



# Panther Weekly Bulletin

## Breakfast Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Pancakes Syrup Sausage Links Hard Boiled Egg	Biscuit Egg Patty Sausage Patty	Mini Waffles Syrup Bacon Hard Boiled Egg	Croissant Ham Patty Egg Patty	Long John Yogurt

## Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breaded Beef Patty Bun Baked Beans	Crispitos Cheese Sauce Churro Bites Carrots	Spaghetti Meat Sauce Corn Garlic Breadstick	Pulled Pork Bun Macaroni & Cheese Roasted Broccoli	Hot Dog Bun Potato Chips

# Happening this week at PHS

**Monday, May 4th -** FFA Horse Eval Practice at 7:30 am.

HS Boys Baseball @ Arlington, Varsity at 4:30 pm, JV at 6:00 pm. Bus leaves at 1:45 pm.

**Tuesday, May 5th-** Varsity Track Invitational @ Freeman, 9:00 am. Bus leaves at 6:45 am.

**Wednesday, May 6th-** Baccalaureate @ PHS West Gym, 7:00 pm. Sponsored by the area Ministerial Association.

**Thursday, May 7th-** Boys Golf @ Tecumseh CC, 9:00 am. Van leaves at 7:30 am.

HS Boys Baseball District Tournament vs. Maxwell St. Pat's @ Malcolm HS, 1:00 pm. Bus leaves at 10:45 am.

**Friday, May 8th-** Unified Track & Field @ Johnson County Central, 11:00 am. Van leaves at 9:30 am.

Varsity Track Invitational @ Johnson County Central, 10:00 am. Bus leaves at 7:30 am.

JH Track ECNC Invitational @ Auburn, 10:00 am. Bus leaves at 7:15 am.

HS Boys Baseball District Tournament, TBD, Away.

**Saturday, May 9th-** PHS Senior Graduation, PHS West Gym, 2:00 pm.

HS Boys Baseball District Tournament, TBD, Away.

# UPCOMING EVENTS

**Monday, May 11th**– ECNC Honor Band, 9:00 am.

Boys Golf Invitational @ Lincoln Christian, 9:00 am.

HS Boys Baseball Team Banquet, 6:30 pm.

**Tuesday, May 12th**– FFA Banquet in PHS Commons, 5:30 pm

**Thursday, May 14th**– Track Varsity Districts, TBA, Away.

**Friday, May 15th**– Elementary Track Day.

**Saturday, May 16th**– JH Track State Meet @ Gothenburg.

# GO PANTHERS!

# PALMYRA HIGH SCHOOL

## CAREER & TECHNICAL EDUCATION

# NEWSLETTER

## What is CTE?

What is CTE? Career and Technical Education (CTE) programs give students the chance to explore real-world skills that prepare them for both college and future careers. CTE connects classroom learning with hands-on experiences in areas such as Family and Consumer Sciences, Agriculture, Business, Skilled & Technical Sciences, and more. These courses help students build valuable life skills like communication, teamwork, problem-solving, and leadership, all while exploring possible career paths.



Learning that works  
for Nebraska



## The CTE Newsletter

To help highlight the amazing things happening in our CTE classrooms, we will be sharing a monthly CTE newsletter with our school community. Each month, we'll showcase projects, events, and learning experiences that our students are involved in. This is a great way to celebrate student success while keeping families and community members connected to the learning happening every day. We are excited to share the incredible opportunities CTE provides for our students!

The Palmyra CTE Teachers are: Ag - Mrs. Beach; Digital Communications - Mr. Conn & Mrs. Gill; FCS - Mrs. Paxton; STS: Mr. Fritsch

# AGRICULTURE

Happy April from the ag department! Quarter four has been busy with classes doing a variety of things. In all classes these past two weeks we have had practicum students from UNL come in to teach lessons and gain some experience working with our students! Ag Business dove into the logistics of becoming an entrepreneur and built their own business resumes. We are now learning about credit scores history and how to obtain loans for business startup costs. 7<sup>th</sup> graders finished the natural resources unit where they learned about soil, water, and air quality and how it effects agriculture production. 8<sup>th</sup> graders learned about precision agriculture and different technology devices we use in crop and livestock production. Students created their own robots to perform a specific task. Livestock Management learned about different livestock handling techniques and the importance of animal welfare. Students did a lab where they did a health check on a kid (baby goat) and will end the week with starting nutrition! Intro to AFNR finished the dairy cattle unit where they did a trail judging contest after learning about what producers look for when selecting cattle.



