



Speaking of the Bison...

BUFFALO HIGH SCHOOL

OCTOBER 2019

SPECIAL POINTS OF INTEREST:

- **BHS Parent/Teacher Conferences are Monday, October 7 from 5-8 p.m.**
- **BHS Senior pictures are due Thursday, October 3**
- **BHS picture retake day is Friday, October 4**

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Free Dental Care:
Be watching for more information about Operation Grace Dental Clinic. Coming to our school in December 2019!!

Mr. Mischke's Message

To our BHS community: thank you! You have helped deliver a very successful start to the 2019-20 school year.

Our annual "Day One" for our incoming freshmen was a great way to begin the school year, and our transition into our new schedule has gone well. As we continue to take the next steps in becoming the best high school in the state of Minnesota, we realize that we need to constantly evaluate the most effective way to accomplish this goal. We see two main indicators as the cornerstone to this work. We want 100% of our students to have an adult they can go to if they have a problem, and we want 100% of our students to feel supported by other students at BHS. Over the last five years, our spring student survey results have consistently been approximately 90% and 80% respectively. We knew we needed to become more intentional to get to 100% with our goals. We've created structures in our schedule to bring a systematic approach to relationship building and academic support. Every student in our building now has an Advisory that allows them to have a consistent support team during their four years at BHS. We also have created BASE (Bison Academic Support and Enrichment) time that assures every student can get the academic support they need within the school day, twice per week. We will continue to share updates on the progress we are making with the new systems throughout the school year.

This fall is an extremely important time in terms of the long term stability of Buffalo High School and our school district. In November of 2018, the BHM school district asked voters to pass a levy that would have provided further funds to operate the district. It did not pass. As a result, the district made \$1.3 million in reductions for the 2019-2020 school year with another \$2.9 million in cuts planned for 2020-2021. Many people are asking why the district is in this situation. There are three main reasons: The consistent shortfall in state funding on an annual basis, the lack of a local levy in place to help offset the need to spend down our reserves to cover the gap in funding, and the increase in costs associated with providing educational opportunities for all students. I would strongly encourage you to read the [BHM Insider](#). It does a great job of explaining where we are at as a school district going into the November vote.

At Buffalo High School, we have already felt the impact in a variety of ways, most importantly through the reduction of 3.33 teachers; this resulted in the elimination of 40 sections of class options for a student body of 1900+ students. The proposed cuts for 2020-21 would require us to eliminate approximately five additional teachers (60 classes) from BHS while our student population continues to stay steady. Simply put, course options will again be eliminated, and class sizes will grow even more. In addition, we would completely eliminate our Phoenix Learning Center, our district's only alternative program for BHS students, and the wRight Choice program.

Throughout the month of October, there will be multiple opportunities to find out more about the upcoming levy and the impact it will have on the long term future of our school district. There will be informational meetings on October 1st at the BHM District office, October 3rd at Montrose Elementary, October 7th at Buffalo High School and October 10th at Hanover Elementary. All of these meetings will start at 7:00 pm. I would strongly encourage our families and community members attend one of these meetings to become well informed in regards to the impact the November 5th levy vote will have on our school district. I know that there are many factors to consider when asking the community to contribute more dollars for our schools. Yet, it is important to understand the impact of those dollars on education.

Our fall **Parent/Teacher Conferences will be held on Monday, October 7th from 5:00-8:00 p.m.** in the BHS cafeteria. October is known as College Knowledge month. At BHS, our counselors and MnTC Coordinator have been planning a variety of activities highlighting different options available to our students after they complete high school. To help kick-off College Knowledge month, we will be hosting our 2nd annual BHM College and Career Fair at which over 60 businesses, college and military branch representatives will be in attendance! This event will take place during our parent/teacher conferences from 5:30 - 7:30 p.m. in the main gym and is intended for our current students and their families.

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 October 7th.

Sincerely,

Mark Mischke

Mark Mischke
Buffalo High School Principal
763.682.8101 | mmischke@bhmschools.org

Counselor's Corner

order to support decision making for future class selection.

