SkillsUSA Regionals

by Jennifer Merkel

BOCES 2 Career and Technical Education (CTE) students, teachers, staff and administrators traveled to SUNY Alfred State College of Technology on March 7 for the SkillsUSA New York State Area 1 Regionals. Twelve medals and an officer position accompanied them on the ride back to WEMOCO CTE Center.

Two students placed first in their respective competitions. Steven Kent (Heavy Equipment Operation and Maintenance, Greece) earned gold in Action Skills while Eloy "EJ" Soto (Carpentry, Brockport) garnered the top spot in Carpenter Assistant Basic.

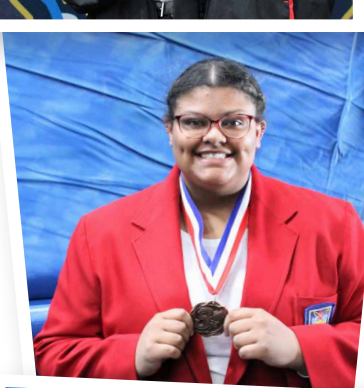
Five students won silver medals. Logan Cameron (Introduction to Construction Trades, Greece) placed second in Carpenter Assistant Basic. Second place in Small Engine Service Basic went to William Ross (Outdoor Powersports Technology, Brockport). Mika Richardson (Welding, Greece) nabbed the

second spot in Welding, while Abigail Steines (Criminal Justice, Gates Chili) placed second in CPR/First Aid. Rounding out the second-place finishers was Macaria Johnson (Cosmetology, Spencerport) in the Cosmetology Senior competition.

Five students placed third in their competitions: Arrow Peryea (Digital and Visual Communication, Gates Chili) in Photography; Katherine Zerrillo (Digital and Visual Communication, Churchville-Chili) in Advertising Design; Tiana Yaw-Owen (Cosmetology, Brockport) in Esthetics Skin Care with Ariana Sutton (Cosmetology, Greece) serving as the model; and Arrienna Brown (Medical Laboratory Assisting and Phlebotomy, Hilton) in Job Interview.

Also at Regionals, Kayla Waddle-Martin (Dental Assisting, Greece) was named New York State Area 1 Vice President.

The next step in the SkillsUSA competitions is the NYS SkillsUSA Competition held in Syracuse at the end of April.



Reading and Rising to the Occasion

by Chris Klem

There is a special magic that happens when older students read stories to a class of preschoolers. All those happy little faces looking up to the visiting “big kid” are transformative. The changes in the readers are subtle, yet undeniable, as they slowly gain confidence in their reading skills and abilities to connect with the young audience.

Student volunteers from Westview in the Department for Exceptional Children visit different BOCES 2 preschool classes several times each year. Recently, two of them stopped into Autumn Lane Elementary School in Greece to meet students in Brittanie Marciniak’s and Stephanie Sekaz’s preschool classrooms. Both groups have been learning about different forms of transportation and community helpers. The older students chose books on those topics and read them aloud.

“The older kids love seeing the little ones and interacting with them,” said Westview teacher Kimberly Stephenson. “In all their volunteer activities, they display a maturity and level of responsibility they might not typically show in school. They rise to the occasion.”



Preschool students eagerly listen to stories about trucks and boats read by a student volunteer from Westview.

Becoming Part of the Community

by Chris Klem

It can be difficult for young people to get out and become familiar with all the resources and activities their community offers. At Westview in the Department for Exceptional Children, fieldtrips are used to help introduce students to what it means to be part of a community.

Learning trips like this are planned carefully so students don’t miss important vocational or academic classes, and often include opportunities for healthy physical activities. Recently, Westview students scheduled a special visit to the Chili Fitness Center (www.chilifitnesscenter.com). They were able to tour the facility and hear about the many classes offered, including yoga, spinning, Zumba and kickboxing. They learned the differences between cardio, weight and circuit training; used the equipment; and tried out a healthy workout routine of their choice with Fitness Center staff.

Of course, learning the rules is an important part of sharing in any community resource. Students learned how to use all of the Center’s amenities properly, including locker rooms, sauna, steam room and the common lounge. They came away understanding how being thoughtful and kind to others can make their own fitness experience even better.



