



# Panther Weekly Bulletin

## Breakfast Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>Pancake Sausage</b>	<b>Biscuit &amp; Gravy</b>	<b>Donut</b>

## Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>Lasagna Breadstick Broccoli</b>	<b>Grilled Cheese Tomato Soup Chips</b>	<b>Pork Carnitas Enchilada Lime Cilantro Rice Green Beans</b>

# Happening this week at PHS

**Saturday, April 8th-**

**Monday, April 10th- NO SCHOOL Easter Break, HS Track Practice 3:45-5:30 pm**

**Tuesday, April 11th- NO SCHOOL Teachers In service, HS Track @ Yutan 12:00 pm Bus leaves @ 9:30 am, JH MUDECAS Quiz Bowl @ Parkview Christian 1:00 pm Van leaves @ 10:45 am**

**Wednesday, April 12th- Show Choir 7:00-8:00 am, L Street Show Choir @ Geneva 10:00 am Bus leaves @ 8:15 am, Golf @ Milford 9:30 am Van leaves @ 7:30 am, HS Track Practice 3:45-5:30 pm, JH Track Practice 3:45-5:00 pm**

**Thursday, April 13th- Foreign Language Fair @ UNL 9:00 am Bus leaves @ 8:00 am, JH Track @ Malcolm 10:00 am Bus leaves @ 8:00 am, HS Track Practice 3:45-6:00 pm**

**Friday, April 14th- Show Choir 6:30 am, Juniors College Visit @ Midlands 9:00 am Bus leaves @ 8:00 am, HS Track Practice 3:45-6:00 pm, JH Track Practice 3:45-6:00 pm**

**Saturday, April 15th- JH Track @ JCC 9:00 am bus leaves @ 6:45 am, Prom @ Prairie Creek Inn (2400 S 148th St Walton Ne)**

**Pictures 7:00-8:00 pm**

**Dance 8:00-11:00 pm**

**Post Prom @ Lincoln YMCA**

## **Upcoming Events:**

**Monday, April 17th–**

**Tuesday, April 18th– Golf, HS Track**

**Wednesday, April 19th– Show Choir 6:30 am, JH Track**

**Thursday, April 20th– Golf, FFA Banquet**

**Friday, April 21st– District Music**

**Saturday, April 22nd– HS Track**

**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!**





# THE PANTHER PROWL NEWSLETTER

Bennet Elementary  
District OR 1

April 6, 2023  
Volume 1, Issue 31

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

## Bennet Elementary News

What a busy time of year. We are continuing our efforts to stay focused from now until the end of the school year!



We still have a lot of learning to do in the next month of school.

Reminder, we will not have school tomorrow Friday, April 7-11<sup>th</sup>. Classes will resume for students on Wednesday, April 12<sup>th</sup>.

You may want to encourage your child to look through the lost and found; we have everything from coats, water bottles, and lunch boxes!

Thank you for your continued support of Bennet Elementary and your child's education. Linde Walter

---

## KDG Round Up

KDG Round Up will be Friday, April 14<sup>th</sup> from 9:00-11:00 AM. A parent meeting will be Wednesday, April 12<sup>th</sup> at 6:00 PM.

## Bennet Boosters



The next Booster meeting will be April 11<sup>th</sup> at 7:00 PM in the Bennet Commons area.

Flower sales were a success. Thank you to everyone for supporting the Bennet Boosters. Be looking for more information on times to pick up your flowers.

---

There will be no KDG classes for KDG students on Friday, April 14<sup>th</sup> due to KDG Round Up.

---

## Summer Enrichment

Summer Enrichment forms for students entering KDG-5<sup>th</sup> grade have been sent home. We will be accepting Summer Enrichment forms through April 14<sup>th</sup>.

---

If students arrive to school before 7:50 AM, they need to use the Before School REC Program.