Levi and Barret  
walking class rabbit



Sydney Wood  
Goat Lab



Jason, Austin and Jace

# FAMILY & CONSUMER SCIENCES

April has been a busy and exciting month! The 7th grade FCS class has been learning all about safety and sanitation in the kitchen, along with healthy eating practices and recommendations. Now that they are proficient in Food Safety, they will begin culinary labs. Pictured below are students with their "Healthy Eating Children's Books." They wrote and illustrated a storybook for children on the importance of eating food from all food groups. The 8th grade class has been wrapping up their sewing unit with their own personalized Upcycle Projects. They proposed an idea for upcycling an article of clothing they have, and have been working to bring their visions to life. We will have a class Fashion Show this Friday for students to showcase their final projects to each other! The Culinary class is wrapping up their Protein unit. They learned how to fabricate, separate, and store whole chickens. Then we used various recipes to explore ways to cook the different parts of a chicken. The Culinary class also got the opportunity to cater Palmyra's Seniors and Snacks event for the graduating class of 2026. The Health class has been working on completing their Social, Emotional, and Mental Health Unit. They have been exploring the various components of SEM Health, while learning how to understand their emotions, the impacts of social health, and how to express feelings. Health students are currently finishing up their "What Shapes Me" poster, which outlines the different internal and external factors that influence their own lives.



CULINARY CLASS

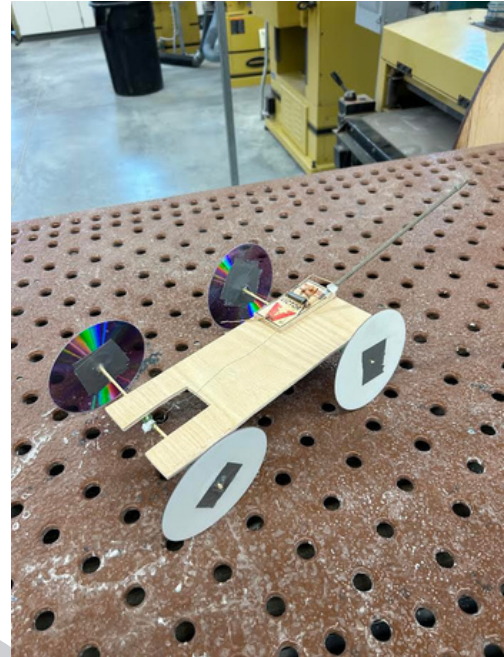


FCS 7 STUDENTS WITH THEIR BOOKS

# SKILLED & TECHNICAL SCIENCES

7th grade has successfully completed their balloon-powered car projects and has now transitioned into the research and design phase for their next engineering challenge: mousetrap-powered cars. During this stage, students are learning how to problem-solve, test ideas, and apply design principles before beginning the construction process. They will soon start building and testing their cars as they work toward creating the most efficient design possible.

8th grade students have begun constructing their CO<sub>2</sub>-powered cars, which are designed to travel 60 feet in the fastest time possible. This project emphasizes precision, aerodynamics, and craftsmanship, as students work to create cars that are both lightweight and fast. Their first official test run will take place on Monday, giving them an opportunity to evaluate performance and make adjustments for improvement.



In woodworking, students are focused on personal projects that allow them to apply the skills they have developed throughout the year. Some students are creating smaller projects such as coasters and birdhouses, while others are taking on larger and more detailed builds like cornhole boards. These projects encourage creativity, independence, and attention to detail as students bring their ideas to life.

Welding students are wrapping up the year by building metal stools, a project that combines several advanced fabrication techniques. This work involves operating the CNC plasma cutter, making precise and challenging bends in metal, and completing higher-level welding tasks. Through this project, students are strengthening their technical abilities while gaining hands-on experience with industry-relevant equipment and processes.



# VIDEO AND MEDIA PRODUCTION

Students in Video Production have been hard at work bringing their creativity and communication skills to life through a weekly school newscast. Each episode highlights fun school news, recent sports updates, and special messages from both the principal and school counselor. This ongoing project gives students real-world experience in broadcasting while keeping the school community informed.

