



Palmer Public School



Dr. Joel Bohlken, Superintendent
Sherise Loeffelbein, PK-6 Principal
Kristin Reimers, 7-12 Principal

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Board of Education
Kathy Wolfe, President
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Superintendent's Newsletter, October/November 2024

Our facility's challenges, including overcrowding, did not go away when the bond fell just short in March. Over the summer, the Board of Education and Administration invited all residents to share feedback about the original bond proposal and how best to solve our school's needs. School leaders took the community's concerns to heart. The plans were scaled back to reduce the cost of the bond while maintaining a focus on critical academic requirements and important safety and security components. The revised facility plan calls for a bond election on Nov. 5, 2024. You are invited to an Open House at school Tuesday, Oct. 1 from 6:00-7:30 p.m. There will also be an informational meeting for the community at school on Sunday, Oct. 13 at 12:45 p.m. Information is contained on the following pages, and on www.palmerprogress.org.

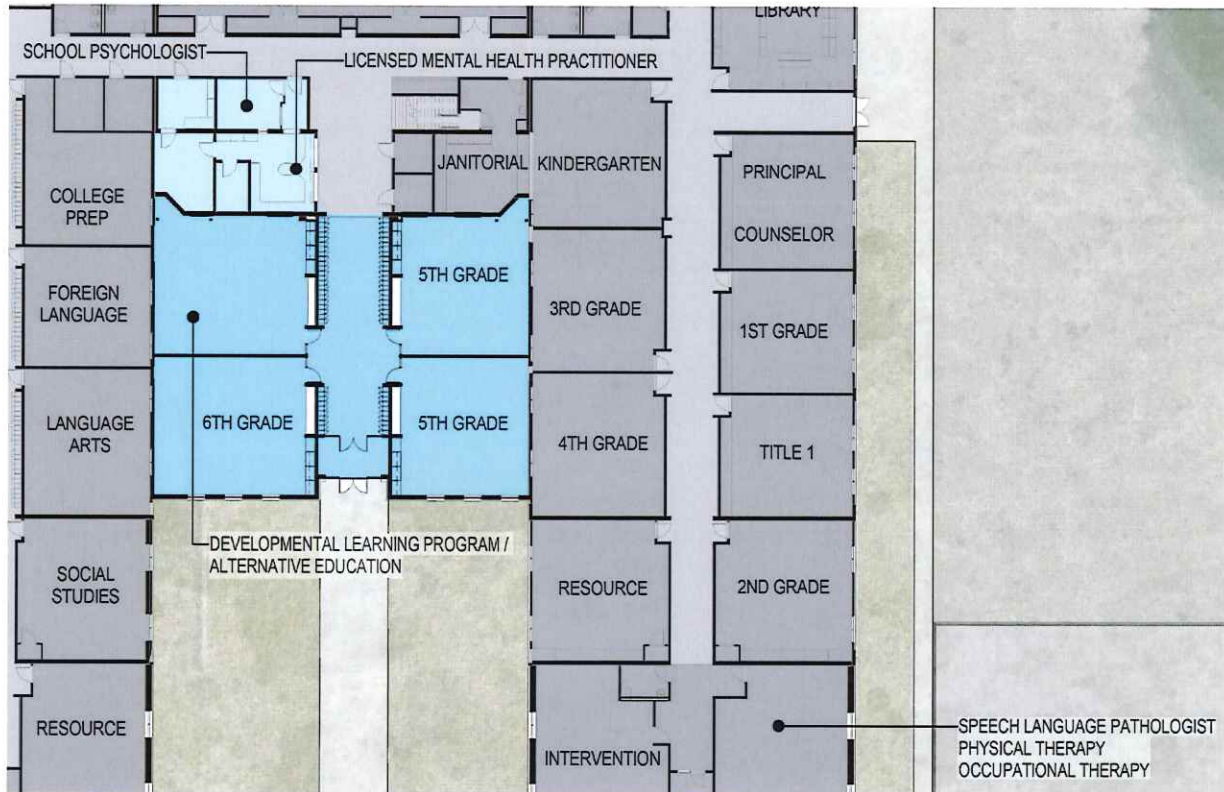
I have had questions about grants from time to time. We frequently apply for grants and have been awarded several, but don't always publicize them when they are awarded. Below are some of the grants the school has received over the past few years. We'll continue to apply for grants, including those that could be used toward a building bond project.

