



# Panther Weekly Bulletin

## Breakfast Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Sausage, Egg & Cheese Croissant Or Pancake	Biscuit & Gravy Or Muffin	Waffles Or Scrambled Eggs Sausage Biscuit	Breakfast Pizza Or Ham, Egg & Cheese Biscuit	Cinnamon Roll Or Pancake & Sausage on a Stick

## Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Tuna & Noodle Casserole Roll Or Mini Corn Dogs Peas	Soft Tacos Or Crispy Tacos Spanish Rice Refried Beans	Steak Fingers Mashed Potatoes/ Gravy Biscuit Or Pork Rib Green Beans	Lasagna Garlic Bread Or Quesadilla Broccoli	Burger Day Potato Smiles Peas & Carrots

# **Happening this week at PHS**

**Friday, February 11th-** All FCCLA members welcome for Red velvet cookie bake 9:00-11:00 am, District Wrestling @ Maxwell Streaming @ [https://www.youtube.com/channel/UC0\\_3nfVhuBnAzIRnM7ndBLA](https://www.youtube.com/channel/UC0_3nfVhuBnAzIRnM7ndBLA)

**Saturday, February 12th-** Wrestling Districts @ Maxwell Streaming @ [https://www.youtube.com/channel/UC0\\_3nfVhuBnAzIRnM7ndBLA](https://www.youtube.com/channel/UC0_3nfVhuBnAzIRnM7ndBLA)

**Monday, February 14th-** JH GBB @ Malcolm 4:00 pm Bus leaves @ 2:15 pm, Musical Rehearsal 6:00-8:00 pm Act 1 Sc. 6

**Tuesday, February 15th-** Jazz Band 6:45 am, HS G BB Sub Districts vs. Centennial @ Freeman 7:00 pm Bus leaves @ 5:00 pm, Musical Rehearsal 6:00-8:00 pm Act 2 Scs. 2&3

**Wednesday, February 16th-** Show Choir 6:30 am, FFA Day @ Cattlemen's Classic in Kearney Van leaves @ 6:30 am

**Thursday, February 17th-** Drum Line 6:30 am, FFA Chapter Meeting 7:45 am, JH GBB @ PHS vs. Weeping Water B Team 4:00 pm A Team 5:00 pm **Palmyra YouTube channel**, HS GBB Sub District TBD, Musical Rehearsal 6:00-8:00 pm Act 1 Scenes 10 & 11

**Friday, February 18th-** Show Choir 6:30 am, HS BBB @ PHS vs HTRS JV 5:00 pm, V 6:15 pm **Palmyra YouTube channel**

**Saturday, February 19th-** JH GBB Tournament @ PHS 8:00 am PHS plays @ 8:00 am and 10:00 am **Palmyra YouTube channel**

## **Upcoming Events:**

**Monday, February 21st– FFA Week, BBB Sub Districts TBA**

**Tuesday, February 22nd– Jazz Band 6:30 am, FFA Week, BBB Sub Districts TBA**

**Wednesday February 23rd– Show Choir 6:30 am, FFA Week, ECNC Speech @ Mead, District Welding & Poultry Eval. @ SCC Lincoln**

**Thursday, February 24th– Drum Line 6:30 am, FFA Week, BBB Sub District Finals**

**Friday, February 25th– Show Choir 6:30 am, FFA Week, JH Wrestling Invite @ Weeping Water**

**Saturday, February 26th–**

**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 Boys Basketball– Monday-Thursday 3:45 pm  
(west gym)**

**HS Girls Basketball– Wednesday & Friday 3:45  
pm, other time TBA**

**HS Wrestling– Monday-Wednesday 4:00-6:00 pm  
@ Bennet**

**JH Girls Basketball– Tuesday 3:45-5:30 pm,  
Wednesday 3:45-5:15 pm, Friday 3:45-5:30 pm**

**JH Wrestling– Monday & Tuesday 4:00-5:30,  
Wednesday 4:00-5:00 pm @ Bennet**



# THE PANTHER PROWL NEWSLETTER

Bennet Elementary  
District OR 1

February 10, 2022  
Volume 1, Issue 25

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



It has been a very busy week at Bennet Elementary. Next week the 6<sup>th</sup> grade Student Council members will be sharing information about

our Caring Project, and how Bennet Elementary can come together to show caring and kindness to others. This year, the Caring Committee chose to collect items for the Wildlife Rescue Team Incorporated. Look for a note coming home next week with more information.

