

Buffalo Hide Academy August Board Report

With only one week of work under our belt we are excited to prepare for the upcoming year. The highlight so far has been the School Administrators of Montana conference. Key note speaker Kristin Van Marter Souers presented on Fostering resilient learners.

It was incredibly exciting for me as a follower of Trauma Informed Schools to see these practices become more “mainstreamed” and highlighted at our States Leadership Conference.

The presentation included:

Trauma Invested Strategies:

Understanding the distinction between: Trauma Inducing, Trauma-Indifferent, Trauma-Informed and Trauma-Invested

Seven Key things to Remember when addressing student needs

1. All students and staff deserve to feel supported and safe
2. All behavior is an expression of a need
3. Know the systems of meaning for both your staff and your student
4. Keep in mind the ultimate goal you have for your student
5. All students deserve to be viewed with strength
6. There is no simple solution, and students must be included in the process
7. Strong and solid Tier 1 approaches that whole staff have agreed to will assist you in your support of student success.

4 of the most common needs we see students expressing

1. Emotional Needs
2. The need for healthy relationships and connections
3. Physical needs
4. The need for Control or choice

The Three R's of Trauma Informed Classrooms/Schools

1. Relationship: A meaningful connection with another human being- in particular a students healthy-enough, safe-enough relationship with a teacher.
2. Responsibility: A sense of self-worth, efficacy, and competence.
3. Regulation: The ability to take in stimuli and manage emotional and behavioral responses accordingly.

Things the Brain Needs to be Healthy:

1. Sleep

2. Brain Food: Healthy diet
3. Water
4. Exercise: Physical activity is associated with healthy brains and bodies
5. Breathe
6. Teamwork/ learning is a social activity
7. Challenge: Push the limits of your skills and knowledge often
8. Limited Screen Time
9. Laughter
10. Gratitude: Express your thanks often and honestly

Six steps to Reaching Students:

1. Identify what need a behavior is expressing
2. See the worth in each student and build from his or her strengths
3. Remember the kids can't learn if they don't feel safe.
4. Work from a team perspective
5. Consider whether a basic need isn't being met.
6. Give students grace