

PALMYRA



PANTHERS

School District OR-1

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Palmyra, NE 68418
402-780-5327 Fax: 402-383-4008
Superintendent: Rob Hanger
Secondary Principal: Heath Johnson
Activities Director: Aaron Hoeft

Elementary Principal: Linde Walter
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www.districtor1.org Twitter: @OR1_Panthers

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District OR-1 Newsletter
District OR-1 Public Schools
August, 2019

*****ECRWSS*****

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

Foundation For Knowledge, District OR-1

Since our beginning in December of 1998 -

\$567,000 – Contributions - you have contributed to The Foundation For Knowledge.

\$192,650 – Scholarships – 165 students from your community have been assisted with their post-secondary educations.

\$74,550 – Staff Development – helping to make District OR-1 one of the highest ranked and best trained teaching Staff's in the state of Nebraska.

Graduation Rate – District OR-1 has achieved one of the highest graduation rates in the State.

Post-secondary Education – the vast majority of District OR-1's students go on for further education that will help them for the rest of their lives.

\$12,600 – School Support – Assisting school programs, and support for students representing District OR-1.

\$326,000 – Invested Market Value – For endowed commitments.

With your help The Foundation For Knowledge's investment account ensures that your contributions will be available for the future of your community.

With your support we will continue our work for the future of your community

Foundation For Knowledge District OR-1 - P. O. Box 130, Palmyra, NE 68418
Enclosed is my/our individual gift corporate gift _____

(corporate contact person)
of \$ _____ to the Foundation For Knowledge District OR-1

-OR-

I/We pledge \$ _____. Enclosed is my/our payment of \$ _____.

Balance paid by _____, 20__.

To validate your pledge, your signature is required _____

Name _____

Address _____ Phone _____

City _____ State _____ Zip _____

If an alumni of Palmyra/Bennet School, please list year _____

Please make checks payable to - Foundation For Knowledge District OR-1

Thank you for your investment in the future.



PANTHER NEWS

NEWS

District OR-1 Public Schools
425 F Street
Palmyra, NE 68418
<http://www.districtor1.org>

Serving the Communities of Bennet, Palmyra, and Douglas, NE

August, 2019

Follow District OR1 news and activities by downloading our iOS or Android app, follow us on twitter @ OR1_Panthers, or at www.districtor1.org.

- Superintendent Notes
- Backpack Program
- Tips for a successful year
- Foundation for Knowledge
- New Teachers
- 2019-2020 Calendar

The Nebraska Early Development Network

By: Casandra Hohensee, Early Childhood Special Education

Nebraska's Early Development Network provides early intervention services for families with children from birth to age three with developmental delays, health care needs, or disabilities and connects families to needed services in their area. Services are provided at no cost year-round and are family centered.

At District OR-1, the following providers are available to provide early intervention services: Early Childhood Special Education Teacher, Speech-Language Pathologist, Occupational Therapist, Deaf Educator, Physical Therapist, and School Psychologist. In addition to our professionals, we collaborate with providers at Educational Service Unit 4 out of Auburn, and together we make up the District's Early Intervention team. This team is valuable because research shows that the first three years are the most important time for learning in a child's life. The goal of early intervention in Nebraska is to "open a window of opportunity" for families to help their children with special needs develop to their fullest potential.

If you have a concern about your child's development, or if your child has been diagnosed with a health condition, they may be eligible for early intervention services. For more information on services please contact your child's doctor to request a referral, call ESU 4 at (402) 274-4354, or stop by Bennet Elementary.

"The Nebraska Early Development Network." Home | Nebraska

Early Development Network, edn.ne.gov/cms/



Superintendent Notes...by Robert Hanger

Welcome to the 2019-2020 school year. As the excitement of the new school year builds our focus continues to be placed on a number of facility improvements and upgrades taking place throughout the summer months. The primary work taking place is completion of the Olson Foundation activity complex. Countless hours of managing these projects are necessary in order to make all of this possible. We are grateful for our opportunity to work with Nemaha Construction and Clark Enersen Partners and if you see a Board of Education member, an administrator or a member of our maintenance staff please take time to thank them for their efforts to bring the project closer to completion. In due time we will all be able to express our gratitude to the Olson Foundation and family for the FABULOUS gift they have provided to the OR-1 community.



In addition to preparing buildings for the upcoming school year the Board and staff have been busy completing or initiating a number of projects. Our staff have had the opportunity to engage in professional development sessions including attending the Google summit and work in a variety of curricular content areas that will provide exciting and innovative instructional upgrades for our students e.g. computer coding K-12 and a new Digital Media course and club. Staff also had an opportunity to attend 8 to Great training held at the Palmyra campus in July. This shows a solid commitment from our instructional personnel to working the instruct students well beyond the normal coursework found in K-12 classrooms across the nation. Thanks to everyone who was able to attend. The addition of a Digital Media course represents an excellent and current technology offering to our students as well as completion of a key component in the Strategic Plan. We appreciate the work of our staff in attending

Superintendent: Rob Hanger
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Activities Director: Aaron Hoelt

...Continued on next page.

training for Canvas, a student management platform in ongoing work to augment all of the benefits Canvas offers us. Additionally, I am extremely proud of our summer school staff who spent many hours working to provide instruction to our largest ever group of students during the three week session in June. Mrs. Walter and our summer school staff at Bennet Elementary are to be commended for designing an exceptional program for our elementary students. Also, during 2019-2020 the curriculum committee will begin the review process for language arts curriculum pursuant to Board of Education policy. The upcoming year will also be significant as the district work to administer a multi-year strategic plan. Staff and administration will be working to complete a myriad of tasks associated with the action plans for each goal. Thank you to our Patrons, Board and staff for ensuring that we are a district that is focused on a “Commitment to Excellence” in keeping with our District mission and Vision.

I would like to take time to introduce our new instructional staff for 2019-2020 school year. New staff members include Mr. Braston Maibaum Grade 6 and Elizabeth Kurtenbach Grade 3. Please take some time to welcome our new staff to the District OR-1 family.

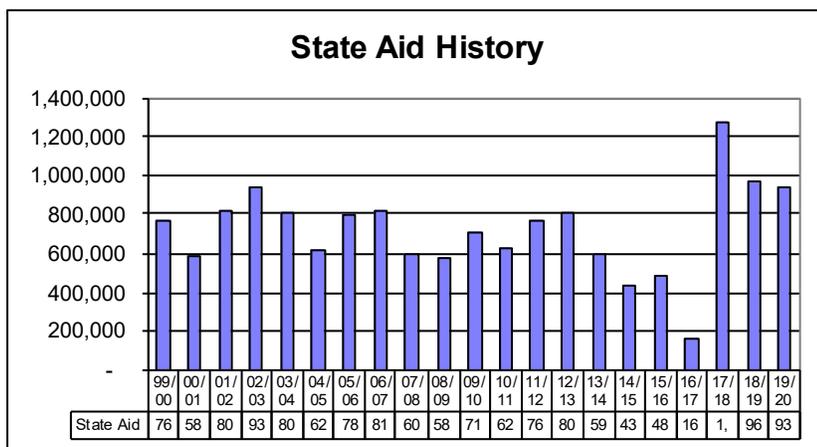
The high school remains committed to offering dual credit courses in our partnerships with Northeast Community College, Southeast Community College and Peru State College. Courses include but are not limited to: Composition 150, academy courses in the areas of Health Science, Business and Informational Technology and introductory education courses and Algebra. It is unfortunate that we will be losing some instructors due to changes impacting the certification process for dual credit instructors in a negative manner. The current scenario requires teachers to obtain additional credit hours in order to maintain their dual credit teaching status. We are fortunate that our staff has gone the extra mile to do that for the benefit of our students allowing us to continue offering dual credit algebra, thanks Mr. Maas for your efforts in obtaining this certification! As we prepare students to enter the SENCAP academies available in computer science I would like to thank Mrs. Hanger and Mr. Conn for their efforts in obtaining valuable coursework in computer coding allowing our students to receive instruction in both the elementary and secondary buildings better preparing them for academy offerings

available through SENCAP. Also a special thanks to Mr. Jensen for his continued efforts participating in the post-secondary math readiness program. This pilot project involves District OR-1, Lincoln Public Schools and Beatrice Public Schools.

The District remains focused on technology as we our third school year with the chrome book platform. They offer excellent functionality, price and ease of use in a now 4-12 setting. We are continuing to augment their use and will be continuing the process of maintaining this platform as a viable and high performing technology for our students.

During the July BOE meeting the District OR-1 Board of Education reviewed the policy relate to bullying. In that effort we continue to place a high level of importance on K-12 character education as the backbone of our effort to instruct staff and students how to recognize, respond and report bullying in order to reduce the negative impact it can have on our students and building culture.

The Department of Education has certified state aid for schools for FY 2019 (based on needs/resources). The chart below reflects state aid as certified in the amount of \$938,830 reflecting a reduction of \$28,094 due to valuation growth in FY 2018.



These changes in the aid formula also serves to move the district budget authority calculation from budget based to needs based for the foreseeable future. Budget authority for FY 2019-20 has been certified at \$7,419,295.

As I begin my 34th year in education I would like to wish everyone the best in 2019-2020. Continue to take advantage of the many opportunities available at District OR-1, be productive and positive in your relationships and studies. Working together we will continue to move the district forward,

Follow District OR1 news and activities by downloading our iOS or Android app, follow us on twitter @OR1_Panthers, or at www.districtor1.org. Please **notify** the office if you get a new phone number (or delete one) to ensure we get you called in case of weather or emergency.

As we start the school year Education Corner offers the following tips for success:

1. Don't attempt to cram all your studying into one session.

Ever find yourself up late at night expending more energy trying to keep your eyelids open than you are studying?

2. Plan when you're going to study.

Successful students schedule specific times throughout the week when they are going to study -- and then they stick with their schedule.

3. Study at the same time.

Not only is it important that you plan when you're going to study, it's important you create a consistent, daily study routine. When you study at the same time each day and each week, you're studying will become a regular part of your life.

4. Each study time should have a specific goal.

Simply studying without direction is not effective. You need to know exactly what you need to accomplish during each study session.

5. Never procrastinate your planned study session.

It's very easy, and common, to put off your study session because of lack of interest in the subject, because you have other things you need to get done, or just because the assignment is hard. Successful students DO NOT procrastinate studying.