A special thank you to the Bennet Boosters for providing supper for the staff during parent teacher conferences on Tuesday evening. The staff really appreciated the sandwiches and desserts during the evening.

Please remind your child to look through the Lost and Found for items your child may be missing.

Remember there will be NO school tomorrow, Friday, February 11<sup>th</sup>.

If at any time, you have questions or concerns about school, please call me at 402.782.3535 or email at [walter.lin@districtor1.net](mailto:walter.lin@districtor1.net).

Thank you for your continued support and have a wonderful weekend.  
Linde Walter

## Valentine's Parties



Valentine's Parties will be Monday, February 14<sup>th</sup>. Students may bring prepackaged, store bought candy/items and Valentine cards to school. These will be distributed to all students in the class. Valentine Parties will begin at 2:15 PM.

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## Summer Enrichment

**Save the Date** for Summer Enrichment from June 6<sup>th</sup>-23<sup>rd</sup>. Summer Enrichment will run Monday through Thursday from 9:00 AM to 12:00 PM and is offered to all students entering KDG through 6<sup>th</sup> grade. Paperwork will be coming late March.

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## Music News

### Bennet Singers & Band Students



Look for information regarding the Malcolm Music Concert that will be coming home soon.

Details are being finalized for our 5<sup>th</sup> and 6<sup>th</sup> grade students.

## Save the Date KDG Round Up

KDG Round Up will be Friday, April 8<sup>th</sup> from 9:00-11:00 AM. Be looking for more information coming soon regarding specifics for the day. Please contact the school office to register your child for KDG for fall of 2022.

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## 2022 Panther Ball Club Sign

It's that time of year to sign up your child for t-ball, softball, and baseball. This is for kids going into kindergarten and older. On-line registration opened February 1<sup>st</sup> at <https://clubs.bluesombrero.com/pantherball>.

To sign up in person &/or check uniform sizes:

Sunday, February 20<sup>th</sup>, 2:00-4:00 PM at the Palmyra Activity Center

Wednesday, March 9<sup>th</sup>, 6:00-8:00 PM at Bennet Elementary

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## February



-11<sup>th</sup> No School Winter Break

-14<sup>th</sup> Valentine Parties at 2:15 PM

## March

-4<sup>th</sup> No School

-11<sup>th</sup> No School

-14<sup>th</sup> No School for students

## Bennet Booster



Bennet Booster are putting together a 2021-22 yearbook. Order forms will be coming home soon. We are SUPER excited

to provide this opportunity for you to remember the school year.

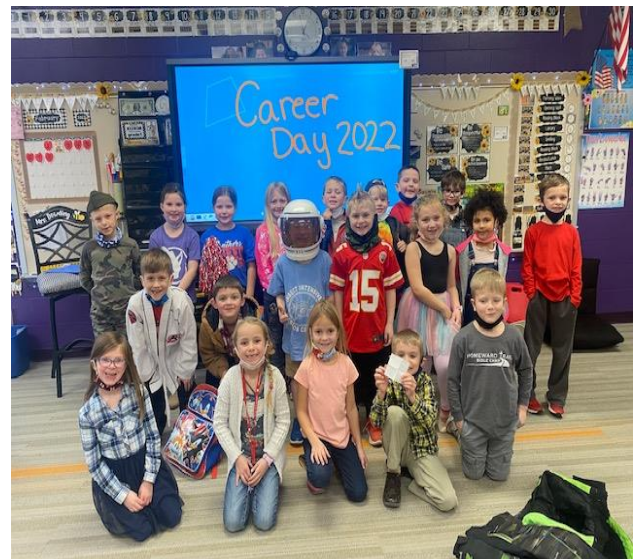
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## Fall Preschool Enrollment

Little Panther Preschool is currently taking registrations for interested children. Please call the office to place your child's name on our list.

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## Career Day 2022 1<sup>st</sup> Grade



No School on Friday, February 11<sup>th</sup>.

# **2022 Panther Ball Club Sign-up for t-ball, softball, and baseball**

**This is for kids going into kindergarten and older.**

**On-line registration opens February 1<sup>st</sup> at:**  
**<https://clubs.bluesombrero.com/pantherball>**

**To sign up in person &/or check uniform  
sizes:**

**Sunday, February 20<sup>th</sup>.**

**2:00-4:00 at the Palmyra Activity Center**

**Wednesday, March 9<sup>th</sup>.**

**6:00-8:00 at Bennet Elementary**



## 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](http://www.districtor1.org) or [www.bombersgarage.com](http://www.bombersgarage.com)

**2.4.2022**

## **Chaffee Counselor Comments**

School counselors, Michael Chaffee and Mrs. Tessa Reiman, can be reached at [Chaffee.Mic@districtor1.net](mailto:Chaffee.Mic@districtor1.net) , [Reiman.Tes@districtor1.net](mailto:Reiman.Tes@districtor1.net) or 402.780.5327 Ext 2008 for any issues that might be concerning you and/or your student in the realm of academics, college/career decisions, or social/emotional needs.



