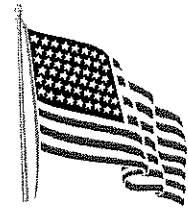




WEEKLY BULLETIN



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

Saturday, January 14th

Activities:
Practices:
Sports: HS BBB @ Beatrice Auditorium 11:45 am Bus leaves @ 9:45 am

Monday, January 16th NO SCHOOL TEACHERS IN SERVICE

Activities: Mainstage Rehearsal 6:00-8:00 pm	Breakfast:
Practice: HS GBB 4:15-6:00 pm PHS, 3:45-5:00 pm PHS, HS Wrestling 6:00 am PHS, JH GBB 3:45 pm Bennet	Lunch:
Sports:	BOE special meeting at 6:30 p.m. and Regular meeting at 7:00 p.m.

Tuesday, January 17th Wrestling Parents Night

Activities: Jazz Band 6:45 am	Breakfast: Waffle, Sausage
Practice: HS Wrestling 6:00 am PHS, JH GBB 4:00 pm Bennet	Lunch: Fiestada, Steamed Peas
Sports: HS G&B BB @ PHS vs. Conestoga JV G 3:45, JV B 4:30, V G 5:45, V B 7:15 pm	Pep Band Anthem 5:15 pm

Wednesday, January 18th

Activities: Show Choir 6:30 am, Music Theory 6:45 am, Speech Practice 7:00 am	Breakfast: Cereal, Muffin
Practice: HS BBB 4:15-6:00 pm PHS, HS GBB 3:45-5:15 pm PHS, HS Wrestling 4:00 pm Bennet	Lunch: Meatball Sub, Steamed Carrots
Sports:	Palmyra Youth Group 6:30 Palmyra Senior Center

Thursday, January 19th

Activities: Drum Line 6:30 am, Main Stage Rehearsal 6:00-8:00 pm, Speech Practice 7:00 am	Breakfast: Scrambled Eggs, Toast
Practice: HS GBB 4:15-6:00 pm PHS, HS BBB 3:45-5:00 pm PHS, JH & HS Wrestling 4:00 pm Bennet	Lunch: Chicken Strips, Cheesy Broccoli, Bread & Butter
Sports: JH GBB @ Murdock 4:30 pm bus leave @ 3:15 pm	

Friday, January 20th

Activities: Show Choir 6:30 am, FCA 7:30 am Make up Play Auditions TBA, FCCLA STAR Competition Bus leaves @ 7:45 am	Breakfast: Sausage Gravy, Biscuit
Practice: HS Wrestling 3:45-6:00 pm PHS, JH GBB 4:00 pm Bennet	Lunch: Chili, Cinnamon Roll
Sports: HS G&B BB @ Yutan JV G/B 4:30, V G 5:45, V B 7:15 pm Buses leave @ 2:30 and 3:45 pm	

Saturday, January 21st

Activities:
Practice:
Sports: Wrestling @ Louisville 9:30 am Ban leaves @ 6:45 am

UPCOMING EVENTS:

Monday, January 23rd – JH GBB @ NC Lourdes, Main Stage Rehearsal 6:00-8:00 pm

Tuesday, January 24th – Jazz Band, HS G&B BB @ PHS, Girls and Boys Basketball Parents Night

Wednesday, January 25th – Show Choir, Music Theory

Thursday, January 26th – Drum Line, Wrestling @ Freeman, Main Stage Rehearsal 6:00-8:00 pm

Friday, January 27th – Show Choir, HS G&B BB @ PHS

Saturday, January 28th – ECNC BB , MUDECAS Speech

FYI!!!

Senior Parents- Pictures for the Graduation slide show are due no later than February 28th! We need 3 pictures including a senior picture. Pictures will be returned once the slide show has been completed!

Attention Junior Parents: Post Prom Meeting Sunday, January 15th 6:00 PM to 7:30 PM
Bennet Community Church

Bennet Summer Ball Sign-up Ball sign-up for all Bennet area youth playing t-ball, softball, or baseball will be held at Bennet Elementary School at the following times:

Sunday, January 15th from 6:30-8:00 PM

Thursday, January 26th from 6:30-8:00 PM

All boys and girls preschool thru 8th grade are eligible to play. Come to sign-up and speak with your Bennet Ball Club representatives regarding any questions you have about your kids playing ball this summer!

Go Panthers!



Soup for Skis!



