

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Hot Dog/Bun	Hot Ham &	Popcorn Chicken	Pulled Pork/	NO SCHOOL
Baked Beans	Cheese	Mashed Potatoes	Bun	
Chips	Fries	Gravy	Carrots	
	Broccoli	Roll		

Happening this week at PHS

Saturday, February 24th– FFA Leadership

Sunday, February 25th- FCCLA Peer Education Conference

**Monday, February 26th– FCCLA Peer Education Conference
@ Kearney, HS Speech @ Weeping Water 9:00 am Van leaves
@ 7:45 am, 1st Day of Spring Sports Practices**

**Tuesday, February 27th– JH Wrestling @ Malcolm 3:00 pm
bus leaves @ 1:00 pm**

Wednesday, February 28th– Show Choir 6:30 am

Thursday, February 29th–

**Friday, March 1st– NO SCHOOL, Senior Pictures due for
Graduation**

Saturday, March 2nd–

Prom Info: Saturday, April 13th

**Doors open at 7:00 pm Pictures are from 7:00-
8:00 pm**

Dance is from 8:00-11:00 pm

UPCOMING EVENTS

Monday, March 4th– Freshmore Honor Choir, ECNA HS & JH Quiz Bowl @ Weeping Water

Tuesday, March 5th– Freshmore Honor Choir, FFA CDE Contest, JH Wrestling

Wednesday, March 6th– Show Choir 6:30 am

Thursday, March 7th– JH Wrestling, End of 3rd Quarter, 7th-11th grade Football Player/Parents Meeting with Coach Baumert 6:30 pm PHS West Gym

Friday, March 8th– NO SCHOOL

Saturday, March 9th– JH Wrestling @ Ashland-Greenwood

Just a reminder, entrance for all school activities for this school year will be the West doors!

Students are not allowed to be in the building before 7:30 am unless they are taking part in an activity that has early practice/meeting times!

GO PANTHERS!



NEWSLETTER

*Together, we prepare our students to successfully
meet the challenges of the future.*

Feb. 23, 2024
Volume 1, Issue 29

Next week, Bennet Elementary will be celebrating Dr. Seuss' birthday. There will be daily Dr. Seuss trivia, Student Council Readers, Booster provided snack and other activities planned by grade level teachers.



**Reminder there will be no school
on Friday, March 1st.**

Way to go Bennet Elementary! We have collected more than \$450.00 for the Brave Rescue Fund to help cats and dogs with foster care needs! Thanks to the 5th grade Caring Team for their time and efforts!

If at any time, you have questions or concerns about school, please call me at 402.782.3535 or email at walter.lin@districtor1.net.
Linde Walter

Next week, we will be celebrating Read Across America with fun dress-up days sponsored by the 5th grade Student Council.

Monday: Pajama Day

Tuesday: "Cat and the Hat" Hat Day

Wednesday: "My Many Colored Days"

Each grade level will wear the following color.

Preschool- Red

KDG- Yellow

1st grade- Blue

2nd grade- Orange

3rd grade- Green

4th grade- Purple

5th Grade- Red

Thursday- Book Fair Theme: "If you Give a Mouse a Cookie", wear overalls and mouse ears.

***If students arrive to school before 7:50 AM, they need to use the Before School REC Program.**



Bennet Boosters are putting together a 2023-24 yearbook. Order forms came home today. Yearbook orders will be accepted

through March 15th.

The Book Fair will be Thursday, February 29th from 5:00-7:00 PM at Bennet Elementary. Scholastic Books and Usborne books will be available for purchase. Come read books with your child, take an AR test, make a craft, and eat a special snack.

Bennet Boosters will be selling flowers again this spring. Be looking for the brochure coming home in March.

These students earned a snack and bingo with Ms. Walter. They were recognized this week for following *The Panther Way* by being respectful, responsible, and safe.

Not pictured: Sierra Johnson and Cora Towne



Save the Date...KDG Round Up

KDG Round Up will be Friday, April 12th from 9:00-11:00 AM. A parent meeting will be Wednesday, April 10th at 6:00 PM. Please contact the school office to register your child for KDG for the fall of 2024.

Summer Enrichment

Due to construction, we are still working out details for Summer Enrichment. Be on the lookout for more information on times, dates and a location.

