



District OR 1 Bennet Elementary and Palmyra High School staff and students would like to invite our area Veterans to a special breakfast on Thursday, November

11th, 2021 at Palmyra High School West Gym at 8:15 AM. Please enter through the West doors. Patriotic Program beginning at 9:00 AM with Bennet Singers and PHS Choir performing. Look on the District OR1 webpage/facebook page for information regarding live streaming.

Elementary Students may attend with parent permission and have an excused absence. Transportation for students attending the assembly with a Veteran will not be provided by District OR1 and is the parent responsibility.



Panther Weekly Bulletin

Breakfast Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Skillet Omelet Toast Or Granola Bar	Breakfast Pizza Or Ham, Egg & Cheese Croissant	Scrambled Eggs Biscuit Or Muffin	Waffles Or Breakfast Casserole	Oatmeal W/ Fruit Or Long John

Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Cook's choice	Cheeseburger Mac Dinner Roll Or Grilled Cheese Tomato Soup Peas	Chicken Enchilada Or Sloppy Taco Spanish Rice Taco Fiesta Black Beans	Spaghetti W/ Meat Sauce Bread Stick Or Corn Dog Green Beans	Breaded Pork Patty Mashed Potatoes W/ Gravy Biscuit Or Grilled Ham & Cheese Corn

Happening this week at PHS

Saturday, October 30th- HS VB District Finals @ Sutton 7:00 pm bus leaves @ 3:45 Band/Spirit bus leaves @ 4:00 pm

Streamed on Sutton's Striv <https://striv.tv/channel/sutton/>,

Teammates Trunk or Treat

Monday, November 1st- Livestock Judging Practice 7:30 am

Tuesday, November 2nd- Livestock Judging Practice 7:30 am

Wednesday, November 3rd- Show Choir 6:30 am, District Livestock Judging Bus leaves @ 7:30 am, Unified Bowling @ Sun Valley Lanes 1:00 pm Bus leaves @ 11:45 am

Thursday, November 4th- Drumline 6:30 am,

Friday, November 5th- Show Choir 6:30 am,

Saturday, November 6th-

**Sunday, November 7th- Post Prom Craft Fair @ PHS East Gym
See Attached Flyer Use East Doors Only!**

Upcoming Events:

Monday, November 8th–

Tuesday, November 9th–

**Wednesday November 10th– Show Choir 6:30 am, FFA Day @
Aurora Van leaves @ 8:00 am**

**Thursday, November 11th– Drumline 6:30 am, District
Veteran's Day Breakfast and Program @ PHS (West gym)**

**Friday, November 12th– Show Choir 6:30 am, Temple Grandin
Seminar in Kearney Van leaves @ 7:15 am**

Saturday, November 13th–

Drivers Education will be January 16th and 17th. Have your student stop in the office and get the informational pamphlet if you are interested. Students must be 13 to enroll in the class.

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

The Bus lane at Palmyra is off limits to vehicles during bus pick up and drop off times before and after school!

GO PANTHERS!

PHS PRACTICE SCHEDULE

HS VOLLEYBALL– TBD

HS Wrestling—Monday, Wednesday, Friday 3:45-5:00 pm

JH Boys Basketball– Monday-Friday 3:45-5:30 pm PHS East Gym



BENNET ELEMENTARY

NEWSLETTER

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

Bennet Elementary
District OR 1

October 29th
Volume 1, Issue 12



What a great week we have had with celebrating Red Ribbon Week, and making positive choices at Bennet Elementary. The students

enjoyed all the fun dress up days to promote healthy and positive choices.

As the cold weather begins to set in for the fall and winter months, please stay updated on weather forecasts. Please make sure your child dresses for the outdoors. All classrooms have one/two recesses each day. They will be outside if it is not raining, snowing, or severe wind chill. Scarves, hats, and mittens along with a coat are important for your child to wear. It's also very helpful when these items are marked with your child's name.

Have a wonderful weekend. As always, please contact me if you have any questions, comments or concerns at walter.lin@districtor1.net.