- Diesel Emissions grant, Buses - \$48,500
- Early Childhood grant, Preschool remodeling - \$155,000
- School Lunch grant, Salad bar - \$8,195
- DEQ Tire grant, Playground rubber - \$1,125
- Heartland United Way grant, Weightroom equipment - \$1,400
- Nebraska Arts Council grant, Artist in Residence - \$1,650
- California Casualty Insurance grant, Staff lounge remodel - \$7,500
- School Safety/Security grant, Camera door locks - \$2,000
- Humanities Nebraska grant, Lit. & Art connection - \$1,000
- NDE Mental Health grant, Mental health supports - \$26,750

Sincerely,

Dr. Bohlken

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



The additions address a number of our highest priority facility needs identified by staff and community members, including several academic programs that currently have no place to meet.

- Provides dedicated rooms for all of our specialists to meet with students, including Speech Pathologist, Physical Therapist, Occupational Therapist, School Psychologist, and Licensed Mental Health Practitioner. Currently, these specialists meet with students in public areas, such as the library or hallway.
- Provides room for the Elementary Principal and Elementary Counselor to be in the Elementary wing of the building. They are currently on the high school side and upstairs, respectively.



- Provides intervention space in the elementary for supplemental work with students. Paraprofessionals also currently meet in hallways to work with individuals or small groups.