March

-1st No School

-8th No School

-11th No School (Professional Development)



Just a reminder that there will be no school on Friday, March 1st, Friday, March 8th or Monday, March 11th.

BLOOD
DRIVE

SAVE

Lives



Palmyra High School Blood Drive

Held on the bloodmobile

Wednesday, March 27

1:00PM – 6:00PM



Appointments Recommended

Visit ncbb.org/searchdrives

Use sponsor code **PHS**

You can also scan the QR code to access the schedule

Or call us at **402.486.9414**

For questions contact *Mrs. Beach*

Are you 16 years old?

Please have your parent permission
form complete & with you at donation

(Must be completed each time you donate while you are 16)

Please remember to eat, drink, and bring your ID with your name and photo.

Appointments are preferred however walk-ins will be welcomed if space permits. Visit ncbb.org for complete COVID-19 safety protocols.

Save time! Complete your health history questionnaire online on the day of your donation at ncbb.org/iDonate



Nebraska
Community
Blood Bank

877.486.9414 • ncbb.org



#nebloodbank

Premiums & Coverage Options

School Time Coverage Grades PK-12 (Does NOT Include Interscholastic Sports Coverage grades 7-12) Protects the student while: a) attending regular school sessions, b) participating in or attending school-sponsored and supervised extracurricular activities, c) traveling directly to and from school for regular school sessions, and while traveling to and from school-sponsored and supervised extracurricular activities in school provided transportation. DOES NOT cover participation in interscholastic sports for students in grades 7-12.	\$16
Full Time Coverage Grades PK-12 (Does NOT Include Interscholastic Sports Coverage grades 7-12) Covers the student 24 hours a day until school starts next year. Includes coverage while at home and school, on weekends and during summer vacation. DOES NOT cover participation in interscholastic sports for students in grades 7-12.	\$99
School Time Coverage Grades PK-12 AND Interscholastic Sports Coverage Grades 7-12 (does not include Football grades 9-12) In addition to School-Time Coverage shown above, includes All Interscholastic Sports Coverage that protects the student while practicing for or competing in school-sponsored and supervised interscholastic sports including travel in school provided transportation for grades 7-12. DOES NOT cover Football for grades 9-12.	\$91
Full Time Coverage Grades PK-12 AND Interscholastic Sports Coverage Grades 7-12 (does not include Football grades 9-12) In addition to the Full-Time Coverage shown above, includes All Interscholastic Sports Coverage that protects the student while practicing or competing in school-sponsored and supervised interscholastic sports including travel in school-provided transportation for grades 7-12. DOES NOT cover Football for grades 9-12.	\$174
Football Coverage Grades 9 - 12 Protects the student while practicing for or competing in school-sponsored and supervised interscholastic football including travel in school-provided transportation for grades 9-12.	\$250
Extended Dental Coverage Grades PK-12 Provides benefits up to a maximum of \$5,000 for any dental Injury. Covers the student 24 hours a day until school starts next year. Treatment must begin within 60 days from the date of the Injury and must be performed within one year from the date of Injury. However, if within the one year period following the date of Injury the student's attending dentist certifies that dental treatment and/or replacement must be deferred beyond one year, the policy pays the estimated cost of such deferred treatment, but not to exceed \$200 for each tooth. Benefits for prostheses are limited to \$500 per injury, including procedures performed to install them. Dental prostheses include, but are not limited to: crowns, dentures, bridges, and implants. Extended Dental does not cover treatment for orthodontics, dental disease, or expenses that exceed the dental prosthesis maximum benefit limit.	\$9

MEDICAL BENEFITS (What the Insurance Plan Pays) - When injury covered by the policy results in treatment by a Licensed Physician within 60 days from the date of accident, the Company will pay the Usual and Customary Charges (U&C) incurred for covered services as listed below, for charges actually incurred within one year from the date of injury up to the specified Maximum Medical Benefit of \$50,000 per injury. (In MT and NC benefits are payable after the deductible per injury is satisfied, the deductible is the amount paid or payable for the same injury by Other Valid Coverage)
This policy will pay benefits regardless of Other Valid Coverage if the covered claim expense is less than \$200. If the covered claim expense exceeds \$200, benefits shall be paid first by Other Valid Coverage. (This coverage is excess in KS, and this coverage is primary in MT and NC after deductible, and in ID, IL)