A Sweet Recipe for Success

by Chris Klem

Students in the 6:1:2 class at Westview in the Department for Exceptional Children are always ready for a chance to try out practical life skills. A recent project demonstrated that the difference between making a tasty treat and an inedible mess is sometimes in how well you can follow directions and carefully measure ingredients. Six students took on the challenge of whipping up their own no-bake cookie dough. They each closely followed a recipe for the basic dough, and then they gave their creativity free rein with the addition of mini-M&Ms, toffee bits or butterscotch chips. Lesson learned, deliciously.



Furry Visitors Are Always Welcome

by Chris Klem

We live in a world of stress: both students and adults experience conflict and trauma every day at home and at school. At Westview in the Department for Exceptional Children, the goal is to build bridges between people and create a safe, gentle environment where kindness can thrive, and children can learn. To help achieve this, the school is welcoming some very special visitors – certified therapy dogs.

About once a month, Westview students and staff alike come together to share wet noses, furry cuddles and simple, non-judgmental love with new friends, Emmy, Twinkle and Sparkle. Even on the most difficult of days, these calm, canine souls can bring smiles and healing.

“It’s magical to see kids connecting so quickly and easily with an animal, when it may be so challenging for them to interact with other people,” said Westview Supervisor Nicole Littlewood. “There are tough days when our staff members benefit just as much as the kids do. The shared experience can bring students and staff together in new, unexpected and productive ways.”

The visiting therapy dogs come from RocDog (<https://rocdog.org/>), a nonprofit that works with over 100 facilities around Rochester.



Emmy makes new friends at Westview. She is a certified therapy dog, and she and her handler work with local nonprofit RocDog.



Staff and students benefit from friendly canine visitors like Twinkle and Sparkle.

Black CTE Trailblazers Recognized

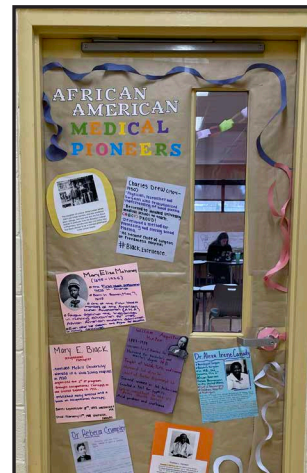
by Jennifer Merkel

In honor of Black History Month, BOCES 2 Career and Technical Education (CTE) highlighted the work of CTE trailblazers throughout the WEMOCO building and on social media.

CTE ROC2Change students spearheaded activities in the building, such as themed announcements and door decorating. Throughout the building, doors were adorned with the faces and contributions of industry-aligned Black men and

women. Educators, photographers, medical professionals, chefs and more were featured.

Furthermore, the accomplishments of Black individuals were shared on CTE’s Facebook and Twitter accounts (@WEMOCOCTE). Followers were able to learn about individuals representing career clusters including Gerald “Jerry” Lawson, an engineer who revolutionized video games, and Pa’Trice Frazier, a welder determined to defy gender and race norms.



CELEBRATING CTE TRAILBLAZERS

GERALD “JERRY” LAWSON

Engineer who Revolutionized the Video Game Industry

Jerry Lawson is one of the fathers of modern gaming and led the team that developed the a video gaming system that changed the industry. The Fairchild Channel F system was the first console that featured interchangeable game cartridges, an 8-way digital joystick and a pause menu. The Channel F paved the way for future gaming systems like the Atari, SNES, Dreamcast and more. In 1980, Lawson started his own company, VideoSoft—one of the earliest Black-owned video game development companies. The company created software for the Atari 2600, which popularized the cartridge Lawson and his team developed.

Coordinating CTE Career Cluster: Information Technology

Photo and information source: <https://www.google.com/docs/d/gerald-jerry-lawson-2nd-birthday>

**WEMOCO HONORS
BLACK HISTORY MONTH**

CELEBRATING CTE TRAILBLAZERS

PA'TRICE FRAZIER

Welder who Sparks the Future of the Trade

Pa'Trice Frazier's interest was ignited by a newspaper article about the massive shortage of welders. She then discovered that few welders were women, even fewer Black. She wanted to beat the numbers; she earned her certification within two years. Over the years, Pa'Trice became specialized in tungsten inert gas (TIG) welding, a precise skill that requires a steady hand. She used her talents on large-scale projects but yearned for more. Pa'Trice set her sights on the next generation of welders. She became a welding teacher and opened her own company to educate individuals from all backgrounds about the benefits of a welding career.

