



WEEKLY BULLETIN



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

Saturday, September 16th

Activities: Apple Jack Parade @ Nebraska City Bus leaves @ Noon, Homecoming Dance 7:00-11:00 pm
Practices:
Sports:

Monday, September 18th

Activities:	Breakfast: Mini Maple Waffles
Practice: HS Football 3:45, Golf 4:00	Lunch: Pulled Pork Sandwich, Potato Smiles
Sports: Cross Country @ Ashland 4:00 pm Bus leaves @ 2:15 pm, HS Volleyball @ York 5:00 pm & 6:00 pm Bus leaves @ 2:30 pm, JH Football @ PHS 5:00 pm,	

Tuesday, September 19th

Parent/Teacher Conf. 2:00-8:00 pm

Activities: Early Band 6:45 am	Breakfast: Cereal, Pop Tarts
Practice: HS Football 3:45 pm, Cross Country 3:50 pm, HS Volleyball 3:45 pm,	Lunch: Fiestada, Cheesy Broccoli, Cookie
Sports: Golf @ Fremont 9:00 am Van leaves @ 7:00 am	Early Dismiss 1:30 pm

Wednesday, September 20th

Activities: Show Choir 6:30 am,	Breakfast: Sausage 'n Pancake Breakfast Bites
Practice: HS Football 3:45 pm, Golf 4:00 pm, Cross country 3:50-5:30 pm, HS Volleyball 3:45 pm	Lunch: Taco, Refried Beans, Bread & Butter
Sports:	

Thursday, September 21st

Activities: Drum Line 6:30 am,	Breakfast: Scrambled Eggs, Toast
Practice: JH Football 3:45-5:50 pm, HS Football 3:45 pm,	Lunch: Popcorn Chicken, Sweet Potato Tots, Muffin
Sports: Cross Country Varsity Only @ North Bend 4:30 pm Bus leaves @ 2:00 pm, HS	

Volleyball @ Auburn JV 4:45 pm V 6:00 pm Bus leaves @ 2:45 pm	
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Friday, September 22nd

Activities: Show Choir 6:30 am,	Breakfast: Cereal, Breakfast Cookie
Practice: HS Volleyball 3:45 pm, JH Football 3:45-5:20 pm, Cross Country 3:50-5:30 pm	Lunch: Cream Chicken, Biscuit, California Blend Vegetables
Sports: JV Football @ Brownell Talbot 6:00 pm Bus leaves @ 3:30 pm	

Saturday, September 23rd

Activities:
Practice:
Sports:

UPCOMING EVENTS:

Monday, September 25th- Golf @ Grandpa's Woods

Tuesday, September 26th- Early Band 6:45 am, Golf @ Woodland Hills, JH VB TBA, HS VB @ PHS

Wednesday, September 27th- Show Choir 6:30 am

Thursday, September 28th- Drum Line 6:30 am, Golf @ Woodland Hills, JH VB @ Bennet, Cross Country @ Wildwood, HS VB @ Southern

Friday, September 29th- Show Choir 6:30 am, HS Football @ PHS

Saturday, September 30th-

FYI!!!

The theme for this year's homecoming is "Under the Sea"

The dance will take place on Saturday night with pictures beginning at 7:00 pm. Royalty pictures will be taken at 7:40 and class pictures will be taken at 7:45. The DJ will play from 8:00-11:00.

Students will pay at the door. \$3 for singles \$5 for couples

Please note that the phone numbers for Bennet and PHS are not linked on the system. It will no longer give you the option to choose either school.

