



Palmer Public School



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

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Board of Education

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Superintendent's Newsletter, October/November 2026

There is a lot happening behind the scenes as we continue moving forward with the school addition project. Our architect and engineers are currently gathering detailed information about the existing building and site to ensure the new additions will properly connect with and work with our current facilities.

You may have noticed survey crews, flags, or spray paint around the school. They are documenting existing and buried utilities and gathering information about the soil conditions. This information is important as we determine the appropriate foundation design and whether any additional soil work will be needed.

We have also incorporated feedback from teachers and staff into the developing floor plans. At the same time, the contractor is reviewing the latest information and updating the project budget. We expect to have an initial budget update in the coming weeks, which will help guide some of the decisions moving forward.

The next steps will include adding more detail to the construction documents, designing mechanical and electrical systems, selecting building materials, and continually refining the project to stay within budget.

While much of this work isn't visible, there is significant progress being made. We look forward to sharing more information with our patrons as the project continues to take shape.

Sincerely,

Dr. Bohlken

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

Dear Families and School Community,
Autumn has officially arrived! It is wonderful to see our students settle into their routines, working hard in their classrooms, and enjoying the energy that this time of year brings. October and November are always packed with exciting milestones, hands-on learning, and seasonal shifts. Here are a few happenings around our school over the next two months.

PK-2 Pumpkin Patch Field Trip | October 6th

Our Pre-K through 2nd-grade students are kicking off October with a classic autumn tradition! On Tuesday, October 6th, our youngest learners will visit the pumpkin patch for a day of hands-on learning and seasonal fun. Please ensure your child wears comfortable, closed-toe walking shoes and dresses in layers for the morning weather.

Science HAL Program Begins | October 7th

We are thrilled to launch our Science High Ability Learner (HAL) programming starting Wednesday, October 7th. Participating students will engage in enriched, inquiry-based scientific investigations designed to challenge their problem-solving skills and foster deep curiosity. Mrs. Samuelson and Mrs. Thompson will be heading up science and letters have been handed out to those students who met the benchmarks for HAL.

Wrapping Up Quarter 1 | October 16th

Hard to believe, but Friday, October 16th marks the official end of the first quarter! Our teachers and students have put in incredible effort over these first nine weeks.

A Note on Nebraska Weather & Outdoor Recess

As every Nebraskan knows, fall weather can bring a chilly morning, a warm afternoon, and brisk wind all in a single day! Fresh air and physical activity are vital for student focus and well-being, so **we will make every attempt to send students outdoors for recess each day.**

Please help us keep your child warm and comfortable by sending them to school with:

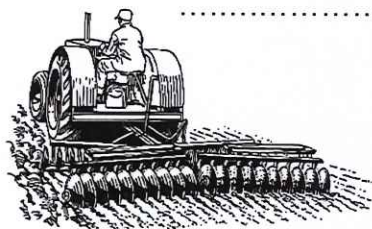
- Light layers (sweatshirts or fleece jackets) for crisp mornings
- Warm coats, hats, and gloves as temperatures drop into November
- Proper footwear for playground play

Unless there is active precipitation or extreme wind chill temperatures, plan on your student heading outside for playtime!

Thank you for your continued partnership, support, and dedication to making our school community a warm and thriving place to learn. As always, please feel free to reach out to our main office with any questions.

Sincerely,

Sherise Loeffelbein
PK-6 Principal/Special Education Director



Growing Stronger Together



Cultivating the **ROAR** is more than a theme; it is a year-long journey focused on intentionally growing the culture we want to see in our school community. Each month, our staff and students will focus on a different topic that connects to our core values and helps us consider how our daily choices, actions, and interactions contribute to the strength of our ROAR. As we move through the fall, our journey shifts from watering what matters to pulling the weeds so we can grow through gratitude.



Every garden has weeds. In a school community, “weeds” can look like negativity, assumptions, gossip, or frustration without action. If left unattended, they can take energy away from the things we want to grow. This October, we are challenging our staff and students to pull the weeds by being intentional about the way we communicate and respond. We can choose solution-focused conversations that shift our attention from dwelling on problems to offering encouragement and recognizing the good that is happening around us.

Once we pull the weeds, we create more room for something positive to grow. November offers us an opportunity to focus on one of the simplest yet most powerful ways to strengthen our school community in how we practice gratitude and intentionally recognize the people who make a difference in our lives. It isn't just about saying thank you. It is about intentionally noticing the people and actions that make a difference. Take the time to heed someone's effort, kindness, growth, or contribution. Don't assume people know they are appreciated; tell them.