Coordinating CTE Career Cluster: Manufacturing

Photo and information source: <https://www.inquirer.com/news/pa-trice-frazier-photography-welding-education-ability>

**WEMOCO HONORS
BLACK HISTORY MONTH**

The Career Forecast is Sunny and Successful

by Chris Klem

Communication was the theme of the month in Hospitality and Applied Skills (HaAS) and Career Skills Center classes at the BOCES 2 Exceptional Children Learning Center (ECLC). Students had participated in a variety of activities centered on the art of communication and how important it is in career development. On March 1, they were well prepared to welcome a communications expert to their classroom: WHAM-TV meteorologist Mark McLean.

Students had just watched McLean on the noon weathercast on TV, and they were delighted to meet the local celebrity in person. One student joked, "Look, he's real!" McLean enjoyed the humor and had fun with his audience. He shared a short video tour of the TV station and students listened closely as



Meteorologist Mark McLean uses a simple science experiment to help explain cloud formation.

he explained some of the challenges of being a professional communicator. He spoke about the behind-the-scenes process of creating a forecast and brought along several forecasting tools, like part of a weather balloon and

a rain gauge. Students were intrigued by a demonstration showing how air pressure creates clouds.

McLean gave his listeners an opportunity to ask questions, and curious students took full advantage of it. Questions ranged from "How do clouds stay in the sky?" and "What does a cloud weigh?" to "How do you know what to say when a storm is coming?" and "Will we have a snow day on Friday?"

Career Skills Center teacher Andrew Fowler said, "The entire ECLC community thanks Mr. McLean for taking time out of his busy day to inspire our students!"

The monthly themes used in the Career Skills Center classroom and in teacher Samantha Fowler's HaAS classes are derived from the Career Development and Occupational Studies New York Learning Standards. They help students become knowledgeable about the world of work, explore career options, and relate personal skills, aptitudes and abilities to future career decisions.



WHAM-TV fans at ECLC having a fun time with visitor Mark McLean.

PUSH Physical Theatre Premieres "FLUSH" at BOCES 2

by Chris Klem

The atmosphere at the Professional Development Center was charged with excitement as dozens of BOCES 2 students and staff members filled the seats for the opening of PUSH Physical Theatre's newest show. "FLUSH – Your Future Self Will Thank You" is a unique collaboration of two passionate doctors from the Department of Nephrology at URM.

The audience, comprised of middle schoolers from Ridgcrest Academy, along with 12:1:1 and 6:1:1 classes from Spencerport's Cosgrove Middle School (MS) and Churchville-Chili MS, laughed at the interactions between a man and his two kidneys. The humor and physicality of the performance kept students engaged as they learned how drinking more water, exercising, ingesting less salt and eating healthy foods



The show featured physical storytelling with humorous conversations between a man and his kidneys.

could keep their kidneys (and their future selves) happy and healthy.

Invited to interact with the artists and doctors afterwards, audience members asked insightful questions about where kidneys are located; why they are important to our bones, muscles and brains; and how they work with other vital organs. The audience was asked to share their reviews of the performance. Between the smiles and thumbs-up given, comments were enthusiastically positive. One student said, "I had fun because I could tell you all were having fun! It was just so much fun to watch you enjoy telling the story."

URMC's Dr. Thun Lee and Dr. Fahaad Saeed conceived this show three years ago with the goal of empowering students in grades 5-8 to focus on simple things they can do right now to gain strength and energy for their bodies and brains. PUSH, which partnered with BOCES 2 last summer to introduce students to wellness and movement, chose the district to be their "pilot" school for the show. They hope to bring this performance to many other school districts. Learn more about PUSH Physical Theatre at <https://www.pushtheatre.org/>



PUSH artists interacted with their audience encouraging them to explore movement.

Equity and Inclusion at Brockport High School

by Chris Klem

Students in teacher Craig Coon's Principles of Engineering class at Brockport High School are taking their technology studies in an unexpected direction. They have challenged themselves to invent new ways for peers in the school's 6:1:1 Medically Fragile class to participate more fully in a variety of physical activities. For these students, physical limitations may hinder their ability to throw a ball, do science experiments or express themselves artistically. They may sometimes find themselves sitting on the sidelines, unable to take a more active role in special activities, PE class or some academic classes – limited not by their desire to join in, but by their power to move.

