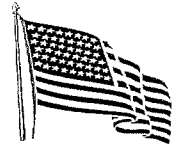




# WEEKLY BULLETIN

Our website: <http://www.districtor1.org>



## Saturday, September 19<sup>th</sup>

**Activities:** Apple Jack Parade- Band members need to be at school by 10:45. Group photo at 11:00 and leave for Nebraska City at 11:45. Arrive back in Palmyra around 4:00.

**Practice:**

**Sports:**

## Monday, September 21<sup>st</sup> Pajama Day

**Activities:** One Act Play Practice 6:45 am  
Panther Pause- Homecoming Decorations

**Breakfast:** French Toast, Sausage, Fruit or juice

**Practice:** HS Volleyball 3:37 until finished  
HS Football 3:37 until finished  
JH Volleyball 6:30-7:45 am  
Cheerleader 7:30 am

**Lunch:** Tuna or PB&J Sandwich, Macaroni & Cheese, Baked Beans, Fruit, Milk

**Sports:** Girls Golf @ Fremont CC 9:00am  
Jr. High Football @ Weeping Water 4:00 pm Bus leaves 2:30  
JV Football @ Weeping Water 6:30 pm Bus leaves 4:45

## Tuesday, September 22<sup>nd</sup> Twin Day

**Activities:** Early Band & Flag 7:15 am  
Early Out- Parent Teachers Conferences 2:00-8:00 pm  
Spirit Store Open During P-T Conferences

**Breakfast:** Cereal, Muffin, Fruit or Juice

**Practice:**  
JH Volleyball 6:30 am – 7:45 am  
HS Football 8:00- 9:30 pm  
HS Volleyball 4:30-6:00 **Bennet**  
Cross Country TBA

**Lunch:** Hot Ham & Cheese / Bun, Potato Wedge, Corn, Fruit, Milk

**Sports:**

## Wednesday, September 23<sup>rd</sup> Panther Pause Colors

**Activities:** One Act Play Practice 6:45 am  
P.A.R.T.Y. Meeting 7:40 am Mrs. Church's Room  
Book Club meeting during lunch in Long distance room

**Breakfast:** Sausage n' Pancake Breakfast Bites, Hashbrown Patty

**Practice:**  
HS Football 3:37 until finished  
HS Volleyball 3:37 until finished  
Cross Country 3:37 – 5:30  
Golf Woodland Hills 3:37 until finished

**Lunch:** Mandarin Orange Chicken w/ Rice, Green Beans, Apple Crisp, Butter Sandwich, Milk

**Sports:**

## Thursday, September 24<sup>th</sup> Character Day

|  |   |
|--|---|
| <b>Activities:</b> FCA Meeting 7:45am in Library<br>John Baylor ACT Prep 10:00 am<br>Wayne State College Visit- 11:45am-1:00pm | <b>Breakfast:</b> Yogurt, Bagel, Fruit or Juice   |
| Practice: JH Football 3:37 – 5:30<br>JH Volleyball 6:30 am – 7:45 am<br>HS Football 3:37 – 5:30<br>Cross Country 3:37 – 5:30   | <b>Lunch:</b> Cheese Omelet, Hashbrown Patty, Fruit, Cinnamon Roll, Sausage Patty, Milk |
| <b>Sports:</b> JV-Varsity Volleyball @ Auburn 6:00pm leave 4:00 PHS only   |   |

## Friday, September 25<sup>th</sup> Red & Blue Day

|   |   |
|---|---|
| <b>Activities:</b> FCA meeting 7:45 am in the library<br>Student Council meeting 7:45 in Long Distance Room   | <b>Breakfast:</b> Cereal, Biscuit w/ Jelly, Fruit or Juice  |
| Practice: JH Football 3:37 – 5:00<br>JH Volleyball 6:30 am – 7:45 am<br>HS Volleyball 3:37 until finished<br>Cross Country 3:37 – 5:30<br>No Girls Golf | <b>Lunch:</b> Fiestada, Lettuce Salad, Fruit, Brownie, Milk |
| <b>Sports:</b> HS Football vs. Lourdes 7:00pm<br><b><u>Homecoming Coronation After Game</u></b>   | <b>PEP RALLY- 3:00</b>                                      |

## Saturday, September 26<sup>th</sup>

|   |
|---|
| <b>Activities:</b> Homecoming Dance 9-12 grades @ PHS 8:00-11:30 pm Doors open 7:00 pm for Pictures |
| <b>Practice:</b>  |
| <b>Sports:</b> Cross Country @ Norris 10:30 am  |

**Homecoming information-** The Coronation Ceremony will take place AFTER the football game Friday night.

**The Homecoming Dance is open to 9 – 12 grade students. 8:00-11:30 pm**

**Doors will open at 7:00 pm for Pictures**

**Starting Wed. there will be a sign up sheet in the office to sign up dates from other schools.**

**PHS Spirit Store will be open Tuesday during Parent-Teacher Conferences**

### Upcoming Dates:

Monday September 28<sup>th</sup> – Friday October 2<sup>nd</sup> Terra Nova Testing Grades 8 & 11

Monday September 28<sup>th</sup> – John Baylor ACT Prep 1:00 pm

Friday October 2<sup>nd</sup> - John Baylor ACT Prep 8:15 am

**Palmyra High School  
Testing  
2009-2010**

**September 28 – October 2**

**Terra Nova – Juniors and 8<sup>th</sup> Graders**

The importance of the Terra Nova Testing is for you to see how you compare to your peers across the country and to assess your academic strengths. We also use the data from the Terra Nova Testing to make decisions about what needs to be taught in your classes. The state uses this information to decide whether Palmyra is making adequate yearly progress, and if it is a quality school. It is important for you to do your best on these tests for yourself, but also for the school and community.

