



Dr. Joel Bohlken, Superintendent
Sherise Loeffelbein, PK-6 Principal
Greg Morris, 7-12 Principal

Palmer Public School

202 Commercial Street
Palmer, Nebraska 68864
Phone 308-894-3065



Board of Education
Kathy Wolfe, President
Todd Weller, Vice President
Daniel Hake, Secretary
Heather Shotkoski, Treasurer
Brian Friedrichsen
Justin Valasek

Superintendent's Newsletter, April/May 2023

Students rose to the challenge again this year in our annual "Handshake" Competition.

For the 1st round, all 7th-12th grade students were interviewed individually. They were judged on their Handshake, Body Language, Listening Skills, Conversation Skills, and Overall Charisma and Rapport. Thank you to our 1st round judges: Brian Friedrichsen, Heather Shotkoski, Kathy Wolfe, and Riley Peters.

The students who advanced on to the Semi Finals were: Dianna Lockwood, Kayden Tyan, Shynn Zmek, Cadence Derr, Audryna Scheer, Uriel Guzman, Lane Mottl, Brady Myers, Emilio Schleicher, Levi Bader, Makenna Mottl, Gatlin Reimers, Blaze Blauhorn, Savannah Glause, Morgan McClellan, Cassidy Shuda, Johnny Ruvaccaba, Jacob Stromberg, and Joslynn Donahey.

For the Semi Finals, students were given 2-3 minutes to give a demonstration speech explaining how to perform a task. Students were not told what the task would be until they entered the judging room. Students were judged on their oral presentation skills. Thank you to our Semi Finals judges: Todd Weller, Kendra Lutz, Deputy Dramse, Captain Bauer, Mallory Dugan, Tammy Stuhr, and Riley Peters.

Students who advanced to the Finals: Kayden Tyan, Audryna Scheer, Brady Myers, Levi Bader, Savannah Glause, and Jacob Stromberg.

In the Finals, students were interviewed at the Grand Island Area Chamber of Commerce offices by the Chamber officials. Thank you to our Finals judges: Courtney Glock and Karissa Schmidt.

Congratulations to our 2023 Champions! 7th-9th grade Champion: Kayden Tyan. 10th-12th grade Champion: Savannah Glause.

To learn more about the purpose of this competition, visit <https://www.theamazingshake.com/>

Sincerely,

Dr. Bohlken

A Community that prides itself on Commitment, Growth, & Achievement!

Wow! It is difficult to believe that we are in the fourth quarter and creeping our way to summer break! In the month of May we have a couple of dates that parents/guardians may want to get on their calendars as this year they are on separate dates. May 12th, will be the elementary track meet in the afternoon. Elementary science fair and elementary awards will be on the last day of school May 18th. The K-6 music concert will be on May 2nd at 7:00 p.m. The preschool graduation is May 11th at 2:00 p.m.

As we reflect upon the school year I would like to thank our teachers for their dedication and commitment to our students as they worked hard to provide a supportive and challenging learning environment. Our staff has also worked to create a warm and welcoming school culture where every student feels valued and supported.

To our sixth-graders, we wish them all the best as they transition to junior high. We know that they are prepared for the challenges ahead and will continue to excel. To our returning students, we look forward to seeing you again in the fall and continuing our journey of learning and growth together. We have exciting plans for next year, and we can't wait to share them with you!

Finally, I would like to thank all of our parents and guardians for your support and partnership throughout the school year. Your involvement has been critical to the success of our school, and we appreciate all that you do to support our students and staff.

There is still a lot of work and fun to be had but I wish everyone a safe and enjoyable summer; and I look forward to seeing you all again in the fall!

Sincerely,

Sherise Loeffelbein
Elementary Principal
Special Education Director





With the start of the 4th Quarter, we have started to look at the 23-24 school year. I have asked the teachers for any recommendations on their class schedules and from those, I will build a master schedule. Come the first of May, the students will be registering for classes for next year. A drop and add period will be available the first three days of school. Through this whole process our goal is to provide as much flexibility as possible, but still keep our students focused on the end goal

of graduation.

