



Palmer Public School



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Sherise Loeffelbein, PK-6 Principal
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Superintendent's Newsletter, April/May 2025

Preschoolers Learn the Power of Cooperation in Tug-of-War with the Superintendent

What happens when a group of preschoolers challenges the superintendent to a tug-of-war? A valuable lesson in teamwork and cooperation!

Excitement filled the room as our eager preschoolers grasped the rope, their faces filled with determination. The challenge was set: could they pull the superintendent across the line? At first, one brave student stepped up, gripping the rope tightly and giving it her all. Despite her best efforts, she quickly realized that pulling alone was an uphill battle. No matter how hard she tugged, the superintendent stood firm.

However, when the entire class joined forces, something amazing happened—they pulled together and won! The room erupted in cheers as the students celebrated their victory. But beyond the fun and excitement, this game carried an important lesson. This tug-of-war wasn't just about strength; it was about teamwork. By working together, the preschoolers discovered that they could accomplish something they couldn't do alone.

PreK teacher Mrs. Rasmussen cheered them on and reminded the students that cooperation and teamwork are key ingredients for success. This hands-on experience reinforced the idea that challenges—no matter how big—can be overcome when we support one another and work as a team.

A big thank-you to our amazing PreK teachers for making learning so interactive and engaging! This was more than just a friendly competition; it was a valuable life lesson that our young learners will carry with them for years to come.

Sincerely,

Dr. Bohlken





Dear Parents and Guardians,

Spring is in the air and I want to take a moment to thank you for your continued partnership in your child's education! The final months of the school year are upon us, and this is a crucial time for students as they prepare for end-of-year assessments and final projects.

To help ensure student success, I encourage families to maintain regular routines, including early bedtimes and nutritious breakfasts. A well-rested and well-fed child is better able to focus, retain information, and perform their best in school. With the time change and more light at night this can become more and more challenging!

Additionally, please continue to encourage daily reading, regular homework completion, and open conversations about what your child is learning in school. Your engagement makes a significant difference in their confidence and achievement. We plan on continuing to have fun and continue with academics through the last day of school, May 15th.

Upcoming events include:

April 18th and 21st-No school

May 5th-Kindergarten-6th concert

May 13th-Elementary Field day

May 15th-Elementary awards and last day-dismissal 11:30

We are so proud of our students' hard work and perseverance this year, and we know they will finish strong with your continued support. Thank you for being a valuable part of our school community!

Sincerely,

Sherise Loeffelbein
K-6 Principal/Special Education Director



Spring has sprung...well sort of...

Good ol' Nebraska weather has proven itself to us once again! Hot one day, snow on the ground the next, welcoming in the vernal equinox! Spring is a busy season for students, filled with school events, competitions, performances, and celebrations. From academics to extracurricular activities, it's a time of growth, achievement, and making lasting memories! Our students will finish the year strong and contribute to Palmer Public School's success!



As we approach the final months of the school year, I encourage all students to stay focused on their academic goals. Spring is a season of growth—not just in nature but also in learning, leadership, and personal development. I am incredibly proud of our students' dedication and perseverance throughout this school year!



Summer is a well-deserved break, but it's also a chance for high school students to keep learning in ways that fuel their passions and prepare them for the future. Whether reading books, taking an online course, gaining work experience, or exploring new skills like construction, photography, or entrepreneurship, every opportunity to grow adds value. Learning doesn't have to be traditional—travel, volunteering, and creative projects can teach just as much as a classroom. Staying engaged over the summer helps students stay sharp, build confidence, and start the next school year ahead of the game!



Mrs. Kristin Reimers

Thank you, MR. GLAUSE!

Thank you for your years of dedication and service as a teacher and a coach! Your passion for leading and inspiring students, in the classroom and on the field, has made a lasting impact! Your commitment to education and mentorship has shaped lives in ways that words can hardly express.

We truly appreciate all you have done—thank you for making a difference!

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.