PHYSICIAN'S SERVICES

- a) **Surgical Care** (surgeon, assistant surgeon, and anesthesia)80% U&C, up to \$2,500
b) **Nonsurgical Care** (includes physiotherapy performed other than in a hospital, 1 visit per day).....U&C, up to \$50 per visit, maximum 6 visits

HOSPITAL CARE

- | | |
|---|--------------------------|
| HOSPITAL CARE | |
| a) Inpatient Care | |
| 1) Hospital Semi-Private Room | U&C, up to \$500 per day |
| 2) Hospital Miscellaneous Services | 80% U&C, up to \$2,500 |
| b) Outpatient Care | |
| 1) Facility Charges for Day Surgery | U&C, up to \$2,500 |
| 2) Emergency Room | 80% U&C, up to \$500 |

Note: Benefits for hospital miscellaneous and outpatient care charges are limited to services not scheduled under Medical Benefits.

X-RAY SERVICES (includes charges for reading).....U&C, up to \$250

LABORATORY SERVICES U&C, up to \$250

DIAGNOSTIC IMAGING (includes MRI, CT scan, bone scan and charges for reading)	U&C, up to \$500
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DENTAL TREATMENT (in lieu of all other medical benefits; for repair and/or replacement of each sound and natural tooth) U.C. up to \$250 per tooth (In SD, sound and natural is deleted)

AMBULANCE SERVICES.....U&C, up to \$500

ORTHOPEDIC APPLIANCES (when prescribed by a physician for healing)	U&C, up to \$250
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PRESCRIPTION DRUGS (take home).....U&C, up to \$250

REPLACEMENT EYEGLASSES, CONTACT LENSES, HEARING AIDS
(when medical treatment is required for covered injury).....U&C, up to \$250

MOTOR VEHICLE INJURY	Same as any injury, up to \$2,500 (In KS, \$2,500 limit does not apply)
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ACCIDENTAL DEATH AND DISMEMBERMENT

When injury covered by this policy results in Accidental Death or Dismemberment within 180 days from the date of accident, the following benefits will be payable.

Loss of Life	\$2,500	Loss of an Eye.....	\$2,500	Double Dismemberment	\$10,000	Single Dismemberment.....	\$2,500
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The policy contains a provision limiting coverage to the usual and customary charges. This limitation may result in additional out-of-pocket expenses for the insured.



COVERAGE PLANS

One Time Policy Year Premiums

↑ STUDENT'S LAST NAME ↑ (one letter in each box)

STUDENT'S FIRST NAME M.I.

Please Print

Address _____ (Street)

(City) (State) (Zip)

Email Address _____

Name of School _____

Name of District _____

Student's Age Grade Phone

	Full Time Coverage (Does NOT include Interscholastic Sports Coverage)	<input type="checkbox"/> \$ 99
	Full Time Coverage AND Interscholastic Sports Coverage (Does not include Football Grades 9-12)	<input type="checkbox"/> \$174
	School Time Coverage (Does NOT Include Interscholastic Sports Coverage)	<input type="checkbox"/> \$ 16
	School Time Coverage AND Interscholastic Sports Coverage (Does not include Football Grades 9-12)	<input type="checkbox"/> \$ 91
	Football Coverage (Grades 9-12)	<input type="checkbox"/> \$250
	Extended Dental Coverage (Grades PK-12)	<input type="checkbox"/> \$ 9

DO NOT SEND CASH

TOTAL PREMIUM

Make Checks payable to: **STUDENT ASSURANCE SERVICES, INC.**
*Please write student's name on the front of check. **NO REFUNDS**

X _____
GAA-2203Ed.11-16 (Signature of Parent or Guardian) (Date)

I-1511/1513(2023)

EXCLUSIONS (What the Plan DOES NOT Pay)

