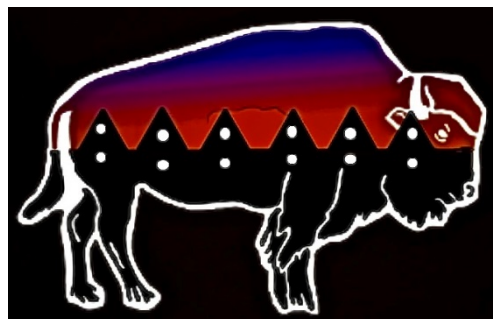


# Buffalo Hide Academy

February 2022



## Wellness

Though the winter winds and snow can make for treacherous conditions, BHA students and staff braved the elements for not just one, but two field trips during the month. On February 10<sup>th</sup>, we were fortunate to be invited by the Pikuni Lodge Institute to go cross-country skiing at Maria's Pass. Students were outfitted with all the necessary equipment – plus hot chocolate to keep us warm. After a quick tutorial, we played tag and sharks 'n minnows on the skis, followed by a guided tour through the rolling foothills. A couple students – Joe and Richard BirdRattler – were having such a good time that they were able to convince their teacher (Jason Krane) to stay later and explore even more! It was a memorable day and we are truly grateful to Kristin and Wyatt of the Pikuni Lodge Institute for the opportunity.

The following week we were lucky enough to take students and staff to Teton Pass for a day of downhill skiing and snowboarding (and for some, staying warm in the lodge!). Again, students were given the necessary equipment to have a day of fun on the slopes. And after a quick lesson on the bunny hill, students were given the green light to explore the rest of the mountain.

We also wanted to take the time to recognize both Food Services and the Transportation Department for **ALL** they do to help us create memorable experiences for our students. Specifically, we'd like to shout out to Ms. Jamie BullCalf and Mr. Brian Weatherwax from Transportation, and the cooks at Browning Elementary – Brent StillSmoking and Michelle Plouffe.







## **Academics/Learning**

During the first half of 3rd Quarter students in the Health and PE classroom have been working on tracking and analyzing goals set for their personal health. Using daily tracking sheets students set personal goals in the areas of both physical health and mental-emotional health that they could track over a three-week period.

The personal health areas students focused on were in exercise/physical activity, eating/diet, and sleep. Some goals include reaching 7,000 or more steps a day, running and or walking 2-3 miles, improving cardio endurance, or working with a daily weight lifting routine to improve strength.

In areas related to diet some students chose to track and limit their sugar intake, increase their fruit and vegetable intake, or reduce their overall calorie intake. Other students sought to improve their quality or quantity of sleep each night by tracking hours of sleep and reflecting on their status after sleeping each night.

In the mental-emotional area, some students created goals related to reducing their anxiety and stress levels, while others sought to improve their level of happiness or foster a more positive attitude in their daily lives. To achieve this, they considered various changes to their daily routines, habits, behaviors, and thoughts like limiting screen time, exercising more, trying meditations or other positive practices that they thought might help induce positive changes and new healthy focused behaviors.

As students wrap up and reflect on the first three week of data collection around these goals, they will begin a second round of goal racking with the data sheets. Some students are choosing to continue with the goals they set from the previous three weeks, while others have refined their goals or decided to develop new goals based on how they progressed with their past goals.

The hope with this project is to have students understand how their daily behaviors can affect their overall health physically, mentally, emotionally and even socially. They then can work to develop strategies that allow them to reflect on the behaviors and habits they have that might be negatively affecting these areas. And then they can work to make changes to improve these areas of their health.

## **Culture/Community**

Mr. Rink is currently teaching a Blackfoot Language class at BHA at the beginning of each day. It's an exciting time to be teaching the language right now as language education is going through a period of renaissance on the new foundation of William Big Bull's writing system. For the first time ever, the Blackfoot Language has a consistent, truly phonetic writing system developed by a fluent speaker that accurately represents sounds unique to the language, and preserves morphemes, in a way we've never seen before. This is incredible as this is the first time we have been able to work towards **true literacy** for our language.

While Mr. Rink is far from a fluent speaker himself, the Big Bull writing system allows him to solidify the foundation of Blackfoot Language literacy within his students, giving them the groundwork to learn more language independently, or from other teachers working within the writing system. It will help even if other teachers are using inferior methods.

In addition to gaining a foundation in the written language, students are also practicing their pronunciation and participating in one of the most effective language learning methods yet discovered for native languages, Accelerated Second Language Acquisition or ASLA. Students have also had the opportunity to watch recently recorded videos in which fluent speakers have casual conversation. This is also a profound novelty in language learning, as no such casual conversation videos have been produced and made available to students before. They also experience guest speakers such as the leader in language revitalization in our community and director of the BNAS dept. Robert Hall, and a potential future visit by William Big Bull himself.

## **BHA Student Spotlight**

**Name:** Trey LittleYoungMan

**Grade:** 12th

**Years at BHA:** 3

**Fun Fact:** When he was 15, Trey rescued a young child that had fallen into a swimming pool.

Trey has been with the Academy since before Covid, which seems like a lifetime ago! During these years, he has demonstrated tremendous growth – both academically as well as socially/emotionally, and is now a role model in and out of the building. Trey is one of the first students to arrive every morning and one of the last to leave in the afternoons.

Trey, we are so proud of the person you are today and all the hard work you've have put in to position yourself for graduation this Spring. Good luck in all you do in the future.... Lots of love from your Buffalo Hide Family!

