



# Panther Weekly Bulletin

## Breakfast Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Coffee Cake	Biscuit & Gravy	Bacon, Egg & Cheese Croissant	Fruit Turnover	NO SCHOOL

## Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Sloppy Taco Spanish Rice Refried Beans	Chicken Parm Buttery Ranch Noodles Broccoli Breadstick	Meatloaf Baby Ranch Potatoes Green Beans	Chicken Fried Steak White Gravy Corn Roll	NO SCHOOL

# **Happening this week at PHS**

**Saturday, October 14th–**

**Monday, October 16th–** Start of 2nd Quarter, 7-12 Fall Vocal Music Program 6:00 pm West Gym, Cross Country Practice 3:45-5:15 pm

**Tuesday, October 17th–**Field Marching Band 6:40 am, HS Volleyball @ PHS vs. Yutan 5:00 & 6:00 pm Senior/Parents Night, Cross Country Practice 3:45-5:15 pm

**Wednesday, October 18th–** Show Choir 6:30 am, FFA Meeting 7:15 am, Cross Country Practice 3:45-5:15 pm

**Thursday, October 19th–** 7-12 Fall Band Concert @ Olson Complex 6:00 pm, Cross Country Practice 3:45-5:15 pm

**Friday, October 20th–** NO SCHOOL Fall Break, State Cross Country @ Kearney Bus leaves @ 10:15 am. Field Marching Rehearsal at PHS 7:00-9:00 am

**Saturday, October 21st–** State Marching Band Festival Bus leaves @ 11:30 am, JV Volleyball Tournament @ Weeping Water 9:00 am Bus leaves @ 7:30 am

# UPCOMING EVENTS

**Monday, October 23rd– HS Volleyball Sub Districts TBA, FCCLA STAR Work time After school, FCCLA Halloween Party 6:30-7:30 pm**

**Tuesday, October 24th– HS Volleyball Sub Districts TBA**

**Wednesday, October 25th– Show Choir 6:30 am,**

**Thursday, October 26th –**

**Friday, October 27th– Show Choir 6:30 am,**

**Saturday, October 28th– HS Volleyball Sub Districts TBA**

**Just a reminder, entrance for all school activities for this school year will be the West doors.**

**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!**

# GO PANTHERS!



# BENNET ELEMENTARY

## NEWSLETTER

Bennet Elementary  
District OR 1

October 13  
Volume 1, Issue 10

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



I can't believe the first quarter of the 2023-24 school year is over. It's great seeing the students being responsible learners, and working together with peers and staff to be the best they can.

First quarter report cards will come home with your child on Thursday, October 19<sup>th</sup>.

There will be no school on Friday, October 20<sup>th</sup> for Fall Break.

Please feel free to contact me with questions/concerns at 782-3535. You may also email me at [walter.lin@districtor1.net](mailto:walter.lin@districtor1.net). As always, I thank you for your continued support.

Linde Walter



### Fall Weather is Here!

Please remember to send a coat/sweatshirt with your child to school each day. Also, remind your child to check the lost and found for items they may have misplaced.

## Powerschool

Please contact the school office to sign up for PowerSchool access to check your child's grades/account balance.

## Halloween Parade

We are planning on having the Halloween parade for students outside. Please be watching for information about the parade route in the weekly newsletter, the District OR1 Facebook page and the Bennet Booster Facebook page. The parade will begin at 2:10 with KDG leading the parade through the school and outside. Parents will watch the parade from outside.

## Boys' Basketball Apparel

If you are interested in ordering basketball apparel, please use the following link.

<https://bsnteamssports.com/shop/PHS23BBB>

## Bennet Fire and Rescue

### Annual Pancake Feed and Open House



Please stop by the Bennet Rural Fire and Rescue Department Fire Station on Saturday morning,

October 14<sup>th</sup> for their annual Open House and Pancake Feed. The pancake breakfast is a free will donation.

Thank you to the Bennet Fire Department for teaching the Bennet Elementary students about Fire Safety.

Below are the Top 5 Safety Tips that were shared with your child.

