



Speaking of the Bison...

BUFFALO HIGH SCHOOL

DECEMBER 2018

SPECIAL POINTS OF INTEREST:

- **BHS Parent/Teacher Conferences** are set for **Monday, December 10** from 5-8 p.m. in the cafeteria
- **BHS Students** will begin the **2019-2020 class registration process** in **January 2019**
- **BHS ACT Testing Date** Set for **April 24**

INSIDE:

- **Counselors Corner** 2
- **Educators Rising** 3
- **German/American Partnership**
- **BHS Foods**
- **BPA** 4
- **Exercise Phys. Field Trip**
- **Gerontology**
- **Health News** 5
- **Election Day**
- **Yearbook**
- **Choir Concert**
- **Conference Membership** 6
- **Cap & Gown**
- **Upcoming Events**

Mr. Mischke's Message

Giving and Gratitude! As we bring the Thanksgiving holiday to a close and move into the giving season, we felt it was a good time to highlight some people for whom we are grateful and share some of the ways our students and staff are giving to people in our community.

The Students Stepping Up (SSU) group at BHS has been the driving force in leading the [Bounce Back Project](#) initiative, both in our school and our community. We are extremely thankful to Ms. Sarah Rodenwald and Mr. Michael Bloch for their work as the advisors of this amazing group of students. They have created a plan for each school year that brings the three main principles of the Bounce Back project to life at BHS. Three Good Things, Random acts of Kindness and Gratitude letters are promoted by SSU at different times throughout the school year. In addition, this winter SSU will again be partnering with the Bounce Back Project in an effort to bring community awareness to the importance of promoting health through happiness.

We are thankful for Mr. Scott Rabehl, Music teacher at Buffalo High School. This fall he received the 2018-19 Leadership in Educational Excellence Award for BHS. Each year we have the opportunity to nominate one staff member from Buffalo High School for this prestigious award. Mr. Rabehl was an outstanding candidate. He is an amazing educator who cares deeply about making connections with students through the field of music and beyond. Congratulations Mr. Rabehl!

Giving has become a foundational component of a student's education at Buffalo High School. We believe it is important to try and have every student at BHS experience the impact giving can have on both the recipient and the giver themselves. We have a wide variety of opportunities for our students and staff to give. *Educators Rising* - Hat and Mitten drive, *Student Care Committee* - Jeans 4 Teens and Holiday gift bags, *AVID 11 elective class* - Creating fleece blankets for the Children's Hospital, *Student Council* - volunteering for Special Olympics and ringing bells for the Salvation Army, *Freshmen advisory groups* - creating snack packs for the care closet at BHS, *National Honor Society* - Toys for Tots Drive and *BHS Jazz I* - donating proceeds from concerts to the Buffalo Area Food Shelf. These are just a few of the many chances that our students and staff have to make a difference and give to others in our community.

I would like to take time to highlight one upcoming event focused on giving: our winter Red Cross Blood Drive sponsored by our National Honor Society, which will be held on December 14. We are a closed campus during the school day, so unfortunately community members will not be able to donate at Buffalo High School for this particular blood drive. We still encourage community members to donate at other locations. According to the American Red Cross: "Approximately 36,000 units of red blood cells are needed every day in the U.S. The Red Cross provides about 40% of our nation's blood and blood components, all from generous volunteer donors." With the generous blood donations our students and staff have given, we've been able to provide a scholarship each year to a graduating senior. We're hopeful to have these scholarships available to us again this year.

Our winter **Parent/Teacher Conferences** will be held on **Monday, December 10th from 5:00-8:00 p.m.** in the BHS cafeteria. As we continue to focus on proactive educational opportunities to connect with our parents and community, we will be offering a presentation that evening for parents and guardians entitled: *"Let's Clear the Air: An Informational Presentation and Discussion Around Teen Vaping and E-Cigarette Use."* The presentation will be in the PAC at 6:30 p.m. and involve both an informational component and a question/answer session with school and community experts. We would strongly encourage you and your student to attend.

As a parent, community member and educator I am so proud of the work we are able to do everyday, and I am honored to have the opportunity to continue to serve as the Principal at BHS.

We hope to see you on December 10th.