The state-mandated NSCAS tests are scheduled to start the week of April 3-7. Our Junior High Students will be tested in Science, Math and Language Arts. The major purpose of this test is to see where our students stack up against other students around the state and nation. Palmer Students have historically done pretty well when measured against other students. Parents and Grandparents, please let your child know how important these tests are to our school district.

Congratulations to the Following Students

Gwen Brown - Highest ACT score in PHS History
Hanna Siwinski - FFA District Explementary Speaker Champion
Levi Bader - 2nd All-Conference Boys Basketball
Joslynn Donahey - 2nd Team All-Conference Girls Basketball
Morgan McClellan - Honorable Mention All-Conference Girls Basketball

Fun Fact

It's estimated that 500,000 cranes flew through Grand Island every year.

Greg Morris
Secondary Principal



COUNSELOR'S CORNER

SOCIAL AND EMOTIONAL LEARNING AT HOME

What is social and emotional learning?

“Social and emotional learning (SEL) is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions” (Casel, 2020).

Why is Social and Emotional Learning Important?

Decades of research studies demonstrate the following benefits of SEL:

- Sets the foundation and provides long term benefits well into adulthood.
- Improvement in students’ social and emotional skills, attitudes, relationships, academic performance, and perceptions of classroom and school climate
- Decline in students’ anxiety, behavior problems, and substance use
- Long-term improvements in students’ skills, attitudes, prosocial behavior, and academic performance (Casel, 2020).

Techniques you can use at home!

Starfish Breathing

- Have your student spread out fingers on one hand. This will be our Starfish hand!
- Place the index finger of their other hand onto the base of the thumb of the Starfish hand.
- Begin slowly tracing fingers starting with the thumb. As they go up the finger, breathe in and as they go down their finger, breathe out.

Breathing techniques help to regulate the mind and body. It also provides a brief break for students who can become overwhelmed with emotion. Reminding students to take a breath before reacting can help with emotion regulation.

The Power of “YET”

- If your student becomes frustrated or discouraged. Try reassuring and encouraging them by adding in the word “yet”
- Example: If your student says, “I don’t know how to do this math problem” try adding the word “yet” to the end of their sentence.

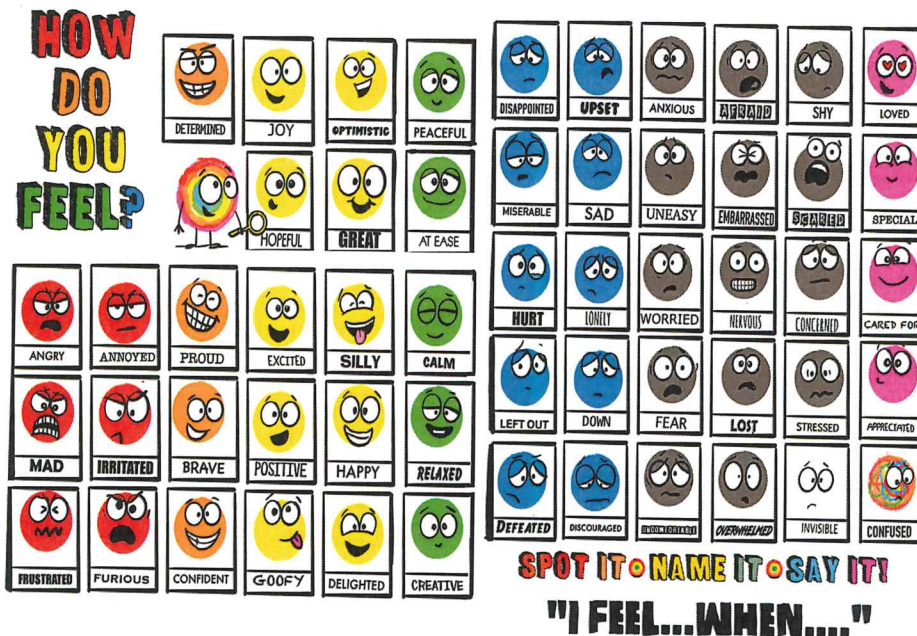
- Adding the word “yet” encourages a growth mindset and reassures your student that our brains get stronger by trying new and challenging things!