## NSCAS State Wide Assessment

NSCAS State Wide Assessment is given each spring. All students in third through sixth grade complete the Nebraska Student Centered Assessment System Test. It is important that your child be present during these assessments in order to get an accurate picture of his/her level of mastery in relation to the state standards. NSCAS Tests begin Monday, April 17<sup>th</sup> for students in 3<sup>rd</sup> -5<sup>th</sup> grade. The following suggestions will help you support your child during the testing period:

- On the evenings prior to the test, relax and have an enjoyable evening before going to bed.
- Get a good night's sleep.
- Set the alarm clock to avoid having to rush in the morning.
- Eat a healthy breakfast.
- Arrive at school on time.

**April 17<sup>th</sup>-26<sup>th</sup> will be the NSCAS testing dates at Bennet Elementary.**

---

## Upcoming Events

### April

-7<sup>th</sup>-10<sup>th</sup> Easter Break

11<sup>th</sup> No School

14<sup>th</sup> No KDG Classes

-17<sup>th</sup>-25<sup>th</sup> NSCAS Testing (3rd-5th grade)

## National Stress Awareness Month

April is National Stress Awareness Month. This month, students will be reminded of coping skills for various age-appropriate worries and concerns that can happen in their lives including busy schedules, big tests, and friendship problems. Below are some tips for managing stress:

- Listen to calming music
- Plan fun activities you enjoy (sports, art, playing with animals, walks, etc.)
- Get plenty of exercise
- Practice asking for help when needed
- Plan breaks when studying
- Use checklists to see progress and know your schedule
- Use positive self-talk to build your confidence
- Talk with those in your support system

Please always feel free to reach out with any questions or concerns you may have.

Austin Lahmon  
School Counselor

---

No School tomorrow, April 7<sup>th</sup> through 11<sup>th</sup>. School will resume on Wednesday, April 12<sup>th</sup> for all students.

# 12<sup>th</sup> Annual Palmyra High School Golf Scramble

**ALL GOLFERS ARE WELCOME TO PARTICIPATE**



## *Hidden Valley Golf Course*

10501 Pine Lake Rd Lincoln, NE 68526

[www.hiddenvalleylincoln.com](http://www.hiddenvalleylincoln.com)

**Friday, May 26<sup>th</sup>, 2023**

**9:00 a.m. Shotgun Start**

**Registration Deadline: Friday, May 12<sup>th</sup>**

*(Registrations after the deadline will be accepted if spots are available.)*

**Don't Delay!! First come, first serve. We are capped at 144 players and have had to turn away players each of the last 3 tournaments. Don't let this be you!!**

### **Details:**

- 4-person teams
  - Teams can be any mixture of men/women. Women and seniors will use the appropriate tee boxes.
- Scramble format – Cash Payouts --- Will be flighted as well. Flights depend on # of teams.
- \$80 per person fee – includes 18 holes of golf, cart, LUNCH, and unlimited range balls
- After the golf, we will head to Big Red Keno once again for awards, food, drinks, etc...

**This year's on course challenge is again in the works...**

**(Info and Prize to be announced at tournament)**

***Par-3 holes will again be "\$\$challenge\$\$" holes.***

**To register your team, or for questions, email:**

**[maas.tyl@districtor1.net](mailto:maas.tyl@districtor1.net) (Tyler Maas)**

*Proceeds benefit the District ORI Foundation for Knowledge as well as PHS Strength and Conditioning. This tournament supports a "golf tourney scholarship" awarded each year to a graduating senior at PHS.*



# **DODGE FOR A CAUSE**

**THIS YEAR'S DODGE FOR A CAUSE IS GOING TO THE TEAM JACK FOUNDATION WHICH IS ON A MISSION TO FIND THE CURE FOR CHILDHOOD BRAIN CANCER.**

**WHEN: APRIL 28, STARTS AT 7 PM**

**TEAMS: \$5 FOR EACH TEAM MEMBER FOR TEAMS OF UP TO 6 PEOPLE**

**(EACH TEAM MUST HAVE AT LEAST 2 GIRLS AND 2 BOYS)**

**DIVISIONS: 6TH-8TH, 9TH-12TH, & ADULTS**

**PRIZES: WINNING TEAMS FROM EACH DIVISION WILL RECEIVE T-SHIRTS & BEST DRESSED TEAM ACROSS ALL DIVISIONS WILL RECEIVE \$5 GIFT CARDS**