Welcome Back BHS Students and Staff

BHS Counselors:

Mark Jones (A-F)

763.682.8107

Kristen Lane (G-K)

763.682.8054

Christina Cox (L-Rn)

763.682.8075

Jennifer Blair (Ro-Z)

763.682.8139

Upcoming ACT Test Dates

Buffalo High School code: 240-345

Sign up at:

www.actstudent.org

October 26, 2019- Late registration open until Oct 4th, 2019 deadline

December 14, 2019 - Register by November 8, 2019

February 8, 2020 - Register by January 10th, 2020

Transcripts

All official high school transcripts must be sent using an online transcript ordering service at

www.parchment.com.

Students create a profile and request to send official transcripts to any of the college or scholarship organizations needed. The cost is \$3.33 per transcript, per destination. Students that qualify for Free and Reduced lunch qualify for transcript fee waiver.

Freshmen

Counselors will be meeting with 9th grade students individually during their advisory time over the course of October-December. The purpose of the meeting is to give the counselors an opportunity to meet their freshmen and learn a little bit about how they can support each of their students. The meetings give students the chance to not only meet their individual counselor, but to start making connections and learn about how to access the many resources that school counselors provide throughout their high school career.

Juniors

Applicable junior information will be provided to all juniors during advisory time this fall. Students will be provided information and resources for them to continue their post high school planning. Topics include prep information for college admissions tests (ACT/SAT/Accuplacer), information about meeting colleges reps here at BHS, planning college tours, going to college fairs, reminder of credits needed for graduation, using MCIS to help them search and plan for their futures, NCAA information, and information about College Knowledge Month. Students that want additional information or help, will also have an opportunity to take resources with them from the meeting to help them continue their searches and plans for after graduation. Any specific questions, students/families can reach out to your student's school counselor.

PSAT – Wednesday, October 16th, 2019

The PSAT/NMSQT (Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test) will be given at Buffalo High School on October 16th at **7:45AM** in the Bison Room. The test will conclude around 11:30am. ***This is a non-school day. Students are responsible for their own transportation.*** The PSAT is an opportunity for students to practice taking a rigorous college entrance exam, and for students in 11th grade to compete to qualify for the very distinguished National Merit Scholarship. There are a limited number of tests. Families can sign up for the PSAT through [FeePay](#), the cost is \$20. Students on free/reduced lunch will be free or \$10 and must also sign up through FeePay.

Pre-ACT

Students in 10th grade will complete the Pre-ACT assessment on November 19th and 20th. The Pre-ACT, formerly the ACT Plan test, assesses 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

October is College Knowledge Month

BHS will be hosting Mini College Fairs on Tuesdays during lunches every week in October. There will be seven to nine reps each week from the U of M System, MNState 4yr System, 2yr college, Trade School, Out of State, Private Colleges, and Military.

Throughout the month of October, students will have the option to sign up for several different sessions being offered through BASE time. Students have the opportunity to learn more about NCAA eligibility, how to fill out a college application, financial aid, how to send transcripts, how to prepare for college visits and questions to ask admissions reps, and more! During the week of October 21st-25th, senior students have the opportunity to get help completing their college applications during their lunch and BASE time. Many Minnesota colleges waive their application fees during the month of October. Students should check out the posters, watch the monitor announcements, check in with their advisors, and their check their email for events scheduled throughout the month.

National College Fair

Free and open to the public, National College Fairs are the perfect place to kick off your college search. Admission representatives from schools across the country are all gathered in one place. Their goal: To (continued on next page) encourage you to learn more about their institution, and

(continued from previous page) help you sort through the qualities you're looking for in a college. Explore your options. Each fair draws representatives from 175 to 350 colleges.

October 2, 2019: 9 a.m. to noon and 5 p.m. to 8 p.m.

October 3, 2019: 9 a.m. to noon
Minneapolis Convention Center: 1301 2nd Ave S, Minneapolis, MN 55403

TIP: [Register student information](#) prior to going. Print off the bar code that can be quickly scanned by college reps.