Journal Writing

- Setting a timer and having your student write for 5-10 minutes can help them express feelings and thoughts. You can also encourage your student to discuss their thoughts afterwards if they would like.
- You can also provide open-ended prompts:
 - What are some things that make you feel mad? Sad? Happy?
 - What is something you are good at? Something you want to get better at?
 - What are some goals you have in school or at home?
 - What are some qualities that you want in a friend? How would you describe a good friend?
 - What is something you have done this year that you are proud of?

Identifying Emotions

- Oftentimes children struggle with identifying and verbalizing emotions. Having an easy to use emotion chart can help them identify their feelings while associating the feeling with a facial expression. This provides them with building social skills by being able to recognize the emotions of others.
- Ask your student to identify how they feel and then prompt them to answer why they may feel that way. Ex. “I feel proud because I got an A on my math test”



COUNSELOR'S CORNER



Asia Trout
7-12 School Counselor



College Readiness



- + **Financial Aid:** If you haven't yet, now is a good time to apply for the FAFSA. If you need any help with this process please contact me.
- + **Scholarships:** April 1st is the deadline to apply for local scholarships. Once that date passes there are still other scholarship opportunities available. If you need help finding any scholarships please let me know and I can help you.

College Course Updates



On March 27th the upcoming juniors and seniors began to register for their Fall college courses. If anyone has questions or there are any other upcoming juniors and seniors who missed this day please contact Mrs. Trout to get registered for Fall classes.

If any upcoming juniors and seniors would like to apply to Career Pathways Institute (CPI) please contact Mrs. Trout ASAP!

Ending The School Year Strong!



It is easy for us to start falling off the wagon when we know that the school year is almost over. With only 38 days left of school it makes it hard to stay focused and motivated. Continue to stay organized and on top of deadlines for turning in work. You don't want to start the bad habit now of not turning anything in on time. Set incentives to help you get things done and who doesn't enjoy a reward after working hard on a project. Remember to celebrate your accomplishments and finish out the year strong!

Is it really the 4th quarter already?! Where did the school year go? I have 22 wonderfully different students in my room this year! I have 16 boys and 6 girls in Kindergarten this year. They all have great personalities and are constantly making me laugh! The second semester is quite busy for us as it includes the: 100th day of school, Read Across America week, Kindergarten Round Up, our field trip to Stuhr Museum, Kindergarten Café, elementary track and field day and the awards program. My students are quick learners who amaze me every day in their work ethic and eagerness to learn! I asked them to do the following, "Tell me something you have learned in Kindergarten or your favorite part." Here are their responses:

Lukus Bunnell- My favorite part is working on the iPads.

Paizley Helgoth- My favorite part is playing outside.

Brixton Lutz- My favorite part is recess.

Hunter Creek- My favorite part is the iPads.

Zaidyn Fellers- My favorite part is math.

Ethan Meyer- My favorite part is math.

Nora Hake- My favorite part is math.

Adeline Pulscher- I have learned how to subtract and my favorite part is recess.

Dixon Roy- My favorite part is math.

Daxton Lockwood- My favorite part is playing at centers.

Jaylynn Thompson- My favorite part is lunch.

Layton Petersen- My favorite part is going outside.

Lincoln Luther- My favorite part is reading.

Easton Shotkoski- My favorite part is PE.

Carson Johnson- I have learned about addition.

Caroline Hayman- I have learned to count by 10s to 100.

Caysen DeCastro- My favorite part is Mrs. Hake.

Drew Friedrichsen- My favorite part is doing subtraction.

Korbin Shotkoski- My favorite part is PE and AR. I have learned subtraction.

Claire Blauhorn- I have learned how to read tricky words.

Nakai Williams- My favorite part is doing math.

Colton Glause- My favorite part is doing subtraction and addition.

I am so fortunate to be a part of a school and community that helps me make Kindergarten such a memorable experience! Thank you!

Mrs. Hake

Patron Newsletter March/April, 2023

Nathan Glause

The High School wrestling team had two qualifiers for the State meet. Emmerson Earl competed at 138 lbs. Jacob Stromberg competed at 285 lbs. and went 2-2 at the state meet. He was just one match short of being a State Medalist. Teammates included Kane Kucera, Jason Thompson, Gatlin Reimers, Dawson Lemburg, Erik Samuelson, and Leo Guzman.