1. *Don't Play with Fire. This includes matches and lighters; they are not toys.*
2. *Get out, right away! Smoke alarms are very loud and very scary, when you hear an alarm, you need to get out of your house or the building right away!*
3. *Don't HIDE, go OUTSIDE: fire, smoke and smoke alarms can be very scary. We need to be super brave and go outside.*
4. *Get Low and GO! We know that bad air rises, that is the heat and smoke...it's really HOT up high, the good air is towards the floor, that is where we can breathe better and its cooler. So, we need to crawl under the bad air and get to safety!*
5. *Get out and STAY OUT! Never go back into a burning building, even for a family member, a pet or a toy. Once you get outside, call 911 and let the fire fighters go into the building.*

## Bennet Booster Corner

This week your family should have received a Bennet Elementary Directory provided by the Bennet Boosters. Thank you Boosters!



### Bennet Elementary Boosters Fall Festival

On Friday, October 27<sup>th</sup>, The Bennet Elementary Boosters will host a fall festival and trunk-or-treat for ALL Bennet Elementary students and their families. Please join us for a night of family fun! Costumes are encouraged!

When: October 27<sup>th</sup> 5:30 – 7:30

Where: Palmyra Olson Sports Complex

5:30 – 7:00: The Boosters will provide a complementary meal to include a hot dog, chips, and drink to all attendees

5:30 – 7:30: Craft & Tattoo Stations

6:00 – 7:30: Trunk-or-Treat in the Olson parking lot

*The Street Treats ice cream truck will be onsite selling goodies!*

*NOTE: All children must be accompanied by an adult age 18 or older.*

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## Health Screening Day

Students in PK-4 will have their vision, hearing, teeth, height and weight screenings on Wednesday, October 18<sup>th</sup>. This is a state requirement aiming to catch and address potential barriers to your students' ability to learn. If your student wears glasses, please remind them to bring them.



Our Brighter Smiles program will be visiting your child's school for the academic year 2023-2024. We will be providing optional preventative dental services including a visual oral health screening, fluoride varnish, dental cleanings, and dental sealants. A Licensed Public Health Dental Hygienist will complete all services.



All children screened will receive a fun bag filled with a toothbrush & toothpaste.



Screening results will be sent home with each child.



All children will receive education on the importance of dental health from our Licensed Public Health Hygienist.

### Already seeing a dentist twice a year?

Great! This program is an extra step in addition to that care to help fight tooth decay. All services are **FREE** and will never be billed to you!

To participate in the Brighter Smiles program, please complete the permission form on the other side of this page. Complete ALL sections on the back side. Return it to your child's teacher/office as soon as it is completed. Further information will go out when a dental day is scheduled.



#### Fluoride Varnish

A sticky, honey-like material applied to the teeth with a small brush

Strengthens tooth enamel & helps prevent tooth decay

Most effective when applied several times per year



#### Dental Sealants

Thin, clear coatings painted on the chewing surfaces of back teeth (if applicable)

Sealants reduce the risk of tooth decay on permanent molars by up to 80%

Sealants are painless & easy to apply

**The safety of students, school faculty, and health department staff is a priority. Appropriate precautions will be taken to ensure that all individuals are kept safe. Masks and clean gloves are worn for each new student. The screening area will be disinfected after each student. None of our materials contain dyes, milk, egg, soybeans, wheat, peanuts, tree nuts, fish, shellfish, or gluten.**

Grade:

Teacher:



### Child's Information

First Name:

Last Name:

Date of Birth:

Age:

Gender:

- ☐ Male ☐ Female  
☐ Decline to answer

Ethnicity:

- ☐ Hispanic/Latino ☐ Not Hispanic/Latino  
☐ Decline to answer

Race

- ☐ White ☐ Black ☐ Native American/Alaskan Native ☐ Asian  
☐ Pacific Islander ☐ Multi-Racial ☐ Other ☐ Decline to answer

Does your child visit a dentist every 6 months? ☐ Yes ☐ No

Insurance: ☐ Private ☐ Medicaid/MCNA ☐ None

Please check the dental services you would like your child to receive:

- ☐ Oral health screening only  
☐ Dental cleaning (if necessary)  
☐ Fluoride Varnish  
☐ Dental Sealants (if necessary)

### Parent/Guardian's Information

First Name:

Last Name:

Phone Number:

Address:

City:

Zip Code:

Email:

We appreciate donations to help meet the cost of services provided, however, no child will be refused services if a donation cannot be made. If your child is covered by Medicaid, we may bill for dental services at NO COST to you.