Sincerely,

Mark Mischke
BHS Principal
mmischke@bhmschools.org
763.682.8101

Counselor's Corner

goals. Preparation materials can be found through multiple vendors and publishers as well as at most public libraries.

- Free online prep course and three timed practice tests available through the Minnesota Career Information System (www.mncis.intocareers.org) for all BHS students. See your counselor for details.
- Flash cards, tips and strategies, and seven timed practice tests are available through March 2 Success (www.march2success.com).
- Free ACT prep guides in the Student Services Office.
- Test prep courses through BHM Community Ed for a fee. Please contact [BHM Community Education](mailto:BHMCommunityEducation) to find out more information on classes, dates, and fees.

Upcoming National ACT Test Dates

Some students may wish to take the ACT test more than once. If your student wishes to take an additional ACT test, they must sign up for a national test date.

For national testing only, students sign up at: www.actstudent.org
Buffalo High School code: 240-345

February 9, 2019 - Register by January 11th, 2019
April 13, 2019 - Register by March 8th, 2019
June 8, 2019 - Register by May 3rd, 2019

Continued on the next page.

College Credit Earning Options at BHS

Come learn about the options to earn college credit (CIS, AP) at BHS. Candace Bartel from the Office of Admissions and Outreach at North Hennepin Community College will explain the similarities and differences between the programs, eligibility for participation, and the process of transferring college credits earned during high school. The presentation will take place Monday, December 10th at 7:15pm in the Bison Room.

Did you miss our Financial Aid Night?

For any senior families that were unable to attend our FAFSA completion night on Monday, October 8 and still need some assistance, there are additional FAFSA completion nights in other communities that you may attend. To find out more, visit www.minnesotacollegegoal.org.

Here is the link to the Financial Aid Application to get started: <https://studentaid.ed.gov/sa/fafsa>

Pre-ACT Test

Students in 10th grade completed the Pre-ACT assessment on November 19th and 20th. The Pre-ACT, formerly the ACT Plan test, assessed students on the following subjects: English, mathematics, reading, and science. The Pre-ACT helps 10th grade students build a solid foundation for future

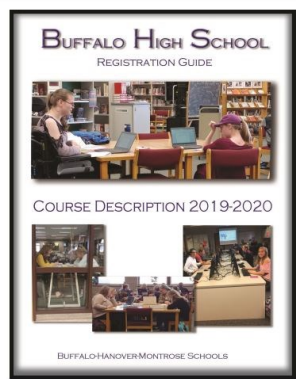
academic and career success and provides a comprehensive guidance resource that helps students measure their current academic development, explore career/training options, and make plans for the remaining years of high school and post-graduation years. The Pre-ACT also provides a predictive ACT composite score. If results are back in time, they will be shared prior to registration in order to support decision making for class selection.

ACT State Testing

The ACT Plus Writing college entrance exam will be given at Buffalo High School to all current 11th grade students during the school day on Wednesday, April 24th, 2019. There will be no cost to students for this exam and scores may be used for college admission testing requirements (at individual college's discretion). Students will register for the test during the school day and should not sign up online to take the April 24th test at BHS. There will not be a make-up test date for this exam.

ACT Test Prep

Students have been preparing for the ACT throughout their education and will be tested in the areas of English, math, reading, science, and writing. Some students may wish to do extra preparation before taking the ACT Plus Writing if they have specific score



Class registration for the 2019-2020 school year begins in January.

BHS Counselors:

Mark Jones (A-F)

763.682.8107

Kristen Lane (G-K)

763.682.8054

Christina Cox (L-P)

763.682.8075

Jennifer Blair (Q-Z)

763.682.8139

Transcripts:

All official Buffalo High School transcripts must be requested and sent using an online transcript ordering service at www.parchment.com. More information can be found on Buffalo High School website under the Student Services link in the Requesting Transcripts section.

(Counselor's Corner Continued...)

Course Registration for 2019-20

Registration meetings will take place with counselors in January. Timing of the meetings will be dependent on students' required social studies class. Counselors will be providing classroom presentations about graduation requirements, new courses, and class registration process. Students are encouraged to have conversations with their teachers regarding future courses in their subject area. Students can begin to review their course plans in the Multi-Year Academic Planner (MYAP) through their student portal. MYAP is accessible now through the registration deadline in February.