6. Start with the most difficult subject first.

As your most difficult assignment or subject will require the most effort and mental energy, you should start with it first. Once you've completed the most difficult work, it will be much easier to complete the rest of your work.

7. Always review your notes before starting an assignment.

Obviously, before you can review your notes you must first have notes to review. Always make sure to take good notes in class. Before you start each study session, and before you start a particular assignment, re-

view your notes thoroughly to make sure you know how to complete the assignment correctly.

8. Make sure you're not distracted while you're studying.

Everyone gets distracted by something. Maybe it's the TV. Or maybe it's your family. Or maybe it's just too quiet. Some people actually study better with a little background noise.

9. Use study groups effectively.

Ever heard the phrase "two heads are better than one?" Well this can be especially true when it comes to studying. Working in groups enables you to (1) get help from others when you're struggling to understand a concept, (2) complete assignments more quickly, and (3) teach others, whereby helping both the other students and yourself to internalize the subject matter.

10. Review your notes, schoolwork and other class materials over the weekend.

Successful students review what they've learned during the week over the weekend. This way they're well prepared to continue learning new concepts that build upon previous coursework and knowledge acquired the previous week.

Join Mr. Malone, PHS students, and your neighbors to save a life. The District OR1 FFA will sponsor a blood drive to be held at PHS on November 7th from 1:00 p.m. until 6:00 p.m. Contact Mr. Malone to set up your reserved time at the following:
Malone.ken@districtor1.net.
Walk-ins are Welcome



Mark Your Calendars!

August 20th, 2019

Gather family and friends to enjoy Texas Roadhouse atmosphere and food. District OR1 Foundation for Knowledge will hold its annual Foundation Family Night. The Foundation will receive 10 percent of the total receipt from Panther Supporters between the hours of 4:00 p.m. and 10:00 p.m.

Great Plains Google Summit—by Mrs. Conn

For District OR1 teachers, a successful year begins with in-service and trainings in summer months. On July 11th and 12th, 19 teachers from District OR-1 attended the Great Plains Summit at Lincoln Southwest High School. The two-day conference focused on integrating technology into the classroom to better reach students and prepare them for 21st century skills. With the updates to district buildings, as well as the access to technology that the teachers and students have, this conference was a really great opportunity to discover how to enhance lessons and content to make learning stick for our students.

Some topics covered throughout the two-day conference were internet safety and resources students and parents can use to keep themselves and their identity safe, organizing classrooms with digital tools to better gather data and feedback from students in order to tailor instruction to their needs, and how to incorporate and encourage students to learn skills to prepare them for the ever changing digital world that is waiting for them post-graduation.

Staff members from District OR-1 want to thank the district for allowing them the opportunity to attend the Great Plains Summit and can't wait to see the students benefit from our continuation of education.

Pictured below: Front L-R: Mr. Smidt, Mr. Panko, Mr. Chaffee, Mr. Pollock, Mrs. Hall, Mrs. Niche, Mrs. Wusk, Mrs. Christensen, Mr. Kotik, Mrs. Conn, and Mrs. Dvorak. Back L-R: Mr. Brown, Mrs. Gill-Rose, Mrs. Whyman. Mrs. Buecher, Mrs. Dowding, Mrs. Hohensee, Mrs. Lamb, and Mrs. Ferretti.

Activities Calendar-by Mr. Hoefft

The Activities Calendar for the 2019-20 school year is viewable by using the school website and clicking on the calendar icon on the main page. At the top of the calendar you can click the "Subscribe" tab to add it to your personal calendar. Another option is to download the "rSchool" app from your app store. Do a search for "**Activity Scheduler**" and follow the set up options for viewing our school's calendar.

Sports Physicals

If you are in grades 7-12 and plan to participate in a fall sport for the upcoming 19-20 school year you must have a current physical on file in the office prior to the first practice. An NSAA permission form is also needed on file prior to the first contest. Both the physical form and NSAA form can be printed from the school website under the HS Athletics tab.

Fall Activities

August 12th is the start of all Fall practices. Additional conditioning date and time information will be shared to athletes by their respective coaches.

2019-20 Activity Passes

For those wanting to purchase single or family passes, which are good for all athletic events at the school (exceptions: One Act, Main Stage, District and Conference contests), may do so at the Booster Bash scheduled for August 22nd. Otherwise passes may be purchased in the east downstairs office during school hours. Pass fees are as follows:

*Senior Pass (60+) \$5 *Single Pass: \$50 *Family Pass: \$125

*Regular daily event admission:

-JH Contest: Adults \$4, Students (K-12) \$3

-HS Contest: Adults \$5, Students (K-12) \$4



Mr. Maibaum 6th grade

Hello, my name is Braston Maibaum and I am the new 6th grade teacher at Bennet Elementary. I am originally from Crofton, Nebraska. Crofton is a town of about 700 people located in the Northeastern part of the state. Growing up I spent a lot of time teaching my younger brothers Tom and Steve how to play sports, which led me not only to my love of teaching but also my love of coaching. In the last four years I have had the opportunity to coach youth boys' basketball to students between the grades 4 through 6. I am very excited to start coaching again with the Junior High boys' basketball team for the school district.

Even in high school, I knew I wanted to pursue teaching for my career, and I participated in an early teacher program provided by my high school. I have always wanted to be a teacher because I saw the impact that my teachers had on my life, and I hope that I can have the same effect on my students. After high school I attended Wayne State College, and I received my degree in Elementary Education from Wayne this past Spring.

I am an outgoing person, so feel free to come up to me and have a conversation about anything. I am always down for sports talk or talking about food; I mostly need to hear about good restaurants because I am not the best chef, but I am working on that. I am also a big reader, and I can't wait to talk with my students and recommend one of the many books I have read this summer.

Growing up, I was raised on a farm where I fed bottle calves, fixed fence, and performed many other farm related tasks. During my time on the farm I really became attached to the animals I cared for, which has led to me having many different pets throughout my life. Currently, I enjoy playing with Duke and Titan, my family's dogs, when I visit Crofton. I also like to spend time playing with the many barn cats. In my apartment in Lincoln I have one dog that lives here with me, and her name is Ruby.

I just want to say how excited I am to work in the Bennet/Palmyra community. I am thrilled to become a part of this area and to get to know the traditions and the people of this community! Here is to a successful 2019/2020 school year!



Hi! My name is Ellie Kurtenbach and I am originally from Lindsay, Nebraska. I lived on a farm until I moved to college. I have always known that I wanted to start my career somewhere in rural Nebraska because of my upbringing. I am so grateful that place is Bennet, Nebraska. I attended college at the University of Nebraska Lincoln where I majored in Elementary Education and Special Education. During my time at the University I was able to have many hands-on experiences in different schools in the Lincoln Public Schools system. During my student teaching I was fortunately placed at Bennet Elementary! I have spent the past school year at Bennet and having done that I know this is where I am meant to be at this point in my life. I am both anxious and eager to start my first year teaching here in the 3rd grade!



Kloreace Linke is the new School Psychologist Intern for Palmyra-Bennet Public Schools. She grew up in Scotia, Nebraska, and attended college at the University of Nebraska-Lincoln, where she earned her bachelor's degree in Psychology. In 2016, she married her high school sweetheart, Jordan Linke, who is the new business teacher at Liberty Middle School in Papillion. Kloreace then attended graduate school at the University of Nebraska at Kearney, where she is in her final year of the School Psychology program. Kloreace first discovered her passion for the field while shadowing Tracy Pella at Palmyra-Bennet; that positive experience was largely what influenced Kloreace's decision to pursue this career. The school's atmosphere was very welcoming, and the staff's commitment to the success of its students was obvious. Kloreace is honored to join the District OR-1 team and is looking forward to the adventures that lie ahead!

New Faces at District OR1

To Parents of School Bus Route Children:
...Cathy Fick



We have been busy working on bus routes for this year. Your bus driver will contact you approximately one week before school starts with your pick-up time. If you are new to the district and requesting bus service, please contact Cathy Fick right away, so that your name can be added to the routes.

These routes and times may not be permanent until we get everyone needing bus service registered. Times will vary the first week of school, depending on who is riding. Please be patient.

After the first week, times should be the same. The bus drivers can only wait one minute for students to get on the bus, so please have your students ready and waiting at their scheduled time. This will ensure that the bus will not be late to its next pickup or be late to school. An example would be a 7:00 a.m. pickup would have the bus leave promptly at 7:01 a.m.

We ask that if your child will not be riding the bus at any time to please call your bus driver, or you may also call/text Cathy Fick 402-780-5636 or 402-540-2879 (cell). If you call Cathy's cell, please leave a message, as connectivity is not always reliable. Please try to call the night before if possible. If not, please call at least 15 minutes before your scheduled pick up time. Even when you call the school, please call the driver as well. Phones are answered at school from approximately 8:00 a.m. to 4:00 p.m.

Please note that when school begins at **10:00 a.m.** due to inclement weather, your pickup time will be approximately 1 hour and 45 minutes later than normal, i.e. an 8:00 a.m. pickup time will change to 9:45. Cathy will be providing those adjusted times as we finalize schedules.

If you have alternating drivers for your route, we request that you always contact Cathy, as they have alternating schedules and do not drive every day. This way I can get the message to the driver assigned that day.

We ask that you send a note with your child for any alternate plans for the bus. An example would be if your students are not riding home, if they are going home with another student, or if they are having a friend go home with them. If they don't have a note, the change will not be allowed. This policy will allow us to plan and confirm that parents are aware of where children are being dropped off. Finally, parents may call Cathy or their school office prior to 3:00 p.m. to make a change in afternoon plans. No calls will be accepted after that as buses may be in route and calls cannot be taken.

There is to be no food or drinks on the bus except for plastic bottled water. No suckers, sunflower seeds or gum as they create a mess that is difficult to clean. No skateboards, no spray deodorant or perfume. No calls on their cell phones, unless it is from their parents, as it distracts the bus driver and becomes a safety issue. If they need to call their parents, they need to let the bus driver know.

Drop-off times after school can vary depending on who is riding the bus that afternoon, so we ask that you are flexible after school.

If your child has a health issue that you feel the bus driver should be aware of, please let Cathy know, i.e. asthma, allergies, etc.

If you have any questions, problems, or if your child has a health issue that warrants your driver's attention, please call Cathy. If your child experiences any trouble, please call. We try to watch as close as we can, but we can't always see everything as we are driving and providing safe transportation for every child.