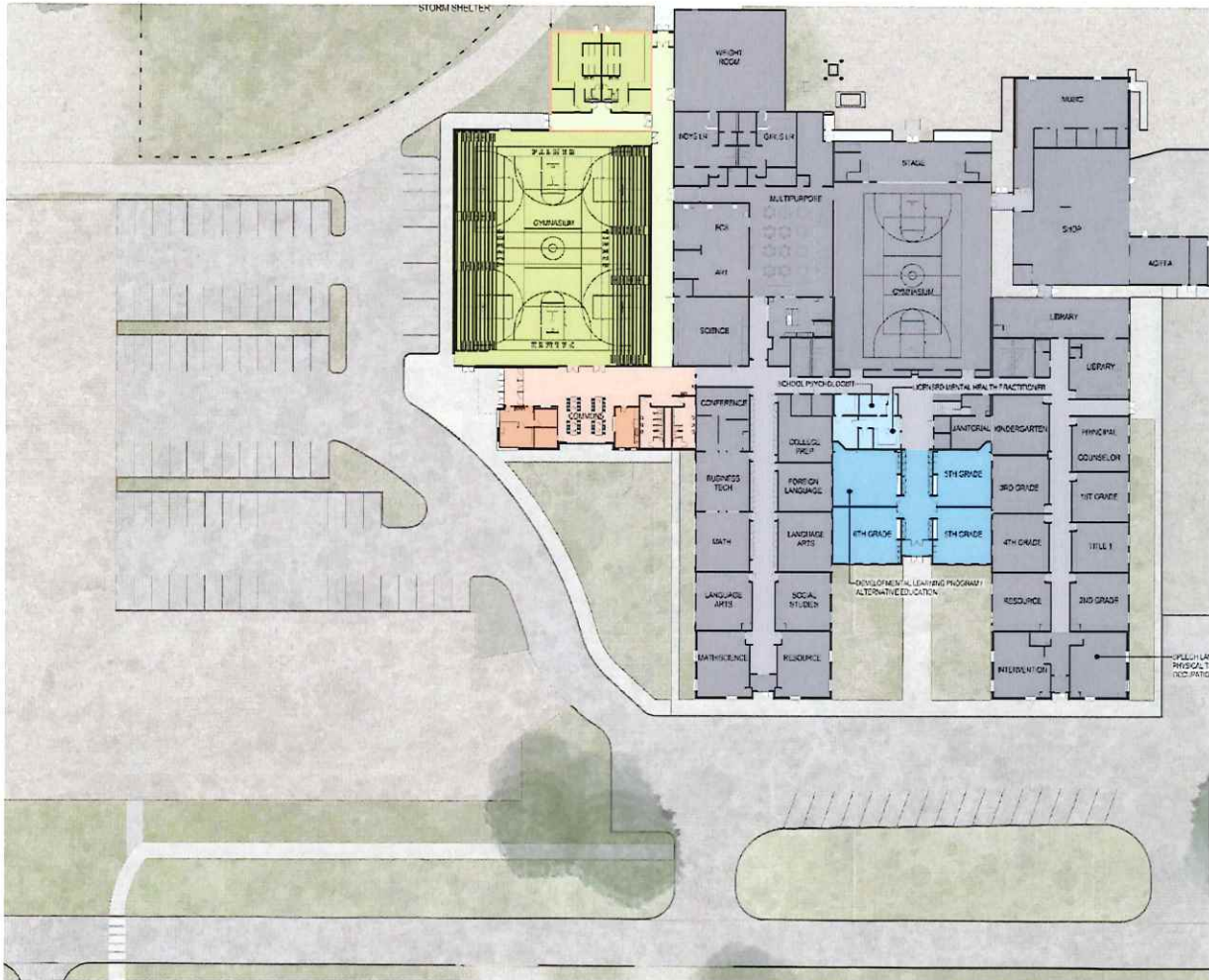


- Provides ADA accessible and FEMA rated storm shelter. The current facility shelter is neither of these.

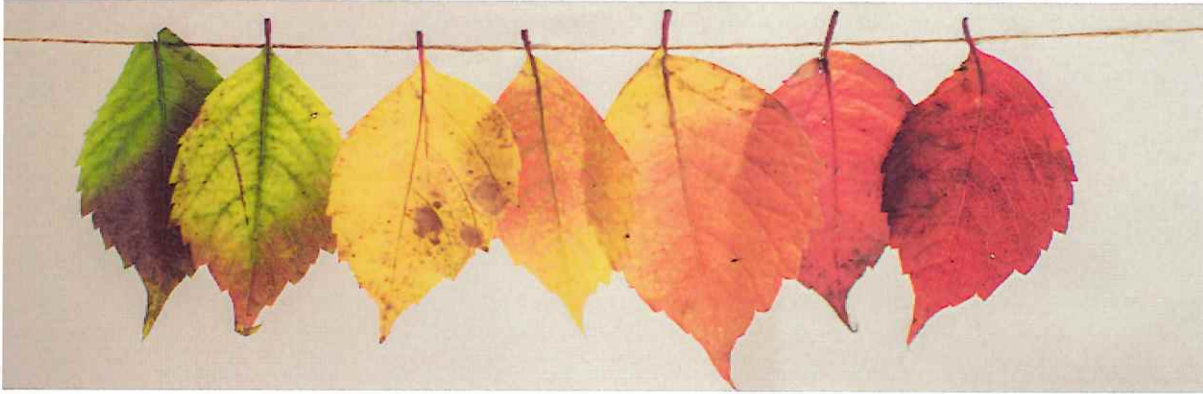


- Landscaping and partial paving to add parking space and address water drainage issues.





- Locates the entrance to the main building and secure office monitoring on the same side as where the majority of the parking is located (orange above).
- Addition of on-site gym addresses the need for several groups to use limited gym space simultaneously, including PE, indoor recess, blood drives, concerts, practices, games, etc.
- Provides a paved sidewalk between the preschool building and K-12 building.



Fall is upon us! With fall, and honestly straight from the start of the school year, we have had a lot of illness. Many of the illnesses are running for numerous days. We ask that you familiarize yourself with our policies to be as preventative as possible in spreading it. Thank you!

With the changing weather there is a fluctuation in weather. Layers are necessary but are frequently lost! Please help us keep our lost and found pile slim as it grows quickly at this time of year. Along with that, please make sure your child is dressing appropriately for the changing weather. Now would be a good time to see if the winter coats fit, and gloves and hats are found!