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Many, many thanks to all who have and are now serving our great country! Thank you!

12th Annual Trunk or Treat



**Sponsored by Teammates
Mentoring Program &
Palmyra Action League**

When: Saturday,
October 30th from 4:00-6:00pm

Where: Palmyra Main Street (On C
Street between 5th and 6th St)

Save the Date

The Bennet Elementary Winter concert will be Monday, November 29th at Palmyra High School for grades K-4.

K-2 will perform at 6:15 PM followed by 3rd-4th grade at 7:30 PM.

Upcoming Events:

October

-29th Booster Fall Festival

November

-8th BOE Meeting at PHS 7:00 PM

-9th Bennet Booster Meeting 7:00 PM

-16th No School for Students (One Act)

-24, 25, 26 Thanksgiving Break-No School



ters meet the 2nd
Tuesday of every
month at 7:00 PM in
the Elementary
Commons. We hope
to see you Tuesday,
November 9th for our

next meeting. Please visit the Bennet Elementary Boosters Facebook page to learn more about upcoming events.

**World Kindness Day is
Saturday, November 13th.**

When kindness and gratitude
become your default
setting....Life Changes!

#Be Kind

Red Ribbon Week



One special activity for Red Ribbon Week was the Lancaster County Sheriff came to Bennet Elementary to speak to students about making positive choices. They brought a special visitor along with them the "Police Dog."

Pumpkin Contest

Please join us for the Booster Fall Festival from 5:30-7:30 and vote for your favorite staff pumpkin.



Palmyra Youth Group Chili Feed

Chili Feed fundraiser at Palmyra's Trunk or
Treat

October 30, 4:00-7:00
Palmyra Senior Center

Join us!



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10.29.2021

Chaffee Counselor Comments

School counselor, Michael Chaffee, can be reached at Chaffee.Mic@districtor1.net or 402.780.5327 for any issues that might be concerning you and/or your student in the realm of academics, college/career decisions, or social/emotional needs.

Seniors and Juniors Tour UNKearney



On Thursday, October 28, 44 PHS senior and junior students traveled by bus to visit the University of Nebraska in Kearney. The students were given tours across the whole campus, viewing classrooms, programs, student housing, and eventually eating in the student dining facility. Mr. Pollock, a UNK grad, along with Mr. Chaffee, served as sponsors.





Education Quest College Going Support for Seniors and Parents

WEBINARS

October – FAFSA Tutorial (line by line review of FAFSA and commonly missed questions - 30 min -)

November – FAFSA Tutorial and FAFSA Follow-Up (what to expect after the FAFSA is completed - 30 min)

VIRTUAL COLLEGE FAIRS

November 10, 5 p.m.-8 p.m. CT (Successful Essay Tips Live Presentation at 7:00 pm)

December 8, 9 a.m.-noon CT (How to Earn Scholarships Presentation Live at 10:00)

Seniors!! Top 3 things to do now!

1. **Apply to your top college choices.** [Click here](#) to find a college application checklist and other helpful resources.
2. **Create a Federal Student Aid account at** studentaid.gov (both you and a parent will need an account). This is the site you will use to

complete the Free Application for Federal Student Aid (FAFSA).

3. **Complete the FAFSA at studentaid.gov ASAP!** The FAFSA is your application for federal, state, and college-based financial aid.

Get FREE help from EducationQuest

- Attend an EducationQuest [Virtual Financial Aid Program](#) to learn about financial aid and the FAFSA. During the presentation, you can register to win a \$500 scholarship!
- Find free [FAFSA Tools](#) at EducationQuest.org to help you prepare for and complete the FAFSA.
- Call the location nearest you to set up an appointment for free help:
Omaha – 888.357.6300, Lincoln – 800.303.3745

How Do I Hunt for Scholarships?

By Mr. Michael Chaffee

1) The greatest source for college scholarships is from the college you plan to go attend. They have a vested interest in getting you on their campus, so they are willing to pay for it by offering scholarships. Go to the college/university of your choice. Once you get on their website, look under the financial aid tab or go to the search bar and type in "scholarships." This should get you to where you need to go. The school's admissions counselors will usually be of great assistance.