**#BEKIND**

**ANGER IS NORMAL.  
VIOLENCE IS NOT.**



**Random Acts of Kindness Week!**

1. Call a friend that you haven't spoken to for a while
2. Send a letter to a grandparent
3. Send flowers to a friend
4. Offer to pick up some groceries for your elderly neighbor
5. Send someone a handwritten note
6. Offer to babysit for a friend
7. Walk your friend's dog
8. Tell your family members how much you love and appreciate them
9. Help your parents with household chores
10. Help a friend get active
11. Make someone laugh
12. Offer to cook for a friend or family member
13. Make a cup of tea for a friend or family member
14. Help with a household chore at home or for a friend
15. Host an informal get together and invite your neighbors to get to know each other
16. Tell someone you know that you are proud of them
17. Tell someone you know why you are thankful for them
18. Send a motivational text to a friend who is struggling
19. Send someone you know a joke to cheer them up
20. Send someone you know a picture of a cute animal
21. Send an inspirational quote to a friend
22. Send an interesting article to a friend
23. Put a surprise note or drawing on someone's desk
24. Contact someone you haven't seen in a while and arrange to meet face to face
25. Engage in conversation with a shop assistant when paying at the till
26. Spend time playing with your pet
27. Sign up to do voluntary work in your local community
28. Reach out to spend time with a friend, family member or neighbor who is experiencing loneliness
29. Have a clear out and take items to a charity shop
30. Make and send a care package to someone who needs it
31. Make a donation to a charity
32. Offer to pick up a friend or family member from work
33. Make a cup of tea for your colleagues
34. Get to know the new staff member
35. Lend your ear - listen to your colleague who is having a bad day
36. Say good morning
37. Bake a cake for your colleagues
38. Give praise to your colleague for something they've done well
39. If it's raining – lend someone your umbrella
40. Take someone out for lunch instead of eating at your desk
41. Give up your seat to an elderly, disabled or pregnant person
42. Let someone jump the queue at the supermarket
43. Take a minute to help someone who is lost
44. Have a conversation with someone who is experiencing homelessness
45. Help a mother carrying her push chair down the stairs or hold the door for her



3:45 to 4:30 pm.

This tutoring is FREE and offered by our National Honor Society as a service project. If you have any questions, please contact Mr. Chaffee at [Chaffee.Mic@districtor1.net](mailto:Chaffee.Mic@districtor1.net)



## **Burgers and Bowling. Sunday, February 20, 3-6 pm**

On Sunday, February 20, the mentees and mentors of our Palmyra-Bennet-Douglas will enjoy an afternoon of bowling and burgers at Parkway Lanes at 2555 S 48th St in Lincoln. This event is one of our most popular! If you are in TeamMates, be watching your email for more details. If you are not in TeamMates and are interested in being a mentor or mentee, please let Mr. Chaffee know. 402.780.5327 Ext 2008 or, better yet, email him at [Chaffee.Mic@districtor1.net](mailto:Chaffee.Mic@districtor1.net)