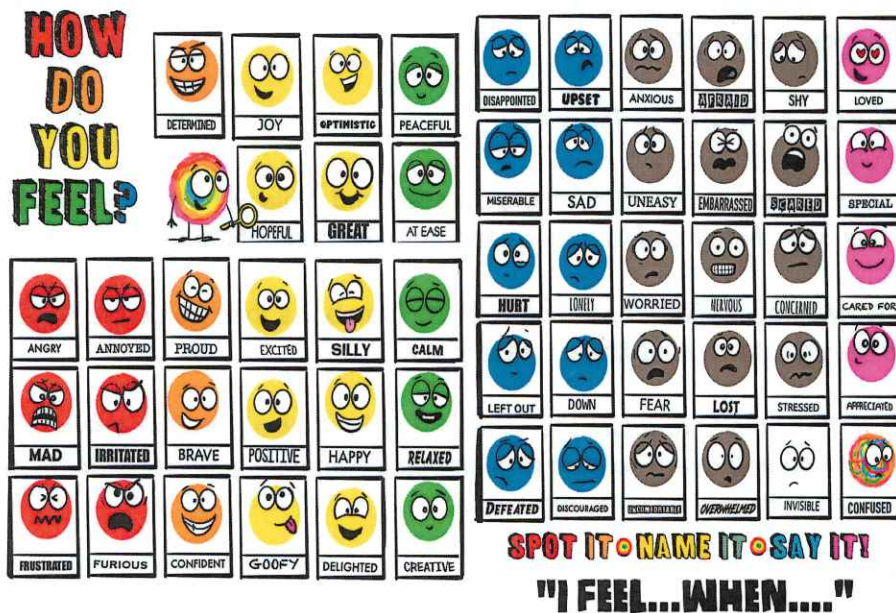
- Adding the word “yet” encourages a growth mindset and reassures your student that our brains get stronger by trying new and challenging things!

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”



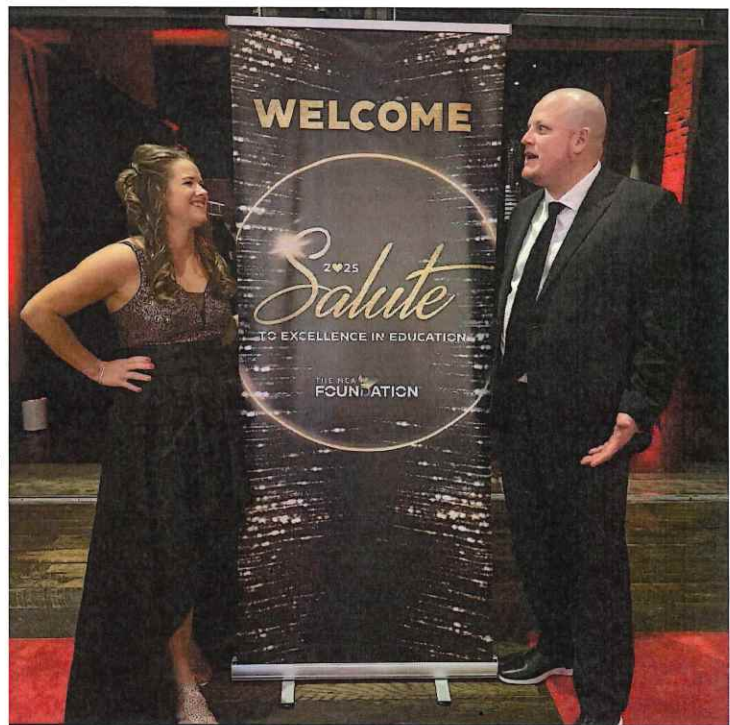
PALMER SOCIAL SCIENCES BY LUKE THOMPSON

Well, it's that time of year again and I get the privilege of sharing some of the items taking place in the Social Sciences world at Palmer Public School. I'm always surprised at how fast the school year goes as it is very hard to believe that we are in the 4th quarter already. It's been another great year in Room 100, my 11th year to be exact, and I feel very fortunate to continue having the opportunity of working with so many great students and people that make up our school and the Palmer community.