**ENTRY TO THE EVENT WILL BE A FREE-WILL DONATION.**

**ALL PROCEEDS GO TO THE TEAM JACK FOUNDATION**



**SCAN THE QR CODE FOR TEAM REGISTRATION**

**PRESENTED BY: PHS STUDENT COUNCIL**

# Get Connected!

## TEXT MESSAGES:

If you currently receive our Emergency and Weather notifications, you will definitely want to **opt-in** to the text messages that go along with the notifications. Moreover, District OR1 plans to send “text only” messages to further support notices that do not require a fully-launched voice message.

On your phone, send **Y** or **yes** to our short code number 67587



## VOICE, E-Mail, & Text:

If you currently do not receive our Emergency and Weather notifications, please call your school secretary and let them know the below information prior to opting-in to text message:

Primary Phone 1	<input type="text"/>
Primary Phone 2	<input type="text"/>
Primary Phone 3	<input type="text"/>
Emergency Phone 1	<input type="text"/>
Emergency Phone 2	<input type="text"/>
Emergency Phone 3	<input type="text"/>
Primary Email 1	<input type="text"/>
Primary Email 2	<input type="text"/>
Emergency Email 1	<input type="text"/>
Emergency Email 2	<input type="text"/>



## POWERSCHOOL:

If you currently cannot check your students’ grades on PowerSchool, please call your school secretary and let them know the email address you want to use to log into our PowerSchool Portal. Once you are linked, you can also sign up to pay your students’ food services online.

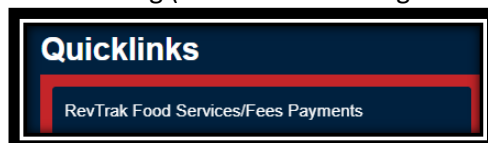


## REVTRAK:

If you currently are linked to your student’ grades on PowerSchool, you can create a RevTrak account by going to the following link:

<https://districtor1.revtrak.net/>

This RevTrak link can also be found on [districtor1.org](http://districtor1.org) (in the list on the right side of the page).



Phone Numbers:

Bennet--402-782-3535 x1

Palmyra—402-780-5327 x2



# PHS Youth Track Clinic Waiver

Parent Agreement, if this application is accepted, the applicant promises to abide and conform to the regulations of the District OR-1 Track Program. We, the parents or guardians of \_\_\_\_\_ a minor, do hereby authorize the District OR-1 Track Program staff to treat the above named child for any emergencies that may occur while participating in the District OR-1 Track Program Youth Clinic. I understand that my child should not engage in this activity unless physically able to do so. I will be responsible for all medical bills incurred as a result of any accident for which medical treatment is necessary while the applicant is participating in the District OR-1 Track Program and which may arise out of my traveling to the clinic or activity. If medical attention is required for injury or illness while in clinic, we (or I) give our (or my) permission for such medical care. We also grant permission for District OR-1 Track Program, and its coaches, to use photographs of our child for publicity, advertising, or other commercial purposes. We also do not hold District OR-1 Palmyra/Bennet Schools, or anyone of its staff/administration, or any other District OR-1 Track Program staff responsible for any injuries or accidents that may occur while my child is attending the District OR-1 Track Program Youth Clinic.