Thank you for your help and patience.
Cathy Fick home: 780-5636 cell: 540-2879 (call or text)

*Load times at Bennet are 7:40 am and leave 7:45 am.

*Load times at PHS are 8:00 am and leave 8:05 am.

*Drop of at Legion Hall are 3:20 pm.

*Drop off at PHS are 3:30 pm.

*Drop off at Bennet are 4:00 pm.

*Bus drivers:

Cathy Fick, Debi Knorr, Vicki Hillman, Jim Tate, Clayton Maahs, Daniel Kelley, Ted Cisneros, Randy Holdsworth, Sharon Dowding, Steve Robb, Christal Doran, Randy David

PLEASE, observe parking restrictions in posted areas at both buildings. NOTE: Bennet's circle drive is restricted between 7:30 a.m. and 8:30 a.m. and between 2:30 p.m. and 4:15 p.m. Drop-off restrictions of the front driveway at PHS should be observed during those same hours.

YOUR BUS DRIVER(S) IS(ARE) _____

PICK UP TIME IS _____

BUS DRIVER PHONE NUMBER _____



9th Annual PHS Golf Outing is a Resounding Success!



On Friday, May 31st, Palmyra High School held its 9th Annual Golf Outing at Hidden Valley Golf Course. 152 players participated in the event, which featured a 4-person scramble format. Proceeds from the tournament benefit: District OR1 Foundation for Knowledge, scholarships for graduating seniors, as well as the PHS Strength and Conditioning Program.

Returning to this year's event was a \$5000 putting challenge. Each player had the opportunity to win \$5000, simply by making three consecutive putts. As well as having the opportunity to cash in on the putting challenge, golfers were also able to challenge for pin prizes on each of the 18 holes played – these prizes were generously sponsored by the tournament sponsors listed below.

Tournament Coordinator Tyler Maas' thoughts on the tournament, "This year was the best year yet for the tournament! I would like to thank all the sponsors, all the golfers, and especially all the people that volunteered their help the day of the tournament. It was nice to see so many familiar faces, many teams have supported this event each of the 9 years. This year we exceeded capacity team-wise, which is a great problem to have. We look forward to having a great tournament for years to come."

The tournament was flighted into three 3 flights, with each flight paying out two places. Results are as follows: (score)

Championship flight: 1st – Aaron Hoeft, Aaron Fickensure, Mike Chaffee, Micah Chaffee (55)

2nd Place – Nate Maahs, Luke Bruss, Scott Wentz, Ryan Elder (57)

1st Flight: 1st Place – Eric Bates, Karen Magee, Mike Doeden, Lisa Doeden (62)

2nd Place – Eric Stoner, Rick Stoner, Tyrel Wieseler, Chris Ouellette (62)

2nd Flight: 1st Place – Warren Cheney, Brad Cheney, Ryan Cheney, Darin Worrell (67)

2nd Place – Preston Bruss, Jeff Bruss, Eric Barth, Joe Rienke (67)

2019 PHS Tournament Sponsors:

Panther BLUE level sponsors: Clark Enerson Partners, INSPRO, The UPS Stores, Lee and Chelley Peterson, Countryside Bank, Cheney Welding/RK Trailer Sales, Inline Healing – Dr. Jacob May, Nemaha Valley HVAC, Nemaha Sports Construction, TAB Performance, Capitol City Electric, Silver Ridge Construction, Cheever Construction, Vision Underground.

Gold level sponsors: Ameritas, Menards – Lincoln South, Casey's General Stores, Palmyra Pub, Josh Williams – BSN Sports, Walmart, Hidden Valley Golf Course, KSB School Law, Casey's General Stores, Perry-Guthery-Haase-Gessford Law, Trade Center Automotive, Big Red Keno, Farm Bureau – Melissa Wheeler.

Silver level sponsors: Fitch Trucking, Sideline Power – Matt Starr, Nebraska Bulk Transport, PHS Athletic Boosters, Cappy's Hotspot



Front Row, L to R: Jenna Wilen, Mikayla Roeder, Briley Luff, Katrina Thomassen, Reagan Bowlin, Maia Johnson, Brynn Krieger. Back Row, L to R: Coach Todd Krieger, Coach Dan Ragon, Trinity Bohaty, Eve Buettner, Taya Ptacnik, Charlee Luff, Hayley Neeman, Dana Christen, Mckenzie Ansbach, Bree Bauer, Emma Hiatt, Coach Katy Shupe, Coach Bud Bowlin

Back to Back State Champs!

The Palmyra Panthers 18U are Class D State Softball Champions for a 2nd straight year!! The tournament was held in Hastings, NE July 12th thru the 14th. They had to fight their way back through the loser's bracket, but they showed determination and got it done during some very hot weather! They went 9-1 for the weekend, and won 5 games in a row on Sunday, including back to back victories vs Weeping Water in the Championship!

Fifth Grade News: by Mr. McChristian

The “E” in STEM education represents engineering, engineering practices, and an engineering mindset. One graduate class I’ve taken this summer has taught me how to incorporate more engineering into the science curriculum, which, at first, I thought would be impossible to do, but I began to understand how the threads of science, technology, engineering, and math weave together. So, I’ve been rethinking and redesigning how science will be taught in 5th grade in the fall with greater hands-on engineering projects that infuse the science concepts from state and national standards. To do this, I need some help from the Bennet Elementary School community. Below is a list of common household items we’ll need for exciting hands-on activities. If you can help with a donation, it would be greatly appreciated!

Items:

- balloons-large & medium size
- binder clips
- bubble wrap
- c-clamps
- clothespins (with springs)
- empty paper towel tubes
- fishing line, ~20 lb. test, 5 m lm canisters
- pipe cleaners
- popsicle sticks and/or tongue depressors
- stirrer sticks
- assorted bamboo skewers
- assorted blindfolds-bandanas
- cheesecloth
- cloth swatch, i.e. quilting square
- coffee filters
- empty toilet paper tubes
- glow sticks
- plastic wrap
- alum
- soft tape measure

PANTHER FANS



MAKE PLANS TO ATTEND THE
PHS ATHLETIC FALL BOOSTER BASH



5:30 – 7:00

SPLASH PHS
COACHES
WITH WATER

CAR
DECALS

HOT DOG &
HAMBURGER
MEALS

BOOSTER
MEMBERSHIPS

YARD
GAMES

PANTHER
APPAREL

You may also:

- Purchase Activity Passes and turn in athletic forms
 - Visit with PHS TeamMates
- Visit with the PHS Fine Arts Boosters

7:00 pm Team Introductions

PHS Girls' Golf
High School Football
Junior High Football

PHS Cheerleaders
High School Volleyball
Junior High Volleyball

High School and Junior High Cross Country

Join us
August 22nd

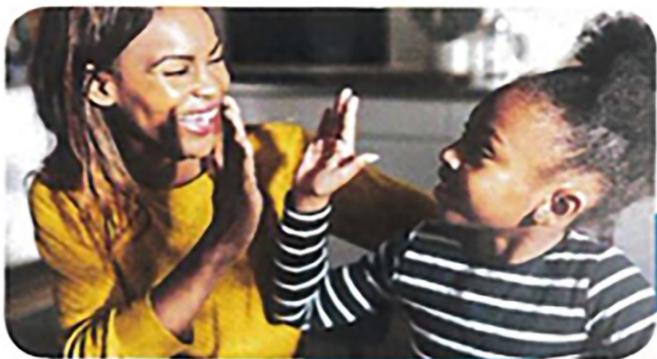
◀ Reading is the KEY to learning

A student's ability to read is a critical predictor of academic and lifelong success. The **Nebraska Reading Improvement Act** (Section 79-2601-79-2607) ensures all students are ready for success in school and beyond. Starting in kindergarten, strong reading policy and programs help students get on track to grade-level reading. The Nebraska Reading Improvement Act and the Nebraska READS initiative are designed to give students every opportunity to gain proficiency in early literacy skills that will enable later access to comprehension and analysis of complex text.

According to a report by the Educational Testing Service (ETS) and the Council for Chief State School Officers (CCSSO), "Without adequate reading and comprehension skills, an individual's ability to pursue their field(s) of interest, to become and remain self-sufficient, and to engage productively in society are greatly curtailed." Many states across the nation have recognized the need to bring renewed focus to early intervention for struggling readers. The Nebraska Reading Improvement Act and Nebraska READS initiative emphasize the need for pre-kindergarten through 3rd grade students to have access to high-quality instruction, and for struggling readers to receive targeted, individualized support. With these supports in place,

we can achieve greater equity and assure ALL Nebraska students can read independently and learn about their world from complex texts across content areas.

Fourth grade is an important year for students. That is when they make a bigger transition from learning how to read to reading more on their own. There is a higher expectation for students to be able to read independently and understand what they are reading. Entering fourth grade as a grade level reader can enable a student to read independently, comprehend facts in social studies and science, understand word problems in math, and interpret increasingly complex texts in all content areas. When students enter fourth grade with strong reading skills, they are better positioned for success in the classroom, high school graduation, and readiness for college and career.



The Nebraska Reading Improvement Act - Nebraska's Approach to Literacy

In 2018, Nebraska's Reading Improvement Act was enacted. The Nebraska Reading Improvement Act, which goes into effect for the 2019-2020 school year, takes a comprehensive approach to improve the reading skills of students in kindergarten through third grade. It is designed to provide reading instruction based on what works to position all students for success as they progress through their education journey and into college and career readiness. The heart of the program is early identification of students who need extra reading help so that they receive targeted intervention. The following are key components of the Nebraska Reading Improvement Act:

NOE: NDE will provide a list of approved reading assessments and the threshold level of performance for each assessment.

School Boards: School Boards may develop policies for reading instruction and intervention services to address all students' reading needs.

Teachers: K-3 teachers must be effective based on classroom observations and student improvement in reading, or receive specialized training in early literacy.

- **Assessment :** All K-3 students are assessed three times per year with an approved reading assessment to measure progress and to support teachers with targeted instruction to meet individual student needs.
- **Early Identification :** Within the first 30 days of school, schools and districts use the approved reading assessment to assess students in kindergarten

through third grade to identify those whomay be have a reading difficulty.