Coon, in collaboration with BOCES 2 teacher Susan DeJohn and Assistive Technology Consultant Lindsey Brugger, decided to turn to his technology students for solutions. They began by encouraging the students in both classes to connect

and communicate, getting to know each other, and sharing their thoughts and challenges.

"We asked the technology students to think about how our kids could participate in modified ways – how technology could be used to give them more access," said Brugger. The engineering students had been studying switches, so they began brainstorming there. Ideas were proposed: building a switch-activated catapult that could be used to collect data for science experiments or to hit golf balls; using a switch to power the movement of an artist's brush.

Prototypes were designed, built and then brought to DeJohn's class for user testing. The joy of collaborating with peers was evident on every face, as buttons were pressed and catapults were triggered. The next step will be reworking and refining the mechanisms, based on user feedback.



An engineering student showing an enthusiastic peer how to use a single touch, button-operated catapult.



Members of the high school's Principles of Engineering class demonstrate the prototype of the catapult tool they designed.

In-Demand and Ready to Enter the Workforce

by Jennifer Merkel

Perfection. That is what the latest class of Center for Workforce Development Nurse Assisting students achieved.

Nine adult students recently sat for the New York State (NYS) Nursing Home Nurse Aide Competency Examination and 100% of them passed. These newly certified adults can now practice anywhere in the state.

As part of the adult education program, students learned emergency care and safety; circulatory and respiratory care; body mechanics; hygiene and grooming; nutrition and exercise; dementia and end of life care; infection control; and digestive systems.

In addition to technical knowledge and skills learned in the classroom, students received first-hand training in caring for and respecting patients and residents through a 32-hour clinical experience. This program also included employment skills development and basic computer literacy for database familiarity.

Between 2021-31, the U.S. Bureau of Labor Statistics is projecting a 20% employment increase for roles related to this program (home health and personal care aides, nursing assistants, orderlies, and psychiatric aides). Home health and personal care aides are predicted to be the most in-demand with a projected 25% employment increase.

Condolences to:

The family of **Kimberly Burch** (retiree); **Karen Gallagher** on the death of her uncle; the family of **Joyce Gollel** (retiree); **Dave Pettine** on the death of his mother-in-law; the family of **Sandy Quinn** (retiree); **Joan Westphal** on the death of her brother-in-law.

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Award-winning publication

To view our newsletter online, visit
<https://www.monroe2boces.org/Newsletters.aspx>.
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Mission

We provide quality, cost-effective educational services in partnership with school districts and the community in a manner that supports excellence and equity for all learners. We are committed to customer satisfaction, continuous improvement, and personal and professional growth.

Vision

Monroe 2–Orleans BOCES is the educational partner of choice. We strive for continuous improvement in serving the diverse needs of our community, helping all students achieve their full potential.

The Monroe 2–Orleans Board of Cooperative Educational Services does not discriminate on the basis of age, sex, race, religion, color, national origin, disability, creed, marital status, veteran status, military status, sexual orientation, prior criminal offense, domestic violence victim status, gender identity, gender expression or genetic status in its programs or activities, and it provides equal access to the Boy Scouts of America and other designated youth groups. The following person has been designated to handle complaints/inquiries regarding the BOCES' non-discrimination policies: Director of Human Resources, 3599 Big Ridge Road, Spencerport, NY 14559, 585-352-2420, and is also the Title VII and Title IX Officer.

For further information on notice of non-discrimination, visit <https://www2.ed.gov/about/offices/list/ocr/addresses.html> for the address and phone number of the office that serves your area, or call 1-800-421-3481. Please note that those wishing to file a complaint may also do so through the Department of Education's Office for Civil Rights at <https://www2.ed.gov/about/offices/list/ocr/complaintprocess.html>. See also New York State Executive Law 296.

BOCES 4 Science Adds New Product

by Jennifer Merkel

Beginning in Spring 2024, the new Elementary- and Intermediate-level Science Tests will be administered to students in Grades 5 and 8. These tests are designed to measure students' understanding of science skills and concepts contained in the New York State Science Learning Standards (NYSSLS).

Prior to the written test, students will be expected to participate in a series of Investigation tasks. Investigation tasks are designed to be embedded into instruction and can be offered at any time in the school year.

BOCES 4 Science now offers Science Investigation Kits for both the Elementary- and Intermediate-level Investigation tasks, as well as the associated professional learning.

For more details, visit the BOCES 4 Science website (boces4science.org).

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