## Parent Newsletter

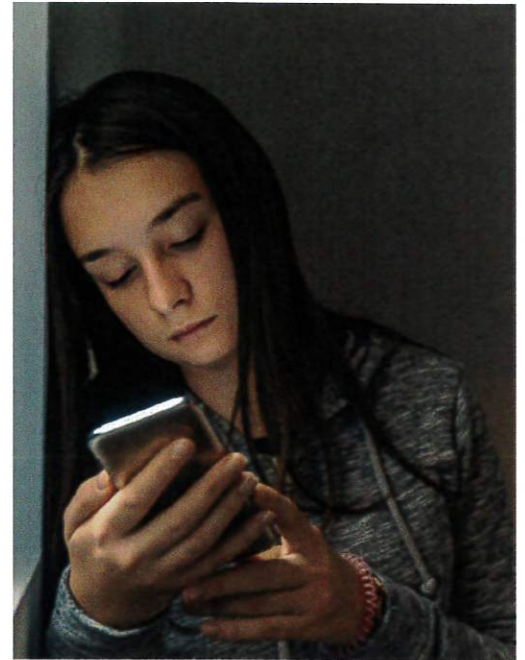
Winter 2022

# 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.

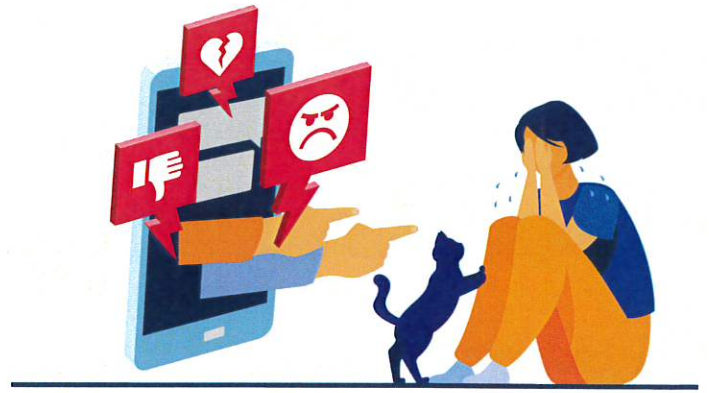
# Rude, Mean or Worse? Always Take the Kind Road

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.

If you are experiencing a crisis and need immediate assistance or information, you can use these 24/7 resources:

- **Talk to your school counselor.** (During School)
- **CenterPointe Crisis Line (Lincoln): 402-475-6695**
- **Nebraska Family Helpline: 1-888-866-8660**
- **Boys Town National Hotline: 1-800-448-3000**
- **National Crisis Text Line: text START to 741741**  
(text charges from your phone carrier may apply)
- **National Suicide Prevention Lifeline: 1-800-273-8255**

# 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 HIGH SCHOOL**

# BUY A PERSONAL AD!

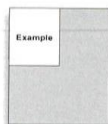
**PALMYRA HIGH SCHOOL**

Purchase an ad online at [yearbookforever.com](http://yearbookforever.com).

Ad space is limited, so buy early!

# HONOR YOUR 2022 PALMYRA HIGH SCHOOL GRADUATE WITH A PERSONAL AD IN THE 2022 YEARBOOK!

Ad size



**Quarter page**  
\$40  
2 photos

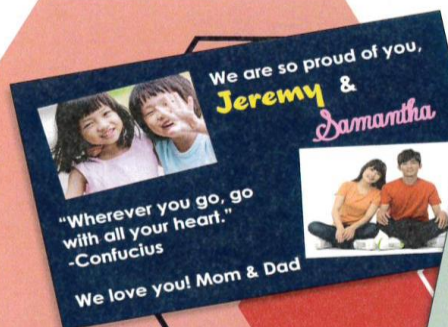
Senior ads are due May 2<sup>nd</sup>.

Submit and pay for your ad online at [yearbookforever.com](http://yearbookforever.com).

Pay online with a credit card, debit card or PayPal.

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

**Buy a personal ad in the yearbook today!**



**Walsworth** yearbooks

[yearbookforever.com](http://yearbookforever.com)



# Buy a PHS 2021-22 Yearbook

Dear Parent/Guardian,

Give the gift of lasting memories. Buy your student a 2021-22 District OR-1 yearbook! The yearbook is a great way for your student to remember this year's events at Palmyra High School. As a parent/guardian, you know the importance of remembering your child's school memories and all of the people and events that made that time special. The price of this year's yearbook is only \$40 for more than 120 pages full of memories and colorful photos.

Buy online with a credit card, debit card, or PayPal at [yearbookforever.com](http://yearbookforever.com) or at school with the following form and either cash or a check made out to PHS. Ensure a copy is saved for you. All orders are due May 2<sup>nd</sup>.

## Walsworth Yearbook Purchase

Purchase yours today  
and get a piece of  
history!

**\$40**

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

These are unique times and what better way to document this school year by purchasing a yearbook for \$40. Yearbooks are completed at the end of May and sent to print in June. Therefore, yearbooks will not be available for pick up until August when school resumes. If you are graduating, please provide the address you would like it delivered to or plan to stop by and pick your yearbook up.

_____	_____
Last Name	First Name
_____	_____
# of Yearbooks	Total (check or cash)

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

Return to the office with  
payment.

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

City

Zip Code

E-mail to contact you when yearbook arrives.

# Palmyra Youth Group

Wednesday, February 16

Palmyra Senior Center

Meal at 6:30

PULLED PORK AND A PROGRAM BY THE  
PRESBYTERIANS

Everyone 7-12 grade is welcome!



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