



Panther Weekly Bulletin

Breakfast Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Pancake Sandwich Or Muffin	Ham & Cheese Omelet Toast	Cinnamon Roll	NO SCHOOL	NO SCHOOL

Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Tater tot Casserole Roll Or Pulled Pork/ Bun Baby Ranch Potatoes Carrots	Chicken Drumstick Biscuit Or Pig in a Blank Macaroni & Cheese Broccoli	Chicken Quesadilla Or Cheese Quesadilla Mixed Vegetables	NO SCHOOL	NO SCHOOL

Happening this week at PHS

Saturday, December 17th- HS BBB @ PHS vs. Crete 4:00 pm Streaming: https://www.youtube.com/channel/UCg-K30_5lduQ2P5MIHzoO5w, JH Basketball @ Elmwood Murdock 8:00 am bus leaves @ 7:00 am, HS Wrestling @ Cook 9:30 am Bus leaves @ 7:00 am, Wrestling @ Meridian 10:00 am Bus leaves @ 6:00 am

Monday, December 19th- C-Team Basketball @ Malcolm Girls 6:15pm, Boys 7:30 pm Bus leaves @ 4:45 pm, FCCLA/FFA Christmas Party 6:00 pm

Tuesday, December 20th- Wrestling @ Lincoln Christian 6:30 pm Bus leaves @ 4:45 pm, Junior High Girls Basketball meeting 7:40 am in the music room. **If you can't make it, see Mr. Furrow before break.**

Wednesday, December 21st- Show Choir 6:30 am, End of 2nd Quarter, Nutritionist Speaker West gym 11:00 am

Thursday, December 22nd- Winter Break

Friday, December 23rd- Winter Break, NSAA Moratorium through December 27th

	December 19th	December 20th	December 21st	December 22nd	December 23rd
HSBBB	PHS (west) 3:45p-5:30p	PHS (east) 3:45p-5:30p	PHS (west) 6am	NONE	
HSGBB	PHS (east) 3:45p-5:30p	PHS (west) 3:45p-5:30p	PHS (west) 3:45p-5:30p	PHS (west) 9-11am	
Wrestling	Bennet 4-6pm	@ Christian (boys)	Bennet 4-6pm	Bennet 9a-11a	

	December 26th	December 27th	December 28th	December 29th	December 30th
HSBBB			PHS (west) 4p	HOLIDAY TOURNEY	HOLIDAY TOURNEY
HSGBB			PHS (west) 10am-noon	HOLIDAY TOURNEY	HOLIDAY TOURNEY
Wrestling			Bennet 9a-11a	Bennet 9a-11a	@ Fillmore (both)



NEWSLETTER

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

December 16, 2022
Volume 1, Issue 20

We are wrapping up the first semester and what a great semester it has been. I am so proud of all of our students for their hard work this semester. The progress the students have made is tremendous both academically and socially. Thank you for your support during this first semester.



Our first semester will come to an end on Wednesday, December 21st. We will be dismissing on December 21st at 3:20 for Winter Break and return Thursday, January 5th. **There WILL BE afterschool Rec. on December 21st.**

We will not have a newsletter next week due to the short week.

Please feel free to contact me with questions/concerns at 402-782-3535. As always, I thank you for your continued support. Linde Walter

*In case of inclement weather: If District OR 1 were to have a late start, the school day would begin at 10:00 AM and buses would run one hour and forty-five minutes later than the original pick up time.

Lost and Found

Our Lost and Found area is beginning to fill up—if your child has misplaced a clothing item, please have them check the “lost and found” area in the cafeteria. It is a good idea to label your child’s outerwear items (on inside tags) so as clothing is turned in, we can immediately deliver them to the rightful owners.

Holiday Spirit Week!

5th Student Council has organized some fun Holiday Dress Up days for next week:

Monday 19th: “Holiday Attire” Wear your favorite Holiday clothes/headbands/hat.

Tuesday 20th: “Get fit this holiday!” Dress like a PE Teacher. Wear your workout clothes.

Wednesday 21st: “Take a LONG winter’s nap!” Wear your PJ’s to school.

Student Council will continue to sell candy canes next week while they are available.

Report Cards will be sent home with your child on Friday, January 6th.

School Closing Due to Inclement Weather

Each winter we have school days when we are faced with the dilemma as to whether school will start on time, start late, or should be canceled altogether. This decision is never easy to make, but we want you to know that we have our students' safety foremost in mind. With that said, be aware that we will monitor road conditions closely and will use that information to make the determination about a school closing or late start. We will check roads beginning at 4:30 AM so that we can arrive at a decision by 6:15 AM. If a decision is made to close school or to have a late start, we will notify families via the District School notification system and KFOR radio 1240 AM.



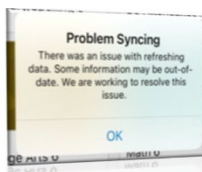
These are the primary contacts with late start or closing information. In addition, we will notify channel 10-11 television for the Lincoln market and Channel 6 television in the Omaha market. Our website and Twitter feed will be updated as quickly as we can in order to get information out in a timely fashion.