There are many upcoming events that will be taking place in October as well as November. Please be on the lookout for information in your child's backpack, our website as well as our facebook page on the following events/schedule changes:

October 2nd-early dismissal

October 4th-little girls dance camp

October 11th-early dismissal and end of quarter one

October 31st-fall caroling at the legion-detail upcoming

November 1st-no school

November 6th-early out

November 8th-endowment fund pancake and a play

November 11th-Veterans day program

November 27th-early out with Thanksgiving break on the 28th-29th

Thank you for a great start to the school year. We had a fantastic turnout for parent teacher conferences! Collaborating with parents and guardians is an effective way to maximize student success. Please keep us informed of any changes at home, as they may impact your student's experience at school.

Thank you,

Sherise Loeffelbein

PK-6 Principal

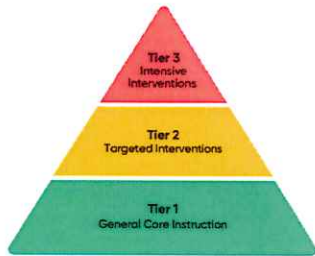
Special Education Director



Happy Fall!

At PHS, we are committed to providing all students the support they need to succeed academically, socially, emotionally, and behaviorally. We utilize the Multi-Tiered System of Support (MTSS) framework to achieve this. If your student attended elementary school at PHS, the process is similar. I would like to take a moment to explain how this process works and how it can benefit your student.

What is MTSS? MTSS is a proactive, data-driven approach to identifying and supporting students' needs. It focuses on delivering targeted instruction and interventions to ensure every student can thrive.



How Does MTSS Work? MTSS operates on three levels, or "tiers," of support.

How Can Parents Be Involved? As a parent, your input is invaluable in the MTSS process. You will be notified via email if your child is identified as needing additional support, and we will work together to develop strategies that support your child's progress.

This may include updates on your child's progress, meetings with the school team, and suggestions for how you can help reinforce learning or behavior goals at home. Our ultimate goal is to ensure every student receives the support they need to succeed.

We are also excited to introduce a new tool to help you stay informed about your child's homework and assignments. Our school has launched a new resource where you can easily view your child's homework, upcoming projects, and deadlines. This platform is designed to enhance communication between school and home, providing you with greater visibility into your child's academic progress.

Here's what you can do with the link:

- **View daily and weekly homework:** Check assignments for each subject.
- **Track deadlines:** Stay on top of due dates for projects, reports, and tests.

To get started, follow these simple steps:

1. Visit the Jungle at <https://tinyurl.com/yc8ydpdh> or use the QR code below
2. Click on the tab of your child's grade at the bottom of the document:



3. Explore the dates and see what's coming up for your child in each subject.

We believe this tool will be an invaluable resource in helping you support your child's learning. If you have any questions or need assistance with the link, please feel free to reach out to me at Palmer Public School.

Thank you for your continued partnership in your child's education. We look forward to working together for a successful school year!

Mrs. Kristin Reimers



Counselor's Corner



Hello all!

Whether you are in 2nd grade, a senior in high school, a parent, or a teacher, we all benefit from healthy sleep habits. Sleep promotes a strong memory, facilitates learning, recharges our mental and physical batteries, and generally helps us make the most out of our days. With quality sleep, we improve our mental and physical health, reduce stress, and can maintain a routine that is critical to having a healthy day. The ideal amount of sleep needed for each person may vary, but generally research suggests we need between 7-9 hours of sleep each night.

For both children and adults, sleep plays a critical role in helping our bodies and minds recover. As a result, sleep contributes to improvements in learning and promotes regulatory functions such as emotional and behavioral control that are important for each and every day. Since sleep plays such a crucial role in human functioning, lack of sleep can lead to a number of consequences including irritability, hyperactivity, poor impulse control, difficulty multitasking, impaired memory, and poor calculation skills.

Are you having trouble sleeping or staying asleep? There are many aspects that can affect our ability to fall asleep and stay asleep. If you are experiencing either of these, try reflecting on that amount of screen time allowed right before bed, the sleeping atmosphere (noise, temperature, light), caffeine intake, and the consistency of bedtime throughout the week and weekend. Changes you can make to optimize your sleep schedule can include: participating in relaxing activities before bed (taking a warm bath, listening to music, reading a book), keeping your bedroom cool, dark, and quiet, exercising during the day and not close to bedtime, maintaining a consistent sleep routine all seven days of the week, and adjusting your schedule to allow for enough time to sleep.

