



Panther Weekly Bulletin

Breakfast Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast Sandwich	Biscuit & Gravy	Muffin	Egg Scramble Toast	Chefs Choice

Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Cheesy Pork Burrito Spanish Rice Refried Beans	Sweet & Sour Chicken Seasoned Noodles Egg Roll Broccoli	Cheeseburger Mac Roll Peas	Turkey & Noodles Mashed Potatoes Carrots Biscuit	Chefs Choice

Happening this week at PHS

Monday, May 6th– Golf @ Hidden Valley 9:00 am Van leaves @ 7:45 am, ECNC Honor Band @ Auburn bus leaves @ 6:45 am

Tuesday, May 7th– FFA Banquet 6:00 pm PHS East Gym/ Commons, Addams Family Strike Night 4:00-8:00 pm

Wednesday, May 8th– Baccalaureate 7:00 pm PHS West Gym, District I FCCLA Meeting in Nebraska City

Thursday, May 9th– HS Track Districts @ JCC 10:00 am Bus leaves @ 7:45 am

Friday, May 10th– Senior Breakfast, Graduation Practice

Saturday, May 11th– Graduation 2:00 pm PHS West Gym , JH State Track @ Gothenburg TBD

UPCOMING EVENTS

**Monday, May 13th– District Golf, Show Choir Auditions
TBA**

Tuesday, May 14th–

Wednesday, May 15th– Last day for Bennet Elementary

Thursday, May 16th– Last day for PHS 1:00 Dismissal

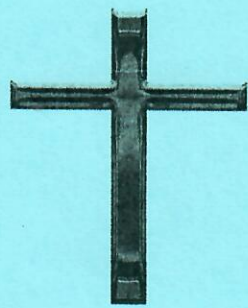
Friday, May 17th– State Track

Saturday, May 18th– State Track

**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 be-
fore 7:30 am unless they are taking part in an ac-
tivity that has early practice/meeting times!**

GO PANTHERS!



BACCALAUREATE

*Honoring the
Graduating
"Class of 2024"*

Wednesday, May 8

7:00PM

*Palmyra-Bennet High
School*

*West Gymnasium
(400 block of 'G' Street, Palmyra)*



Join us for a great cause!

**Foundation for
Knowledge District OR-1
Fundraiser!!**

Tuesday, May 7nd, 2024

*Tuesday, from 5pm-8pm a portion of all sales will
go back to help the
Foundation for Knowledge!*

***Lincoln's DQ Grill & Chill – 84th & HWY 2
402-489-0736***

LYF Summer League

Panthers 7V7 Football



LYF 7V7 REGISTRATION IS NOW OPEN FOR

PARTICIPANTS GOING INTO

5th

6th

7th

MORE INFO: 402-416-2208 - RNJESSICA1980@YAHOO.COM

\$16

FRESH COFFEE FOR FCCLA NATIONALS

Selling fresh whole bean or ground coffee to support our National STAR Competitors who qualified for Nationals in Seattle, WA this summer from June 29th - July 3rd. Coffee will be sold in 1-pound bags. It is a Brazilian PeaBerry Coffee. Fundraising will take place over the entire summer. If you would like a bag let us know and we will get it freshly roasted and delivered.

HOPE



SPORTS NUTRITION

Hope's project was to design a nutrition plan to help a wrestler maintain weight healthily and safely.

JOSIE



FASHION CONSTRUCTION

Josie's project allowed her to design and create her own dress for formal occasions.

CARTER



PUBLIC POLICY ADVOCATE

Carter's project is allowing him to advocate for a law in Nebraska allowing youth under 16 to drive to work.

FOR DETAILS CONTACT MRS.PAXTON
AT
PAXTON.MIC@DISTRICTOR1.NET

SUMMER WEIGHTS SIGN UP

Start Date: **June 3rd**

Training Days: **4 days per week (Monday - Thursday)**

Sessions: **7:00 AM and 8:15 AM**

Summer weight training is open to all high school students for the upcoming school year.

As in the past, boys and girls will rotate between the early and late sessions weekly. A calendar with the weekly breakdown is included in the band app.

New this year: Athletes planning to attend summer weights will need to fill out the sign up form below!

Sign Up Form:
Team Assignment



<https://bit.ly/SummerWeightsSignUp>

Band App:
Calendar and Updates



<https://bit.ly/SummerWeightsBand>

PALMYRA HIGH SCHOOL WRESTLING CAMP

June 12th-13th

9:00am-11:30am: 6th-8th
grade clinic with 9th-12th
grade open mat

12:30pm-4:00pm: 9th-12th
grade clinic

Fight
Wrestle
Win

If interested please contact
weils.and@districtor1.net

Guest coaches Eron
Haynes and others!

Location: Palmyra
High School 425 F St,
Palmyra, Nebraska

Cost: \$20

Cash or checks accepted