[Find information on 2019 Nat'l College Fair Workshops.](#)

College Admissions Representatives

Throughout the fall and springtime, many college admissions representatives will make visits at BHS in the Library Learning Commons. They are looking to meet with students who want to learn more about their specific college. Encourage your student to visit with these reps if they come from a college of interest. A list of visiting colleges can be found on the monitor announcements during the school day.

Waivers for Students on Free or Reduced Lunch

Waivers are available for students on free or reduced lunch that can cover the cost of some college applications, ACT testing, and official transcripts. Please provide your student's counselor with a copy of your notification letter from Food Service and they will receive any waivers that are available.

FAFSA Completion Workshop

Do you need help completing your Free Application for Federal Student Aid (FAFSA)? Come in anytime Monday, **October 7, between 4:30-7:30p.m. in BHS computer lab B203**, we will have financial aid professionals on hand to help families submit their FAFSA. No reservation needed.

What to bring:

- Social security number, date of birth for both STUDENT & PARENT
- Federal Student Aid (FSA) ID –

Freshman First Day at BHS

BHS proudly hosted the 2nd annual Freshman First Day again this year on Tuesday, September 3rd. This important day allowed the newest incoming students to BHS to experience a day intentionally planned for them to transition, meet staff, foster connection, and learn logistics in an environment of their peers. Administration and staff collaborated to promote safety, community-building, and exploration throughout the day as we work to make a positive impact on our freshmen for the first day of their high school career.

Students began the day in the gym with a large group welcome and introductions, as well as some fun photos. Students then divided up by Advisory, and three other BHS teachers joined each Freshman Advisory section for connection and support. They experienced activities that welcome, engage, allow for connection experiences, and closed their time together with optimism. They discussed belonging, academic growth, and all things BHS-related! Students rotated through lunch, school photo time, an activities fair,

time in the Bison Activity Center, and a building tour following the Advisory time. Freshmen were then allowed time to run through a shortened "mock schedule" of their regular day; they met their teachers and did a brief activity in each class. The day closed in the PAC with Question and Answer time, as well as a slideshow of photos taken throughout the day.

It was a day enjoyed by all and a day that directly supports our building goals in reaching 100% of student to student connectedness and 100% of student to staff connectedness. In addition, it aligns with our building mission of Doing What's Best for ALL Kids. We are grateful to have enjoyed the day with the help of our wonderful teaching staff and an amazing group of students who make up the Class of 2023!



they can apply for this up to five (5) days prior to the event at <https://fsaid.ed.gov/npas/index.htm> or apply that evening. **NOTE:** You must have confirmed their FSA ID with a 6-digit code at the time you apply for it in order for it to be valid to sign the FAFSA • **2018 federal income tax information** for both STUDENT and PARENT • **2018 W-2 statements** for both STUDENT and PARENT

• **Balances of cash, checking, savings** accounts as of the day they file their FAFSA. **NOTE: Do not include** values of retirement plans or equity of the home in which they live

University of Minnesota START Study: Teenagers, Sleep & School Start

Buffalo High School was one of five Minnesota high schools that participated in the University of Minnesota's START Study. The goal of the START study was to examine the impact of later school start times on sleep on health-related behaviors among teenagers. Data was collected in two ways. First, all participants were invited to complete a survey and have their height and weight measured. A subgroup of students were randomly selected to wear a sensor on their wrist (like a Fitbit) that measured their rest/activity cycles and completed an in-depth dietary questionnaire. Data was collected each Spring from in 2016-2018 with the class of 2019 in five area high schools.

The National Sleep Foundation recommends that 14-17-year-olds get 8-10 hours of sleep per night. However, the vast majority of US teenagers sleep less than this on a typical school night. Neurobiological changes, occurring during

puberty, can cause teenagers' sleep-wake cycle to shift roughly two hours later making it difficult for them to fall asleep before 11pm or wake-up before 8am. For this reason, early school start times, can be a barrier to adolescents getting a healthy amount of sleep.



Without sufficient sleep, there can be both immediate and long-term consequences for teens' health and well-being including an increased risk for injury, depression, diabetes and cardiovascular disease.¹

Data from the study shows that teenagers who attended schools that shifted to a later school start time got about a half hour more sleep per weekday night relative to teenagers that attended schools that kept their start times early.