Further details regarding registration will be emailed and posted to our Student Services website in early January. Please feel free to contact your student's counselor if you would like to meet and talk about the registration process.

Educators Rising Gives Back

BHS Educators Rising club recently organized a Hat and Glove Drive. Donations of new or gently used hats and gloves were collected the two weeks before Thanksgiving. The club donated the items to the Hanover Food Shelf. The club collected 36 hats, 7 pair of gloves, 5 ear bands, 3 scarves and 3 pair of shoes! Pictured are Educators Rising Ambassadors Kaysey Hegland, Logan Smitherman, Dani Lund, Nick Breuer, Eileen Pierce, Sydney Schwartz, and Lily Leahy.



German American Partnership Students Visit BHS

During the month of October Buffalo High School hosted 16 students and teachers from our partner school in Germany. While here the students were hosted by BHM families, attended school, toured the Twin Cities, and learned what it was like to be an American teenager.

Our students will be traveling to visit Germany and our host school in June 2019 after completing German 4 and 5 in spring semester.



The BHS Foods Room is Heating Up

The foods room at BHS has seen a fun and productive start to the 2018-19 school year!



Students in Fundamentals of Food Preparation began building their culinary skills through a variety of labs focusing on the function of ingredients in recipes, using

proper measuring techniques when completing a recipe, and basic knife skills, to name just a few. Knife skills were put to work in a fun, hands-on lab where students served up a colorful and nutritious stir fry of fresh vegetables that was enjoyed by all!

Culinary Foods 1 started the school year off by taking their cooking skills up a level with labs focused on using their knife skills, learning about substitutions for recipe ingredients, comparing the quality and price of products, and more! Students ended the quarter by competing in a "Cake Off" where each kitchen team researched a cake recipe, designed the look of their finished cake, and then

worked as a team to bring their design to life. Before digging in to enjoy the fruits of their labor, students first had to wait while several BHS staff members judged each cake based on appearance, texture, flavor, creativity, and overall presentation.

Students in Fundamentals of Food Preparation and Culinary Foods 1 met members of the BHS Culinary Team, along with their chef mentor Brent Preppernau, when they came in to demonstrate a recipe for Fried Plantains from their 3rd place finish at the state competition last year. The team then assisted students in recreating the recipe in their kitchen groups before completing a round of Q & A about the BHS Culinary Team and the many career options within the culinary field. It was a fun, informative, and interest sparking day with many students showing interest in joining the BHS Culinary Team next school year!

Any students who may be interested in joining the BHS Culinary Team must take Fundamentals of Food Preparation or Culinary Foods 1 prior to registering for the required CIS Culinary Foods 2 slated for Fall 2019.

Buffalo BPA Travels to Minneapolis

On October 28th, the Buffalo BPA officers and advisor traveled to Minneapolis for the Fall Leadership Conference. Officers include: Chloe Paul, Brynn Waldschmidt, Alayna Mills, Gretta Heinecke, and Madelyn Hackett. While at the conference, Hackett ran for State Officer, and Mills served as her Campaign Manager. Serving as voting delegates for the election were Paul, Waldschmidt, and Heinecke.

The conference included multiple speakers that shined a light on setting stronger goals, chapters, focus, and influence. There were also many activities relating to the State Officer Election. These included introduction meetings, a campaign rally, speeches, and caucuses. There was also an entertainer named Brian Imbus, a hypnotist

who performed on Sunday night and at a session the following morning.

The new state officers were elected at the end of the gathering, unfortunately, Hackett was not one of them. But the conference truly brought Buffalo's officers closer together and inspired them to start completing more service projects and more fundraisers. Altogether the Fall Leadership Conference was a success.

BPA is a growing activity so we are looking for community members willing to mentor students to help them prepare for competitive events

in the following events: Global Marketing Team, Video Production Team, Interview Skills, Medical Office Procedures, Legal Office Procedures, Business Law & Ethics, Digital Publishing, Accounting, Personal Financial Management, Extemporaneous Speech, Prepared Speech, Presentation Management, Advanced Spreadsheet, Graphic Design Promotion. If you are interested in mentoring a small group of students in one or more event or if you would like more information, please contact Advisor Brenda Diekman: bdiekman@bhmschools.org.

Article written by Buffalo BPA VP of Development, Alayna Mills.