I would like to make a donation to the Brighter Smiles program ☐ Yes \$\_\_\_\_\_ ☐ No

Please include donations with your form. Make checks payable to: SE District Health Department

[Donate Here](#)

*I understand that my signature is valid for the 2023-2024 school year and that I can withdraw my permission, in writing, at any time.*

Parent/Guardian Signature:

Date:

## Support Post Prom - Sell Casey's Pizza Cards

Each PHS Junior can help raise funds for the 2024 Post Prom by selling Casey's Pizza Cards

Take orders and turn in your order sheet and payments by October 20th to Julie Van Meter or Janet Vollman.



Once you turn in your sheet and payment, you'll be given the cards to deliver.

## Casey's Pizza Card Order Form

Student's Name : \_\_\_\_\_

Name	# of Cards	Phone #	Payment type (cash, check, or Venmo)

- Each card is \$20 and good for 10 free medium pizzas with the purchase of a large specialty pizza. (1 free medium for each large specialty pizza purchased.)
- Cards are valid at any Casey's store
- Cards don't expire until September 30, 2024.

We accept cash, checks, and Venmo. Checks should be made out to the Palmyra Post Prom Committee. Venmo to @Lillie-chambers-1. Record the date the Venmo payment was sent in the chart above.

Students can turn in more than one sheet. Questions? Contact Julie Van Meter or Janet Vollman

# **Fall Music Concerts**

**Monday October 16<sup>th</sup>**

**6:30 pm in the West Gym.**

**7<sup>th</sup> – 12<sup>th</sup> grade Vocal Music**



Featuring:

Show Choir

JH Choir

HS Choir



**Thursday October 19<sup>th</sup>**

**6:00 pm at the Olson Complex.**

**7<sup>th</sup> – 12<sup>th</sup> grade Instrumental Music**

Featuring:

Parade Band

Field Band

Pep Band



# FFA FRUIT SALES

Due October 19th

### 1. Clementines

Delicious clementines are full of refreshing sweet, zesty citrus and easy to peel. It makes a great "grab and go" for snacking on the run. (Net Wt. 1.5 lb.)



### 3. Rockin' Apples

The world's first molecular apple is a naturally crisp, naturally sweet and naturally grown in the perfect orchard in the perfect climate. (Net Wt. 1.5 lb.)



## NATURE'S FINEST

4 SEASONS Shop online at [shop.4sns.com](http://shop.4sns.com) AFRIS **50% OFF**

### 2. Sweet Potatoes

Don't let their sweet nature fool you! This sweet vegetable is a nutritious powerhouse and a versatile cooking staple with superior shelf life. (Net Wt. 1.5 lb.)



### 4. Founder's Favorites

Premium gift pack containing 4 Honey Crisp Apples, 2 Pears, 2 Oranges, 1 8-oz. bag of Chocolate Covered Almonds and 1 8-oz. bag of Dark Chocolate Cheesecake. (Net Wt. 1.5 lb.)



### 14. Avocados

The Green Superfood Berry (Net Wt. 1.5 lb.) is a nutrient-packed and loaded with healthy fats & fiber to keep your body satisfied. And this versatile fruit is also, perfect, when it's sliced & served in a bowl. (Net Wt. 1.5 lb.)