- **Parent Engagement:** All parents or guardians of K-3 grade students are kept informed of their child's reading progress and parents or guardians of students who are identified with a reading difficulty are notified in writing no later than 15 days after the identification.
- **Supplemental Reading Intervention Programs:** Any student identified with a reading difficulty must be provided a supplemental intervention program. The supplemental reading intervention program should be implemented during regular school hours in addition to regularly scheduled reading instruction unless otherwise agreed to by a parent or guardian.

Individual Reading Improvement Plans: Any student identified with a reading difficulty will receive an individual reading improvement plan no later than 30 days after identification. The plan is created in collaboration with the parent or guardian and describes the reading intervention services and support the student will receive through the supplemental reading intervention program.

Summer Reading Program: Summer reading programs are to be made available by schools for any student in grade 1-3 who has been identified as continuing to have a reading difficulty. Such programs may be community-based (not affiliated with the school) or offered online.



DISTRICT OR-1

PALMYRA JUNIOR-SENIOR HIGH SCHOOL--BENNET ELEMENTARY

P.O. BOX 130 PALMYRA, NE 68418 402-780-5327 www.districtor1.org

Robert Hanger
Superintendent

Heath Johnson
Secondary Principal

Linde Walter
Elementary Principal

Aaron Hoeft
Activities Director

July 15, 2019

Dear Parent/Guardian:

Children need healthy meals to learn. District OR 1 offers healthy meals every school day. Bennet Elementary breakfast costs \$2.05; lunch costs \$2.70. Palmyra High School breakfast costs \$2.30; lunch costs \$2.80. Your children may qualify for free or reduced price meals. Reduced price is \$.30 for breakfast and \$.40 for lunch. If your child(ren) qualified for free or reduced price meals at the end of last school year, you must submit a new application by September, 30, 2019 in order to avoid an interruption in meal benefits.

How much?

	1 Day	1 Week	1 Month
Elem Student Breakfast	\$2.05	\$10.25	\$61.50
Elem Student Lunch	\$2.70	\$13.50	\$81.00
Elem Milk	\$0.35	\$1.75	\$10.50
High School Breakfast	\$2.30	\$11.50	\$69.00
High School Lunch	\$2.80	\$14.00	\$84.00

This packet includes an application for free or reduced price meal benefits and a set of detailed instructions. Below are some common questions and answers to help you with the application process.

1. WHO CAN GET FREE OR REDUCED PRICE MEALS?

- All children in households receiving benefits from the Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) or the Food Distribution Program on Indian Reservations (FDPIR) are eligible for free meals.

- Foster children that are under the legal responsibility of a foster care agency or court are eligible for free meals.
- Children participating in their school's Head Start program are eligible for free meals.
- Children who meet the definition of homeless, runaway, or migrant are eligible for free meals.
- Children may receive free or reduced price meals if your household's income is within the limits on the Federal Income Eligibility Guidelines. Your children may qualify for free or reduced price meals if your household income falls at or below the limits on this chart.

2. **HOW DO I KNOW IF MY CHILDREN QUALIFY AS HOMELESS, MIGRANT, OR RUNAWAY?** Do the members of your household lack a permanent address? Are you staying together in a shelter, hotel, or other temporary housing arrangement? Does your family relocate on a seasonal basis? Are any children living with you who have chosen to leave their prior family or household? If you believe children in your household meet these descriptions and haven't been told your children will get free meals, please call or e-mail Robert Hanger, PO Box 130, Palmyra, NE 68418 or 402-780-5327.
3. **DO I NEED TO FILL OUT AN APPLICATION FOR EACH CHILD?** No. *Use one Free and Reduced Price School Meals Application for all students in your household.* We cannot approve an application that is not complete, so be sure to fill out all required information. Return the completed application to: Lisa Phillips, PO Box 130, Palmyra, NE 68418 or 402-780-5327.
4. **SHOULD I FILL OUT AN APPLICATION IF I RECEIVED A LETTER THIS SCHOOL YEAR SAYING MY CHILDREN ARE ALREADY APPROVED FOR FREE MEALS?** No, but please read the letter you got carefully and follow the instructions. If any children in your household were missing from your eligibility notification, contact Lisa Phillips, PO Box 130, Palmyra, NE 68418 or 402-780-5327 immediately.
5. **CAN I APPLY ONLINE?** No. Visit www.distictor1.org to print an application.
6. **MY CHILD'S APPLICATION WAS APPROVED LAST YEAR. DO I NEED TO FILL OUT A NEW ONE?** Yes. Your child's application is only good for that school year and for the first few days of this school year. You must send in a new application unless the school told you that your child is eligible for the new school year. If you do not send in a new application that is approved by the school or you have not been notified that your child is eligible for free meals, your child will be charged the full price for meals.
7. **I GET WIC. CAN MY CHILDREN GET FREE MEALS?** Children in households participating in WIC may be eligible for free or reduced price meals. Please send in an application.
8. **WILL THE INFORMATION I GIVE BE CHECKED?** Yes. We may also ask you to send written proof of the household income you report.

9. IF I DON'T QUALIFY NOW, MAY I APPLY LATER? Yes, you may apply at any time during the school year. For example, children with a parent or guardian who becomes unemployed may become eligible for free and reduced price meals if the household income drops below the income limit.
10. WHAT IF I DISAGREE WITH THE SCHOOL'S DECISION ABOUT MY APPLICATION? You should talk to school officials. You also may ask for a hearing by calling or writing to: Robert Hanger, PO Box 130, Palmyra, NE 68418 or 402-780-5327.
11. MAY I APPLY IF SOMEONE IN MY HOUSEHOLD IS NOT A U.S. CITIZEN? Yes. You, your children, or other household members do not have to be U.S. citizens to apply for free or reduced price meals.
12. WHAT IF MY INCOME IS NOT ALWAYS THE SAME? List the amount that you normally receive. For example, if you normally make \$1000 each month, but you missed some work last month and only made \$900, put down that you made \$1000 per month. If you normally get overtime, include it, but do not include it if you only work overtime sometimes. If you have lost a job or had your hours or wages reduced, use your current income.
13. WHAT IF SOME HOUSEHOLD MEMBERS HAVE NO INCOME TO REPORT? Household members may not receive some types of income we ask you to report on the application, or may not receive income at all. Whenever this happens, please write a 0 in the field. However, if any income fields are left empty or blank, those will also be counted as zeroes. Please be careful when leaving income fields blank, as we will assume you meant to do so.
14. WE ARE IN THE MILITARY. DO WE REPORT OUR INCOME DIFFERENTLY? Your basic pay and cash bonuses must be reported as income. If you get any cash value allowances for off-base housing, food, or clothing, it must also be included as income. However, if your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income. Any additional combat pay resulting from deployment is also excluded from income.
15. WHAT IF THERE ISN'T ENOUGH SPACE ON THE APPLICATION FOR MY FAMILY? List any additional household members on a separate piece of paper, and attach it to your application. Contact Lisa Phillips, PO Box 130, Palmyra, NE 68418 or 402-780-5327 to receive a second application.
16. MY FAMILY NEEDS MORE HELP. ARE THERE OTHER PROGRAMS WE MIGHT APPLY FOR? To find out how to apply for SNAP or other assistance benefits, please go online to ACCESSNebraska.ne.gov or call 1-800-383-4278.

If you have other questions or need help, call 402-780-5327.

Sincerely,

Lisa A. Phillips

Instructions for Completing the Free & Reduced Price School Meals Family Application

For households receiving benefits from the Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) or the Food Distribution Program on Indian Reservations (FDPIR), follow these instructions:

- Part 1:** List each child's name, the school they attend and their grade.
Part 2: Enter household's Master Case Number if the household qualifies for SNAP, TANF or FDPIR.
Part 3: Skip this part.
Part 4: Complete this part. An adult must sign the form.
Part 5: This part is optional and does not affect your children's eligibility for free or reduced price meals. If you do not select race or ethnicity, one will be selected for you based on visual observation.

For households with FOSTER CHILDREN, follow these instructions:

If all children in the household are foster children:

- Part 1:** List all foster children, the school they attend and their grade. Check the box indicating the child is a foster child.
Part 2: Skip this part.
Part 3: Skip this part.
Part 4: Complete this part. An adult must sign the form.
Part 5: This part is optional and does not affect your children's eligibility for free or reduced price meals. If you do not select race or ethnicity, one will be selected for you based on visual observation.

If some of the children in the household are foster children:

- Part 1:** List all children, including foster children, the school they attend and their grade. Check the box if the child is a foster child.
Part 2: If the household does not have a Master Case Number, skip this part.
Part 3: Follow these instructions to report total household income from last month.

Column 1 – Household Members: List the first and last name of **each** person living in your household, related or not (such as grandparents, other relatives or friends) who share income and expenses. Attach another sheet of paper if necessary.

Column 2 - Gross Income and How Often it was Received: Gross income is the amount earned **before taxes and other deductions**; it is not your take-home pay. For each household member, list each type of income received for the month. You must also report how often the money is received – weekly, every other week, twice a month, or monthly.

Earnings from Work includes the following:

- Salary, wages, cash bonuses
- Net income from self-employment (farm or business)

If you are in the U.S. Military, include:

- Basic pay and cash bonuses (do not include combat pay, Family Subsistence Supplemental Allowance (FSSA) payments or privatized housing allowances)
- Allowances for off-base housing, food and clothing

Do not include income from SNAP, FDPIR, WIC, Federal education benefits and foster care payments.

Public Assistance/Child Support/Alimony includes the following:

- Unemployment benefits, Worker's compensation
- Supplemental Security Income (SSI), Cash assistance from state or local government
- Veteran's benefits (VA benefits), Strike benefits
- Child support payments, Alimony payments

Pensions/Retirement/All Other Income includes the following:

- Social Security payments (including railroad retirement and black lung benefits)
- Private pensions or Disability benefits
- Regular income from trusts or estates, Annuities, Investment income, Earned interest, Rental income and *Regular* cash payments received from outside the household.

If you have no income, write "0" or leave the income field blank. If you do this, you are certifying there is no income to report.

Household Size: Enter the total number of people in your household.

Social Security Number: The adult signing the form must list the last four digits of their Social Security Number (SSN) or check the box to the right labeled "Check if no SSN."

Part 4: Complete this part. An adult must sign the form.

Part 5: This part is optional and does not affect your children's eligibility for free or reduced price meals. If you do not select race or ethnicity, one will be selected for you based on visual observation.

For ALL other households, follow these instructions:

Part 1: List all children, the school they attend and their grade.

Part 2: If the household does not have a Master Case Number, skip this part.