I would remind you to update your contact information with the school. This includes your email, home phone and mobile phone information. If our information is incorrect or missing, we will be unable to contact you via the District Notification System in case of a weather closure.



Survey Opportunity: Parent feedback is a critical component of a successful school district. As a parent in our community, your input is extremely important to us, as we continue to find ways to make our school district even better. Your feedback is also critical to helping us effectively prepare our students for the challenges and opportunities of the future. This survey is designed to help the Continuous Improvement team at your school better understand student experiences.

Your responses are confidential, and the survey will take approximately 15 minutes to complete. To complete the survey, please go to <https://forms.gle/LcbJG9YRFD9P9Jnz9>.



On November 22, we updated our PowerSchool instance. Unfortunately, this update broke the PowerSchool app for iPhones and Android devices

alike. The only "for sure" solution is to uninstall your app and re-install it from your phone's app store. You will need your username and password, along with the school code: MWCX.

NOTE: I choose, when possible, to bypass apps. For PowerSchool, you can put a shortcut to the website on your home screen. The address is:

districtor1.nebps.org

If you need help changing your password, please contact your school's office.

Important Upcoming Dates

December:

- 21st End of Second Quarter
- 22nd Winter Break Begins

January

- 5th School resumes
- *The PHS and Bennet Elementary gym will be closed over winter break from Thursday, December 22nd to Wednesday, January 4th. Youth team practices can resume Thursday, January 5th.

12.2.2022

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.

**HOLIDAY
FOOD
DRIVE**

**Congratulations, students of Palmyra High!
You've made it to the end of the Food Drive.**

In total, we scraped together a total of 2,860 pounds for local food pantries and families in need. The NHS would like to thank you for all of your gifts- be it cans, flour, or spare change.

And now, for the long-awaited results! Coming in seventh, with 33 pounds are the Freshmen. In sixth place, with 115.6 pounds is the 7th-grade class. In fifth place, with 143.8 pounds are the eighth graders. In fourth, with a total of 272.4 pounds are the Juniors. In third is the young but generous 6th grade. Your runners-up, earning a pizza lunch, are the defending-champion Seniors with 449.3 total pounds. First place the

Sophomore class, with 1,506 pounds, comprising MORE THAN HALF of all student donations!

Chick-fil-A Leader Academy gives books to grades K-2 at Bennet Elementary!



As part of the Chick-fil-A Million Book Giveaway our CFA Leader Academy packed up and delivered sets of five books each for our Kindergarten through 2nd grade students at Bennet Elementary. The high school students dropped them off at Bennet Elementary on Monday, December 12, on the way to the People City Mission.



Several of our freshman members of the Chick-fil-A Leader Academy working with a People City Mission staffer are sorting articles of clothing to decide if they should be placed on hangers and sent to the store floor or be recycled into reusable cloth fibers. The students worked at this for two hours with a short break.



These active members of our CFA Leader Academy are sorting and hanging clothing items for men, women and children to be placed out on the store floor for free shopping by members of the community. People City Mission takes donations to forward to other entities for revenue and offers clothing and household goods for free to the wider community in need.



The PCM staffer pictured here is a mother of four boys, an experience that served her well while organizing this crew to sort and distribute household goods and determine what would go to their favorite space, the "crush pile."



A couple of CFA Leaders are seen here putting items on the shelf at the Help Center. People not being able to make ends meet or are working to make a fresh start, can “shop” at the Help Center to find needed items that will offset their costs, so their income can go further. PCM provides what has been donated and are blessed to be in a generous community. On most shopping days, PCM can provide: food, clothing, shoes, personal care items, furniture and household goods. As supplies allow, they also provide diapers, baby wipes, formula, children's car seats, strollers, etc.

Education Quest College Going Support for Seniors and Parents

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!

**The Nebraska Department of Motor Vehicles
has created a new process in obtaining the
Provisional Operator's Permit.**

(1) The DMV asks, but not require, that teen drivers have a legal permit prior to taking driver education. If a student is 14 by October 15, 2023, enrollment is allowed.

(2) Every student needs to successfully complete the 25 question exam given at the court house before obtaining their first driving permit.

(3) When the student has completed all course requirements, a business card and insurance waiver will be provided outlining the steps the student should take to get their POP using their home computer.

(POP is the Provisional Operator's Permit for 16 year olds)

The DMV requests that students use their home computer to print off their POP on their 16th birthday. **No need to return to the court house.**

Pathfinder Traffic Safety Services

6401 South 46th

Lincoln, NE 68516

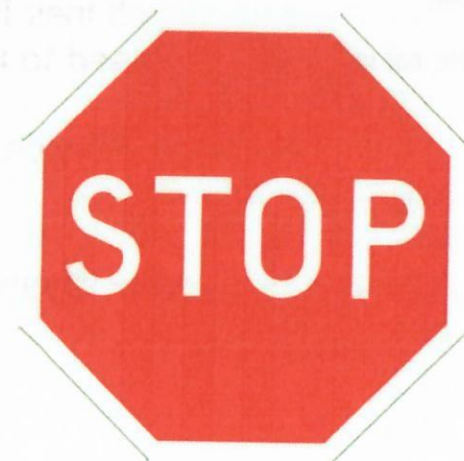
(402)720-3586 dcunning1@yahoo.com



Pathfinder Traffic Safety Services

Drive Courteously

Teen Driver Education Class



Pathfinder Traffic Safety Services

Teen Driver Education Class

Provisional Operator's Permit program (POP)

Hybrid class: ten hours of homework, ten hours of in-person class.