CIS Exercise Phys Visits SCSU's Human Performance Lab

The CIS Exercise Physiology class attended St. Cloud State University's Human



Performance Lab to test some of the information learned throughout the course curriculum. Students were able to complete hydrostatic weighing and the Wing Test, which tests their strength and power. They were also able to

test their cardiovascular fitness. The trip ended with a campus tour and lunch at the student commons. Students learned a lot and were exhausted when the bus arrived back at BHS!

BHS Gerontology Course Changes Perspective on Aging

At the start of this school year, 18 Buffalo High School students joined the nine-week elective course on gerontology -- the first time a course like this has been offered at the public high school level in Minnesota.

"I got interested in it when I went to St. Cloud State for a gerontology class," said Mason Splichal, a Buffalo High School sophomore who is taking the gerontology course. His favorite part of the curriculum is getting to work directly with seniors.

"I see the residents light up when the students are around," said Barb



Anderly, the activities director for Park View Care Center.

Three students from the gerontology course have already begun taking nursing assistant courses and two have been hired by the Park View Care Center as concierges.

Health & Wellness

This is the time of the year when the flu and cold season is upon us. Here are a few reminders to avoid illness.

1. The first defense is the annual flu vaccine. It is recommended for individuals 6 months and older and is especially important for individuals with chronic health concerns like asthma and heart disease, the elderly, young children and pregnant women.
2. Wash your hands frequently. Use warm soapy water and friction by rubbing your hands together for about 20 seconds.
3. Covering your cough and sneezes with a tissue or your arm.
4. Avoid touching your eyes, nose or mouth.

Annually thousands of Americans are affected by the flu with symptoms such as fever, sore throat, headaches, chills, cough, body aches and fatigue. If your teen exhibits these symptoms please have them stay at home until they are fever free for 24 hours and encourage them to rest and drink lots of fluids. Please remember to call the

high school attendance line (763) 682-8181 to report your teen's absence.

If at any time your teen does not feel well during the school day, they are to visit the School Health Services Office. Our Health Para, Kirk Lomker, will assist them and will contact you if your teen needs to go home. Please feel free to call our School Nurse, Karen Schultz, with any health related concern you may have regarding your teen as it may impact them during the school day or their attendance.

One additional reminder: Our community has a wonderful opportunity through the Bounce Back Project to improve our health through happiness. This approach to health is FREE, has lifelong benefits, and is easy to do. Engaging in happiness strategies has shown to boost immune function, increase life expectancy, and is a way of coping with stress. For more information about these strategies to promote health through happiness please visit the following website: <http://www.bouncebackproject.org/>

Election Activities at BHS



For many Buffalo High School students, the 2018 Mid-Term Election was

monumental as it was their first opportunity to practice their constitutional right to vote. Election fever kicked off early at BHS with Freshman Kate Manninen working to register all eligible high school voters. Kate was able to help 25 BHS students with this process. Ninth Grade Civics Teacher Todd Manninen coordinated an opportunity for all students to vote for the Minnesota office of governor in a statewide high school mock election sponsored by the Minnesota Secretary of State's Office. 1,009 students participated. The election culminated with donuts for all seniors, sponsored by the Social Studies Department.



Sounds of the Season Choir Concert

This year's *Sounds of the Season* Concert will feature music performed by several ensembles in the vocal music department. Students have been working hard on music that is loosely based on the concept of Light. Mr. Carlson is excited for his first *Sounds of the Season* experience and is excited to share the students' accomplishments.

Due to the popularity of the *Sounds of the Season* choir concert, there will be two performances at BHS in the Performing Arts Center. One on Friday, December 14 at 7:30 pm and another

on Saturday, December 15 at 7:30 pm. **Note: This is a change from the District Calendar.**

Tickets are \$3/Adult and \$2/Senior Adult or Student. Gold card and activity passes are accepted. Purchasing tickets in advance is encouraged. Tickets may be purchased at Gartner's Hallmark in Buffalo, the BHS Activities Office or at the door. Checks should be made payable to BHS. We look forward to seeing you at the *Sounds of the Season*!

There's still time left to order your Buffalo High School yearbook!

Prices go up at the end of the month. Head to bhs.cc or balfour.com to place your order now to guarantee that your child gets a yearbook. The Buffalo High School yearbook was named the best yearbook in Minnesota for the sixth consecutive year. It's produced to celebrate and save memories for a lifetime.