The Palmer Wrestling Club began having practices in December and had its last practice on Thursday, March 16th.

PreK-8th competitions took place at many various locations on Friday, Saturday and Sunday each weekend.

Logan Hayman took over Head Coaching duties for the Wrestling club and was assisted by Connor Donscheski and the High School Wrestlers.



Mrs. Reimers' SCIENCE Classroom

Our year has progressed through a variety of learning opportunities:

7th graders: Have worked very hard this year and have studied geology, plate motion, rock transformations, phase changes, chemical reactions, populations & resources, and matter & energy in ecosystems. The students will be learning dissection techniques when they study more about worms and squid to round out their year!

8th graders: These students will soon be taking their NSCAS test! The students have studied many topics that include harnessing energy, forces & motion, magnetic fields, light waves, the earth, moon & sun, natural selection, and evolutionary history. They will hone their dissection techniques by learning more about the crawdad and frog!

Physical Science: They have been scrupulous in their studies of atoms, elements, electricity, magnets, electromagnetic waves, and forces. The students will soon be able to explain why certain chemicals behave the way they do when a chemical reaction happens and will understand how atoms interact.

Biology: The students started their year with the study of how life on Earth began and moved on to the parts of a cell. They continued their studies with protein synthesis. They will unwind their year progressing through genetic mutations, the human reproductive system, and pregnancy. To end their year, they will study more about populations, communities, and ecosystems.

Chemistry: The students scrutinized every part of the periodic table to develop an understanding of the elements. The students have adhered to their studies about chemical bonding and manipulated chemical reactions. They are digging into the mole and stoichiometry and will end their year with acids and bases.

Anatomy & Physiology: The students have studied how the organs of the human body work together to make their bodies function! The students dissect eyeballs, brains, and hearts to get a closer look at the systems they are studying. They are currently learning about the senses and will soon be dissecting fetal pigs to further their understanding of how the body systems work.



Social Science Shenanigans

By Luke Thompson

Greetings everyone, I can't believe that I am in my 9th year as the Social Sciences teacher at Palmer, I have thoroughly enjoyed my time here. Currently everything seems to be running fairly smoothly as we have settled into the school year. Actually, it kind of felt like the first three quarters flew by and before you know Summer break will be here.

For the most part everything has pretty much stayed the same in my neck of the woods, at least for the first semester. However, I gained a student teacher second semester, which is a first for me. Mr. Noah Thede is a 2019 graduate of St. Paul and has been taking over my classes as he is in his final semester at the University of Nebraska-Kearney and will graduate in May. So it has been an interesting transition for me giving up teaching time in my classrooms and giving Mr. Thede as much instruction time as possible. Our students, and Mr. Thede, seem to be doing well as this has been quite the change for everyone. Mr. Thede will be leaving at the end of April and then I will be once again teaching for the remainder of the year.

Every year I try to find something to focus on as far as adding something new or refocusing on something that I've done in the past. This year I've been trying to incorporate more debate into all of my classes. This is something I started a couple of years ago, but unfortunately I didn't do as well in this area last year as I would have liked to. Honestly, I don't have a background in debate, but I wanted to try and focus on researching different topics and trying to look at different issues or subjects from different perspectives. The last one, different perspectives, is something I think society struggles with at times. I wanted to try and give our students the opportunity to look at different topics from different perspectives and help them understand that there are multiple perspectives on almost everything, and that it's alright to disagree with others.

Typically what we do is select a few topics to research and split classes up into different groups to research the chosen topic. I then let representatives from each group come together and decide (usually with rock, paper, scissors) on what side of the topic their group is going to research for and ultimately debate. This makes it to where students might wind up on the side that they personally disagree with, yet they have to research to find supporting information and data for their side of the argument. After some research days, usually two, we come together and have the students debate their side. We keep score and after the debate I ask students if they agree with their side of the issue or if they support the other side. Usually at first, students aren't overly excited about the activity. However it does give us the opportunity to research and discuss items from history, government, or current issues enabling us to dive deeper into these topics which usually resonate with the students. And Mr. Thede has also been incorporating this in his instruction.