Throughout the process, students are applying a wide range of skills. They are using green screen techniques to enhance their visual storytelling, editing their segments using Adobe Premiere Pro, and developing scripting and on-camera speaking abilities. From planning to final production, students are gaining hands-on experience in every stage of the media creation process via broadcast journalism.

In Media Production, students are putting the finishing touches on this year's yearbook. Their hard work capturing memories, designing pages, and organizing content is coming to completion. We would also like to remind families that the ordering deadline for yearbooks has passed. Those who have purchased a copy can expect delivery by the second week of August.

It has been a productive and exciting time for both Video Production and Media students as they continue to build valuable skills and create meaningful content for our school community.





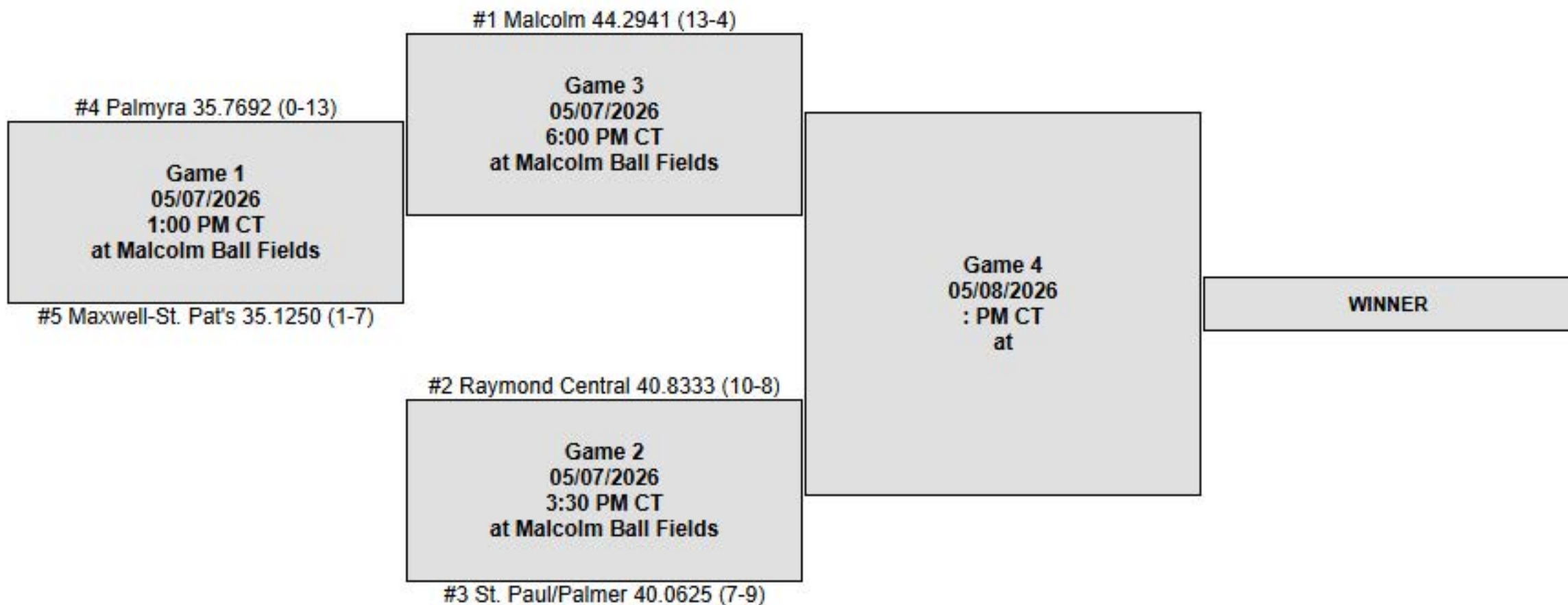
# Baccalaureate

**Come celebrate the Class of 2026 at Baccalaureate!  
Join us for a service filled with inspiration, music and  
reflection as we honor our graduates and their  
accomplishments.**