Part 3: Follow these instructions to report total household income from last month.

Column 1 – Household Members: List the first and last name of **each** person living in your household, related or not (such as grandparents, other relatives or friends) who share income and expenses. Attach another sheet of paper if necessary.

Column 2 - Gross Income and How Often it was Received: Gross income is the amount earned **before taxes and other deductions**; it is not your take-home pay. For each household member, list each type of income received for the month. You must also report how often the money is received – weekly, every other week, twice a month, or monthly.

Earnings from Work includes the following:

- Salary, wages, cash bonuses
- Net income from self-employment (farm or business)

If you are in the U.S. Military, include:

- Basic pay and cash bonuses (do not include combat pay, Family Subsistence Supplemental Allowance (FSSA) payments or privatized housing allowances)
- Allowances for off-base housing, food and clothing

Do not include income from SNAP, FDPIR, WIC, Federal education benefits and foster care payments.

Public Assistance/Child Support/Alimony includes the following:

- Unemployment benefits, Worker's compensation
- Supplemental Security Income (SSI), Cash assistance from state or local government
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- Child support payments, Alimony payments

Pensions/Retirement/All Other Income includes the following:

- Social Security payments (including railroad retirement and black lung benefits)
- Private pensions or Disability benefits
- Regular income from trusts or estates, Annuities, Investment income, Earned interest, Rental income and *Regular* cash payments received from outside the household.

If you have no income, write "0" or leave the income field blank. If you do this, you are certifying there is no income to report.

Household Size: Enter the total number of people in your household.

Social Security Number: The adult signing the form must list the last four digits of their Social Security Number (SSN) or check the box to the right labeled "Check if no SSN."

Part 4: Complete this part. An adult must sign the form.

Part 5: This part is optional and does not affect your children's eligibility for free or reduced price meals. If you do not select race or ethnicity, one will be selected for you based on visual observation.

Free & Reduced Price School Meals Family Application – complete one application per household Attachment C: 2019-20

Return Completed Application to: _____ (Insert School name, mailing address here)

Part 1: Children in School			
List names of all children, including foster children, in school. If all children listed are foster, skip to Part 4 to sign the form. (First, Middle Initial, Last Name)	Check box below if a foster child	Name of School Child Attends	Grade
	<input type="checkbox"/>		

Part 2: Assistance Programs – SNAP, TANF or FDPIR Benefits
 Enter **MASTER CASE NUMBER** if household qualifies for SNAP, TANF or FDPIR: (Social Security numbers, Medicaid numbers and EBT numbers are not accepted.) Skip to Part 4

Part 3: Total Household Gross Income – You must tell us how much and how often.

1. Household Members List everyone in the household, current income each person earns in whole dollars (no cents) & how often. Entering "0" or leaving the income field blank certifies no income to report. A foster child's personal use income must be listed.	2. Gross Income (before taxes) and How Often it was Received					
	Earnings from Work before deductions		Public Assistance, Child Support, Alimony		Pensions, Retirement and All Other Income	
	Income	How often	Income	How often	Income	How often

Total Number of Household Members: (Children and Adults) _____ Last four digits of Social Security Number (SSN) of the adult signing this form: XXX – XXX – _____ Check if no SSN

Part 4: Adult Signature and Contact Information – An adult household member must sign the application.
 "I certify (promise) that all information on this application is true and that all income is reported. I understand that this information is given in connection with the receipt of Federal funds and that school officials may verify (check) the information. I am aware that if I purposely give false information, my children may lose meal benefits and I may be prosecuted under applicable State and Federal laws."
 Sign here: _____ Print name: _____ Date: _____
 Street Address (if available): _____ Zip: _____ Daytime Phone: _____

Part 5: Children's Ethnic and Racial Identities – Optional
Check one Ethnic Identity: – and – **Check one or more Racial Identities:**
 Hispanic or Latino Asian Black or African American Native Hawaiian or other Pacific Islander
 Not Hispanic or Latino White American Indian or Alaskan Native

Do Not Fill Out the Section Below - For School Use Only

Annual Income Conversion: Weekly X 52; Every 2 weeks X 26; Twice a month X 24; Monthly X 12

Total Household Size: _____

Total Income: _____ per _____
 Year Month 2 X Mo Every 2 Wks Week

<input type="checkbox"/> Free	<input type="checkbox"/> Reduced	<input type="checkbox"/> Denied
<input type="checkbox"/> Income	<input type="checkbox"/> Categorically eligible:	Reason for denial:
<input type="checkbox"/> SNAP/TANF/FDPIR	<input type="checkbox"/> Foster Child	<input type="checkbox"/> Income too high
		<input type="checkbox"/> Incomplete application

Signature of Determining Official: _____ Date Approved: _____

FOR THE VERIFICATION PROCESS ONLY:

Signature of Confirming Official: _____ Date Confirmed: _____

Signature of Verifying Official: _____ Date Verified: _____

Date Withdrawn From School: _____

Your children may qualify for free or reduced price meals if your household income falls at or below the limits on this chart.

FEDERAL INCOME CHART for School Year 2019-20					
Household size	Yearly	Monthly	Twice per Month	Every Two Weeks	Weekly
1	23,107	1,926	963	889	445
2	31,284	2,607	1,304	1,204	602
3	39,461	3,289	1,645	1,518	759
4	47,638	3,970	1,985	1,833	917
5	55,815	4,652	2,326	2,147	1,074
6	63,992	5,333	2,667	2,462	1,231
7	72,169	6,015	3,008	2,776	1,388
8	80,346	6,696	3,348	3,091	1,546
Each additional person:	8,177	682	341	315	158

The **Richard B. Russell National School Lunch Act** requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number are not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health and nutrition programs to help them evaluate, fund or determine benefits for their programs, auditors for program reviews and law enforcement officials to help them look into violations of program rules.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov

This institution is an equal opportunity provider.

**NUTRITION SERVICES
INCOME ELIGIBILITY GUIDELINES**

JULY 1, 2019 - JUNE 30, 2020

Household Size	Free Meals					Reduced Price Meals				
	Annual	Monthly	Twice per Month	Every Two Weeks	Weekly	Annual	Monthly	Twice per Month	Every Two Weeks	Weekly
1	16,237	1,354	677	625	313	23,107	1,926	963	889	445
2	21,983	1,832	916	846	423	31,284	2,607	1,304	1,204	602
3	27,729	2,311	1,156	1,067	534	39,461	3,289	1,645	1,518	759
4	33,475	2,790	1,395	1,288	644	47,638	3,970	1,985	1,833	917
5	39,221	3,269	1,635	1,509	755	55,815	4,652	2,326	2,147	1,074
6	44,967	3,748	1,874	1,730	865	63,992	5,333	2,667	2,462	1,231
7	50,713	4,227	2,114	1,951	976	72,169	6,015	3,008	2,776	1,388
8	56,459	4,705	2,353	2,172	1,086	80,346	6,696	3,348	3,091	1,546
For each additional family member add:	5,746	479	240	221	111	8,177	682	341	315	158

If households report multiple frequencies of pay, total income must be calculated on an annual basis. Use the following conversions:
Annual Income Conversion: Weekly X 52; Every 2 Weeks X 26; Twice a Month X 24; Monthly X 12

Nebraska Department of Education
Nutrition Services - NS-402-G

Bennet Backpack Program

The Bennet Backpack Program began in January of 2008. Each week a backpack of food is sent home with qualifying families. Families who participate in the free and reduced lunch program qualify. If you would like to be a part of the Bennet Backpack Program this school year please fill out the form attached to this newsletter indicating your interest. You may also contact the office at Bennet 402-782-3535 or email Mrs. Walter walter.lin@districtor1.net about the program.



It costs about \$250 for one family to receive a weekly backpack of food for a school year. The Bennet Backpack Program has purchased eighteen bags of food for the 2019-20 school year. If you would like to donate to help support this program, please send checks to Palmyra Presbyterian Church with a note in the memo indicating the Bennet Backpack Program. The address is 1297 G Rd, Palmyra, NE 68418.

Packing backpacks with food is another way to support the Bennet Backpack Program. Each month individuals and organizations meet at the Bennet Community Church, where the food is stored, to pack a months worth of food to be delivered to the school. It takes about 30 minutes total. If you would like to volunteer to pack backpacks email Pastor Corder at the Bennet Community Church bennetcommunitychurch@gmail.com or sign up at the open house August 13th 5:30-7:00.

Thank you for your support and for sustaining this great program for over ten years!

Sharing Information with Other Programs - Optional

Dear Parent/Guardian:

To save you time and effort, the information you gave on your Free and Reduced-Price School Meals Application may be shared with other programs for which your children may qualify.

For the following programs, we must have your permission to share your information. Sending in this form will not change whether your children get free or reduced price meals.

- Yes! I **DO** want school officials to share information from my Free and Reduced Price School Meals Application with **Bennet Elementary Backpack Program**.

- Yes! I **DO** want school officials to share information from my Free and Reduced Price School Meals Application with **Palmyra High School Activity Fee**.

If you checked "yes" to any or all of the boxes above, complete the following form to ensure that your information is shared for the child(ren) listed below. Your information will be shared only with the programs you checked.

Child's Name: _____ School: _____

Signature of Parent/Guardian: _____ Date: _____

Printed Name: _____

Address: _____

For more information, you may call Rob Hanger at 402-780-5327
or email at hanger.rob@districtor1.net.

Return this form to: PO Box 130, Palmyra, NE 68418 by August 30, 2019

BENNET ELEMENTARY SCHOOL
PALMYRA JUNIOR-SENIOR HIGH SCHOOL
Rob Hanger, Superintendent
Linde Walter, Elementary Principal
Heath Johnson, 7-12 Principal
Aaron Hoeft, 7-12 Activities Director

Palmyra Jr/Sr High School
P.O. Box 130
Palmyra, NE 68418
402-780-5327

Bennet Elementary School
50 Dogwood Street
Bennet, NE 68317
402-782-3535

WELCOME BACK!

The 2019-2020 School Year will kick off on **Thursday, August 15th** for students in grades K– 12th grade. The first day will be a full day of school.

BENNET ELEMENTARY:

Elementary School hours will continue to be from 8:20 a.m.- 3:20 p.m. **On the first day, parents and students in kindergarten will report to the school cafeteria.** Students in 1st-6th grade will report to their classrooms beginning at 8:00 AM.