## The PARLOUR Collection

### 2403 / 712 Cookies 'N Cream Rounds

5.5 oz. box



### 2450 / 712 Milk Chocolate Coconut Almond Treasure

6 oz. box



4 SEASONS Shop online at [shop.4sns.com](http://shop.4sns.com) AFRIS **50% OFF**

## APPETITE DELIGHTS

from Nature's Pantry

4 SEASONS Shop online at [shop.4sns.com](http://shop.4sns.com) AFRIS **50% OFF**

### 2530 / \$15 Premium Peppered Beef Jerky

A whole rancher meat seasoned with cracked black pepper, can help you power through every day with a little extra kick. (Net Wt. 5.7 oz.)



### 2529 / \$19 Jalapeño Pepper Jack Summer Sausage

Summer sausage that showcases meat, cheese, and spices all at once while leaving you with a traditional summer sausage feel. (Net Wt. 1.5 lb.)



### 2534 / \$18 Steak Strips

A high protein, easy to bite snack made with 100% beef. Seasoned with a special blend of black pepper and teriyaki, then slow cooked with hardwoods to produce a deliciously satisfying result. (Net Wt. 5 oz.)



### 2501 / \$55 Appetite Delight

Customer's choice of 8 oz. slices of summer sausage and 8 oz. slices of Colby and Cheddar cheese, 8 oz. of Cheddar and a 4 oz. tub of smoky butter cheese spread. (Net Wt. 1.5 lb.)



### 2527 / \$26 Snack n' Go Pack

Individually wrapped string cheese and 10 oz. package of our famous ranch sticks. (Net Wt. 1.5 lb.)



### 2300 / \$25 Three's Company

8 oz. slices of both Colby and Cheddar cheese and 5 oz. summer sausage. (Net Wt. 1.5 lb.)



4 Seasons's Top Sellers are the top 4 products that have proven to remain best sellers year after year. Look for this gold star for our Top Sellers.

GF = Gluten Free Item

Visit <https://www.4sns.com/fundraising-programs/> to view brochures.  
Contact any FFA member or Mrs. Beach  
[beach.eli@districtor1.net](mailto:beach.eli@districtor1.net) if you are  
interested! Checks made out to Palmyra FFA

***Palmyra Volunteer Rescue***  
***Trick or Treat Run: 1 mile***  
***5k and 1 mile run/walk***

Saturday October 21, 2023  
Trick or Treat run starts at  
9:00 and the others to  
follow at 9:30.



Proceeds go toward the purchase of a new  
Ambulance. Scan the QR code or go to Run Sign Up  
to register.





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***Panthers Legion Baseball Post 280/195***  
***2024 Baseball Season***

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***Anyone interested in playing Legion baseball  
Spring/Summer of 2024 please plan on attending  
the meeting.***

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***Sunday October 29th 6-7pm at Bennet Legion Hall***

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***Planning for next season has begun and it is  
important if you plan on playing baseball next  
season that players and parents attend the meeting.***

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***Any questions please contact:  
Tom Fitzpatrick 402-540-4810  
werefitz@gmail.com***

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## Support Post Prom - Buy a Casey's Pizza Card

Do you eat pizza (and really, who doesn't)? Then the Palmyra Post Prom Committee has a deal for you. For only \$20 you will get 10 free Casey's medium single-topping pizzas, with the purchase of any large specialty pizza.

Buy a card for yourself, send one to your favorite college kid, or snag a few for stocking stuffers. Great for teacher gifts, thank yous for coaches or youth volunteers, or give one to that family member who doesn't cook and is never sure what to bring to a potluck. Can't go wrong with pizza!

Reach out to any PHS Junior to purchase a card or email [jvanmeter001@gmail.com](mailto:jvanmeter001@gmail.com) or [mckym78@windstream.com](mailto:mckym78@windstream.com) .



EACH  
PIZZA  
CARD

\$20

**A \$100 value for \$20!**





District OR 1 Bennet Elementary and Palmyra High School staff and students would like to invite our area Veterans to a special breakfast on Friday, November 10th, 2023 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 followed by a guest speaker. Look on the District OR1 YouTube channel 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's responsibility.

If you would also like to honor a veteran for Veteran's Day, please use the following link to nominate your veteran.

[Veteran Nomination](#)