Friday January 27, 2017

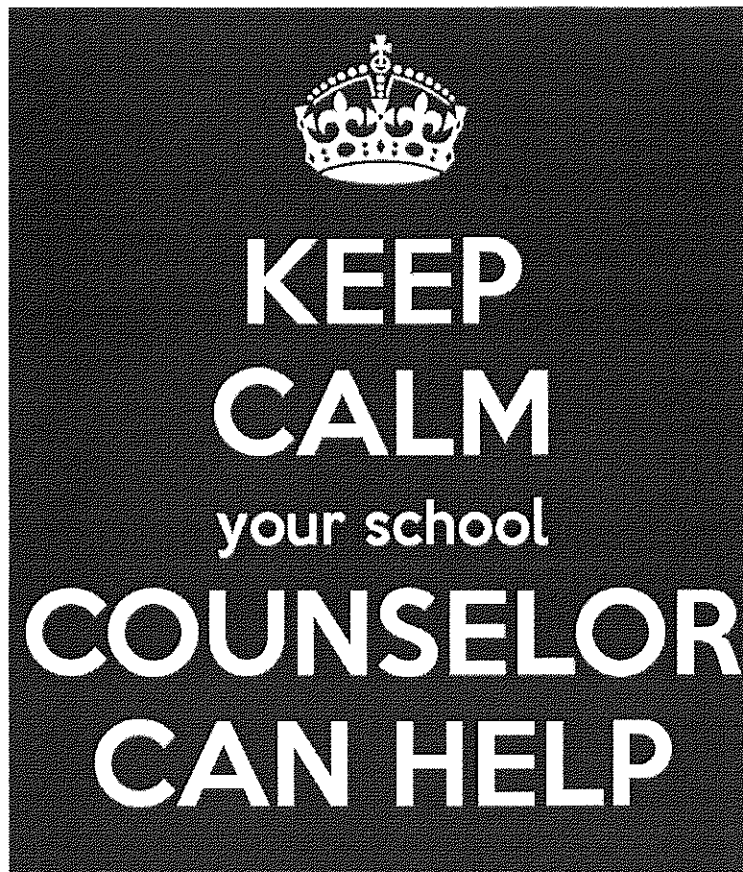
4:00 to 8:00 pm

Palmyra High School

Please join us on for a soup supper to support the Palmyra Youth Group skiing trip to the Rocky Mountains! Before, during and after the Girls Basketball game at Palmyra High School.

From the Counselor

January 13, 2017



Seniors, complete your FAFSA

If you haven't already, complete your FAFSA (Free Application for Federal Student Aid). Need help? Use our free FAFSA Tools or call us to make an appointment for free help: Omaha - 888.357.6300; Lincoln - 800.303.3745; Kearney - 800.666.3721; or Scottsbluff - 800.303.3745, ext. 6654.

ACT[®]

Juniors, prepare for the ACT

All Nebraska high school juniors will take the ACT college entrance exam this spring. At Palmyra, we will take it in April. Materials and resources are being organized to begin preparing our students. For those who simply can't wait, or who would like to get a head start, here are some free resources:

4tests.com	Free practice exams
actstudent.org	Free practice exams
march2success.com	Free practice tests and flashcards
number2.com	Online Test Prep and Vocabulary builder

Search for scholarships

Use our free [ScholarshipQuest](#) tool to find Nebraska-based awards. You'll also find links to national scholarship sites.

Update your Activities Resume

Our free [Activities Resume](#) is an easy way to track your extracurricular activities, accomplishments, volunteer work, and part-time jobs. The information is then readily available when you apply for scholarships and employment.

Volunteer

In addition to giving back to your community, your volunteer work can lead to scholarship opportunities. Make sure you track your involvement on your *Activities Resume*.

Juniors...get psyched for a busy spring!

It's critical that you participate in college prep activities this spring so you'll be ready to apply for college and financial aid early next fall.

Activities include:

- taking the ACT
- attending a college fair
- going on campus visits
- narrowing your college choices

We'll provide details in next month's bulletin!

January "To Do" List

Seniors:

- ___ If you haven't already, complete the [FAFSA](#).
- ___ Apply for scholarships; see [ScholarshipQuest](#) for Nebraska-based awards.
- ___ Update your [Activities Resume](#).

Juniors:

- ___ Update your *Activities Resume*.
- ___ Register by December 21 for the January 21 SAT.
- ___ Register by January 13 for the February 11 ACT.