Teenagers with a later school start time need 44 minutes less catch up sleep on weekends than early start teenagers. Needing more catch up sleep on weekends is an indicator of not getting enough sleep during the week.

Data from 2016 also shows longer sleep duration is associated with lower odds of indicators of depression risk.

The START team would like to send a big thank you to all the students and parents that have participated in the START Study!

The START Study is funded by the National Institutes of Health,

Grant number: 5R01HD088176

1. Institute of Medicine (US) Committee on Sleep Medicine and Research. Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem [Internet]. Colten HR, Altevogt BM, editors. Washington (DC): National Academies Press (US); 2006 [cited 2014 Jan 6].

Article by Alexandra Gowdy-Jaehnig at the University of Minnesota

Lake Conference Reflections

Greetings! I hope your school year is off to a great start. As we approach October, six of our Bison sports programs will be closing up Fall seasons for the first time as members of the [Lake Conference](#). From the desk of the BHS Activities Director, I continue to feel a great sense of pride about the purple and white, our athletes, and our programs.

As anticipated, BHS athletics programs are now navigating what might be the most competitive conference schedules in the school's history competing against powerhouse schools with much larger enrollments. Our coaches have worked hard framing these competitive experiences for our athletes. The "buy in" and positive outlook I have seen from our athletes

has been impressive and rewarding to see.

Appropriate and realistic goals are being set, morale remains high, teammates are picking each other up when needed, and kids are still having fun. Bison athletes are continuing to develop and get better each day.

And now as our Varsity level programs move into section play, Bison teams can be realizing the advantage of knowing they have competed against some of the state's best individuals and teams. The level of confidence Bison athletes have gained competing regularly against these schools has yet to be realized. Our staff will continue to remind Bison athletes that "no stage is too

Monday, October 7: College & Career Fair

On Monday, October 7 from 5:30 - 7:30pm in the BHS Gymnasium, [over 60 colleges, business, and organizations](#) will be in attendance for students to learn about various career paths and educational opportunities available to them. Check it out!

big" for them now as they bring their best efforts during playoff time.

In the coming years, BHS will continue to explore options to pursue what might be the best collective fit for our school regarding conference membership. For now, I see that each day at BHS continues to be a great day to be a Bison! I am proud and consider it my honor to see our athletes fired up about these challenges, and ready to compete to the best of their abilities now and into the future.

VOTE



**Buffalo
Hanover
Montrose**
BHM SCHOOLS

BHM Operating Referendum | November 5, 2019

The place to dream, believe and achieve.

2019 BHM Operating Referendum

BHM School District residents will vote on an operating referendum to **maintain the high-quality programs and services** BHM Schools already offers. The district is asking for \$750 per student (this is **NOT** each property owner's tax impact—see chart) and would be in place for the next five years. This operating referendum will **NOT** restore any of the budget cuts made for the 2019-20 school year and will **NOT** add anything new.

If approved, this referendum would prevent the following budget reductions (totalling \$2.9 million) for the 2020-21 school year. Some of the reductions include:

- Cut 22 teachers, 1 administration and 11 other staff
- Close Phoenix Learning Center
- Close Discovery Elementary
- Cut Quest (gifted program)
- Cut the wRight Choice program (alternative to out-of-school suspension)
- Cut 6 activities at Buffalo High School
- Cut ALL middle school activities
- Cut 3 regular bus routes (longer ride times and longer walking distances)

More Information www.bhmschools.org

When and Where to Vote

Voting will take place on Election Day,
Tuesday, November 5, 2019, from 7 a.m.-8 p.m.

Polling Places

Buffalo High School—877 Bison Blvd, Buffalo, MN

Hanover City Hall—11250 5th St NE, Hanover, MN

Montrose Community Center—200 Center Ave S, Montrose, MN

Early Voting

To get an application to vote early, scan the code on the right or go to www.bhmschools.org under Election Information. Fill out the form and mail or email it to the address listed. Once ballots are available, one will be mailed directly to you. Early voting in person begins on Friday, September 20 in the BHM District Office (214 1st Ave NE, Buffalo). Watch the district website and Facebook pages for more information.