Preschool parents and students will report to the preschool on Monday, August 19th for their first day. Morning session will begin at 8:00 a.m. and the afternoon session will begin at 12:00 p.m.

PALMYRA JR/SR HIGH SCHOOL:

High School hours will continue to be from 8:10 a.m. – 3:37 p.m. On the first day, all 7-12 students will report to the high school gym. Students should pick up their schedules and locker assignments from staff members. Following a short assembly, students will report to their first period classes.

PLEASE CONTACT THE SCHOOL:

Please Contact the School if your child has been attending Bennet Elementary or Palmyra Jr/Sr High School, and will not be attending this year. Also, if you have moved into the district this summer and your child has not registered, please call as soon as possible at the phone numbers listed above.

GETTING OFF TO A GOOD START:

Summer is nearly over and the beginning of a new school year is in sight. The beginning of a new school year is an exciting time for students and teachers alike. It is an opportunity to get a fresh start and to take advantage of the educational opportunities available. Nearly everyone looks forward to the challenge of the new year and nearly everyone comes prepared to give it their best and improve upon any shortcomings they may have had from the previous year. Please encourage your favorite student to make the most of this opportunity.

BUSING INFORMATION:

Bus routes are in the process of being finalized. Parents of students who are on country bus routes will be receiving a call from their bus drivers during the week before the start of school. They will give you approximate pick-up and drop off times for your children. **If you are new to the district and desire bus transportation, please contact Cathy Fick at 540-2879.**

PHYSICAL EXAMINATIONS AND IMMUNIZATIONS REQUIRED:

Nebraska State law requires that all students entering kindergarten, grade seven and all new students from out-of-state show evidence of having received a physical examination by a qualified physician within six months prior to enrollment. Evidence of this examination must be presented within 30 days of beginning enrollment unless the parent/guardian declares in writing his/her objection to the physical examination. The cost of the examination shall be borne by the parent. All students in grades 7-12 who are out for any kind of sport must show evidence of a physical examination before they may participate in the sport. Physical examination forms are available at the office or on line at www.districtor1.org.

ACTIVITY PASSES:

Activity pass are available for students and families. These passes will get you entrance into all PHS activities except Main Stage Play and Musical. Activity pass prices are:

\$125 for a family pass

\$50 for an adult pass

\$30 for student passes

\$5.00 Senior Citizen Pass for those 62 years and older

Students 7-12 are required to pay the \$30 activity fee to participate in activities at PHS.

(The family pass does not cover this fee)

IMMUNIZATION INFORMATION for 2019-20 is included in this mailing.

Students must show proof of immunization upon enrollment in District OR 1 Public Schools. Any student who does not comply with the immunization requirements will not be permitted to continue in school. Students with medical conditions or sincerely held religious beliefs which do not allow immunizations may complete a waiver statement which is available in school health offices.

Students with a signed waiver statement may be excluded from school in the event of a disease outbreak.

ALLERGIES:

Due to a variety of student allergies, any treats brought into the elementary classroom need to be store bought with the ingredients clearly labeled. Thank you for your cooperation with this safety/wellness procedure.

SCHOOL LUNCH/BREAKFAST:

Our lunch accounting system is set up so that each family has a single-family account. Parents are expected to send money to be deposited in this account similar to a bank account. Their child/children in both the elementary school and the Jr.-Sr. High School will be able to spend that money for lunches or ala carte items. Expenditures will be deducted from the balance of the family account. The accounting system records when kids eat and how much was spent. When the account gets low the school will notify parents so that they can maintain a balance in their family account. Should the family account be exhausted, students will be expected to pay for lunches prior to consumption.

Lunch & Breakfast Information

A carton of milk will be \$.35 for K-3 recess milk or for milk to accompany a sack lunch.

Breakfast prices will cost \$2.05 for students in grades K-6.

Breakfast prices will cost \$2.30 for students in grades 7-12.

Lunch prices will be \$2.70 for students in grades K-6.

Lunch prices will be \$2.80 for students in grades 7-12.

Lunch prices will be \$3.85 for visitors.

It will be very important to talk about the menu with your child each day so they are prepared with the decisions they have to make when going through the serving line.



Recess Milk Prices and Payments

The cost of recess milk will be \$.35 this year. Again this year we will include the cost of recess milk in with your family lunch bill. Each day your child has milk after recess, we will charge it to your family lunch account. You will no longer have to pay for recess milk separately. **It is very important that you notify the school if you do not want your child to have recess milk, otherwise they will receive milk.**

The Breakfast Schedule

The Breakfast program will start on Friday, August 16th. **No breakfast will be served on the first day of school.** If you have any questions about the school breakfast program please feel free to contact either school at the numbers listed above.

In order to serve more students in an efficient manner, we are going to have students from elementary and high school eating in both buildings. Breakfast will start at 7:30 a.m. at Palmyra High School and 7:45 a.m. at Bennet. Please note that District OR 1 school buildings open at 7:30 a.m. for HS students and 7:50 for Elementary Students not in the Rec. Program. Please do not arrive prior to that time.

Bennet country bus students and junior high and high school students will be able to start eating breakfast at 7:30 a.m. in Bennet. High school and junior high students will be served first, so they may eat and get on the bus. Elementary students from the Bennet country buses will be served after the high school students.

Palmyra town students and country students may start eating breakfast in Palmyra at 7:30 a.m. Palmyra town students must eat in Palmyra and be finished in time for the shuttle bus to Bennet at 8:05 a.m.

Elementary students from Douglas and Palmyra country bus students will eat at Bennet when they get off of the shuttle at 8:25a.m.

The Lunch Schedule

Students will be told what time they go to lunch on the first day of school. Both the Bennet Elementary and Palmyra Jr/Sr High School campuses are closed, students may not leave for lunch.

STUDENT RECORD POLICY

District OR-1 Public Schools is required by Federal law to notify parents of students, and eligible students (a student who has attained eighteen years of age), that the school does maintain personally identifiable data on students enrolled in District OR-1 Public Schools. Parents of students and eligible students have the right to inspect and review the educational records of their child or children and to challenge the contents of the records as inaccurate or misleading.

Any parent of a child or an eligible student who is or has been in attendance at District OR-1 Public Schools who desires to inspect and review his/her child's education records should contact either the custodian of records at the school or the office of the superintendent.

Notice is hereby given to parents of students and eligible students that the personally-identifiable information designated by District OR-1 Public Schools as directory information is as follows: the student's name, grade, address, email address, telephone number, date and place of birth, dates of attendance, the image or likeness of students in pictures, video or other film or medium, height, weight, most recent school attended, position in the group, experience in the group, candidacy for graduation, and/or the list of academic and/or activities achievement including, without limitations, honor rolls, scholarships earned, activity honors, and awards earned in connection with current school activities or class work which may be published onto the internet.

Parents of the student, and or eligible student, have the right not to permit the foregoing designation of any, or all, of the categories of personally-identifiable information, with respect to that student, as directory information, by informing District OR-1 Public Schools in writing, within four weeks after the commencement of the school year. If you have questions about the records policy of the school, please contact the office of the Superintendent at 780-5327.

PARENT NOTIFICATION OF TEACHER QUALIFICATIONS

School districts that receive Title I funding are required to inform parents they have a right to know the professional qualifications of their children's teacher(s). Therefore, parents in the District OR-1 School District may request to know the qualifications of their child's teacher(s). As a parent, if you would like to receive specific teaching credential information about your child's teacher(s), please contact the office of the Superintendent at 780-5327. Please give the office at least five school days to contact you with information about the credentials referenced.

DISCLOSURE OF STUDENT RECRUITING INFORMATION

Federal Law requires schools to provide military recruiters and institutions of higher education access to secondary school students' names, addresses, and telephone listings. Parents and secondary students have the right to request that District OR-1 not provide this information to military recruiters or institutions of higher education, without their prior written parental consent.

FEDERAL HANDICAPPED CHILDREN'S ACT

District OR-1 requests your help in locating handicapped children. The school implements the Federal Handicapped Children's Act (PL-94-142 which guarantees a free appropriate educational program for all children between the ages of 0 and 21 years of age). If you have a student or know of any young person with special needs between 0-21 years of age that is not enrolled in an appropriate education program, please contact either school at the numbers listed above.

ANNUAL ASBESTOS NOTIFICATION:

Federal regulations require all schools to inventory asbestos containing materials (AMC) in their buildings and annually inform patrons and employees of the existing management plan.

The plan for District OR-1 is available for inspection to the general public, teachers, and other school personnel. The plan is available for anyone to look at, or if you wish to have a copy, you may have one within 5 days of your request for the cost of duplication.

The plan for District OR-1 has also been submitted to the Nebraska Department of Health, Divisions of Environmental Health & Housing Surveillance, in accordance with Federal Regulations.

NOTICE OF NON-DISCRIMINATION:

NONDISCRIMINATION IN EDUCATION PROGRAMS AND ACTIVITIES

Palmyra District OR1 does not discriminate on the basis of race, color, creed, national origin, sex or gender, disability, marital status, pregnancy, or childbirth or related medical condition or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the non-discrimination policies: Robert L. Hanger, Superintendent, Palmyra District OR1, 425 F Street, Palmyra, NE 68418-0130, (402) 780-5327.

PALMYRA JR/SR HIGH INFORMATION

NEW STUDENT REGISTRATION & 7th GRADE SCHEDULES:

All students new to Palmyra Jr./Sr. High School and any incoming 7th grader who has not registered should plan to do so on Friday, August 12th from 1-3 pm at the high school. 7TH graders who attended orientation last spring are also welcome to come to school from 1-3 pm on Friday, August 12th to pick up schedules and locker numbers/combinations and get reacquainted with the building.

STUDENT SCHEDULE CHANGES:

For any student that needs to make changes to their class schedule aside from study halls. Study Halls are not put into the schedule at this time. Students do not need to come in to schedule their study halls. If any other changes are needed, the following times are available: * Monday, August 8th – 9:00 a.m. – 4:00 p.m. * Tuesday, August 9th - 9:00 a.m. – 4:00 p.m. * Wednesday, August 10th - 9:00 a.m. – 4:00 p.m.

JUNIOR AND SENIOR HIGH SPORTS:

In order to participate in sports programs students are required to have a physical before they may participate. Parents will want to be sure that is taken care of before the first day of practice. Students must also have a NSAA (Nebraska School Activities Association) Student and Parent Consent Form. This form will be distributed the first day of school.