For free help with college planning, contact EducationQuest Foundation:

Omaha

402-391-4033
888-357-6300

Lincoln

402-475-5222
800-303-3745

Kearney

308-234-6310
800-666-3721

Scottsbluff

800-303-3745 ext. 6654



Winning the scholarship game

Follow these tips to increase your chances of earning scholarships:

Don't ever pay for scholarship searches! Use *free* resources such as *ScholarshipQuest* at EducationQuest.org with over 2,000 Nebraska-based scholarships. Free national sites include [Peterson's](#), [FindTuition](#), [Cappex](#), and [School Soup](#).

Focus on local and college-specific scholarships because you're more likely to earn them.

Update your activities, honors, community service or paid jobs using the *Activities Resume* at EducationQuest.org.

Earn the best possible ACT/SAT scores by taking the exam in the spring of your junior year and again in the fall of your senior year.

Use quality references such as a teacher, coach or counselor. Encourage them to write specific examples of your leadership skills. Give them advance notice and a specific deadline.

Tailor your essay to the scholarship. Ask an English teacher to read your essay and offer advice on making a big impact. Your essay will need to stand out from other applications.



What to expect after you submit your FAFSA

The Early FAFSA opened October 1 so many of you have already completed and submitted your form. Here's what happens next:

Expect a Student Aid Report (SAR). You'll receive it via an email link if you provided an email address on your FAFSA. The SAR acknowledges that your FAFSA was received, and if you need to take further action to process your FAFSA.

Make sure you applied for admission to colleges you listed on your FAFSA. Colleges who receive your FAFSA results typically won't send you a financial aid package until you've applied and have been accepted to the school.

Watch for verification requests. The college(s) you listed on your FAFSA might request verification of your FAFSA information. If so, send the required documents to the colleges' financial aid office.

Watch for financial aid award notifications. The colleges you applied to – and listed on your FAFSA – will send you a financial aid award notification detailing the types and amounts of aid they're offering based on your financial need.

Haven't completed your FAFSA yet?

No problem! You and a parent can complete the form at FAFSA.gov. Before you start, create an FSA ID for you and one for a parent at fsaid.ed.gov. You'll need them to access and sign the FAFSA.

For free help with the FAFSA, watch this [FAFSA Demo video](#), use our free [FAFSA Tools](#), or call EducationQuest to make an appointment:

Omaha – 888.357.6300

Lincoln – 800.303.3745

Kearney – 800.666.3721

Scottsbluff – 800.303.3745, ext. 6654

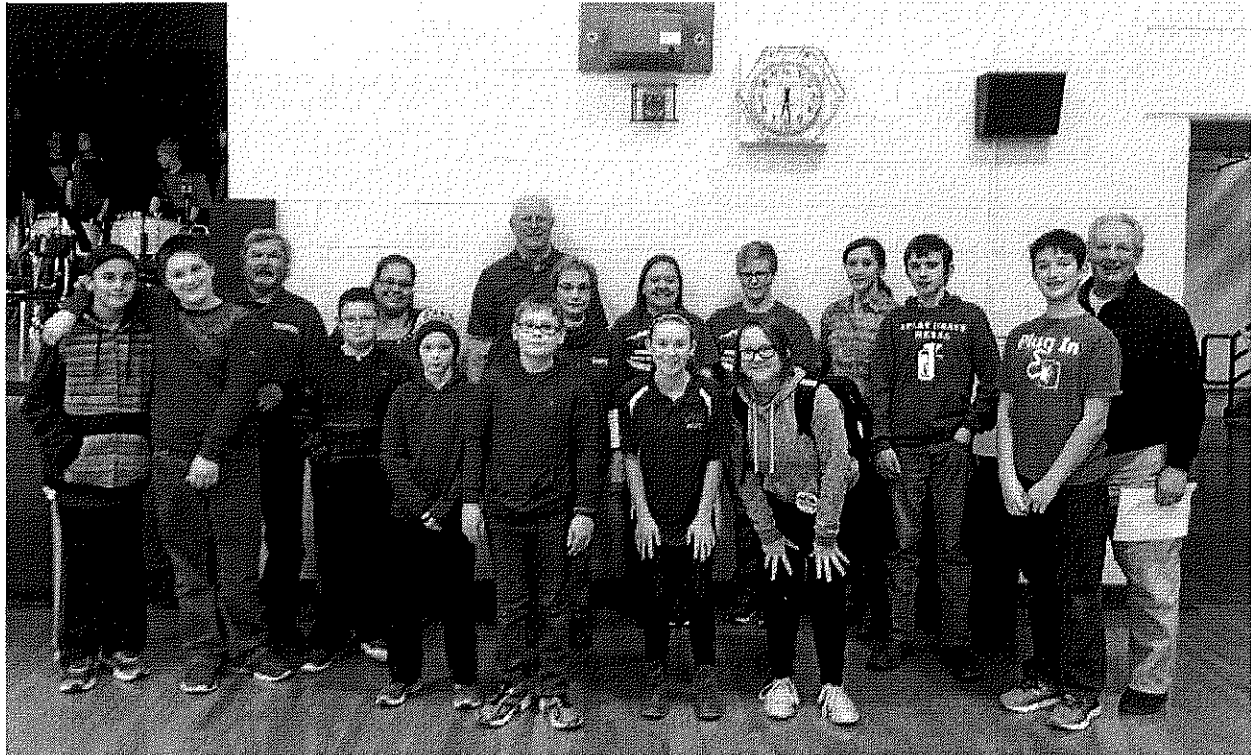
Together We Transform Lives

TEAMMATESSM

MENTORING

TeamMates of Palmyra-Bennet-Douglas Celebrate Mentoring Month

TeamMates celebrated Mentoring Month by serving concessions at the January 5th basketball games at PHS.



From left to right: Nathaniel Neeman-Larson, Dustin Sims, Mr. Tom Gillaspie, Jayden Brock, Mrs. Denise Knutson, Drake Boggess, Samuel Iwan, Mr. Larry Kramer, Mrs. Sharon Kramer, Ms. Jessie Bell, Becky Traeger, Sammi Boyce, Mrs. Sally Smith, Ms. Abbi Swartzendruber, Jacob Pracht, Trystin Somers, and Mr. Michael Chaffee, TeamMates coordinator for Palmyra-Bennet-Douglas chapter.

About the TeamMates Mentoring Program

Tom and Nancy Osborne founded the TeamMates Mentoring Program 25 years ago in 1991, an effort to provide support and encouragement to school aged youth. The goal of the program is to see youth graduate from high school and pursue post-secondary education. To reach this goal, youth meet one hour per week with a caring adult who serves as a mentor. Mentors are volunteers from the community who have dedicated themselves to making a difference in the life of a young person. Mentors give youth a sense of hope, purpose and vision.

Mission

To positively impact the world by inspiring youth to reach their full potential through mentoring.

Palmyra-Bennet- Douglas

For more than 13 years, TeamMates has served youth in District OR 1 Schools. Today, there are 23 matches meeting in the Palmyra-Bennet schools. If you are interested in serving in our TeamMates chapter as a mentee, mentor or board member, please contact Mr. Michael Chaffee at (402)780-5327 Ext 315 or email: Chaffee.Mic@districtor1.net

Request for Recommendation Letter

Students: This form is for people writing recommendation letters for you. **Please allow two weeks** for their letter of recommendation to be completed. Fill out the front of this form completely, and then attach a resume or personal data sheet to the page. If you do **not** have a resume or personal data sheet done fill out the backside also.

TO:

FROM: _____ DATE: _____

I am applying for _____ scholarship.

I would appreciate a letter of recommendation:

- Sent in the attached self-addressed stamped envelope. Postmarked by _____.
- Returned to the Guidance Office by _____.

- I will pick the recommendation letter up on _____.
- Other: _____.

Please address your letter to:

Name: _____

Address: _____

City, State, Zip: _____

Please comment on the following:

- my ability and willingness to study
- my ability to work with people
- my sincerity to pursue training beyond high school
- my personal attributes and skills
- how long you have known me and in what capacity
- other

To assist you, personal information about me is on the back or attached to this form.

Below is some information about me: (if you have a resume or personal data sheet, attach it here and skip this part)

Name:

Address:

City, State, Zip:

Phone:

Personal Data:

Family History: (Parents' names, occupations, siblings –names and ages)

Hobbies:

Volunteer Activities:

Leadership Positions:

Activities & Involvement:

Education:

School(s): (List from present backward through jr. high school)

Academic Focus:

Class Rank: _____ out of _____ in class

Cumulative Grade Point Average: _____ on a scale of _____

Goals:

Educational goals-short term (this year):

Educational goals-long term (after this year):

Life goals-short term (this year):

Life goals-long term (next 10 years):

Work Experience: (Date, Place, Job Description)

Thank you for your help!