District OR-1 Track Program Youth Clinic  
Box 130  
Palmyra, NE 68418

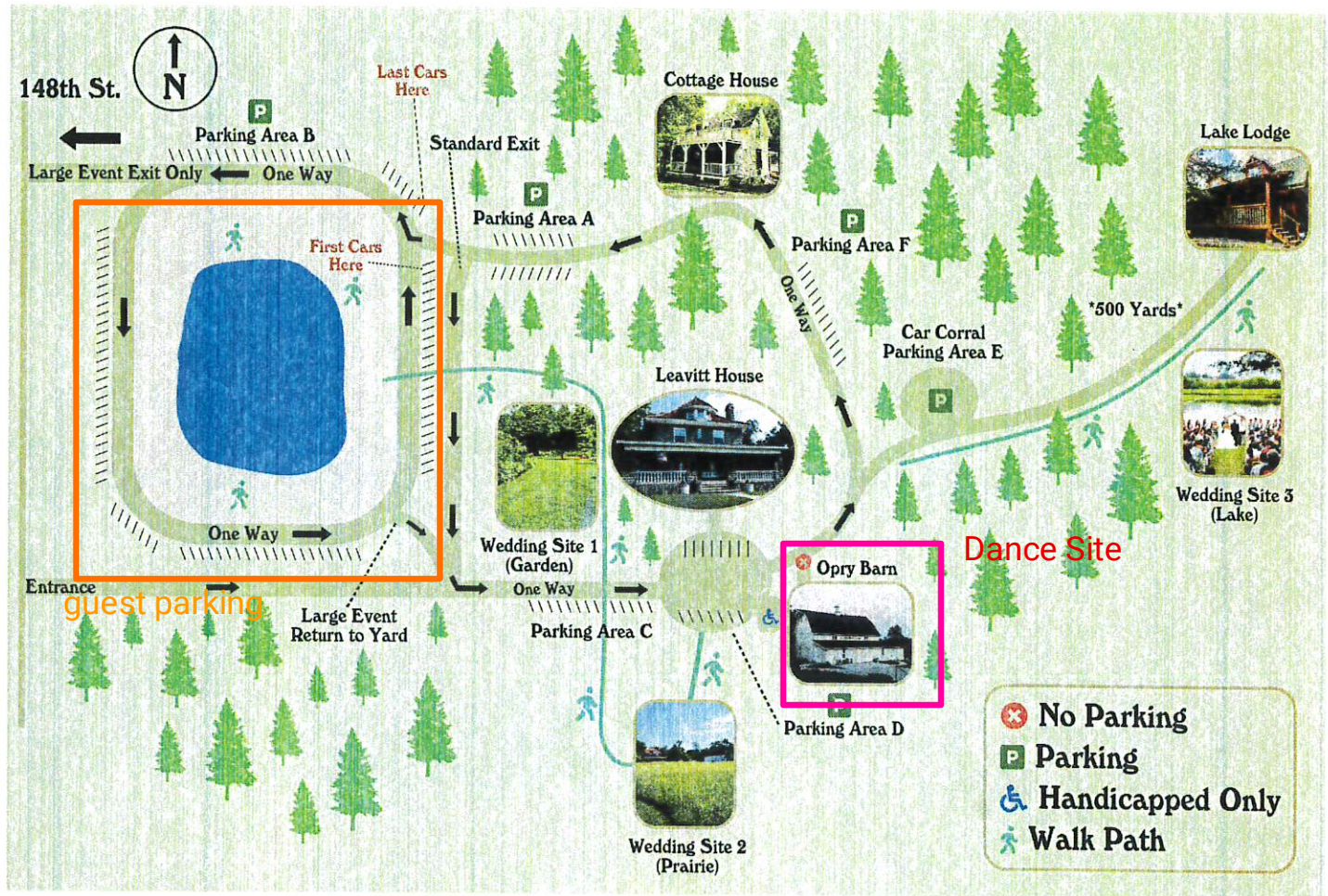
**I HEREBY CERTIFY THAT I HAVE READ AND FULLY UNDERSTAND THIS AUTHORIZATION.**

**Parent/Guardian Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

## Parking detail for Prairie Creek Inn Facility, including large events, and smaller events:

This map is designed to help familiarize you with areas to park, depending on size of event.



Map of Site, especially for parking.

Area D: Main standard parking area for visitors, overnight guests to the Leavitt House  
Cottage House (4 spaces) and Lake Lodge (6 spaces) have unmarked parking areas next to those houses.