As always, if you have any questions or concerns, please do not hesitate to reach out to me at cvalasek@palmer.esu7.org.

Mrs. Valasek

HIGH SCHOOL COUNSELING OFFICE



SENIOR NEWS

Mrs. Trout 7-12 School Counselor

Scholarships

Seniors have been emailed a google sheet that has all the scholarships and the deadlines. I am continuously updating it as scholarship committees send me updated information. If you have any questions please email me.



FAFSA

The FAFSA will be opening up on December 1st. We will plan a FAFSA night in December sometime for senior parents to attend.

UPCOMING EVENTS

October:

10th: Nebraska Wesleyan Rep will be coming to speak to all seniors during 7th period.

30th: All seniors and possibly juniors will be attending Wayne State College

November

7th: All Ag classes and seniors will be attending NCTA in Curtis.

December:

5th: Seniors will be attending University of Nebraska - Lincoln



NEWSLETTER

OCTOBER / NOVEMBER

PWOODRUFF@PALMER.ESU7.ORG

Hello, and welcome back to another fun-filled year! It has already been a busy 2 months for the Palmer FFA Chapter, and it is not slowing down anytime soon! To recap, our officers hosted an FFA Member Back to School Breakfast, in addition to partnering with the Lower Loup NRD to hold "Test Your Water Night." Additionally, in September, members had the opportunity to show livestock at the State Fair, compete in the St. Paul Range Judging Contest, volunteer at Askarben, as well as attend Husker Harvest Days. I can't wait to see what's in store for the rest of the year!

Ms. Woodruff

24-25 AG ED COURSE OFFERINGS

Advanced Shop
Advanced Floral Design
Animal Science /Vet Science
Intro to AFNR
Ag Leadership/Agribusiness
Exploring AFNR
Plant Science/Floriculture
Foundational Shop

UPCOMING EVENTS

- 10/1 - FFA FUNDRAISER BEGINS
- 10/1 - OCTOBER CHAPTER MEETING
- 10/2 - SC AREA LAND JUDGING CONTEST
- 10/16 - STATE LAND JUDGING CONTEST
- 10/23-10/26 - NATIONAL FFA CONVENTION
- 10/30- FFA FUNDRAISER ENDS
- 10/30 - FFA JACKET ORDERS & PAYMENTS DUE
- 11/5 - NOVEMBER CHAPTER MEETING
- 11/5 - DISTRICT 7 LIVESTOCK JUDGING CONTEST

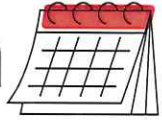


Palmer Ag Ed & FFA Stats:

68 Ag Ed Students
51 FFA Members

Join the Palmer FFA Alumni Chapter

When




Sunday,
November 17th
@7:00 P.M.



Where



Palmer HS
Ag Classroom
Door 17

Who 

Parents, community members, supporters, former FFA members, staff, and anyone else wanting to support agricultural education and FFA at Palmer

Past FFA membership is **NOT** required to join!



JOIN US ON FACEBOOK - SEARCH FOR
"PALMER FFA ALUMNI & SUPPORTERS"



Greetings from Tiny Tigers Early Learning Center PreK 3's!

I can't believe it is already football season, and school has been in session for over a month. I am excited to be in my seventh year of teaching at TTELC.

Fall is upon us, and our annual field trip to Helgoth's Pumpkin Patch is scheduled for October 15, 2024. I sure hope the weather cooperates! This is always a really good time for the students, parents, and teachers. I really enjoy the hayrack ride out to pick pumpkins. We have several parent volunteers, but we could always have more. Of course, grandparents, aunts and uncles, etc. are welcome to come along!

This year the main focus of my teaching is going to be feelings and emotions, naming them, appropriate ways to express them and working through them. Three-year-olds have a lot of very big feelings in their little bodies and it is tough for them to know precisely what they are feeling and what to do about it. To help my littles work on this I have added a social-emotional curriculum that the PreK 4s use. This curriculum is perfect for our 3 to 5-year-old students. Each week, we will discuss a new topic dealing with feelings and emotions and how to be the best preschooler you can be. There is a poster for each topic and a book that goes along with it. I hang the posters where the students can refer back to them often.