Each theme offers an opportunity for each of us to nurture positive behaviors, strengthen relationships, overcome challenges, and celebrate growth. Together, these monthly focuses remind us that a strong school culture doesn't happen by chance. We must intentionally cultivate them each day through the words we speak, the actions we take, and the choices we make.

Keep cultivating the **ROAR...**



Mrs. Kristin Reimers

COUNSELOR'S CORNER

THE IMPORTANCE OF SLEEP

Hello everyone!

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 the 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 or call 894-3065.

Carissa Valasek



CLASS OF 2027

SENIOR INFORMATION

Financial Aid Parent/Student Night

October 8, 2026 | 6:00–7:30 PM

Chochon Room

Presented by **EducationQuest**

College Timeline

College Timeline information was emailed on **8/31/26** and **9/8/26**.
Please watch for **continuous updates** throughout the school year.

Senior Class College Visit

December 3, 2026

Visit to **Hastings College** and **CCC-Hastings**

Graduation Information

May 8, 2027 | 2:00 PM

Senior Class Picture

The Senior Class Picture will be taken at **Valasek's Farm**.

Dress: Black T-shirt and jeans

Date: TBD

 **Graduation Quote** *"We didn't realize we were making memories, we just knew we were having fun."*



TEAMMATES

One-on-One Mentoring at Palmer Public School

The **TeamMates one-on-one mentoring program** has officially begun at **Palmer Public School!**

Students in **grades 5–10** who are interested in participating are encouraged to reach out to **Mrs. Starkey** for more information.

You can also learn more about the program or apply online at **TeamMates.org**.



Adult Mentors Needed!

We are still looking for caring adults who are willing to become mentors!

A little time and encouragement can make a **BIG difference** in the life of a student.

Interested in becoming a mentor or enrolling a student?

Please contact **Mrs. Starkey** or visit **TeamMates.org** for more information.

Happy Fall! It's hard to believe we are already approaching the end of the first quarter! As we navigate this school year together, let's remember that success looks different for every child—and EVERY single step forward counts.

Here are a few ways we can support our students' growth together.

Setting consistent, small, daily routines and habits at home builds structure and confidence. Confidence flourishes when children feel safe to try, stumble, and succeed.

Uplift with Encouragement. Positive words and actions create a supportive foundation for learning.

Communicating openly so home and school can work together to best meet the needs of each student.

Celebrate both big milestones and small efforts.

Embacing mistakes as learning moments and stepping stones. Some of the greatest inventions happened by accident!

Supporting each other with positive actions and words of encouragement!

Sharing and celebrating every victory!

Thank you for everything you do at home to encourage and inspire your student. It truly takes a village, and together we make all the difference! As always, please reach out if you need anything at all.

Mrs. Norman
Title Teacher
snorman@palmer.esu7.org.

Teaching the WHOLE Child

Tayma Rasmussen & Whitney Mamot – PreK 4

Hi there! What a wonderful start to our school year with such a fun group of 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 (have the child open up their own container), coloring pages at home (broken/short crayons are GREAT for little hands!), popping bubble wrap bubbles, ripping/snipping paper, opening snack bags independently
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.

6th Grade News

By: Mrs Samuelson

The 6th Graders have been busy learning the rules and expectations of how to be a successful student this year. We have had lengthy discussions on how to be respectful to each other, as well as adults, especially substitute teachers. It is a work in progress.

Academically, the students have learned to annotate and analyze text, as well as analyze the craft of text. We will be reading a novel soon, in language arts. They have also been working hard on writing proper sentences and summarizing text.

In Science they are studying traits and reproduction, and in Social Studies they are learning about ancient civilizations from long ago.

It hasn't been all work and no play. We have had two field trips so far this year. We went to the Stuhr Museum and learned about life living in a log cabin. They churned butter, made biscuits, made ropes, and played Annie, Annie, Over, like the kids didn't in pioneer days. They also washed the dishes they dirtied making biscuits, and gathered firewood for the cook stove.



Owyn & Hudson doing dishes at Stuhr Museum.