This is the first full year that I've focused on chunking content information in an effort to better facilitate the educational process for our students. Research shows that having teachers discuss content for about 8 minutes, for Junior High aged students, and 10 minutes, for 9-12 students, is ideal. Any discussion longer than those time frames results in students not retaining information as efficiently. So, I discuss the content for those time frames and then I provide the students about 2 minutes to pair up and discuss 2 main points from the lecture and then we have a class discussion about what the students share and elaborate on the material even more. This is great for getting students to share their thoughts in a small group setting and also getting them used to speaking in front of a larger group. It also gives the students the opportunity to guide where our conversations go, giving them a little bit more autonomy in their education. Once we are done discussing as a group, I then present another chunk of information and try to share out again or take a quiz at the end of class. Students have really embraced this system that we implemented in the 2nd semester of last year and it seems to be working really well.

Along with using the aforementioned chunking strategy, I am also implementing my personal growth goal of using wait times during class discussions. In utilizing this approach, I will ask a student a question and give them a little bit more time to respond with an answer instead of calling on someone else right away if the student doesn't answer. This process allows for students to think more deeply about the question or topic and give them ample time for a response. If the student doesn't know the answer, then I can guide them and allow them to answer the question, helping them to think it through more. This is beneficial and helps prevent students from not having to answer and not getting away with saying the dreaded, "I don't know." It really helps students think critically in situations that they might not always want to think about and it seems to be helping.

Overall, I am excited to continue my work here. I absolutely love the fact that my entire family is in this school system, with my wife being the 4th grade teacher and my 4 children being in school here. I recently had the privilege of traveling to Washington, D.C. with my wife Brenda as she was representing Palmer and Nebraska at the 2025 Salute to Excellence in Education in Washington, D.C. and was extremely proud of her as she did a wonderful job of representing our Tiger Pride.



It is hard to believe that we are done with Fall and Winter sports and moving into Spring! Congratulations to all teams on their seasons and GOOD LUCK to Baseball players and Track & Field athletes. Baseball is played in St. Paul at Grover Cleveland Alexander Field. We have 5 boys from Palmer playing this year in the coop, known as Cats Baseball.

Upcoming events: Please mark your calendars for the All School Play taking place on Saturday, April 26 at 6:00 PM and Sunday, April 27 at 4:00 PM. Taffy Lockwood is directing the play this year. Thank you, Taffy!

Another date to keep in mind is the Activities/Athletic Banquet coming up on May 12, 2025. That evening is a wonderful opportunity for our staff to recognize all the amazing accomplishments in athletics, academics, and activities. More information to come on the banquet details.

Furthermore, I would like to thank our staff for all their hard work this year. Especially Mr. Nathan Glause for his many years of service to football, wrestling, and track. Congratulations and enjoy your retirement!

Sports

JH/HS Cross Country- Cathy Blauhorn

JH/HS Volleyball- Mary Gregoski, Becky Mottl, Shelbea Hinrichs & Sherise Loeffelbein

JH/HS Football-Jim Sake, Heath McClellan, Luke Thompson, and Nathan Glause

JH/HS Basketball-Heath McClellan, Matt Green, Jim Sake, Kayla Dobson, Becky Mottl

JH/HS Wrestling-Nathan Glause and Connor Donscheski

Track and Field-Cathy Blauhorn, Jeremy Vlcek, Sara Kanter, Peyton Stein, Kyndsay Herrick, Heath McClellan, and Natalie Bohlken

Baseball- Jim Sake

Activities

Cheer- Melissa Kriz

Dance-Kyndsay Herrick

National Honor Society- Mary Gregoski

Student Council- Kristin Reimers

One Act Play- Jaime Green

All School Play- Taffy Lockwood

Instrumental and Vocal Music- Anna Sake

Speech-Jaime Green

Math Counts- Cindy Doggett

Quiz Bowl-Cindy Doggett

FFA- Payden Woodruff

Yearbook- Jaime Green

A large, stylized cursive graphic that says "Thank you!". The text is written in a thick, black, flowing script. The word "Thank" is on the top line and "you!" is on the bottom line, with the exclamation point being a large, decorative flourish.