1. Any sickness, disease, infection (unless caused by an open cut or wound), including but not limited to: aggravation of a congenital condition, blisters, headaches, hernia of any kind, mental or physical infirmity, Osgood-Schlatter disease, osteochondritis, osteochondritis dissecans, osteomyelitis, spondylolysis, slipped femoral capital epiphysis, orthodontics.
2. Injuries for which benefits are paid under Workers' Compensation or Employer's Liability Laws. (In NC, benefits are excluded if the employee, employer, or carrier is responsible or liable according to final adjudication or settlement order under state law)
3. Any Injury involving a two or three-wheeled motor vehicle or snowmobile or any motorized or engine driven vehicle not designed primarily for use on public streets and highways, unless the insured is participating in an activity sponsored by the Policyholder. (In ID, Insured must be participating as a professional)
4. The practice or play of interscholastic sports including travel to or from such activity, practice, or play for students in grades 7-12, unless such premium is paid.
5. In Kansas - No benefits are payable for accidental bodily injuries arising out of a motor vehicle accident to the extent such benefits are payable under any medical expense payment provision (by whatever terminology used including such benefits mandated by law) of any automobile policy.
6. In Ohio - Reinjury if the insured participated in a covered activity against medical advice.

IT IS NOT THE INTENT OF THE POLICY TO PROVIDE BENEFITS FOR AN EXISTING MEDICAL PROBLEM. A re-injury will not be covered if the insured has received treatment within a period of 180 days prior to the effective date of the policy. (In OH, this provision does not apply)

WHAT KIND OF INSURANCE IS THIS?

This is accidental bodily injury insurance; it covers accidental bodily injury occurring while the coverage is in force. Medical illnesses such as ear infections or sore throats are not covered.

WHO SHOULD CONSIDER BUYING THIS INSURANCE?

1. All families with no other health coverage.
2. Families with other medical or dental coverage having deductibles, copays or coinsurance. Our policy applies benefits toward your other health coverage out-of-pocket expenses. (This coverage is primary in MT and NC after deductible, and in ID, IL)

HOW TO ENROLL

1. Select the desired coverage(s) from the options listed above. Premium cannot be prorated. There are two enrollment and payment options.
2. Complete the Enrollment Form and enclose the premium (check made payable to: STUDENT ASSURANCE SERVICES, INC. or credit card payment information). Please write the name of the student on the check. Return the premium payment with the requested enrollment information in an envelope and mail to: Student Assurance Services, Inc. P.O. Box 196, Stillwater, MN 55082-0196; OR
3. Complete enrollment form online at the Student Assurance Services, Inc. website www.sas-mn.com. The online form is available under the K-12 School Look-up.
4. Be sure to retain this brochure and a copy of the premium payment as proof of insurance. You will not receive a policy or ID card. The master policy is issued to the school.

EFFECTIVE AND EXPIRATION DATES

Coverage becomes effective the later of: the Master Policy Effective Date; or 12:01A.M. following the date the envelope containing the enrollment form and premium payment is postmarked by the U.S. Postal Service; or for online enrollment 12:01A.M. following the date the proper premium is received by the Plan Administrator. Interscholastic sports coverage expires on the last day of the authorized season of the current school year. School-Time and Full-Time coverage expires on the first day of school next year.

HOW TO FILE A CLAIM

1. Notify the school and obtain a claim form immediately. The school will fill out Part A of the claim form if it's a school injury.
2. Parents complete Part B of the claim form. **Answer all questions.**
3. Submit copies of the student's *itemized bills* to the student's family medical and dental coverage first, even if there is a large deductible. The other insurance plan will send a report called an Explanation of Benefits (EOB). This plan is supplemental to all other valid coverage. The claim must be filed with the other coverage first! (Coverage is excess in KS, primary in MT and NC after deductible, and in ID, IL) This Plan **DOES NOT** cover penalties imposed for failure to use providers preferred or designated by the primary coverage. (In KS, penalty does not apply)
4. Send the completed claim form, copies of student's itemized bills and EOB to:
STUDENT ASSURANCE SERVICES, INC.
PO BOX 196 • STILLWATER, MN 55082
5. No claim can be completed until **all of the above documents** have been provided.