**Wednesday, May 6<sup>th</sup> 7:00 pm PHS West Gym  
Reception and fellowship in the commons after the service.**



## Baseball District C-1





**BENNET/PALMYRA  
CHILDCARE FOUNDATION**  
*Building Brighter Futures Together*



# HELP US SHAPE OUR FUTURE! TAKE OUR 2-MINUTE COMMUNITY SURVEY



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   [info@bpcfoundation.com](mailto:info@bpcfoundation.com)



**YOU'RE INVITED TO THE PALMYRA**

# **FFA BANQUET**



**TUESDAY, MAY 12**

**MEAL STARTS AT 5:30PM**

**COMMONS AREA AT PALMYRA HIGH  
SCHOOL**

Family and sponsors/supporters  
are welcome! If you are not a  
family member and would like  
to attend as a  
sponsor/supporter, please RSVP  
to Mrs. Beach at  
[beach.eli@districtor1.net](mailto:beach.eli@districtor1.net)





WE'RE GOING TO

# Spain

Summer 2028 | Scan below for informational meeting details

Dear parents & guardians,

There's an incredible educational travel opportunity available for your student. From big adventures to small moments along the way, travel expands your student's knowledge of the world around them and helps them discover more about themselves. Come to the information session to meet with me and learn more about this tour, including:

- **What we'll see and do**
- **Travel logistics**
- **Earning high school or college credit**
- **Affordable payment options**
- **How to enroll on this trip—before it fills up**

I look forward to seeing you there!

Rebecca Gill-Rose  
Group Leader

For more information contact me  
[gill.reb@districtor1.net](mailto:gill.reb@districtor1.net)



Scan to RSVP



[rsvp.eftours.com/takf53a](https://rsvp.eftours.com/takf53a)

Can't make the meeting?  
Opt to get info when you RSVP!

# PALMYRA JR/SR HIGH PARENT NEWSLETTER



## PRINCIPAL'S CORNER

As we move into the final weeks of the year, I've been reflecting on our growth as a district. One thing that stands out is the all the amazing things going on. From HAL, to Baseball, Softball, and new classes like Meteorology and Forensics. At Palmyra High we believe in doing what is best for students. This shows up when our students have more opportunities for dual credit, extra-curricular offerings, and even more choices in electives to help broaden their experiences. Thank you for your continued support in helping us reinforce these expectations at home!

## TECHNOLOGY: DID YOU KNOW?

Did you know that surgeons who grew up playing video games are often faster and more precise in the operating room?

A well-known study published in the Archives of Surgery found that surgeons who played video games for more than three hours per week made 37% fewer errors and were 27% faster at performing advanced laparoscopic (minimally invasive) surgery than their non-gaming colleagues.

## IN THE CLASSROOMS



Teachers do an awesome job everyday working with our kids and helping them expand their knowledge and skills. Mr. Reed is teaching freshman about Middle Eastern Empires.

## PANTHER SPOTLIGHT



Congrats to Braeden Townsend and Grant Frey for being Panthers of the Week! Braeden helped a student who had fallen and Grant has done great work with the laser machine in the school store!

## STAFF SPOTLIGHT



This is Mr. Kotik! This is what happens when you ask a student to go get your phone off your desk! Mr. Kotik is a 25 year veteran of District OR-1. He teaches Social Studies and 6<sup>th</sup> grade study skills.

# Palmyra Boys Wrestling Camp 2026

For incoming 7th-12<sup>th</sup> graders

June 29<sup>th</sup> and 30<sup>th</sup>, from 9am-3pm. There will be a lunch break both days, so make sure to bring something to eat.