I am looking forward to getting to know my new students and families better. We are having a blast so far so I know it is going to be another great year here in PreK 3's. Come by and visit us sometime!

Teaching the WHOLE Child

Tayma Rasmussen - PreK 4 Teacher

Hi there! What a wonderful start to our school year with such a fun group of 20 preschoolers in PreK4! We have already learned so much and we are looking forward to much more fun learning opportunities ahead - like our annual field trips to the Palmer Fire Station and Helgoth's pumpkin patch! At Tiny Tigers preschool, we strive to not only develop students academically, but socially, emotionally, physically as well. We assess students on all of these developmental realms which are based on the [GOLD standards](#). Here are some of the activities that we do in preschool that engage and develop students as well as some ideas that parents can do at home!

Developmental Realm	Activities we will do at school	Activities for practice at home
Fine Motor	We have a manipulative area that includes items like tweezers, playdoh, hole punchers, clothespins, zippers, keys/locks, or any other items you may need to use your "finger muscles" for.	Puzzles, playdoh, coloring pages at home (broken/short crayons are GREAT for little hands!), popping bubble wrap bubbles, ripping/snipping paper
Social Emotional	We learn how to label feelings by looking at a person's face and body in books, videos, and real life social situations that arise during the school day. Example: If a person's eyebrows are furrowed and fists are balled, they are probably feeling angry.	Talk about what we can do when we are feeling a "big feeling". Some safe ways to come down from feeling angry, sad, frustrated, etc could be taking a big breath, counting to ten, asking for a hug, squeezing a stuffie, or taking a break in a comfy spot.
Language	Students interact with each other at our dramatic play center. We create realistic environments so students can 'pretend play'. During the school year we might do a restaurant, "Camp Rasmussen", fire station, flower shop, grocery store, hair salon, etc. They build their cooperation with their peers as well as language development.	One of the best activities you could do is read to your child! :) Not only will they pick up new vocabulary and lengthen their attention span, but they can also build skills in empathy and learn about the world around them.

Starting the Year, Right? or Starting the Year Right!

Punctuation marks can have a significant impact on how a sentence is read. Are we just starting the school year? Or are we starting this school year off right? The answer to both questions is "Yes!" The school year has just begun; however, it has been a "right" start to the year. I am blessed to have the opportunity to teach students from grades PreK 3 to high school juniors. It is challenging yet fun to change my mindset when working with each group of students.

Elementary students are progressing in their library skills so much that I am teaching third graders what I used to teach to sixth graders! Seeing students using the card catalog, talking about genres, and understanding the Dewey Decimal System of Classification is awesome. It warms this librarian's heart. Students in PreK3 are just learning about the parts of the book, but the PreK4 students are "giving their brains a kiss" because they know the parts of a book and more! These young students know dedication, publisher, and barcode. Students in Kindergarten, first, and second grade will begin hearing the Golden Sower picture books (Little Bluestem).

The book fair is here as I write this article. As always, the fair was a great success. I can't say enough about the generosity of our school community and the reading culture that is present here at Palmer Public Schools. It is wonderful to hear staff and students talking about books!

The National Honor Society hosted Kevin Kush at the beginning of the year. We were excited to bring him to Palmer to talk about self-motivation, choosing the right friends, and being a positive role model. He spoke to students in grades 4-6 and 7-12 along with a special session for fall athletes. I hope that what he shared is being implemented and is improving our school culture.

The school year has started right for me. I am excited to share my love of English and reading with my students every day. I look forward to seeing all of our students grow and develop their skills in English. It's exciting for me to hear students say, "I loved this book, Mrs. G" in hopes that this student has developed a love for reading. It's these moments that I learn to cherish throughout the year. The school year is filled with busyness, but I always find time to read and talk about books.