2) Use EducationQuest! They are a GREAT resource

for all students! www.educationquest.org provides all kinds of college information, help with FAFSA, and scholarship searches by simply going to their site. They have locations in Kearney, Lincoln, and Omaha, always being of tremendous help to all school counselors, students, and families. I call them often when I am stuck with college questions. They are amazing! We are fortunate as a state to have such a great resource that other states simply don't have. And they do it for free! **DO NOT PAY OTHER COMPANIES FOR COLLEGE PREPARATION!** Establish your account (you should have already done this if you are a senior. Juniors should do it soon.) and complete search info on **ScholarshipQuest** and you will get a

"hit" on some of the scholarships that are coming up for Nebraska high school seniors.

3) Local scholarships come to our attention all of the time and I distribute that information through Palmyra High School email, copying both students and parents. If you are a senior, I should have already sent you a link to our most active local scholarships.

4) Last, but certainly not least, scholarships are offered through our District OR 1 Foundation for Knowledge. The deadline is in early April. I have sent all seniors a copy of the application the Foundation uses. Please note that it is a pdf file and can be filled in using a computer: please do that. *Do not submit a handwritten application or essay. Not ever!*

Finally, you will want to take your time and do an excellent job completing applications. The language you use, your grammar skills, and the overall completeness will be representative of you and your education. See a friendly teacher to help you, or ask for Mr. Chaffee to review your application. Make us proud!



Your life is like it is because of what you choose to focus on and believe.

When we choose good thoughts, we feel good, and when we feel good, good things happen.



Fall Craft Fair

at Palmyra High School

Sunday

NOVEMBER 7th

11am - 4pm

RAFFLE • BBQ LUNCH • BAKE SALE

SILENT AUCTION • TONS OF VENDORS!

Palmyra High School
425 F Street | Palmyra, NE

If you would like to be a vendor please contact
PalmyraHSCraftFair@gmail.com



HOSTED BY THE PALMYRA
POST PROM COMMITTEE



Five-Second Post, Lifetime of Regret

Instant access has taken the simple act of growing up and transformed it into a field of land mines for today's teen. Even the smallest misstep, in the unforgiving environment that is social media, can have harsh and long-term consequences.

"Acting impulsively is part of growing up. Teens will make mistakes and learn from them. It's the natural progression to adulthood," said Bridget Mostek, LIMHP, licensed mental health practitioner at CHI Health. "What we'd like to prevent is for those mistakes to be forever on public display, diminishing their reputation before it's fully developed."

Mostek encourages teens to think before posting and then think again. "Getting 'likes' is enticing, some even argue addictive, but don't fall victim to regret. If you wouldn't say it or show it in person, to a large group, then absolutely do not post it." Before your next post, take some timeless advice from Buddha: "If you propose to speak, always ask yourself: Is it true? Is it necessary? Is it kind?"



Screen Time: Good vs. Bad

With less social interaction during the pandemic, screen time has increased in many households. The most important thing you can do as a parent is set limits and monitor screen time.

The bad:

- There are a lot of negative articles and conspiracy theories on the Internet, which can incite fear and anxiety among kids. Teach them what to look for in articles, how to think critically and ask information-seeking questions.
- If social media isn't monitored, it could have negative effects like cyberbullying.
- Too much time spent on devices can cause unhealthy sleep and diet habits. Make sure a routine is in place and do what's best for your family; give time frames for screen time.



The good:

- + Social media and electronic devices allow us to connect, which helps us initiate conversation and form or maintain relationships outside of the in-person realm.
- + Technology can also be used to enhance learning through games, activities and reading.
- + Accurate information is out there. Equip your kids with the tools to know what articles are factual and helpful.

Rude, Mean or Worse? Always Take the Kind Road

Our differences make us stronger, our world more vibrant. But it's also natural to gravitate toward those who share our same interests.