NOTE: Student must be treated by a Licensed Physician within 60 days of the date of the injury. Proof of claim should be submitted within 90 days from the date of accident, or a reasonable time thereafter not to exceed one year. Itemized bills should be submitted within 90 days from the date of treatment or reasonable time thereafter not to exceed one year. The policy is responsible only for expenses incurred within one year. (In NC, itemized bills must be submitted within 180 days from the date of treatment, not to exceed one year)

This provides a very brief description of some of the important features of the insurance policy. It is not the insurance policy and does not represent it. A full explanation of benefits, exceptions and limitations is contained in the Group Accident Insurance Policy Form GA-2200Ed.11-16 (and any state specific), and any applicable endorsement(s). This policy is considered term accident insurance (except in ID) and is non-renewable. This product may not be available in all states and is subject to individual state regulations. The Master Policy is issued to the School District/School. A copy of the Privacy Notice and Certificate of Coverage (where applicable) may be obtained on the website www.sas-mn.com. I-1511/1513(2023)

Administered by

STUDENT ASSURANCE SERVICES, INC.
PO Box 196 • Stillwater MN 55082-0196
Toll Free 800-328-2739 • (651) 439-7098

www.sas-mn.com



HAVE QUESTIONS?
CALL US TOLL FREE AT
(800) 328-2739 OR (651) 439-7098

Underwritten by

Ameritas
Ameritas Life Insurance Corp.
Lincoln, Nebraska

STUDENT ACCIDENT INSURANCE CREDIT CARD PAYMENT

INDICATE PREMIUM SELECTED AND COMPLETE THE REQUESTED ENROLLMENT INFORMATION FOUND ON THE REVERSE SIDE OF THIS FORM.

There is a \$5.00 Processing Fee added to ALL Credit Card Transactions (does not apply to IN, NC residents)

☐ Please charge \$ _____ + \$5.00 Processing Fee = \$ _____ to the following credit card: ☐ VISA®, ☐ MasterCard®, or ☐ Discover®

Credit Card Number

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Security Code (on back of card, 3 digits)

--	--	--

Card Expiration Date

(Month) (Year)

--	--	--	--

Credit card billing will state:
"Student Assurance Services, Inc."

Print Cardholder Name _____ Date ____ / ____ / ____

Cardholder Signature _____

Cardholder Address _____

(Street)

(City)

(State)

(Zip)

Telephone Number (_____) _____ - _____

GAA-2203Ed.11-16

DETACH - Place inside envelope

I-1511/1513(2023)

PHS

ART DEPT.

T-SHIRT
OF THE
MONTH



FEBRUARY DESIGN



T-SHIRTS
\$15



CREWNECKS
\$20

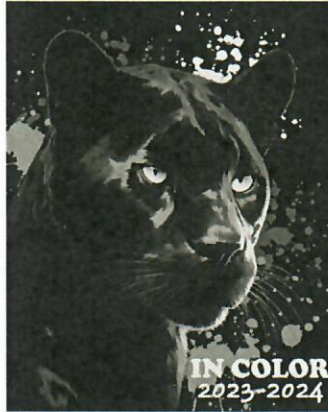
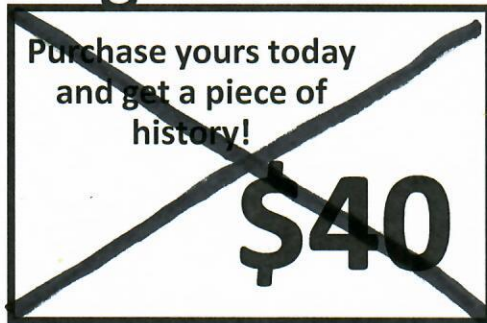


HOODIES
\$25

**ORDERS/PAYMENT DUE FEB. 29TH USE THE LINK TO ORDER & SUBMIT
PAYMENT TO MS. SWARTZENDRUBER
NO LATE ORDERS ACCEPTED & ORDERS WILL NOT BE PROCESSED IF PAYMENT
IS NOT RECEIVED BY FEB 29TH**

ORDER FORM LINK <https://forms.gle/u5ivoyKX8TYitqa69>

Walsworth 2023-24 Yearbook Purchase Agreement



\$50

Prices will go up on February 12th.

Remember the school year by purchasing a 2023-24 yearbook for \$40. Prices will go up February 12th to \$50, so grab one now. Use the purchase agreement below or go online @ <https://yearbookforever.com/>

Last Name

First Name

of Yearbooks

Total (check or cash)

****All orders must be pre-paid .***

Return to the office with payment if using this document.

