



Panther Weekly Bulletin

Breakfast Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
French Toast Sticks Syrup Sausage Patty	Egg Patty Bacon English Muffin Cheese Potato Triangle	EggStravaganza Wheat Toast	Breakfast Casse- role Biscuit	Fruit Turnover Yoplait Yogurt

Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Steak Fingers Mashed Potatoes White Gravy Peas Biscuit	Pigs in a Blanket Potato Chips Baked Beans	Cheeseburger Mac Carrots Biscuit	Grilled Cheese Tomato Soup Broccoli	Deep Dish Cheese Pizza Or Pepperoni Pizza Green Beans Breadstick

Happening this week at PHS

Monday, September 8th– FFA Range Judging Practice 7:30 am

Volleyball @ Conestoga– C Team 5:00 pm, JV 6:00 pm. Bus leaves at 3:15 pm

JV Football vs. Auburn @ Olson Complex 6:00 pm

Tuesday, September 9th– Girls Varsity Golf ECNC Invitational @ Crooked Creek 9:00 am. Van leaves at 7:45 am

JH Volleyball @ Raymond Central 4:30 pm. Bus leaves at 2:45 pm

Volleyball Varsity Triangular vs. Mead and Conestoga @ PHS
5:00/6:00/7:00 pm

One Act Rehearsal 6:30– 7:30 pm in choir room

Wednesday, September 10th– FFA Husker Harvest Days @ Wood River. Bus leaves at 6:30 am

UNL Sophomore College Visit. Bus leaves at 8:10 am

Thursday, September 11th– Girls Varsity Golf Triangular @ Woodland Hills 2:00 pm

JH Football @ Conestoga 4:30 pm. Bus leaves at 2:30 pm

Cross Country Varsity @ Thornridge GC Milford 4:00 pm. Bus leaves at 1:45pm

Volleyball vs. Johnson County Central @ PHS– C team 5:00 pm, JV 6:00 pm, Varsity 6:45 pm

Friday, September 12th– Bennet Elementary Fun Run 9:00 am

Band @ Richardson County Parade. Bus leaves at 9:00 am

Football Varsity @ Fillmore Central 7:00 pm. Bus leaves at 4:30 pm

Saturday, September 13th– Show Choir Rehearsal 8:00 am

UPCOMING EVENTS

Monday, September 15th– FFA Range Judging Practice 7:30 am

Volleyball Varsity Mudecas Tournament AWAY, time TBA

JH Volleyball vs. Syracuse @ PHS 4:00

Cross Country Varsity Invitational AWAY, TBA 4:30 pm

JV Football @ Brownell Talbot 6:00 pm

Tuesday, September 16th– Volleyball Varsity Mudecas Tournament
AWAY, time TBA

JH Volleyball vs. Johnson County Central @ PHS 4:00 pm

One Act Rehearsal 6:00– 8:00 pm -on the stage

Wednesday, September 17th– FCCLA Chapter Meeting 7:45 am

FFA Range Judging 8:00 am

Thursday, September 18th– Volleyball Varsity Mudecas Tournament
AWAY, time TBA

Girls Varsity Golf Invitational @ Johnson County Central 9:00 am

Cross Country Varsity Invitation @ Ashland-Greenwood 10:00 am

HS Football Team Meal 6:00 pm

One Act Rehearsal 6:00– 8:00 pm

Friday, September 19th– Football Varsity vs. Louisville @ PHS 7:00 pm

Saturday, September 20th– Volleyball Varsity Tournament @ Milford
9:00 am, Volleyball JV Tournament @ Milford 10:00 am

GO PANTHERS!

Bennet Elementary - District OR-1

(402) 782-3535 50 Dogwood St, Bennet, NE 68317 ostrander.mel@districtor1.net



Newsletter - Sep 5th, 2025

Arrival 7:50-8:20

Dismissal 3:20

Early Dismissal Days 1:00

Principal's Update

Our Boosterthon Panther Fun Run is off to an amazing start! Thanks to your support, our students are running toward fun, fitness, and a brighter school community.

Updated Stats:

- **Students Signed Up:** 89%
- **Students Donated:** 45%
- **Current Estimated School Profit:** \$9,467

Weekend Challenge – Help Us Reach \$25,000!

This weekend, we have a special challenge to raise funds for new books for our library. Every donation helps us get closer to our \$25,000 goal!