Area A: overflow only, rarely used

Area B: Main parking for large events. One-way arrows are in effect for all large events.

~~Area C & D: Main parking for smaller events~~

Area E and F: Secondary parking for large events

# YOUTH TRACK CLINIC

## WHEN

**Saturday May 6th, 2023**  
**9am- 12pm**

## WHERE

**Olson Sports Complex**  
**1100 G St, Palmyra, NE, 68418**

## HOW TO SIGN UP

**Google Form Link—Click Here**

**Paper sign-up also available**

*A waiver must also be completed in order to participate.*

**COME SEE WHAT TRACK AND FIELD IS  
ALL ABOUT!**

**#GOPANTHERS**



## GRADES 3-6

## EVENTS COVERED

**Jumps**  
**Sprints**  
**Hurdles**  
**Middle and Long Distance**

## CLINIC COACHES

**High School**  
**Track and Field Coaches**  
**High School**  
**Track and Field Athletes**

## ADDITIONAL ACTIVITIES

**Dynamic Warm-up**  
**Form Running Drills**  
**Event Specific Drills**

## END OF CLINIC COMPETITION

**Long Jump**  
**100 Meter Dash**  
**200 Meter Dash**  
**400 Meter Dash**  
**800 Meter Run**

*Actual events for competition  
will be based on interest and  
time.*

## FOR QUESTIONS

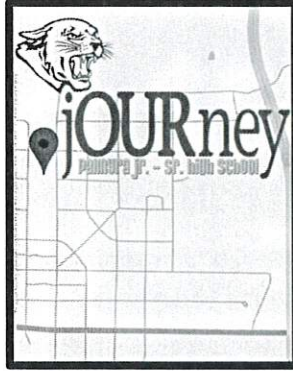
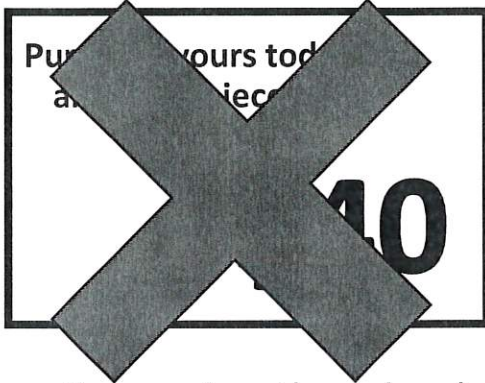
**Coach Conn –**  
**conn.and@districtor1.net**  
**Coach Peterson—**  
**peterson.cai@districtor1.net**



**Order Deadline May 1st**

**Walsworth**

# 2022-23 Yearbook Purchase Agreement



**\$50**

Prices will go up on  
February 10<sup>th</sup>.

Remember the school year by purchasing a 2022-23

Use the purchase agreement below or go online @  
<https://yearbookforever.com/>

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

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

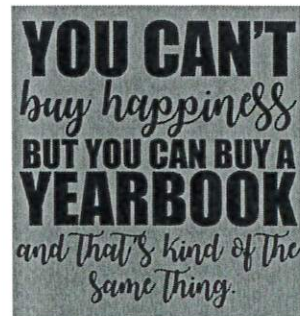
Return to the office with  
payment if using this  
document.

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

\_\_\_\_\_  
City

\_\_\_\_\_  
Zip Code

\_\_\_\_\_  
E-mail to contact you when yearbook arrives.



## **Youth Track Clinic**

Calling all 3rd-6th graders interested in the sport of track and field!

Do you want to learn what track and field is all about?

Do you want to learn how to become a better athlete?

Then mark your calendars for the PHS Youth Track Clinic to be held on Saturday, May 6 from 9am to 12pm at Olson Sports Complex.

Please see the attached flyer for details.

Please contact Coach Conn - [conn.and@districtor1.net](mailto:conn.and@districtor1.net) or Coach Peterson

- [peterson.cai@districtor1.net](mailto:peterson.cai@districtor1.net) if you have any questions.