Address (if an out-going senior and not picking up yearbook)

City

Zip Code

E-mail to contact you when yearbook arrives.

YOU CAN'T
buy happiness
BUT YOU CAN BUY A
YEARBOOK
and that's kind of the same thing.



FUNDRAISER

**Join us at the 87th & Nebraska Pkwy Runza[®]
Tuesday, February 27th**

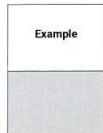
**10% of sales
from 4:30 - 7:30 pm will be donated to
Palmyra School's Junior Class Prom.**

**We invite you to join us in any
manner you feel comfortable.
All sales through the drive-thru,
dine-in or carry-out will support
Palmyra School's Junior Class Prom.**

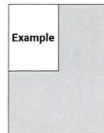


HONOR YOUR 2024 PALMYRA HIGH SCHOOL GRADUATE WITH A PERSONAL AD IN THE 2024 YEARBOOK!

AD CHOICES



Half page
\$60
12 photos



Quarter page
\$40
6 photos

SUBMIT AND PAY FOR YOUR AD ONLINE AT YEARBOOKFOREVER.COM.

PAY ONLINE WITH A CREDIT CARD, DEBIT CARD OR PAYPAL.

- Go to yearbookforever.com.
- Search for our school name and click on Shop the Store.
- Select Create a Personal Ad.
- Enter your student's information and your email address.
- Select a design option and follow the steps to create and pay.

BUY A PERSONAL AD IN THE YEARBOOK TODAY!



PALMYRA HIGH SCHOOL

Purchase an ad online at yearbookforever.com.

Ad space is limited, so buy early!

Purchase by May 1st.
please.





Student Injuries Can Happen

Medical Expenses Can Be a Financial Hardship When the Unexpected Occurs

Approved By Your School/School District - Available for All Students PK-12

What is Student Accident Insurance?

- ◆ Coverage that provides financial assistance with your out-of-pocket medical expenses when your student sustains an accidental bodily injury.

Why Consider Student Accident Insurance For Your Student?

- ◆ High Deductible/Copayments to your Family's Primary Health Insurance
- ◆ No Health Insurance for your Student
- ◆ Your Student participates in an interscholastic sport where an unexpected injury is more likely to occur.
- ◆ Your Student is prone to injuries

Coverage Options Available Through Your School

- ◆ School Time Coverage - \$16.00
- ◆ 24-Hour/Full-Time Coverage - \$99.00
- ◆ Interscholastic Sports Coverage
(w/School Time-\$91.00 or 24 Hour Coverage-\$174.00)
- ◆ Football Coverage - \$250.00
(Grades 9-12 for the football season)

- ◆ Extended Dental Coverage - \$9.00

Premium Paid Once a School Year

To Enroll Your Student & Review Medical Benefits

Go to: www.sas-mn.com

***or scan this QR code with
your smart phone to be
directed to our website***



Please locate "K-12 Students & Parents" on our homepage. Within this division, you will be able to search for your student's school district. Once located, you will have access to the following information:

- ◆ **Purchase Coverage**
(Managed Online or by Printing/Mailing Enrollment Form and premium)
- ◆ **Brochure (English & Spanish)**
(Explains medical benefits, exclusions and coverage options)
- ◆ **Claim Form**
(fillable form when enrolled student sustains injury)

For Questions, Call Student Assurance Services at (800) 328-2739



Specializing in Student Accident Insurance Since 1971.

The above information is just a brief description of Student Assurance Service's student accident insurance. For more information including costs, benefits, effective dates, exclusions, limitations, please refer to www.sas-mn.com Students are able to purchase coverage only if his/her school district is a policyholder with the insurance company



P H S P O S T P R O M C O M M I T T E E B R I N G S Y O U

ADULT PROM

February 24th, 6-10p



**GLACIAL TILL VINEYARD & WINERY
344 S SECOND RD., BENNET, NE 68317**

\$35/guest or \$40 at the door

Venmo: @karenbohaty

Join the PHS Prom Committee for a night of drinks, food, and dancing at Glacial Till Vineyard. Recreate those nostalgic High School years by voting for Prom King and Queen and participating in the silent auction while getting all dressed in your finest Promenade attire. Proceeds will help fund the PHS Post Prom.

***no refunds, thank you for donating!**