Questions? Email yearbook@bhs.cc

Snapshots from FFA



Changes ahead with Conference Membership for the Bison 2019-2020

Since 2004, Buffalo High School has been competing as a member of the Mississippi 8 Conference for athletics and activities with schools like St. Michael-Albertville, Rogers, Monticello, Big Lake, Cambridge-Isanti, Princeton, St. Francis and others.

But conference membership changes are coming Fall 2019 as Buffalo and STMA become members of the Lake Conference joining Edina, Eden Prairie, Hopkins, Minnetonka, and Wayzata. Another current Mississippi 8 member, Rogers High School, recently committed to the Northwest Suburban Conference for 2019-2020 so they will also be leaving the Mississippi 8 Conference next year.

How did Buffalo High School land in the Lake Conference? After being voted out of the Mississippi 8 Conference and receiving denials to conference applications like

the one submitted by Rogers, Buffalo and STMA landed in the Minnesota State High School League's placement process. A MSHSL assigned committee then sorted through considerations like geography, enrollment, programming/levels, and current conference structure and then made the decision to place both schools into the Lake Conference for 2019-2020.

What does this mean for BHS? After a number of years participating as a "large" enrollment school in the conference, Buffalo will now be challenged to compete as the smallest enrollment school in what many describe as the most competitive conference in the state of Minnesota.

But with that challenge also comes an excitement I am starting to see with our staff as they are get a first look at the schedules being built that guarantee the opportunity to compete each year against the

best of the best. Without question our programs will have rugged regular season schedules, but those same schedules will also provide outstanding preparation for post season competition. (MSHSL section playoff assignments for BHS are unrelated to conference business and basically remain unchanged.) It can also be noted that a number of our schedules will look similar moving forward. Buffalo has scheduled a number of Lake schools in non-conference contests in the past, and schools that will soon become our former conference opponents like Monticello and Rogers, are already becoming non-conference scheduling partners.

Buffalo has had a great experience as member of the Mississippi 8 for the past 13 years. We will finish with one more Winter and one more Spring in the current membership. However, the

transition to the Lake Conference is well underway and will be part of our preparations and planning for the next nine months. New and exciting partnerships are already forming as we join five other outstanding Minnesota schools in the prestigious Lake Conference. I am confident our Bison staff and students will address the challenges ahead. I look forward to more conversations with our staff and students about embracing the "underdog" mentality, using it to our benefit, and working harder than ever to achieve program goals beyond the expectations of many. Fire up! And GO BISON!

Tom Bauman
BHS Activities Director

Seniors: Jostens Cap and Gown Measurement



Representatives from Jostens will be at BHS on Thursday, January 10 during all lunches to gather senior students' cap and gown measurements. If your student is not present this day, please have your senior text 25827 and follow the link OR go to www.gradsmn.org/buffalo to complete the form to order the free cap and gown package.

Upcoming Events

- 12/10 Parent/Teacher Conferences - Cafeteria, 5 - 8 p.m.
- 12/11 Concert Orchestra & BCMS Grade 8 Orchestra
Concert - PAC, 7:30 p.m.
- 12/14, 12/15 *Sounds of the Season* Choir Concert
PAC, 7:30 p.m.
- 12/24-1/1/19 Winter Break, No School K-12
- 1/9 Jostens Cap and Gown Measurement Visit
During all Lunches
- 1/15 Arts Magnet Foundations Showcase
Gallery, 7 p.m.
Performance - PAC, 7:30 p.m.

- 1/18 End of Term 2, Teacher Workshop
No School K-12
- 1/21 Martin Luther King, Jr. Day - No School K-12
- 1/21 Mississippi 8 Conference Honor Concert
PAC, 6:30 p.m.
- 1/29 One-Act Public Performance
PAC, 7:30 p.m.
- 2/4 Winter Band Concert - PAC, 7:30 p.m.
- 2/16 Winter Drumline Show - Gym, 6 p.m.
- 2/18 Presidents' Day - No School K-12
- 2/19 BHS/BCMS *Jazzin' It Up* Concert
(Grades 7-12) - PAC, 7:30 p.m.

Find us online!

www.bhmschools.org/schools/buffalo-high