Bennet number is 402-782-3535

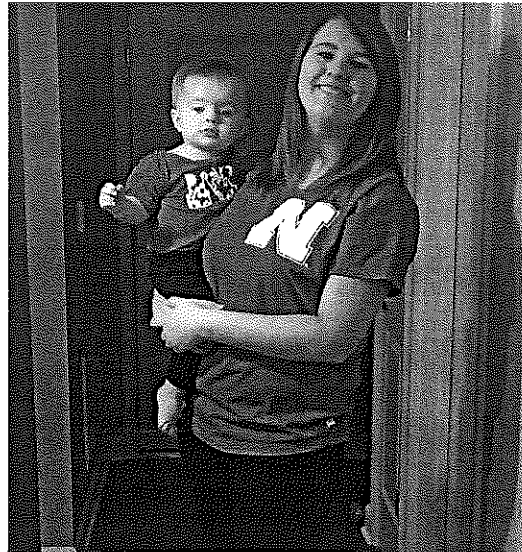
PHS 402-780-5327

FROM THE COUNSELOR, September 15, 2017



DOANE UNIVERSITY

We are pleased to once again offer a graduate student from Doane to work in the area of School Based Counseling. Mrs. Elizabeth Kester will be working in both buildings to support students as they work through various stressors in their lives. The service is free to all students and provides Mrs. Kester with greatly needed contact hours toward completing her Masters Degree in Counseling. For more information, and for an Informed Consent Form/Agreement, please contact Mr. Chaffee: Chaffee.Mic@districtor1.net or 402.780.5327 Ext 2018



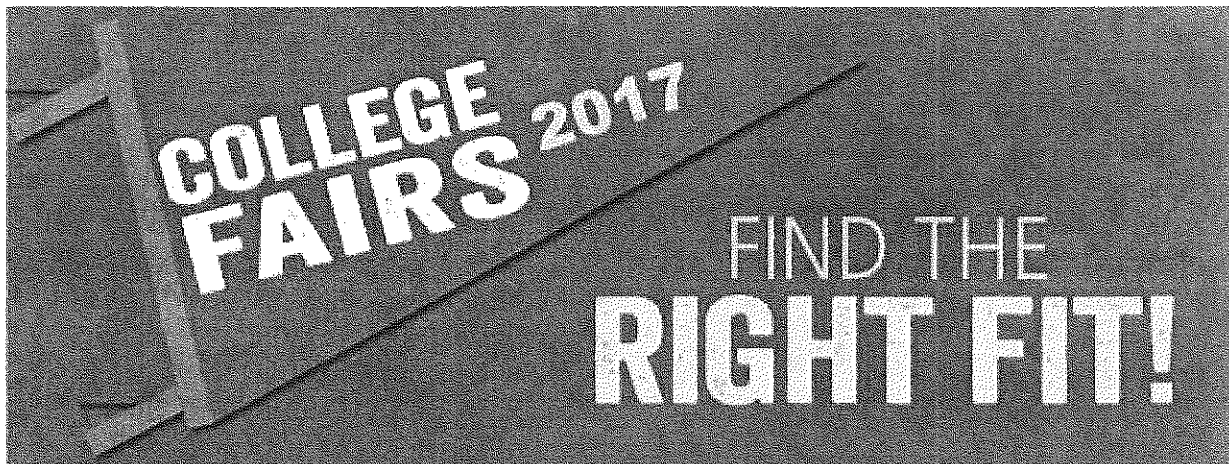
Hello everyone! My name is Liz Kester and I am a Masters of Arts in Counseling student at Doane University. From being a student currently I can understand the stressors that it takes to try and juggle everything at once. Trying to get all of your homework done while maintaining a social life full of extracurricular activities can be stressful. When students are feeling like certain life stressors have become too much to handle I am here to help guide you through those in a safe supportive environment. I will provide a person centered, nonjudgmental approach when working with you, and hope to develop some coping strategies to get you through the rough patch you are currently experiencing.



The PSAT/NMSQT is short for the Pre SAT college exam and the National Merit Scholarship Qualifying Test. We are offering it for juniors who are interested or might qualify as a National Merit Scholar. While juniors may not be the top student in the class, the PSAT gives *an excellent snap-shot of college preparedness* as well as a code and link to use the Kahn Academy website and tools for further growth and instruction. At \$16 dollars it is a great bargain.

