

Buffalo Hide Academy: October 2020

Looking Ahead to 2nd Quarter

We are working on improving our skills as online educators and are focused on developing meaningful relationships with our students and their families. We currently have approximately 80 students and are welcoming 14 more from Browning High School for 2nd quarter.

Teacher Spotlight: Greg Klauk

Greg Klauk has taught English for us for over a decade. In order to better serve our students Greg has earned an extra endorsement and is now certified to teach Science as well! This will help our students tremendously and we applaud Greg for his efforts and sacrifice in order to help our students.

Mr. Klauk will integrate Life Skills, Health and Wellness all in the area of Science! We would like to Highlight one of Greg's classes:



Lesson 1: Introduction to Nutrition

In this science course we will cover the concepts associated with the biology of the human body, and how nutrition (foods & drinks) and fitness (physical activity) affect our physical, mental, emotional well-being. The first concepts that this assignment will be discussing and reviewing include **nutrition** and **energy sources** and how we borrow or utilize stored energy from our environment to sustain or life. You will use the links provided below to help guide and inform your learn about these concepts.

Resources: Be sure to view each of the videos and read through the reading links to help you find the definitions for the terms in the vocabulary section below and to find the answers to the questions in the question section.

[Link 1 - What is Nutrition](#)

[Link 2 - Essential Nutrients & Your Health](#)

[Link 3 - Calories](#)

[Link 4 -Carbohydrates](#)

[Link 5 - Types of Fats](#)

[Link 6 - Nutrition & Your Brain](#)

[Link 7 - Biological Molecules](#)

[Link 8 - Reading about Nutrition & Your Health](#)

Vocabulary section: define the following terms and find examples for each using the resources provided above or from your personal experiences.

Vocabulary Terms:	Definition found in the Resources:	Examples of each you find in the world:
Calorie		
Basal Metabolic Rate (BMR)		
Biological Molecules		
Carbohydrates		
Fats/Lipids		
Proteins		
Amino Acids		
Nutrition		
Nutrients		
Essential Nutrients		
Minerals		
Vitamins		
Fiber		

Glucose		
Glycogen		

Questions: Complete each of the questions in the answer boxes provided below each question. Be sure to answer in full sentences, using examples from the links provided at the beginning of this lesson.

1. Link one is a brief video that summarizes what nutrition is and why it's important. What are two important aspects of nutrition for your health mentioned in the first link and what are two negative effects of poor nutrition and diet mentioned in the same link?
2. Why are a balanced diet and proper nutrition important for your brain's health now and in the future when you're old? (Review links 5 & 6 to help with this question).
3. What is the more common name for lipids that we usually use and include one example of how these can be harmful to our health and one example of how these are used in a positive way by your body? (See links 5, 6, 7 & 8 to help here).
4. What are the three biological molecules or the three sources of energy we and all living organisms need to survive and what foods and drinks can we find them in? (see links 2, 3 & 7).
5. Where does all biological energy come from original and what do plants convert this into that we need to make energy?
6. What are the 9 amino acids we need, that are mentioned in Link 7, and what food or energy source do we get them from?
7. What muddiest points or confusing parts are there in this lesson?

BHA: Quality Improvement

Dr. Rob Petrone has been a welcome support and resource for several years. Rob is helping us grow as a staff and sharpen our professional skills. The first step in this process is a comprehensive survey of our staff. The information from this survey will help us grow and improve our services to our students and the community as well as shape further Professional Development. Below is a section of the interview focused specifically on the teaching staff of BHA:

Teachers

- How long have you been teaching at BHA?
- How did you come to teach at BHA in the first place?
 - If you taught elsewhere, can you explain how BHA compares with previous schools where you taught?
- What do you teach at BHA?
 - Is there a particular class you enjoy teaching the most? The least?
 - Is there a class you don't teach here but wish you did?
- What is the best part of teaching at BHA?
- What is the hardest/most challenging part of teaching at BHA?
- What is one thing you wish you had more access to or experience or training in to help you in your job? Is there any type of support you'd like to have to do your job better?
- From your perspective, what are the central goals of BHA?
- How well do you think the school meets its goals?
- What thoughts do you have about the best ways to measure the goals at BHA?
- What do you think the students get out of their experience at/with BHA? How do you think it impacts them?
 - How do you know this? What 'evidence' do you have to support this?
- Is there any one thing at BHA that you think is the most important or most effective for the students?
- I've heard people talk about Buffalo Hide as being "trauma-informed" or "trauma-engaged." What does that mean to you?
 - Can you give me an example of what this looks like at BHA?