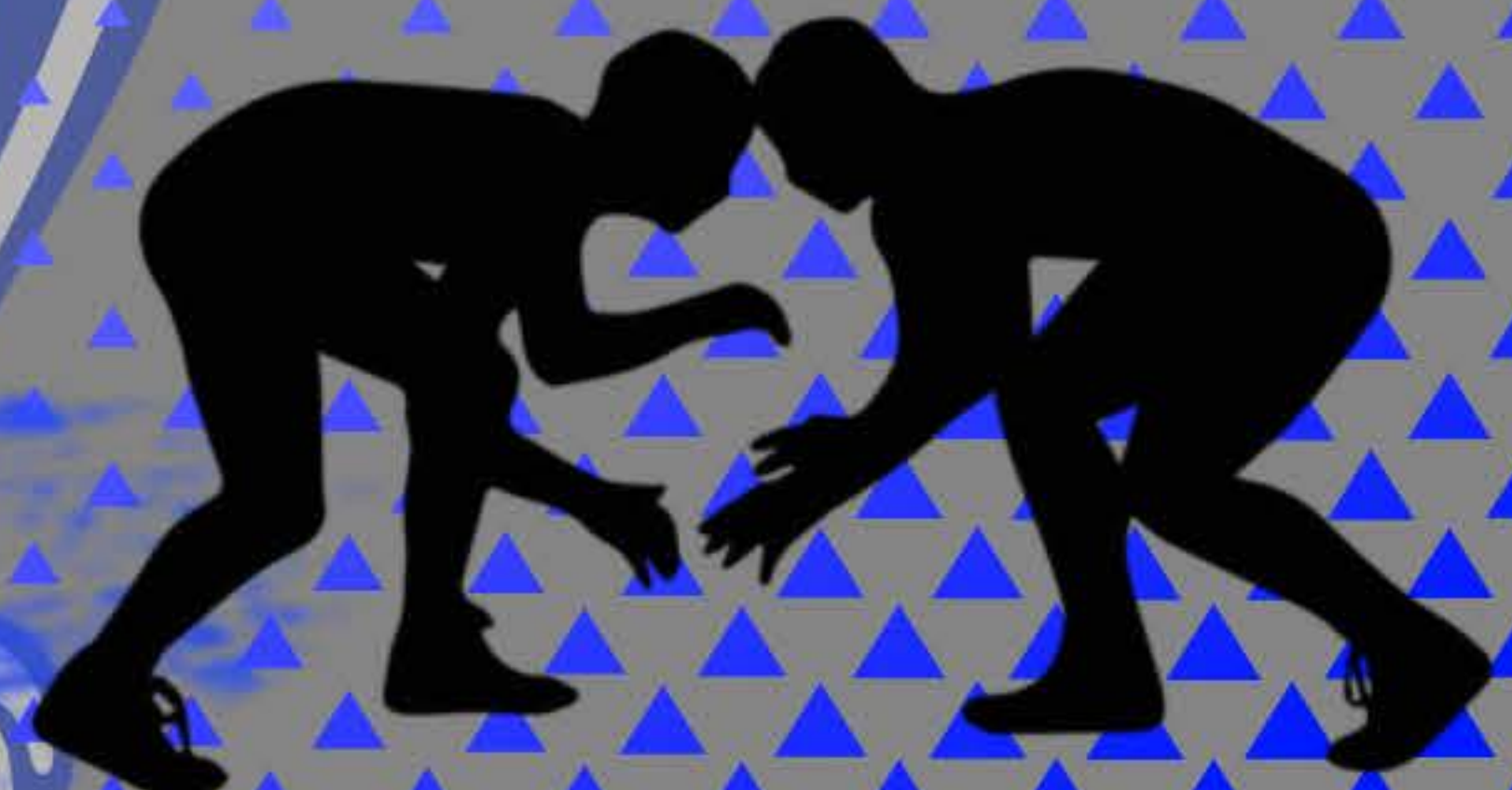
\$20

Cash or checks accepted, can be brought the day of

Palmyra High School - in the wrestling room  
425 F Street

Guest(s):  
TBD

If you are interested or have any questions, contact Coach Weils at [weils.and@districtor1.net](mailto:weils.and@districtor1.net) by May 15th





# SUMMER WEIGHTS SIGN UP

**START DATE: JUNE 1**

**4 DAYS/ WEEK  
(MONDAY- THURSDAY)**

**7:00 - 8:15 HIGH SCHOOL BOYS (GRADES 11/12)**

**7:45 - 9:00 HIGH SCHOOL BOYS (GRADES 9/10)**

**8:30 - 9:45 HIGH SCHOOL GIRLS**

**9:45 - 10:30 JUNIOR HIGH (BOYS M/W & GIRLS T/TH)**

*Athletes planning to attend summer weights will need to fill out the sign up form below!*

**SIGN-UP  
FORM:**



**BAND APP  
CALENDAR  
AND  
UPDATES**