If you are interested, please email me at Chaffee.Mic@distirctor1.net Make out a check to PHS for \$16 and bring it to me at the Library. The DEADLINE is changed! It is Friday, September 22nd at noon.

**Bus Trip to College Fair at SCC has been cancelled!
But make plans to provide your own transportation and attend!**



Mark your calendar to attend a College Fair this fall!

College reps from across the state, region, and nation will be available to answer your questions and provide materials about their schools.

Lincoln Area College Fair

Sunday, September 24, 2017

1:00-3:00 p.m.

Southeast Community College – Lincoln

Admission is FREE!

College Fair Tips

1. **Visit NebraskaCollegeFairs.org to register for a barcode.** Print the barcode, or save it to your smartphone, and take it to the fair so college reps can scan your demographic information.
2. **Arrive early** enough to visit all colleges that interest you.
3. **Stop by the EducationQuest booth** to get free college planning materials and for a bag to collect college view books.
4. **Come prepared with questions** for the college reps:
 - What are admission requirements and deadlines?
 - Does the school offer academic programs that meet my interests?
 - What is the cost of tuition and fees — and room and board?
 - How do I apply for college-based scholarships?
 - How many students attend the school?
 - What are the housing options?

Seniors...3 must-do tasks for this fall!

1. **Apply to your top college choices.** If your school participates in Nebraska's *Apply2College* campaign in October, you'll get help with your college applications during a school-day event. If not, [click here](#) to find a college application checklist and other helpful resources.
2. **Create an FSA ID.** You and a parent must each create a username and password at fsaid.ed.gov that will serve as your Federal Student Aid (FSA) IDs for the Free Application for Federal Student Aid (FAFSA). You will each need your own email address to create an FSA ID. **We will do this for Seniors at PHS on Wednesday, October 4th at 2:45 (8th period) in the Library.**
3. **Complete the FAFSA at fafsa.gov on or after October 1.** The FAFSA is your application for federal, state, and college-based financial aid. The colleges you list on the application will use that information to determine the types and amounts of financial aid they will award you. **We will start this for Seniors at PHS on Wednesday, October 4th at 2:45 (8th period) in the Library.**

Get FREE help from EducationQuest

- Attend an EducationQuest Financial Aid Program this fall to learn about types of financial aid and the FAFSA. By attending, you can register to win a \$500 scholarship! Click here for details. ***We will host this at PHS on Wednesday, October 4th at 2:45 (8th period) in the Library.***
- Find free FAFSA Tools at EducationQuest.org to help you prepare for and complete the FAFSA.
- Call the EducationQuest location nearest you to set up an appointment for free personal help: Omaha – 888.357.6300, Lincoln – 800.303.3745, Kearney – 800.666.3721, and Scottsbluff –800.303.3745, ext. 6654.

Meet with college reps at College Fairs, Educational Planning Programs

Juniors and seniors: Attend a College Fair or Educational Planning Program (EPP) this fall to meet with college representatives. Admission is free.

Before you attend, visit NebraskaCollegeFairs.org to register for a barcode. Print the barcode, or download it to your smartphone, and take it to the fair so that college reps can scan it.

2017 Fall College Fairs

Lincoln Area College Fair, Sunday, September 24, 1:00-3:00 p.m. – Southeast Community College, 8800 O Street.

Omaha Area College Fair, Sunday, October 1, 1:00-4:00 p.m. – University of Nebraska at Omaha Sapp Fieldhouse, 6001 Dodge St.

2017 Fall Educational Planning Programs

EPPs will be held across the state this fall. See the Events Calendar at EducationQuest.org to find the event in your area.

September "To Do" List

Juniors and seniors ... complete these college planning tasks during September:

- ___ Seniors, apply to your top college choices.
- ___ Seniors, create an FSA ID for you and one for a parent at fsaid.ed.gov.
- ___ Juniors and seniors, attend a Financial Aid Program.
- ___ Juniors and seniors, attend a College Fair or Educational Planning Program in your area.
- ___ Before you attend a College Fair or EPP, register for a barcode at NebraskaCollegeFairs.org.
- ___ Seniors, register by September 22 for October 28 ACT.