Schedule a Visit

Call 763-682-8706 to have someone meet with you and your neighbors, friends, family and colleagues. All your questions can be answered in person about the operating referendum and school district finances. No group size is too small!



SCAN ME

Poll Finder



Scan me

Early Voting



Scan me

BHM Operating Levy Tax Impact

Estimated Market Value Rates, Taxes Payable in 2020 (for Referendum Only)		Taxes for Proposed Levy 0.12466%	
Property Type	Estimated Market Value	Estimated Taxes for Referendum Only	
Residential, Homesteads, Apartments, Commercial-Industrial Property	\$150,000	\$187	\$15.58 per month
	\$200,000	\$249	\$20.75 per month
	\$250,000	\$312	\$26.00 per month
	\$300,000	\$374	\$31.17 per month
	\$350,000	\$436	\$36.33 per month
	\$400,000	\$499	\$41.58 per month
	\$450,000	\$561	\$46.75 per month
	\$500,000	\$623	\$51.92 per month
	\$800,000	\$997	\$83.08 per month
	\$1,000,000	\$1,247	\$103.92 per month

*Amounts in the table are based on school district taxes for the operating referendum only and do not include tax levies for other purposes. Tax increases shown above are gross increases, not including the impact of the Minnesota Homestead Credit Refund ("Circuit Breaker") program. Many owners of homestead property will qualify for a refund, based on their income and total property taxes. This will decrease the net effect of the referendum levy for many property owners.

NOTE: Agriculture property will pay taxes for the proposed referendum based only on the value of the house, garage and one acre. Seasonal recreational residential property (i.e. cabins) will pay no taxes for the proposed referendum.

Referendum Questions

Call—763-682-0877

Email—election@bhmschools.org

Public Meetings

Attend one of three public meetings to hear more about the operating referendum, why it's needed and ask questions.

Buffalo Discovery Center Board Room

Tuesday, October 1 at 7 p.m.

Montrose Elementary School of Innovation Media Center

Thursday, October 3 at 7 p.m.

Hanover Elementary Media Center

Thursday, October 10 at 7 p.m.

Buffalo High School
877 Bison Blvd.
Buffalo, MN 55313

Emergency Test Message - October 10

BHM Schools wants to ensure that we are communicating with parents in the most effective way possible. **On Thursday, October 10, 2019, mid-morning, the district will send out a district-wide emergency test message to parents and guardians from our parent notification system.** You should receive a call, email and text messages (whatever information you have on file with your child's school). Especially with the upcoming winter months, we want to be sure parents/guardians don't miss any important messages from the school or the district about cancellations or delays. Remember this is **ONLY** a TEST and NO action will likely be necessary.



Upcoming Events

10/4	Picture Retake Day	11/4	Teacher Workshop, NO SCHOOL K-12
10/7	Parent/Teacher Conferences - Cafeteria, 5 - 8 p.m. FAFSA Help - Lab B204, 4:30 - 7:30 p.m. College & Career Fair, 5:30 - 7:30 p.m.	11/9	Veterans Day Swing Dance Jazz I & West Metro Big Band - BHS Cafeteria, 7 p.m.
10/12	All-School Talent Show - PAC, 7:30 p.m.	11/21-11/24	BHS Fall Play: Guys & Dolls - PAC Thursday - Saturday, 7:30 p.m. Sunday, 2 p.m.
10/16-10/18	Fall Break, NO SCHOOL K-12	11/26	Fall Band Concert - PAC, 7:30 p.m.
10/21	Concert Orchestra & St. Paul Civic Symphony Orchestra Concert - PAC, 7:30 p.m.	11/27-11/29	Thanksgiving Break, NO SCHOOL K-12
10/25	Concert Band & Gustavus Adolphus Wind Orchestra Concert - PAC, 7:30 p.m.	12/5	Fall Orchestra Concert - PAC, 7:30 p.m.
10/28	Major Work Choir Concert - PAC, 7:30 p.m.	12/3	Concert Band & BCMS Grade 8 Band Concert PAC, 7:30 p.m.
10/29	Winter Sports meeting - PAC, 7 p.m.		