

Buffalo Hide Academy November Board Report 2023

Food Sovereignty Continued

For three Fridays in a row, students at Buffalo Hide Academy spent their whole mornings processing wild game. The project was an enormous success, and the three Mondays following, those students got to bring home deer and buffalo dry meat to their families. The feedback we got from students and the family members they shared with was overwhelmingly positive.

Teachers led students on the first day through proper knife safety instruction before demonstrating multiple “styles” of cutting dry meat from already processed buffalo roasts from the buffalo BHA harvested on a field trip last year. Current students who were also here last year for that harvest expressed powerful positive feelings seeing and being a part of the whole process from living buffalo to delicious nutritious flavored and dried meat.

The next week our teacher Jake Arrowtop brought in 2 full white tail deer and the students were able to process them down to steaks, grinding meat, and more dry meat all before lunchtime. And the third week 2 students brought in 2 more deer that our students were able to process with almost no instruction or guidance from teachers. A few of the students that had been part of the processing the prior weeks were even teaching other students that had missed out.

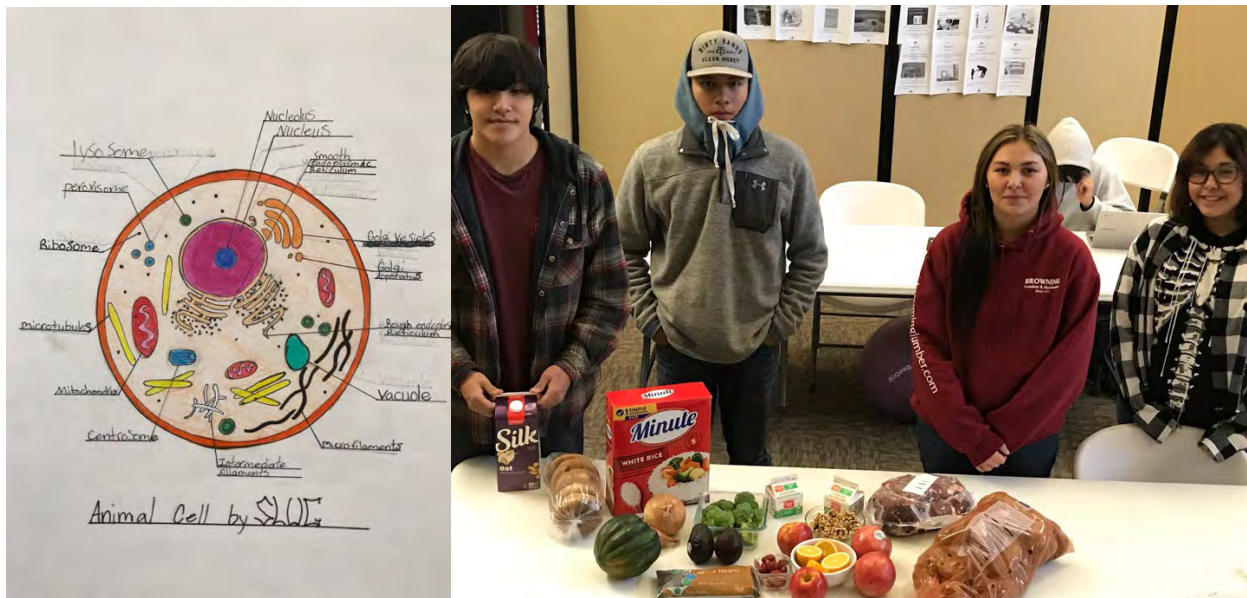
The whole project had students passionately engaged, and in the end proud of their skills and the products they were able to take home. In the future we hope to strengthen this project by expanding our capabilities such as grinding the meat into burger and sausage, tanning the hides, and cleaning the skulls to make european mounts of the animals we harvest and receive through donations. We are especially excited for another opportunity to harvest another buffalo from the tribal heard this winter!





BHA Biology

As we transition into the season of holiday feasts it is only appropriate that our science classes at the Buffalo Hide Academy (BHA) begin to discuss the science behind the foods we eat and how these foods benefit our bodies and provide the energy and materials we need to maintain a healthy lifestyle. Students have been learning and discussing how our amazing bodies and cell structures convert carbohydrates and oxygen into energy. As well as how our cells take in and convert the proteins and lipids needed to build and sustain our bodies we need to live and enjoy our lives. Concepts such as metabolism, glycolysis, and the electron transport chain have recently been discussed in class and students have created diagrams of the cell's organelles that perform these functions. In the coming weeks students will be working in the BHA kitchen to experience science concepts in cooking and nutrition. This will allow students to see the connections between a healthy diet and lifestyle to experiencing an overall healthier life. This allows students to see science concepts in the context of their daily lives and how they can directly affect their health and their experience of being alive.





Music, and the Power of Positive Relationships

At Buffalo Hide, we've learned that our relationships with our students and families can be the greatest predictor of a successful outcome. The more positive our relationship is, the better things seem to go. In fact, if we have a strong and healthy bond with our students and families, that means many of the goals we develop with students can be possible, both in the academic sense and in the social/emotional realm. We define a positive and benevolent relationship as one that is non-judgemental, empathic, consistent, and supportive.

These relational elements serve as the vehicle for us to connect empathically with our entire school community. An experience of benevolence allows for trust to develop among all parties, as well as influencing our ability to be more directive when the time calls. Part of experiencing a strong bond with our school community means that we encourage and offer students opportunities to share and connect with each other (and us) in strength based, protective ways. Specifically, through psycho-education and an empathic school climate, our goal is to instill viable coping strategies and mechanisms for students to integrate into their personal wellness styles. The musical universe can offer tremendous connective tissue between us, healthy and reflective opportunities to process our lives, as well as serving as a viable coping strategy within the context of our lives.

Music is one of our favorite artforms, both as a creative outlet and a wellness/mental health strategy. We talk about and play music so much here that we decided to dedicate an entire room to music creation and editing! Below is the BHA recording studio, a place where students can make art and challenge themselves artistically, find a place to express themselves, and connect with others that experience similar things. Those three mental health elements offer tremendous protective power to our students, which will lead to a healthy, happy, resilient student population.

Just ask Ty, Pooksina, and Dale what music does for them....



De Le Salle Collaboration

Last month BHA also accepted an invitation to bring our fierce competition along with our traditional game equipment to the De Le Salle gym for wholesome game of double ball. Both teams played hard for a solid 45 minutes and everyone walked away out of breath with enormous smiles. It was a huge success!