"I encourage teens to give themselves room to grow into their beliefs. Expand your view, challenge ideas, meet new people. Of course there will be things and people you prefer more than others," said Bridget Mostek, LIMHP, CHI Health psychotherapist.

"In every interaction, even when there's conflict, we can all choose to be tactful, polite and even respectful," she said. "Choosing kindness doesn't mean you're obligated to like a person. It's less about them and more about the type of person you choose to be."

Challenged by someone with differing views? Before you respond, ask herself, "How would I feel if these were the last words spoken to someone I love?" Mostek said. "We never know the inner battles other people face; represent yourself well and strive for kindness."



Don't be Fooled, Your Life is Just as Great



Approximately 90 percent of teens worldwide use social media. Always on, always available, connecting, supporting, inspiring, and yes, comparing. Researchers find that the more time teens spend on social media, the more depressed they become as they compare their lives to others.

- Don't let social media breed self-hate and feed insecurities. Realize that social media is the highlight reel. We only post the top 1 percent of our day, not the average 99 percent. Everyone has bad hair days.
- Remember there's plenty of happiness, beauty and success to go around. Just because someone is having a great life doesn't mean yours isn't just as great. The world isn't going to run out of awesome.
- Be proactive instead of reactive. When you start negatively comparing yourself to others, you're only reacting to the situation. Instead of feeling down, do something! Set a goal and achieve it.
- Recognize that likes do not equal love. Research shows that getting "likes" triggers the same pleasure as taking drugs. Just as you'd say "no" to drugs, do not hand over your self-worth to anyone with a smartphone.

Contact or other information.

Palmyra Post Prom Fundraiser

Drawing to be held during the last Varsity Boys Basketball Game, Friday, February 18, 2022

Raffle Ticket Prizes

1 SIDE OF BEEF (processing fee included)

Donated by Bruce and Kristi Kempkes

1 COMFORT BEEF BUNDLE

2 Beef Roast, 1 Rump Roast, Cube Steak, Stew Meat, 6 -1 lb Packages of Ground Beef

Donated by HJ Bar Ranch

2 HOGS (processing fee included)

2 winners /1 hog per winner

Donated by Jared & Allyson Sabatka / Joel & April Hatcher / Tom & Amy Fitzpatrick

1 SMOKER BOX

Donated by Blaz'n Grill Works

1 \$100 GIFT CARD TO AMAZON

Donated by Post Prom Committee

2 – WHOLE CHICKENS

Donated by Smart Chicken

2 - \$50 GIFT CERTIFICATES TO ISLES PIZZA AND PUB

2 winners / 1 certificate per winner

Donated by Isles Pizza and Pub

1 \$100 GIFT CERTIFICATE TO CHICK-fil-A

Donated by Chick-fil-A

\$5.00 a ticket or \$20.00 for 5 tickets

Tickets can be purchased at any home Varsity Volleyball, Football and Basketball game. Don't need to be present to win.

Get your tickets today!!!

Palmyra Youth Group

Wednesday, November 3

Palmyra Senior Center

Meal at 6:30

It's BIBLE NIGHT!

Everyone 7-12 grade is welcome!



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GET YOUR RAFFLE TICKETS!

The prize is a restored 1965 Buick LeSabre, 2-door red convertible valued at \$28,000.

Tickets are available from James Waltke, [Dan Cummings](#) or the Athletic Boosters and are \$20 each. The Buick (weather permitting) will be on display along with ticket sales at HOME Varsity Contests for the duration of the raffle.

The raffle runs through April 23, 2022. The drawing will be at the Olson Field Complex in Palmyra. The winner does not have to be present to claim the prize.

Net proceeds go to the [Foundation For Knowledge, District OR-1](#) Endowment Fund for the benefit of the Palmyra Athletic Boosters.

For more information about the car please contact: James Waltke at (402) 423-9477 (office) or (402) 430-1681 (cell) or [Dan Cummings\(Bombers Garage\)](#) at (402) 805-0507 or go to [District OR-1 School](#) at www.districtor1.org or www.bombersgarage.com