Article 3

BUSINESS OPERATIONS

Policy No. 3580

Business Operations

Insufficient Funds

When a check is returned for insufficient funds or payment on a credit or debit card is rejected, the Superintendent's designee shall attempt to contact the person a minimum of two times to collect the amount that remains due and owing. At least one attempt shall be in writing, either via letter or email.

In the event that an individual's method of payment is rejected, such person shall be required to pay the amount that remains due and owing by cash, cashier's check or money order, plus a returned check fee of \$10.00 to cover the administrative expense of having to address the matter. In addition, whenever said person wishes to make a payment in the future, said person may be required to pay only by cash, cashier's check or by money order.

Notice of this returned check fee policy will be given annually to students and parents via the school website, and may be included in newsletters, student handbooks, or postings.

Any individual who attempts to pay any amount to the District by check or credit card agrees to the terms of the Policy and the returned check fee. In the event that an individual does not agree with this Policy or is unwilling to pay the returned check fee, then such individual must pay by cash, cashier's check or money order.

Summary of the School Immunization Rules and Regulations

Student Age Group	Required Vaccines
Ages 2 through 5 years enrolled in a school based program not licensed as a child care provider	<p>4 doses of DTaP, DTP, or DT vaccine</p> <p>3 doses of Polio vaccine</p> <p>3 doses of Hib vaccine or 1 dose of Hib given at or after 15 months of age</p> <p>3 doses of pediatric Hepatitis B vaccine</p> <p>1 dose of MMR or MMRV given on or after 12 months of age</p> <p>1 dose of varicella (chickenpox) or MMRV given on or after 12 months of age. Written documentation (including year) of varicella disease from parent, guardian, or health care provider will be accepted.</p> <p>4 doses of pneumococcal or 1 dose of pneumococcal given on or after 15 months of age</p>
Students entering school (Kindergarten or 1 st Grade depending on the school district's entering grade)	<p>3 doses of DTaP, DTP, DT, or Td vaccine, one given on or after the 4th birthday</p> <p>3 doses of Polio vaccine</p> <p>3 doses of pediatric Hepatitis B vaccine or 2 doses of adolescent vaccine if student is 11-15 years of age</p> <p>2 doses of MMR or MMRV vaccine, given on or after 12 months of age and separated by at least one month</p> <p>2 doses of varicella (chickenpox) or MMRV given on or after 12 months of age. Written documentation (including year) of varicella disease from parent, guardian, or health care provider will be accepted. If the child has had varicella disease, they do not need any varicella shots.</p>
Students entering 7 th grade	<p>Must be current with the above vaccinations</p> <p>AND receive</p> <p>1 dose of Tdap (contain Pertussis booster)</p>
Students transferring from outside the state at any grade	Must be immunized appropriately according to the grade entered.

Source: Nebraska Immunization Program, Nebraska Department of Health and Human Services. . For additional information, call 402-471-6423.

The School Rules & Regulations are available on the internet: http://dhhs.ne.gov/Pages/reg_t173.aspx (Title 173: Control of Communicable Diseases - Chapter 3; revised and implemented 2011)

Updated 01/26/2018

BENNET ELEMENTARY INFORMATION

WELCOME BACK to the 2019-2020 school year. This is an exciting time and I am anxious for students to be back in the building! I am looking forward to working with everyone to ensure the children at District OR 1 Bennet Elementary achieve their highest potential.

Bennet Elementary will continue to use a school wide positive behavior plan that allows staff to use common language and consistent expectations within the school environment. The school will follow the 4 B's of Learning: Be an Active Learner, Be Respectful, Be Responsible and Be Safe. Behavior Matrix's are posted throughout the school that lists specific expectations for behaviors throughout the school day. We believe that children need to learn in a caring and safe environment that is free from distraction and disruption. More information will be handed out at on the first day of school or at open house.

I hope you enjoy the rest of your summer and I will see everyone in August. If there is anything I can assist you with, please feel free to let me know. Thank you, Mrs. Walter.

BENNET ELEMENTARY SUMMER ENRICHMENT:

Bennet Elementary had a wonderful turnout for the 2019 Summer Enrichment program. Our numbers this year were at 135 students attending the summer school session. The theme for the summer was, "Wild About Learning." All grade levels participated in math, reading, and writing activities. We ended the session with a field trip to the Lincoln's Children's Zoo. The students had a great time!



CLASS LISTS POSTED:

Class lists will be posted on the windows of the Bennet Elementary gym door and the front doors at Palmyra High School entryway on Tuesday, August 13th after 3:00 PM. Students and parents may come up to the school and check to see whom their child's teacher will be.

BENNET ELEMENTARY OPEN HOUSE:

Bennet Elementary and Little Panther Preschool will be hosting an Open House on Tuesday, August 13th from 5:30-7:00 PM. Students/families can meet their classroom teacher, bring school supplies, and take a tour of the school.

KIDS CONNECTION PROGRAM:

Kids Connection is a health insurance program developed by the State of Nebraska as an extension of Medicaid. Its purpose is to provide coverage to uninsured children across the state.

Kids Connection provides well care for your child in helping to prevent diseases, finding and treating problems early, and maintaining good health and development.

Regular check-ups include:

- baby check-ups and baby immunizations
- yearly check-ups for school-age children, including school/sports physicals
- immunizations for school-age children
- dental check-ups and dental sealants
- vision and hearing tests.



Kids Connection also provides medical care for injuries and illnesses as early as possible. This is essential in treating or correcting health problems.

Treatment includes doctor's visits, lab tests/x-rays, counseling, medications, dental treatment, hospital care, eyeglasses, and specialty service for children with disabilities or chronic health conditions.

Your child's eligibility to have health coverage through Kids Connection is based on your family's income and citizenship. Children can be eligible:

- * if they are under age 19.
- * if they were born in the United States or are legally admitted aliens.
- * even if both parents live at home.
- * even if one or both parents work full-time.
- * even if their family already has some type of health insurance.

Applications for Kids Connection are located in the school office. Please call the school if you have any questions regarding Kids Connection.

BEFORE AND AFTER SCHOOL RECREATION PROGRAM:

Bennet Elementary will continue to offer a before and after school recreation program. Starting on Thursday, August 15th, for a fee, school age children attending Bennet Elementary may take part in this program. **There will be a table at Open House on Tuesday, August 13th for you to register your child.** If your child will be attending the before or after school care program, please stop by to register your child.

Times: 7:00 –8:20 a.m. and 3:30 – 5:30 p.m. We will also offer drop in service for those students that are pre-registered. Students not pre-registered will not be allowed to take part in the program.

Cost: \$2.95/hr per child. Time kept to the nearest 15 min. increment. A minimum of one hour's time will be charged for after school participation.

Payment: Prepayment in blocks of \$25.00 or more. There will also be a \$25 non-refundable registration fee at the beginning of the year.

Supervision: Students will be supervised by at least one adult.

Structure: Activities will be offered such as board games, gym games, computer lab time, crafts, and playground fun. Study time and help for those that desire it will be available also. In addition, students will be offered an after school snack and be eligible for school breakfast in the morning. The cost of breakfast will be additional.

LITTLE PANTHERS PRE-SCHOOL:

Classes for Little Panthers Pre-School will begin on Monday, August 19th. An Open House will be held on Tuesday, August 13th from 5:30-7:00 PM. The pre-school is for 3 and 4 year old students in the school district. There are four class sessions. Two morning sessions will run from 8:00 –11:30 a.m., and two afternoon sessions running from 12:00 – 3:30 p.m. Each class session will receive a meal and a snack as part of the program. Please contact Erin Formanek or Kristi Lamb at Bennet Elementary at 402-782-3535 for more information.



Over the summer, you'll begin to see some participating brands change their packaging from the traditional Box Tops clip to the new Box Tops label.



SEE THIS...
CLIP IT



SEE THIS...
SCAN YOUR RECEIPT

Going forward, instead of clipping from packages and checking expiration dates, all Box Tops will be earned digitally by scanning your receipt. The Box Tops for Education team is hard at work building a NEW-and-improved, user-friendly Box Tops mobile app that will be ready this summer.

The new app will feature state-of-the-art technology that allows you to scan your store receipt, find participating products and instantly add Box Tops to our school's earnings online.

WHEN THE NEW APP LAUNCHES, BE SURE TO DOWNLOAD IT OR UPDATE YOUR EXISTING APP:



As we mentioned above, some brands have already started to update their packaging in advance. Until the new app launches, if you see the new Box Tops label on packages, you can use the current Box Tops Bonus App to earn Box Tops for that product. Simply download the app, select the bonus offer for the product you've purchased and scan your receipt to earn.

If you still have traditional Box Tops clips at home, be sure to send them to school. We will still earn cash for all clipped Box Tops until they expire. Better yet, once the new app launches, you can "double dip" during the packaging transition by clipping the traditional Box Tops AND scanning your store receipt containing participating products.

US Civics and Americanism

To become a citizen of the United States, an immigrant must take a 10-question oral exam that covers US government, civics, history, and geography. To successfully pass this oral exam, prospective citizen must answer 6 out of those 10 correctly to pass the test and become a citizen of the United States.

In conjunction with this concept of Americanism, The Nebraska Unicameral passed LB 399, that will require Nebraska students to show American "ideals and values" throughout their education. The seniors at Palmyra will be asked to go above and beyond the 6 out of 10 and be asked to answer all 100 questions in multiple choice final exam.

To help the students understand what our focus will be in the classroom and how the test will function, each student will have the opportunity to take a pre-test. This test will be proctored on our online service, Canvas. Canvas allows the test taker to get immediate results. Though each student will answer all the same questions, Canvas will mix up and shuffle each question and its answers to give each student a unique testing event.

This is not the first year seniors have participated in such an exam. The test will now become more formal. I have encouraged our seniors to ask their parents, relatives, and friends to take the practice exam with them; each year many of them are surprised on how much they do not know. I invite you to join us in appreciating the American experience by testing your knowledge on the United States of America.