-Mrs. Gregoski



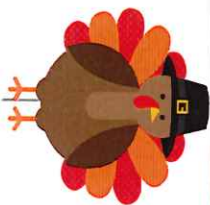
October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1 B: Cereal K-2 Sack L: Chicken Fried Steak, Peaches, Whipped Potatoes,	2 B: Scrambled Eggs L: Pizza, Pink Applesauce, Corn	3 B: Donut L: Mini Corndogs, Strawberry, Baked Beans, Graham Snack	4 B: Br Pizza L: Sandwich Bar, Grapes, Carrots, Cookie/Chips
7 B: Soft Pretzel L: Meatball Sub, Mandarin Oranges, Potato Triangles	8 B: Cheese Omelet L: Chicken Alfredo, Pears, Peas	9 B: Waffles L: Walking Taco, Pink Applesauce, Corn, Brownie	10 B: Cereal L: Chicken Rice Bowl, Pineapple, Broccoli, Fortune Cookie	11 B: French Toast L: Pulled Pork Sandwich, Peaches, Baked Beans, Chips
14 B: Biscuit & Gravy L: Crispiños, Spanish Rice, Pineapple, Corn	15 B: Breakfast Sand L: Fiestada, Glazed Bananas, Peas, Ice Cream Cup	16 B: Cereal L: Lasagna Casserole, Pears, Green Beans, Breadstick	17 B: Pancakes L: Chicken Tenders, Pink Applesauce, Corn, Dinner Roll	18 B: Cinni Minis L: Pork Patty on a Bun, Strawberry Cup, Baked Beans, Cheese Its
21 B: Fruit Turnover L: BBQ Rib Sandwich, Pineapple, Potato Triangle	22 B: Scrambled Eggs L: Hot & Ham and Cheese Croissant, Peaches, Scalloped Potatoes	23 B: Breakfast Burrito L: Chicken Noodle Casserole, Mandarin Oranges, Peas	24 B: Cereal L: Chicken Sandwich, Pears, Corn, Rice Krispie Bar	25 B: Pizza L: Macaroni and Cheese w/ Ham, Pink Applesauce, Green Beans, Brownie
28 B: French Toast L: Hamburger, Pineapple, Smiley Fries	29 B: Soft Pretzel L: Pig in a Blanket, Strawberry Cup, Baked Beans, Ice Cream Cup	30 B: Cheese Omelet L: Cream Chicken on a Biscuit, Mandarin Oranges, Peas	31 B: Donut L: Pink Applesauce, Green Beans, Cookie	



USDA is an equal opportunity employer – Menu subject to change – Milk variety available with each meal

November 2024



Monday	Tuesday	Wednesday	Thursday	Friday
				1 NO SCHOOL
4 B: Cereal L: Burritos, Spanish Rice, Pineapple, Green Beans	5 B: Pancakes L: Chicken Fried Steak, Strawberry Cup, Whipped Potatoes, Dinner Roll	6 B: Cheese Omelet 5th Grade Meal L: Pizza, Glazed Bananas, Corn, Ice Cream Cup	7 B: Biscuits & Gravy L: Mini Corn Dogs, Peaches, Baked Beans, Graham Cookies	8 B: Pizza L: Sandwich Bar, Grapes, Carrots, Chips/Cookie
11 B: Soft Pretzel L: Pork Patty on a Bun, Pink Applesauce, Baked Beans, Cheese Its	12 B: Scrambled Eggs L: Chicken Tenders, Peaches, Scalloped Potato, Dinner Roll	13 B: French Toast L: Spaghetti, Strawberry Cup, Green Beans, Garlic Bread	14 B: Cereal L: Beef and Noodles on Mashed, Mandarin Oranges, Dinner Roll	15 B: Cinnamon Roll L: Chicken Rice Bowl, Pineapple, Broccoli
18 B: Donut L: Chicken Sandwich, Pink Applesauce, Corn, Cookie	19 B: Waffles L: Fiestada, Pineapple, Green Beans	20 B: Cereal L: Turkey & Stuffing, Strawberry Cup, Whipped Potatoes/Gravy, Dinner Roll w Pumkin Desert	21 B: Pancakes L: Hamburger, Glazed Bananas, Fries	22 B: Pizza L: Macaroni & Cheese with Ham, Mandarin Oranges, Peas
25 B: Cheese Omelet L: Crispiitos, Spanish Rice, Pineapple, Corn	26 B: Cinni Minis L: Chicken Alfredo, Pink Applesauce, Green Beans	27 B: Cereal L: Mini Corndogs, Peaches, Baked Beans	28 No School	29 No School

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