

## Buffalo Hide Academy November Board Report 2022

### Staff Wellness Day: Fall 2022

Buffalo Hide Academy staff were tasked with leading a session during this fall's BPS Staff Wellness Day, held at Browning High School. The plan was for Chris Lewis and Jason Krane to collaborate and offer a 45 minute mindfulness workshop where participants would be asked to take part in the following:

- **Opening Circle:** This activity was designed to break the ice and to allow for everyone to assess his/her current mood, using weather patterns as metaphor.
- **Collage:** Following the opening circle, participants were to make a collage of their mood, using cutouts from magazines and newspapers and then enhance with colored pencils and markers.
- **Guided Meditation:** In the original plan, we were all going to circle up again after ~10min to take part in a guided meditation, focusing on the breath as an anchor. This part of the session was designed to allow for everyone the opportunity to reset.
- **Collage Continued:** Following the guided meditation, participants were going to reassess their current moods and then capture it in collage form on the opposite side of their posters.
- **Closing Circle:** To close, a final opportunity for the group to circle up was designed to allow for everyone to debrief the session and offer feedback as to how they thought it went.

Well, that was the original plan. As it turned out, 45 minutes quickly (somehow!) turned into 2 hours, and we found ourselves having to wrap up after lunch was starting to be served... and we had to scrap the guided meditation!

But that's not to say it was a disaster - in fact, quite the opposite. We were incredibly fortunate to have a group that was not only eager to participate in the different activities, but were asking follow-up questions of one another and offering insightful responses at every turn. And the closing circle allowed for great feedback and one last time to do a check-in of our individual and collective weather patterns.

Chris and Jason would like to thank all the staff that participated in our mindfulness workshop, as well as to the organizers of the event - Robert Miller, Cinnamon Crawford, Melanie Magee, and all the other volunteers behind the scenes.

## STUDENT SPOTLIGHT!

Makayda SkunkCap



Makada is currently a sophomore at BHA. If you ever step foot in BHA during regular hours, you're bound to run into her. She happily chats with everyone, greets anyone she bumps into, and generally spreads positivity and cheer wherever she goes. Makayda takes it upon herself to notice fellow students that may be struggling, and I've seen her simply ask them if they're ok and if they need anything. I've had a lot of great chats with Makayda so far this year, which is a testament to her awareness and emotional intelligence.

Academically, she's made massive improvements from her previous experience in high school. Her course work continues to show growth and development in promising areas, and her interpersonal and communication skills at this point in life are outstanding. We're proud and honored that Makayda is part of our BHA community, as she embodies the compassion and empathy we strive to create in this world.

### **Staff Introduction**

**Heidi Bull Calf**



Your Name: Heidi Bull Calf

Where did you graduate?: BHS

Family: I have 2 children

What is your job title: Student Activities Coordinator

What is your job?: I supervise 21st Century and Ee-Kah-Ki-Maht after school activities, and also coordinate extra curricular school events.

What is your favorite part of your job: I enjoy being around all the students and staff... being able to help in all areas of education/recreational activities.

Fun fact about yourself: I can eat and eat and not gain weight! (very Active)