Parent must sign off that their student completed the homework.

(Attach a statement attesting to that with the worksheet email.)

Go to: **Pathfindertss.com**

Register for: Palmyra High School

January 15 and 16, 8 am to 1 pm (must attend both days)

Tuition: \$375

When I receive your tuition, your seat is reserved. I will send the links to the textbook and worksheets.

We are not currently accepting charge cards.

Send a check or money order to:

Pathfinder Traffic Safety Services

6401 S 46th

Lincoln, NE 68516

Drive

Our teen driver education classes are presented in a hybrid format. Each student is required to complete a set of worksheets and in-class assignments prior to driving with Liz Cunningham.

Use Google.docs or a similar format. Please unlock when you send.

Email those answers to dcunning1@yahoo.com in one document,

This option allows the student flexibility in completing the course.

The five hours of behind-the-wheel instruction will be arranged following consultation with the student and parents.

A confirmation email will follow your registration within a couple of days. **Check your SPAM if you do not receive this notification.**

Contact us at 402-720-3586. Email at dcunning1@yahoo.com.

Courteously!



DO YOU SMELL PIZZA?

Little Caesars *Fundraising*

NOW to Jan 4th the Junior Class is selling Little Caesars Pizza Kits to raise money for Prom. If you are interested, find a Junior and ask them for their fundraising link. The pizza kits will be shipped to the buyer directly. Thank you for your support.

PHS ATHLETIC BOOSTERS PRESENTS

Sports Nutritionist, Lindsey Remmers

Wednesday, December 21st
11a-12p

Streaming Live on Palmyra Panthers YouTube Channel for Parents

<https://www.youtube.com/@palmyrapanthersstreamingch281>

(recording will only be available for 48 hours after presentation is complete)

All athletes, students, coaches and staff are encouraged to attend.

fuel your
best life



WE LIVE. WE EAT. WE PERFORM.

What if you could do that to the best of your abilities without feeling fatigued, foggy, gut discomfort, or just plain bleh? Every day we strive to live our best life and oftentimes, nutrition is the one aspect that gets overlooked. My goal is to help you live and perform your best life while teaching you how to fuel your body to do so. I take a Functional approach to one's nutrition and wellness, and dig deep (way deep!) into history, symptoms, and conditions, considering every aspect of one's health, diet, and overall lifestyle when giving you medical nutrition therapy recommendations to maximize your performance in life. We also accept most insurance plans!

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fuel your best life



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INTUITIVE EATING
FOOD SENSITIVITIES
GUT HEALTH
SPORTS NUTRITION

WWW.LIVEEATPERFORM.COM



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Smart Online Safety

Be smart online, protect mental health

Don't give out personal information.

Practice consensual sharing.

Be aware of sexploitation and grooming tactics.

Uncomfortable? Speak Up.



Smart **GEN** Society
Empowering smart choices
in a digital world.



Smart Online Safety Tips



Smart **GEN** Society

Don't give out personal info.

- Manage location services on all devices.
- Account security: Use non-identifying usernames and passwords.
- Make sure you are not giving out background info unintentionally.

Practice consensual sharing.



Consent is a two-way street for both the person sharing and the person receiving.

Things are out of your hands once you decide to share with others.

*What is grooming?
Building a false sense of trust with the intent to abuse.*

Be aware of sexploitation and grooming tactics.

If this happens to you or someone you know:

- 1** Put your device on airplane mode.
- 2** Block the person. (Don't delete messages).
- 3** Don't tip off the predator.
- 4** Contact the FBI or Smart Gen Society.

Uncomfortable? Speak Up.



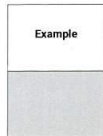
We encourage open, no shame, and judgement-free communication.

If something online feels uncomfortable to you, talk to a safe, trustable adult.

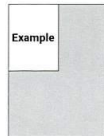
Or call Smart Gen Society at 402-505-3993.

HONOR YOUR 2023 PALMYRA HIGH SCHOOL GRADUATE WITH A PERSONAL AD IN THE 2023 YEARBOOK!

AD CHOICES



Half page
\$60
12 photos



Quarter page
\$40
6 photos

SUBMIT AND PAY FOR YOUR AD ONLINE AT YEARBOOKFOREVER.COM.

PAY ONLINE WITH A CREDIT CARD, DEBIT CARD OR PAYPAL.

- Go to 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!



PALMYRA HIGH SCHOOL

Purchase an ad online at yearbookforever.com.

Ad space is limited, so buy early!

Purchase by March 31st,
please.

