

## **Buffalo Hide Academy Board Report – 12/16/25**

### **Strengths-Based Suicide Assessment Workshop Summary**

Buffalo Hide Academy recently hosted a two-day strengths-based suicide assessment and intervention training led by Dr. John Sommers-Flanagan and Dr. Tammy Knolleson, two highly respected experts from the University of Montana. All BPS counselors and administrators participated, underscoring the district's commitment to ensuring every student has access to safe, skilled, and compassionate support.

The workshop focused on practical, research-informed strategies for assessing suicide risk through a strengths-based lens—one that emphasizes protective factors, student capabilities, and collaborative problem-solving. Participants learned critical intervention techniques designed to de-escalate crisis situations while fostering trust, dignity, and emotional safety.

A central theme of the training was the importance of healthy, supportive relationships within our school buildings. Dr. Sommers-Flanagan and Dr. Knolleson highlighted how strong relational connections between staff and students not only improve early identification of concerns, but also serve as a powerful foundation for resilience and wellness.

This workshop represents a major step forward in expanding our district's collective capacity to respond to student mental health needs with confidence, consistency, and care.



## Sewing/Textile Classes at BHA

Buffalo Hide Academy has been fortunate to welcome Sharon Tucker, whose sewing and textile arts classes have quickly become a highlight for our students. Sharon has introduced BHA students to both machine sewing and hand-stitching, empowering them with practical skills and creative confidence. Using donated denim scraps and repurposed fabric, students have been making quilts, “grandma dolls,” and a variety of personalized projects that reflect their imagination and care.

These classes have not only nurtured artistic expression, but have also supported fine-motor development, problem-solving, patience, and a sense of accomplishment. Sharon’s presence has been a wonderful addition to BHA, and her classroom continues to be a place where students feel proud, engaged, and excited to create something meaningful with their own hands.



## BHA Wellness Google Classroom

Buffalo Hide Academy's Wellness Google Classroom continues to be an essential resource for supporting students' emotional health and resilience. The class is designed to promote protective factors and teach practical coping strategies that students can integrate into their daily routines. Each week, students engage in structured CBT-based assignments paired with hands-on activities that encourage them to explore what actually works for managing stress, navigating conflict, and building healthier thought patterns.

The goal is simple: give our students a toolkit they can rely on—both in school and beyond. Early feedback shows that many students are finding sustainable, personalized strategies for dealing with distress, making the Wellness Classroom a meaningful and accessible extension of our therapeutic support system at BHA.

Forest Bathing

Due Nov 13

One of the best ways to reduce our exposure to cortisol is to integrate healthy coping mechanisms into our daily life.

Forest bathing - the act of being in nature and just simply being present - has been identified as an extremely effective strategy.

For this exercise: try the following.....

Find a quiet outdoor spot — a park, trail, or even a patch of trees. Walk slowly or sit still. Breathe deeply, listen to the wind or birds, notice colors and smells, and let your mind relax. You don't have to "do" anything — just be present. Even can lower stress and cortisol, boost mood, and help you feel more grounded.

Do this once per day for 7 days, and tell me what this experience was like for you in the attached google doc!

Image

Forest Bathing Activity  
Google Docs

[View instructions](#)
[Review work](#)

Uplifting Music

Posted Sep 24

Witness Something Inspiring

Due Oct 15

Intentional Acts of Kindness

Due Oct 29

## BHA Attendance Rate for the month of November

**72%** - We are averaging approximately 72% attendance during the month of November. While we are pleased with this rate as it is a huge improvement from this time last year, we are continuing to work toward our goal of having attendance rates in the 80's. We appreciate the support and patience of BPS admin and school board, and we're working hard to get our kids in here every single day!

School: Browning High School Calendar: 25-26 William Buffalo Hide										
Grade	Student Count	Membership Days	Absent Days	Present Days	ADM	ADA	Unexcused Days	Absences Avg. Daily	Percent In Attendance	
09	7	112	41.06	70.94	7.00	4.44	41.06	2.57	63.34%	
10	25	386	127.21	258.79	24.13	16.17	126.60	7.93	67.04%	
11	30	480	163.43	316.57	30.00	19.79	163.43	10.22	65.95%	
12	73	1126	264.85	861.15	70.39	53.87	262.86	16.42	76.48%	
13	0	0	0.00	0.00	0.00	0.00	0.00	0.00	N/A	
14	0	0	0.00	0.00	0.00	0.00	0.00	0.00	N/A	
<b>Total</b>	<b>6</b>	<b>135</b>	<b>2104</b>	<b>596.55</b>	<b>1507.45</b>	<b>131.52</b>	<b>94.27</b>	<b>593.95</b>	<b>37.14</b>	<b>71.65%</b>