- How do you understand trauma? How would you explain it or define it?
- Based on my previous experiences at the school, I know many of the students share experiences with the staff at the school that are quite painful and difficult. How is that for you to hear the students' stories?
- My sister is a trauma therapist in NY City, and she often talks with me about the notion of vicarious or secondary trauma. Do you know what this is?
 - Do you feel like you have to manage this in your own life? If yes, how do you?
- I know BHA is considered an "alternative" school. From your perspective, what makes it alternative?
- BHA is situated on the Blackfeet Reservation and the students are all Blackfeet in one way or another. How much does this cultural context factor into your teaching?
 - Can you explain?
 - Do you ever bring this cultural context into the curriculum explicitly?
- What is one thing you wish people beyond this community knew about BHA?
- What might be a good question to ask others in this interview?

Buffalo Hide Academy Story Robe

Communication is key, using email, social media, phone calls and contactless visits, we are dedicated to constant and positive communication. One of our tools is our periodic newsletters. We would like to share this information with you:

Buffalo Hide Academy Story Robe

Browning, MT - (406) 338-4380

Greetings from BHA! And welcome to our new bi-weekly newsletter, *The BHA Story Robe*. In this space we'll be highlighting students' accomplishments as well as providing important updates and things you need to know. As always, be well, and reach out to us if you need anything!

Senior Spotlight - Bryan DuCharme
First Graduate of 2020/21! Congrats Bryan!



Name. **Bryan J. DuCharme**

Bryan's Fun Fact. **You'll spend 6 months of your life waiting for a red light to turn green.**

Favorite BHA Memory? **Playing Magic the Gathering with Rink**

Where is Bryan going from here? **Headed to the Military!**

Sage advice for all: **"No matter how hard life gets, keep going. Don't give up."**

BHA 1st Quarter Shout Outs!



Top Credit Earner: Kaydance
Sinclair

Credit Recovery All Stars: Talia Marceau, Patty
Spotted Bear, Lacie Pambrun

Counseling Corner Hero: LyLayna NoRunner



What's up at BHA right now?

Our 1st quarter wraps up Friday, October 30. New 2nd quarter classes will begin Monday, November 2. We'll continue to offer our classes

both online via Google classroom, as well as printing out hard copies of all course work. Students can arrange to pickup/dropoff completed work @ BHA. Staffing is somewhat limited, so please call ahead to arrange so we can make sure we are available. We'll also begin delivering course materials the week of Nov. 3.

Important Stuff Happening Soon! Bi-weekly home visits for all BHA students will begin Tuesday, November 3. Your favorite counselors, principal, and teachers will be knocking on everyone's door starting next week to deliver art supplies, 2nd quarter materials, Grad Plans, and other various swag. We'll be making visits safely and in accordance with CDC guidelines! If you miss us at a weekly drop off, you'll need to pick up necessary items from BHA.

-College Application Week Extended! There's a single application that allows you to apply to all Montana University System schools at once - and it's FREE! Use this link to start your central application:
<https://applymontana.mus.edu/>

-FAFSA Season is upon us. Priority deadline is coming up - 12/1/20! Charlie posted a tutorial video about starting the FAFSA process in the Culture of the Academy google classroom. Check it out, and call Chris or Charlie with any questions!

BHA Self Care Tip #1- Many people believe that listening to music can help us feel better, as it serves like a megaphone for us to express whatever we're experiencing. Charlie recommends Heavy Metal and Punk for this purpose. Klauk recommends Ariana Grande. Katie recommends 90's gangster rap.

Please continue to lay low and socially distance from everyone that's not in your household. Wear masks, wash your hands frequently, and don't forget to practice Self Care!

We hope everyone is well! Sincerely, BHA Staff