For more information on LB 399 or American citizenship in Nebraska go to <https://nebraskalegislature.gov/>, <https://my.uscis.gov/>, or <https://optiqal.com/us-citizenship/>. By: Mark Kotik

Bennet Elementary School Supply List (all students need a Book Bag, Gym Shoes and Headphones)

Class	Must Have	May Not Bring
Kindergarten	Small plastic pencil box 12 large glue sticks A-M 1 box of quart size ziplock slider bags N-Z 1 box of gallon size ziplock slider bags 2 inch binder with clear sleeve on front cover 2 black dry erase markers	scissors pencil sharpener crayons markers
First Grade	12 Large glue sticks Small, plastic pencil box 24 crayons #2 pencils (a package of 12) 4 black fine tip dry erase markers	pencil sharpeners
Second Grade	#2 pencils (a package of 12) 12 Crayola Classic Washable markers Box of 24 crayons 2 Spiral wide rule notebook 2 large glue sticks Small plastic crayon box (5 ½ x 8) 1 Pink, Yellow and Green Highlighter 2 Pink Erasers	pencil sharpeners mechanical pencils
Third Grade	#2 pencils (a package of 24) Box of 24 crayons 2 Large erasers 8 Large glue sticks 3 Spiral 1 subject notebooks (College Ruled) Scissors 1 inch 3 ring binder w/ clear front	large pencil boxes markers
Fourth Grade	#2 pencils 3 Spiral Notebooks 1 Pkg. Wide Ruled notebook paper 1- 1 inch 3 ring binder w/ clear front 1- 2 inch 3ring binder w/clear front 1 package of highlighters 1 package of 12 markers Colored Pencils Clorox Wipes Box of 24 crayons	gel pens/ multicolored no toys pencil boxes over 8x10
Fifth Grade	#2 pencils (a package of 24) White board eraser Dry erase markers 1 Pkg. of wide ruled notebook paper Clorox Wipes	large pencil boxes multicolored pens no toys
Sixth Grade	# 2 pencils Small pencil box Spiral notebooks/notepaper Crayola Washable markers Calculator (Optional)	gel/multicolored pens large pencil boxes no toys

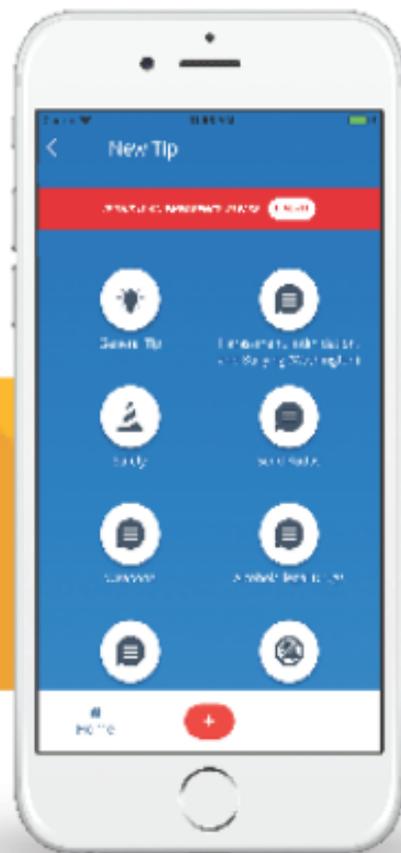


Palmyra District OR-1

Report It

SafeSchools Alert is our district's tip reporting service. If you have information about a threat to our safety, do your part and report it! And remember, you can remain anonymous.

SUBMIT USING OUR APP



FOR EMERGENCIES, PLEASE CALL 911

EASY WAYS TO REPORT



Visit the website
<http://1795.alert1.us>



Email your Tip to
1795@alert1.us



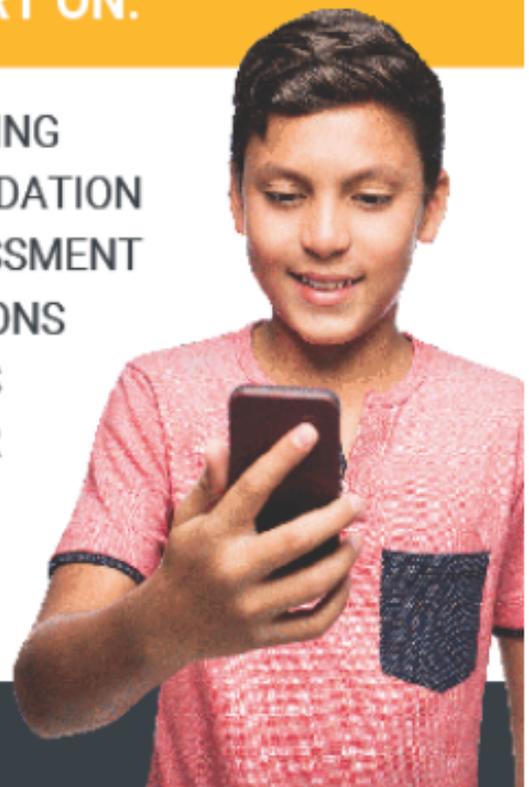
Call to report your tip
402.858.9423



Text your Tip to
402.858.9423

REPORT ON:

- BULLYING
- INTIMIDATION
- HARASSMENT
- WEAPONS
- DRUGS
- OTHER



Our District Code is: 1795

All tips submitted are taken seriously and will be acted upon. Please be responsible with your submissions.



New Programs from Food & Nutrition Services!



District OR1 created a team to research and implement a plan to better ensure food and nutrition information is available to our students, as we continue to be dedicated to students' health, well-being, and their ability to learn. As a result, we are creating a web portal to keep the information needed to empower our students to take the lead to develop healthy Nutrition and Fitness practices for life. Check out our district's interactive and user friendly School Nutrition website at www.DistrictOR1nutrition.org and learn how you can eat right and stay fit! **Scan QR Code at left for School Nutrition Website...**

Good nutrition leads to great academic performance. When your nutritional needs are met, it is easier to focus and learn. When you are physically fit, you are more alert, more positive and enjoy a better quality of life. Combine good nutrition with physical activity and you will have a winning combination to succeed in school.

Food and Nutrition Director Karen Skinner and her team are **Educating and Inspiring Excellence** for our students by promoting health and fitness as well as our district's Wellness Policy. Along with information about meal components, menus, and meal applications, you will find interactive nutrition lesson plans, nutrition videos, nutrition games, fitness calculators, fun activities, and healthy recipes...and it is all updated quarterly!

Now Nutrition Information right from our menus is a cinch! Hovering over menu items reveals an individual item's nutritional information, allergens, and allows students to rate menu items... our goal is a 5 Star rating for our 5 star meals focused on meeting and exceeding USDA guidelines.

Check out nutritional information and our School Nutrition Mobile App on the go!

Download our NEW- FREE Mobile App for Interactive Nutritional Menus at your fingertips and more!



Eating healthy is a serious concern. The incidence of overweight children, Type II Diabetes and other health concerns are on the rise and are directly related to poor eating habits and lack of exercise. Learn what you should be doing about it on our website or check out parent newsletters, nutritional information, and more on our Mobile App!

At District OR-1 Palmyra Public Schools it is **Cool to Eat at School** and School Nutrition Services is committed to helping you form the healthy habits today that will last a lifetime!

** Phase Two (Fall 2019) will include the ability to pay lunch balances online **

GO PANTHERS!

FUNDRAISING NIGHT!



Foundation For Knowledge
Tuesday, August 20th
4PM - 10PM

10% Donation Night

Support this cause by presenting this invitation to the listed Texas Roadhouse® location and Texas Roadhouse® will donate 10% of your total food purchases to the fundraiser!



(402) 420-0155
6301 Apple's Way

DISTRICT OR-1 PUBLIC SCHOOL CALENDAR 2019-2020 Adopted

August 2019

SU	M	T	W	TH	F	SA
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2019

SU	M	T	W	TH	F	SA
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2019

SU	M	T	W	TH	F	SA
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2019

SU	M	T	W	TH	F	SA
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2019

SU	M	T	W	TH	F	SA
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Elementary transition meetings
May 21-22

August 2019

- 12-Aug Start of Fall Practice
- 12-Aug Faculty Inservice-8:00-4:00 .
- 13-Aug Faculty Inservice-8:00-4:00 .
- 14-Aug Faculty Inservice-8:00-4:00 .
- 15-Aug First Day of School

September 2019

- 2-Sep NO SCHOOL -Labor Day
- 24-Sep Dismiss @ 1:30 P.M. P-T conf. 2:00-8:00 P.M.

October 2019

- 21-Oct Start 2nd Quarter
- 24-Oct 1:30 Dismissal Fall Break
- 25-Oct Fall Break; NO SCHOOL

November 2019

- 18-Nov Start Winter Practice
- 27-Nov NO SCHOOL Thanksgiving Break
- 28-Nov NO SCHOOL Thanksgiving Break
- 29-Nov NO SCHOOL Thanksgiving Break

December 2019

- 20-Dec End of Second Quarter
- 20-Dec Dismiss at 1:30 for Christmas
- 23-Dec Winter Vacation December 23-January 1
- 22-26 Dec Five day moratorium period est. by NSAA

January 2020

- 1-3 Jan Winter Vacation
- 6-Jan School Resumes, Start 3rd Quarter
- 20-Jan Martin Luther King Day Teacher Inservice No School

February 2020

- 11-Feb Dismiss @ 1:30 P.M. P-T conf. 2:00-8:00 P.M.
- 14-Feb NO SCHOOL Winter Break
- 17-Feb Teacher In-Service No School

March 2020

- 2-Mar Start of Spring Practice
- 6-Mar NO SCHOOL Spring Break
- 12-Mar 1:30 Dismissal
- 13-Mar NO SCHOOL Spring Break
- 16-Mar Start 4th Quarter
- 24-Mar NO SCHOOL PHS MUDECAS Music

April 2020

- 9-Apr 1:30 P.M. for Spring Break
- 10-Apr NO SCHOOL; Easter Break
- 13-Apr NO SCHOOL; Easter Break

May 2020

- 9-May Graduation
- 20-May Elementary End of 2nd Semester Reg. Dis. **179 student days**
- 21-May End of Second Semester-1:30 Dismissal H.S. **185 total for teachers**
- 22-May Teacher Work Day

Note: Early dismissal times of 1:30 will result in an elementary dismissal time of 1:10.

January 2020

SU	M	T	W	TH	F	SA
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2020

SU	M	T	W	TH	F	SA
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

March 2020

SU	M	T	W	TH	F	SA
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2020

SU	M	T	W	TH	F	SA
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2020

SU	M	T	W	TH	F	SA
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Elementary End of Second Semester

Teacher days

Vacation Days

Parent Teacher conf.

Early Dismissal