



Erie County Association of School Boards

Fall District Clerk Program

THURSDAY OCTOBER 5, 2023

11:30 a.m. Start Time

**Webster Szanyi LLP
& ECASB present:
Fall 2023
District Clerk
Program
AT Erie 1 BOCES
355 Harlem Road
Enter Building A or B
Room location is:
A219**

October 5, 2023

11:30 a.m.

- 3:00 p.m

**DEADLINE
REGISTRATION DATE:**

**THURSDAY,
SEPTEMBER 28, 2023**

COST IS \$30

**Register early
space is limited!
30 spaces available**



WEBSTER SZANYI LLP

Webster Szanyi, LLP is proud sponsor of the
ECASB Annual District Clerk Award.

The ECASB District Clerk Fall Program is a program for District Clerks in Erie, Niagara, Cattaraugus and Chautauqua Counties designed by District Clerks.

Topics will include:

- Parliamentary Procedures / Roberts Rules of Order
- The Reorganization Meeting
- Resetting Your Sleep

A special program designed specifically for District Clerks in WNY to address Mental Health and Well Being.

Presenters:

- Jay Worona, Deputy Executive Director and Legal Counsel for New York State School Boards Association
- Melanie Beardsley, Esq. from Webster Szanyi LLP.
- Soda Kuczkowski, Sleep Health Educator and Certified Sleep Coach

Schedule:

- 11:30 a.m. - Announcements from District Clerks
 - Deb Custodi, Amherst CSD
 - Jessica Neischel, Depew UFSD
 - Gina Santa Maria, Ken Ton UFSD
- 11:45 a.m. - Melanie Beardsley, Esq.



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- 1:00 p.m. - Jay Worona, Esq.
 - 2:00 p.m. - Soda Kuczkowski
 - 3:00 p.m. - Good Bye, Questions and Comments
- * Lunch will be provided by Dave's Kitchen at Erie 1 BOCES. When District Clerks register, we will provide you with the menu from Dave's Kitchen at Erie 1 BOCES. The lunch will be provided upon arrival. The program will be a "working lunch"

About Presenters:

Soda Kuczkowski is a Sleep Health Educator and Certified Sleep Coach who has passionately worked in the field of sleep medicine and sleep health for the past 17 years. She is the founder of Start With Sleep LLC, an organization that serves as a community resource for sleep health advocacy by providing programming and training for health professionals, school systems and corporate wellness initiatives. She provides global seminars as well as sleep consulting and coaching services. Her presentation, "Reset Your Sleep" seminar will help you learn how to manage your day to take back your night. The session will determine your sleep type, and the day-to-day lifestyle choices that can create sleep challenges at night, as well as tips for optimizing your sleep.