Lastly, thank you to our community members who come out and support our students! You are all greatly appreciated. **GO TIGERS!**

Kayla Dobson, Activities Director

Hello from your “new” science teacher, Angie Berger. Here are some interesting facts about me:

- This is my 16th year of teaching. Previous teaching posts: Tianjin, China, Grand Island Senior High, and New Hope Christian School in Cairo
- My formal areas of study were both biology and chemistry.
- I love growing plants, playing board games, and cooking a good meal.
- My husband Garret and I have 3 kids - Dillen is 21, Eden is 17, and Elias is 10.
- If I'm not at school, you can find me spending time in our town of Dannebrog, at my kids' events, enjoying activities at our church, Grand Island EFree, or in my car traveling between these destinations.

The number one question I am asked in the Palmer community is, “Are you enjoying your time at Palmer?” My answer is, “Yes! People are kind, kids are cool, and my job is never boring.” Let me give you a “day in the life of the Palmer Science Room.”

- My day begins with half of the **7th grade** class. It is a wonderful way to begin a day. Currently in 7th grade, we are doing an engineering unit. Students need to design a portable baby incubator by meeting 3 specific criteria. Most of the engineering is done on a computer, so we are excited to have an ACTUAL real-life incubator in our room right now. In partnership with the Merrick County Extension office, we are hoping to hatch some chicks in April.
- **Biology** class is next. Students have done an excellent job of learning about the cell's form and functions, how cells reproduce, and we've just begun a unit on genetics.
- Electricity, magnetism, light! These are all topics we've tackled recently in **Physical Science**. This class of mostly 9th graders are quick learners.
- What does our brain do? This is what the **Anatomy & Physiology** students are discovering right now. This week they are doing a 14 station lab using different parts of their brains.
- **8th grade** comes in next. This class of talented kids brings the energy every day. Right now, we are learning about the moon and WHY it doesn't always appear the same to us on earth.
- Time to study - a small group of students gathers here every day for study hall.
- After lunch, the 2nd half of **7th grade** brightens the room. They have great questions and personalities.
- The last class of the day is **Chemistry**. This group of all boys know all about bonding & naming chemical compounds and are currently entering into the arena of chemical reactions. BOOM!

If you are ever in need of an adventure or a new life lesson, come peek in on us, here in the science room.



Patron Newsletter March/April, 2025

Nathan Glause *(Who is retiring this year!! Best of wishes to Coach Glause!!)*

The High School wrestling team had three qualifiers for the State meet.

Senior Emmerson Earl was 40-18 at 144 lbs. Career Wins 123.

Senior Gatlin Reimers was District Champion and placed 3rd at State at 150 lbs. with a 33-3 record. 159 Career Wins.

Uriel Guzman District Champion and State Champion at 126 lbs. with a record of 54-0. He is the fourth 2-time State Champion for Palmer. He also has 104 career wins in just his Sophomore year.

He broke the Palmer Sophomore & Season win record with 54.

He also broke the Palmer match points scoring difference record with +395.

The team finished 9th at State with 44 pts.

Other team members:

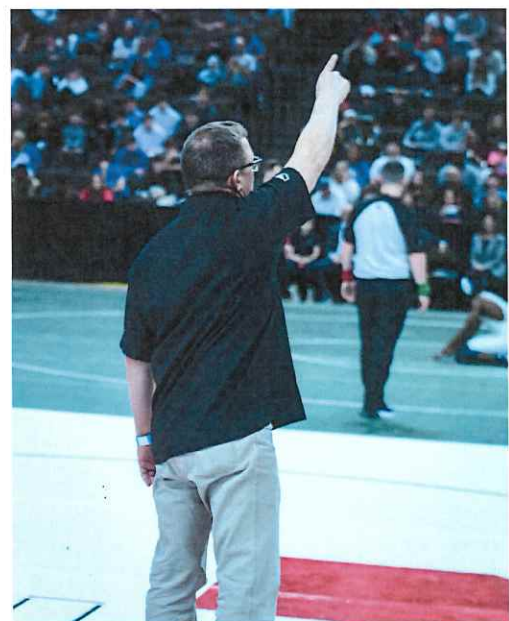
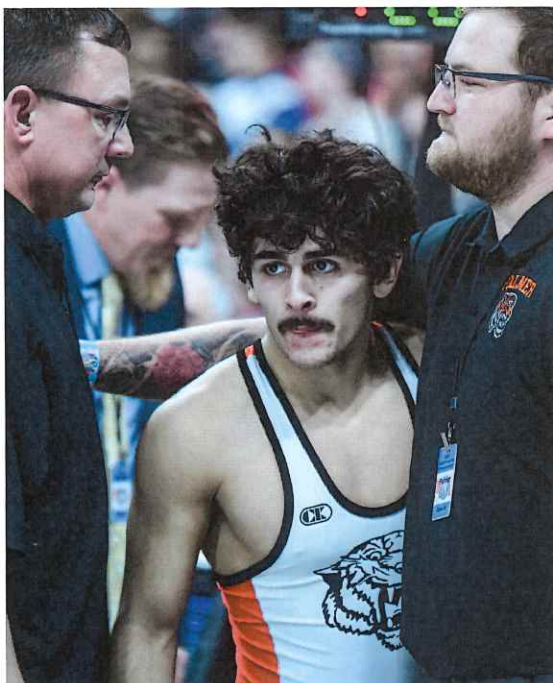
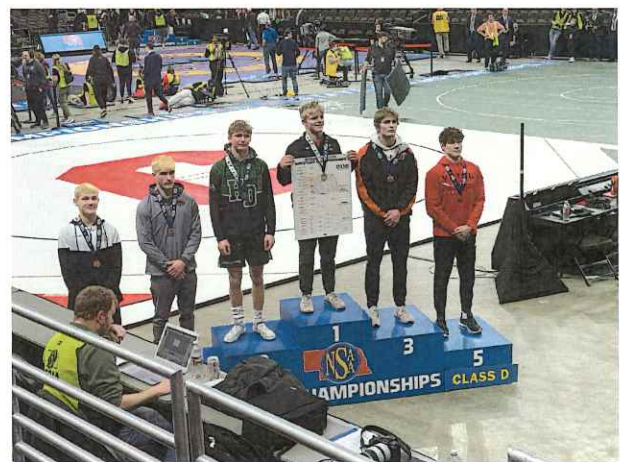
120 Kalen Weller 10th, 29-24

126 Lucas Scheer 9th, 11-25

132 Kane Kucera 11th, 19-26

157 AJ Wegner 10th, 1-13

215 Erik Samuelson 11th, 21-24



IS IT REALLY THE 4TH QUARTER ALREADY?! WHERE DID THE SCHOOL YEAR GO? I HAVE 12 WONDERFULLY DIFFERENT STUDENTS IN MY ROOM THIS YEAR! I HAVE 8 BOYS AND 4 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:

CALEB MEYER- I HAVE LEARNED ABOUT COLONIAL TIMES.

HUDSON JOHNSON- I HAVE LEARNED HOW TO WRITE MY NUMBERS.

WYATT MOTT- I ENJOY LEARNING ABOUT OUR KNOWLEDGE UNITS.

MEMPHIS EHRKE- MY FAVORITE PART IS THE MATH ASSESSMENTS.

HENNESSY HOLTHAUS- I HAVE LEARNED THE LETTER SOUNDS.

EMERY TRENHAILE- MY FAVORITE PART IS RECESS.

RIKKI THOMPSON- I LIKE LEARNING ABOUT LETTERS.

LOGAN ZMEK- MY FAVORITE PART IS MUSIC.