BONUS POINTS: Any donation entered this weekend earns 2 extra Reward Store points for your student!

Here's how your family can make a big difference:

1. SIGN UP your student(s) on MyBooster.com today.
2. SHARE with family and friends using the SHARE tools on MyBooster.com.
3. GIVE a donation.

Tip for This Weekend: The easiest way to ask for a donation is to create a [Student Star Video](#). Just upload a photo of your student on MyBooster.com and create a fun video starring them to share with family and friends!

Reward Store Points:

Students earn points as they participate, which can be redeemed for the prizes they choose! Check your student's points anytime by logging in to MyBooster.com.


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Thank You!

A HUGE thank you to our parents, community members, and donors for supporting our school. Every dollar helps provide new books for our library, giving students more opportunities to explore, read, and grow!

 **Reminder:** Our big Panther Fun Run is coming up on **09/12/2025**. We can't wait to celebrate with you!

Fun Run Schedule

On Friday, September 12th, we invite families, community members, and partners of our Panther Fun Run to attend our celebration event at Olson Complex. Students will arrive in waves and Fun Run times will commence first. After this, we will have a fun activity for each grade level after the Fun Run with time for lunch included. Families are invited to attend the fun run and activity and lunch time before heading home when we head back to Bennet Elementary. Here is a schedule overview for your planning purposes.

Kindergarten/ 3rd Grade: Fun Run- 9:00-10:00, Activity and Lunch- 10:00-11:15

1st Grade/ 4th Grade: Fun Run- 10:00-11:00, Activity and Lunch- 11:00-12:15

2nd Grade/ 5th Grade: Fun Run- 11:00-12:00, Activity and Lunch- 12:00-1:15

Dismissal Changes

Coordinating the dismissal plans for 350 students each day is extremely challenging and time consuming for the office staff. If you have a change request, we ask that these are communicated to the office by 2:00 each day. Ideally, the transportation plan is consistent day to day. We understand that some days a change is needed. However, receiving these requests within an hour of dismissal is a challenge for ensuring timely communication to staff to ensure these students get to where they need to go. Please assist in helping make this process smooth and effective.

Bus Changes

Due to limited bus drivers and seating, we are unable to support students riding to a friend's house. Students can be bused home according to their regular route, and we are unable to provide transportation to other locations. We will continue to have daily shuttles from the elementary school and high school. Thank you for understanding.

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Arrival Procedures

Students in the Rec Program may be dropped off starting at 7:00. All other students should arrive no earlier than 7:50 unless they are riding the bus or attending the Rec Program. The front doors will open at 7:50, and staff will begin monitoring the drop-off line at that time. Students dropped off before 7:50 will be unsupervised and the doors will be locked. Breakfast will be served from 7:50 to 8:20 daily. During arrival, students will gather in the Bennet Commons until 8:20 and then be escorted to classrooms. The school day starts at 8:20, and the tardy bell rings at 8:25.

If you are dropping a student off to ride the morning bus shuttles to PHS and have elementary students with them, we cannot provide supervision for students prior to 7:30. Please have students wait in the car until this time as the buses do not arrive until 7:30.

Parent Drop Off and Pickup Procedures

A few reminders that I would like to share to help everyone get in and out quickly:

- Please have students enter and exit your vehicle on the passenger side of your vehicle. The drop off lane is extremely effective and the safety of your student is our top priority. By doing this, we can ensure that students are not in zones of traffic and are not in harm's way.
- If you are using the parent drop/pick up lanes, please stay in your vehicles. If you would like to park and walk up, please utilize the parking spaces in the interior of the parent pickup/dropoff lane.
- In the afternoon **only**, Kindergarten parents may utilize the bus drop off lane for pickup for Kindergarten students and older siblings. Grades 1-5 will continue to use the primary pickup/dropoff lane. Teachers have now been assigned zones to help aid in the location of your students to help you get in and out quickly.

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Upcoming Events

- Sep 9- Bennet Boosters Meeting
- Sep 12- Bennet Fun Run at Olson Complex
- Sep 24- Parent Teacher Conferences- 2:00-8:00
- Sep 24- Early Dismissal- 1:00
- Sep 24&25- Bennet Elementary Book Fair
- Sep 25- No School- PT Conferences- 8:00-12:00
- Sep 26- No School

PowerSchool

Please check PowerSchool to view grades, missing assignments, and lunch balances. If you need to set up your account, please call Melissa in the office.