**October 14**

**PSAT/NMSQT– Sophomores and Juniors. Really important for Juniors!**

**Registration: Pay \$15 to Ms. Merryman September 28-October 2. There are only 35 testing slots so register early if you want to take the PSAT/NMSQT.**

**The PSAT will be given Wednesday, October 14 at 8:15 a.m. at Palmyra High School.**

**Why take the PSAT? For Juniors**, it is the qualifying test for the National Merit Scholarship program, but it also provides valuable information to the student about his/her preparedness and skills for success at college. It also is a practice for the SAT exam, which is used for college admission for many out-of-state colleges. Most colleges will accept either the ACT or SAT depending on which is the higher score. **For Sophomores**, this is a preview of what the NMSQT will be like when they are juniors and it serves as practice for many other standardized tests.

**October 20**

**PLAN – Sophomores Only**

This is a preview of the ACT test. While many other school districts require students to pay for the PLAN themselves, District OR1 covers the cost of this very important test. This test helps students begin to focus on possible career plans and to build college readiness by connecting skills and knowledge with the standards required to be successful in college and careers. If students answer the pretest interest inventory and survey questions seriously and honestly, there is a great deal of helpful information provided about career options and post high school planning.

**October 24, December 12, February 6, April 10, June 12**

**ACT – Juniors and Seniors**

The most widely accepted college admissions test in the middle of the USA. It is important to take the ACT at least once during the junior year to find out what areas a student may need to improve before taking it his or her senior year. Carefully answering all the pretest questions and interest inventory questions on the registration will also give helpful information regarding career choices and college readiness.

If you take the Baylor Test Prep Course this year, it is wise to take the October test because the testing information and tips will be fresh in your mind.

**November 12**

**ASVAB – Armed Services Vocational Aptitude Battery 8:15-11:30 – All Juniors and any Seniors who wish to retake it to improve their scores**

This test provides you with scores, which can help you determine your readiness for further education and training in different career areas. Knowing your academic strengths and weaknesses now gives you a

chance to improve before you leave high school. This is a test that identifies your abilities in 8 areas, which can help you decide appropriate career and educational paths. It is also the test used to determine admission and placement in the military.

### **John Baylor ACT Test Prep Course**

John Baylor will bring his ACT Test Prep Course to Palmyra High School again this fall for 7 sessions that are 90 minutes long. This has been a highly successful class in past years and most students who have taken the course believe their scores improved dramatically with the Test Prep Course. District OR 1 will pay for most of the cost. At other high schools the students pay \$200 or more. The cost to you is \$50.00. The time of the seven sessions will alternate between morning and afternoon classes to keep from pulling students from the same classes all of the time. If your student attends all sessions and scores a 25 or higher on the October 24 ACT Test, your \$50 will be refunded to you.

This course is for those college-bound students who want to maximize their scores to improve their options for college admissions and scholarship money. It is essential for students who take the course to complete the assignments given and be prepared to focus for the full 90 -105 minutes each week. Because students will miss class to take this course, it is also essential for them to make sure they keep up with the work in the classes they miss.

The Palmyra High School ACT scores improved by over 2 points last year. We scored higher than the state on every subject and on the composite score. We think the John Baylor Test Prep Course was significant in this score increase. If your student is planning to attend college, this is an excellent opportunity.

Please send the form at the bottom of this page with \$50 (checks made out to District OR 1) by Wednesday, September 23. If there is any difficulty in paying for the course, please contact me. We are able to work out a variety of options.

#### **Dates and Times:**

|           |              |       |
|-----------|--------------|-------|
| Thursday  | September 24 | 10:00 |
| Monday    | September 28 | 1:00  |
| Friday    | October 2    | 8:15  |
| Tuesday   | October 6    | 1:00  |
| Thursday  | October 8    | 10:00 |
| Monday    | October 12   | 1:50  |
| Wednesday | October 21   | 12:30 |

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#### **John Baylor Test Prep Course**

Student Name \_\_\_\_\_ Grade \_\_\_\_\_

\$ \_\_\_\_\_ Date \_\_\_\_\_

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#### **PSAT Registration – Test Date October 14**

Name \_\_\_\_\_

Grade \_\_\_\_\_ Payment \$15 Cash \_\_\_\_\_ Check \_\_\_\_\_

Return to Ms. Merryman September 28-October 2