And just as a reminder my email is lthompson@palmer.esu in case anyone should ever need to get in contact with me about any issues, concerns, or questions. Mr. Thede's email is nthede@palmer.esu. Please feel free to contact either of us if needed. I would also like to share for my new parents or even remind my parents of returning students that my weekly lesson plans can be found on the school web site palmertigers.org. Simply click on the "Staff" tab on the right side of the page, click on "Secondary Staff", and then click on my name on the drop down menu. Once you've clicked on my name then click on the "Mr. Thompson's Lesson Plans" tab. And once again please feel free to email Mr. Thede or myself and we will respond as quickly as possible.

Go Tigers!

April Lunch Menu

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	B: French Toast L: Mini Corndogs, Peaches, Baked Beans, Rice Krispie Bar	B: Cereal L: Chicken Sandwich, Pink Applesauce, Scalloped Potatoes	B: Soft Pretzel L: Hamburger, Strawberry Cup, Potato Triangle	B: Breakfast Pizza L: Sandwich Bar, Grapes, Carrots, Chips/Cookies	NO SCHOOL	
9	10	11	12	13	14	15
	NO SCHOOL	B: Cereal <i>Kinder Meal</i> L: Pizza, Mandarin Oranges, Corn, Ice Cream	B: Donuts (with Dads) L: Chicken Fried Steak, Peaches, Mashed Potatoes, Dinner Roll	B: Pancakes L: Macaroni & Cheese w/ Ham, Pink Applesauce, Peas	B: Scrambled Eggs L: Pulled Pork Sandwich, Pineapple, Baked Beans, Chips	
16	17	18	19	20	21	22
	B: Breakfast Turnover L: BBQ Rib Sandwich, Mandarin Oranges, Potato Triangle	B: Cereal L: Spaghetti, Pears, Green Beans, Pears, Garlic Bread	B: Donut L: Chicken Tenders, Strawberry Cup, Scalloped Potato, Dinner Roll	B: Cheese Omelet L: Crisritos, Spanish Rice, Pineapple, Corn	B: Biscuits & Gravy L: Sandwich Bar, Grapes, Carrots, Cookie/Chips	
23	24	25	26	27	28	29
	B: Soft Pretzel L: Teriyaki Chicken on Rice, Pineapple, Broccoli, Fortune Cookie	B: Donut L: Pork Patty on a Bun, Pink Applesauce, Green Beans, Cheese Its	B: French Toast L: Beef & Noodle over Mashed Potatoes, Pears, Dinner Roll	B: Cereal L: Stromboli, Watermelon, Baked Beans, Refrigerated Dessert	B: Breakfast Pizza L: Fiestada, Strawberry Cup, Corn, Ice Cream	



May Lunch Menu

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 B: Cereal L: Walking Taco, Pink Applesauce, Corn, Brownie	2 B: Cinni-Mini's L: Chicken Alfredo, Peaches, Green Beans, Breadsticks	3 B: Pancakes L: Hamburger, Glazed Bananas, Smiley Fries	4 B: Scrambled Eggs L: Mini Corndogs, Mandarin Oranges, Baked Beans	5 B: Donut L: Sandwich Bar, Grapes, Carrots, Cookie/Chips	6
7	8 B: Mini Waffle L: Popcorn Chicken, Peas, Green Beans, Rice Krispie Bar	9 B: Cheese Omelet L: Hot Ham & Cheese Croissant, Strawberry Cup, Scalloped Potatoes	10 B: Breakfast Pizza L: Salisbury Steak, Peaches, Whipped Potatoes, Dinner Roll	11 B: Biscuits & Gravy L: Pizza, Pineapple, Corn, Ice Cream Cup	12 B: Cereal 1-6 SACK LUNCH K+7-12 Cream Chicken on a Biscuit, Pink Applesauce, Peas, Cookie	13
14	15 B: French Toast L: COOKS CHOICE	16 B: Soft Pretzel L: COOKS CHOICE	17 B: Donut L: COOKS CHOICE	18 NO BREAKFAST NO LUNCH	19 SUMMER BREAK	20 SUMMER BREAK
21 SUMMER BREAK	22 SUMMER BREAK	23 SUMMER BREAK	24 SUMMER BREAK	25 SUMMER BREAK	26 SUMMER BREAK	27 SUMMER BREAK

