

Buffalo Hide Academy:

October 2019

Social Emotional Learning

Buffalo Hide Academy is committed to promoting and teaching Social and Emotional Learning, the definition of Social and Emotional Learning (SEL) is:

- The process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions
- Set and achieve positive goals
- Feel and show empathy for others
- Establish and maintain positive relationships
- Make responsible decisions.

Social and emotional skills are critical to being a good student, citizen, and worker, and many risky behaviors (e.g., drug use, violence, bullying and dropping out) can be prevented or reduced when efforts are used to develop students' social and emotional skills.

1. **Self-awareness:** The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.
2. **Self-management:** The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.
3. **Social awareness:** The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.
4. **Relationship skills:** The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.
5. **Responsible decision-making:** The ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the wellbeing of self and others.

Our Social and Emotional learning is integrated in many different ways: teachers are encouraged to make the curriculum relevant and empowering for students and essays and research is built around cultural values, community strengths and relationships.

Our Counselors Charlie Speicher and Chris Lewis are champions of SELs (Social Emotional Learning) in the following delivery formats:

Charlie teaches a weekly Socratic Seminar which is a dialogue driven discussion each Thursday where he rotates through each class in 90 minute blocks. The topics covered include:

- Dealing with Grief and Loss
- Effective Coping Strategies
- Healthy Relationships
- Tolerance of all backgrounds (race, religion, sexual orientation)
- Bullying prevention
- Coping with the effects of sexual abuse

Chris Lewis teaches a daily life skills class each quarter that includes:

- Expressive Arts Therapy
- Youth Mental Health First Aid
- Restorative Practices and Circles
- Community Resiliency and coping with Adverse Childhood Experiences (ACES)
- Portfolio Preparation
- Community Service and responsibility



FAST Blackfeet (Food Bank and Food Pantry)

We want to send a huge thank you to the Buffalo Hide Academy staff and students who helped unload the pallets of food off of the Montana Food Bank Network Trucks for the Medicine Bear Shelter.

We have partnered with the FAST Blackfeet program for several years and they are a major contributor to our Buffalo Hide Food Pantry and food baskets that we send home with several of our families and students who are designated as homeless. Steve Conway and Mary Johnson also contribute toiletries, diapers, baby wipes and rash cream.

Many of our students are struggling to have basic needs met and these resources allow our students to concentrate on learning without worrying about where their next meal is coming from or going hungry on the weekend.



Buffalo Hide Academy students and staff helping unload a delivery at the Medicine Bear Shelter.

Fall District Writing Prompt:

Thirty-eight Buffalo Hide Students completed the fall district writing prompt. The average score for all students came out to be a 2.47 (last year's fall prompt had an average of 2.32). There were three students that really stood out and we would like to acknowledge here: Tyler Fish scored a 4.6; Jullynn Trombley scored a 4.8; and Beta Parsons scored a perfect 5.0 across the board! These students will be recognized during our 1st Quarter Awards Ceremony later this week.