District Calendar

[25-26 District Calendar](#)

Transportation

If you have any questions regarding busing, please contact Cathy Fick at 402-540-2879.

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● Panther Paw Winners ●



SAFE
RESPECTFUL
RESPONSIBLE

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School Counseling PROGRAM

What's Happening in the Classroom?

This week, students in Second Grade focused on identifying emotions. Students got to role play showing their peers how they would feel in different situations that were provided to them. The best part? They couldn't speak; only use their face and body to allow their classmates to figure out how they felt. We will continue working on emotion identification for ourselves and others over the coming weeks.

Third Grade students began learning about the Thoughts, Feelings, and Actions Triangle. We started by discussing how our thoughts and feelings are connected. Students practiced recalling negative thoughts they have had before (ie. "I am going to fail this test," "I am not as good as them," etc.). They then identified the feelings that are associated with those negative thoughts. From there, we worked on flipping those thoughts to more positive ones and discussed how our thoughts directly impact our day-to-day feelings.

Focus for the School Year

- Resilience
- Kindness
- Respect
- Emotional Regulation

Strategy/Skill to reinforce at home

Thought Replacement

The action of identifying and turning a negative/unhelpful thought into a positive/helpful thought

How to Teach and Reinforce Thought Replacement at Home

1) Have open discussions about your students' thoughts - Speak with your student about their thoughts and emotions surrounding challenges they are facing and recent successes they have had. Maybe it's a difficult test coming up, a friendship concern, a challenge in sports, a good grade they received at school, etc. Practice identifying if the thoughts they are having are unhelpful or helpful. This recognition helps students understand their thoughts and connect them to their emotions.

2) Explore thoughts through media - If you are watching a movie, reading a book, etc., Discuss the potential thoughts that different characters may be having in various situations. Then, work on flipping unhelpful thoughts into helpful ones.

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DINE AT RUNZA



TUESDAY, SEPTEMBER 23RD

To support our local Palmyra-Bennet-Douglas Chapter, please dine at
the following location:

8525 Andermatt Drive, Nebraska Pkwy, Lincoln, NE 68526

—— 10% OF SALES DONATED TO ——

TEAMMATESSM

MENTORING

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Standard Response Protocol

Bennet Elementary's adoption of the Standard Response Protocol (SRP) provides a standardized approach to managing various events, both threatening and non-threatening, that may happen in or around our school.

These protocols provide actions for the following situations:

- Lockout (danger is outside the school)
- Lockdown (danger is inside the school)
- Evacuate (leave the school building, such as a fire)
- Shelter (tornado or severe weather)
- Hold (stay in classrooms due to a non-threatening event outside the classroom)

IN AN EMERGENCY TAKE ACTION



HOLD! In your room or area. Clear the halls.

OCCUPANTS

Clear the hallways and remain in room or area until the "All Clear" is announced
Do business as usual

STAFF

Close and lock door
Account for occupants and staff
Do business as usual



SECURE! Get inside. Lock outside doors.

OCCUPANTS

Return inside
Do business as usual

STAFF

Bring everyone indoors
Lock outside doors
Increase situational awareness
Account for occupants and staff
Do business as usual



LOCKDOWN! Locks, lights, out of sight.

OCCUPANTS

Move away from sight
Maintain silence
Do not open the door
Prepare to evade or defend

STAFF

Lock interior doors
Turn out the lights
Move away from sight
Do not open the door
Maintain silence
Account for occupants and staff
Prepare to evade or defend



EVACUATE! (A location may be specified)

OCCUPANTS

Evacuate to specified location
Bring your phone
Instructions may be provided about retaining or leaving belongings

STAFF

Lead evacuation to specified location
Account for occupants and staff
Notify if missing, extra or injured people



SHELTER! Hazard and safety strategy.

OCCUPANTS

Use appropriate safety strategy for the hazard

Hazard

Tornado
Hazmat
Earthquake
Tsunami

Safety Strategy

Evacuate to shelter area
Seal the room
Drop, cover and hold
Get to high ground

STAFF

Lead safety strategy
Account for occupants and staff
Notify if missing, extra or injured people