LAWSON PETERSEN- MY FAVORITE THING IS READING.

SUTTON HAKE- MY FAVORITE THING IS BASKETBALL.

RILEY PAXTON- MY FAVORITE THING IS CENTERS.


WESTON DONCHESKE- MY FAVORITE THING IS GAMES IN PE.

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



April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 B: French Toast Tornado L: Chicken Tenders, Pink Applesauce, Baked Beans	2 B: Cereal L: Salisbury Steak, Peaches, Whipped Potatoes, Dinner Roll	3 B: Biscuits&Gravy L: Spagheffi, Pears, Green Beans, Garlic Bread	4 B:Soft Pretzel L: PB&J Sandwich, Grapes, Carrots, Chips/Cookie
7 B: Mini Waffles L: Mini Corndogs, Peaches, Green Beans, Cheese Its	8 B: Fruit Turnover L: Chicken Teriyaki on Rice, Pineapple, Broccoli, Fortune Cookies	9 B: French Toast L: Chicken Fried Steak, Pink Applesauce, Whipped Potatoes, Dinner Roll	10 B: Breakfast Pizza L: Super Nachos, Strawberry Cup, Corn	11 B: Donut L: Pizza Crunchers, Mandarin Oranges, Baked Beans, Rice Krispie Bar
14 B: Pancakes L: BBQ Rib Sandwich, Pineapple, Potato Triangle	15 B: Breakfast Sandwich L: Cream Chicken on a Biscuit, Pears, Peas	16 B: Cheese Omelet Kinder Meal L: Pizza, Grapes, Corn, Italian Ice	17 B: Muffin L: Chicken Sandwich, Peaches, Green Beans, Cookie	18 NO SCHOOL
21 NO SCHOOL	22 B: Cinni Minis L: Macaroni & Cheese w Ham, Strawberry Cup, Peas	23 B: Scrambled Eggs L: Meal in a Bowl, Pink Applesauce, Dinner Roll	24 B: Breakfast Pizza L: Sandwich Bar, Grapes, Carrots, Cookie/Chips	25 B: Cereal Senior Meal L: Stromboli, Pineapple, Scalloped Potatoes, Refrigerated Dessert
28 B: Early Riser L: Chili Cheese Dog, Pink Applesauce, Potato Triangles	29 B: French Toast L: Fiestadas, Strawberry Cup, Peas, Ice Cream	30 B: Cinnamon Filled Pretzel Stick L: Chicken Alfredo, Mandarin Oranges, Green Beans		

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>5</p> <p>B: Pancakes</p> <p>L: Crisпитos, Spanish rice, Pineapple, Corn</p>	<p>6</p> <p>B: Soft Pretzel</p> <p>L: Lasagna Casserole, Pink Applesauce, Green Beans</p>	<p>7</p> <p>B: Biscuits&Gravy</p> <p>L: Chicken Fried Steak, Mandarin Oranges, Whipped Potatoes, Dinner Roll</p>	<p>8</p> <p>B: Mini Bagels</p> <p>L: Pork Patty on a Bun, Strawberry Cup, Baked Beans, Tiger Bites</p>	<p>9</p> <p>B: Cereal</p> <p>L: COOKS CHOICE</p>
<p>12</p> <p>B: Scrambled Eggs</p> <p>L: COOKS CHOICE</p>	<p>13</p> <p>B: French Toast</p> <p>L: K-6 SACK LUNCH</p> <p>7-12 Sandwich Bar, Grapes, Carrots, Cookie</p>	<p>14</p> <p>B: Donut</p> <p>L: COOKS CHOICE</p>	<p>15</p> <p>NO BREAKFAST</p> <p>SCHOOLS OUT</p>	<p>16</p>
			<p>1</p> <p>B: Cheese Omelet</p> <p>L: Hamburger, Glazed Bananas, Baked Beans, Chips</p>	<p>2</p> <p>B: Breakfast Pizza</p> <p>L: Walking Taco, Pineapple, Corn, Brownie</p>