Why Are We Here? Why Does Learning Matter?

“There are a lot of reasons, but here’s one. Those of you who get a two- or four-year college degree with minimal debt will have dramatically improved your life’s chances. Why? You will soon enter a hypercompetitive capitalistic, global economy powered by two forces making life really tough for those without two- or four-year college degrees. These two forces will soon be fierce competitors of yours.

What are they? Intelligent machines and inexpensive foreign workers. Each month, they become more capable, plentiful, and affordable. Skills and knowledge will equip you to compete against and stay ahead of these potent foes rather than succumb to them.

A two- or four-year college degree with minimal debt is a proven pathway to the skills and knowledge so critical for future success versus these potent competitors—but avoid overspending and over-borrowing. Step one is to go to the right college at the right price.

When determining who gets in and at what cost, colleges care most about the Big Three: Grades (GPA), Scores (ACT/SAT), and One Extracurricular. Try today, become a two- or four-year college graduate with minimal debt by age 24, and then compete with skills and knowledge, free from hefty monthly student loan payments. Students who try harder today should live easier tomorrow.”

(*The above four paragraphs were taken from John Baylor’s latest book Reaching Higher. The Simple Strategy to Transform America’s K-12 Schools)



SIDELINE HAT \$21

Item: Adult 30009AU
Size: One Size Fits Most

- Evolved Polyester Micro Mesh Fabric With Moisture Wicking Functionality
- Color Blocked, Structured Crown Shape
- Staydri Performance Sweatband
- Anti-Glare Charcoal Color Under Visor And Trim Features
- Imported



HANES SHORT SLEEVE TAGLESS TEE \$12

Item: Mens 14500TU; Ladies' 14500TL; Youth 14500TY
Sizes: Mens S-3XL; Ladies' S-3XL; Youth XS-XL



CHAMPION DOUBLE DRY SOLID POLO \$30

Item: Men's 15021TU; Ladies' 15021TL
Sizes: Men's S-3XL; Ladies' XS-2XL

- Double Dry Fabric Wicks Moisture Away From The Body And Helps Control Moisture Buildup
- Rib Knit Collar
- 2-button Placket



HANES LONG SLEEVE TAGLESS TEE \$15

Item: Adult 14501TU; Youth 14501TY
Sizes: Adult S-3XL; Youth XS-XL

- 6.0 Oz., Pre-shrunk 100% ComfortSoft Cotton
- Rib Cuffs



CHAMPION POWERBLEND FLEECE 1/4 FLEECE PULLOVER \$31

Item: Men's 70039TU
Sizes: Men's S-3XL



HANES NANO PULLOVER HOODIE \$24

Item: Men's 70042TU
Sizes: Men's S-3XL

- Incredibly Soft, Lightweight Fleece For Milder Temperatures
- Pullover Crew Contrast Hood Lining With Raglan Sleeves
- Dyed-to-match Twill Draw Cord With Premium Grommets



CHAMPION POWERBLEND FLEECE FULL ZIP HOODIE \$26

Item: Men's 70038TU; Youth 70038TY
Sizes: Men's S-3XL; Youth S-XL

- Front Pouch Pocket With Bartacks For Durability
- 1x1 Rib With Spandex
- Double-needle Stitching



CHAMPION POWERBLEND FLEECE JOGGER PANT \$26

Item: Men's 70053BU
Sizes: Men's S-3XL

- Covered Elastic Waistband With Drawcord
- Side Pockets
- Double-needle Stitching



CHAMPION POWERBLEND FLEECE OPEN BOTTOM PANT \$20

Item: Men's 70038BU; Youth 70038BY
Sizes: Men's S-3XL; Youth S-XL

- Covered Elastic Waistband With Drawcord
- Side Pockets