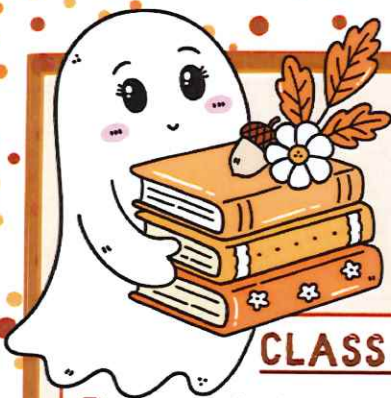
The 6th graders were also invited to the 9th Annual Ag Showcase held at the Merrick County Fair Grounds and organized by the Merrick County Extension. The students learned about dairy farming from Jason Nuttleman, Nuttleman Dairy, large machinery from Grosshans, Inc. and AKRS equipment, popcorn from Preferred Popcorn, chicken farms for egg production from Michael Foods, drones in Ag Production from Jensen Ag Precision Aerial Application & Services, food science (making muffins with different types of flour) from UNL, water quality, UNL extension, and the high light of the day, the UNL Mobile Beef lab where they met Max, the live steer and were able to put their hands into his stomach to feel the feed and his muscles. The students were provided a free lunch from Runza, with many businesses such as Archer Credit Union, Citizen Bank of Central City, Cornerstone Bank, and Pinnacle Bank that sponsored our lunch. Along with the Runza, the students had chips, and 4 quarters of different types of apples that are raised in Nebraska. We have a lot more to learn and some more fun times again for the rest of the school year.



Making muffins in food science with different types of flour at Ag Showcase.



Students all dressed to reach inside of "Max" the live steer to feel what he had for lunch that day! (Ag Showcase)



A NEW YEAR -- A NEW ADVENTURE



CLASS ADVENTURE

The new year has been an adventure and offers a new challenge. In my 18th year of teaching at Palmer, I had a schedule change. I am now teaching English 12. It has been a long time since I have had the opportunity to teach the "elders" of our student body. I am enjoying this small group of students. Despite the small group, they are quite active after lunch. I am also taking on the ACT Prep class during second semester. It will be an exciting adventure to learn more about On To College and John Baylor. I still continue to teach MSLA II and MSLA III, and English II along with library classes for PK - 6th grades. These past 17 years at Palmer have been a wonderful adventure.

LIBRARY ADVENTURE

As of this writing, the book fair is in full swing. What an exciting time at the library! A reading culture has definitely developed over the years. This year's book fair has many new titles. I look forward to seeing the children's faces when they pick out their very own book to take home. As always, I can't thank the patrons and parents enough for your support of the book fair throughout the years.

I want to also introduce Mrs. Selena Johnson as our library aide. She comes to us from Gothenburg and is the wife of Mr. Ryan Johnson. We welcome her to the Palmer Tiger family.

ANOTHER ADVENTURE

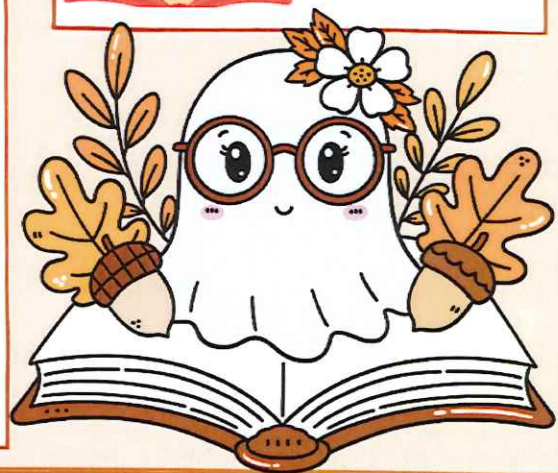
My journey as a parent of a student at Palmer Public Schools is almost finished. I am entering an exciting adventure and season of life with Eryn being a senior this year. I have been the class of 2021's librarian and/or teacher since they were in preschool. It is an exciting time yet a heartbreaking time that these students will be closing an era and entering a new one. I am grateful I was a small part of their journey. I look forward to the adventures that will be created this school year.

READING EXPECTATIONS

- Students in grades K-2 listen to the Golden Sowers and vote for their favorite
- Students in grades 3-6 read Golden Sower nominees independently. If students have read four or more, they are able to vote for their favorite in April.
- Students in grades 7-8 are required to read at least four Golden Sowers. They have until April 1 to complete.
- All students in grades 7-12 are expected to read and take AR quizzes.
- Students in grades 9-12 are expected to complete a project about their independently selected novel.

Once you learn to read, you
will be forever free.

~ Frederick Douglass





NEWSLETTER

OCTOBER / NOVEMBER

PWOODRUFF@PALMER.ESU7.ORG

Hello,

Welcome back to another exciting year with the Palmer FFA Chapter! The first two months have been packed with fun, learning, and opportunities to serve our community—and we're just getting started. To kick off the school year, our officers and FFA Alumni & Supporters hosted a successful FFA Back-to-School BBQ and volunteered to help with the gate at Thunder in the Corn. In September, members showcased their livestock at the Nebraska State Fair, volunteered at AKSARBEN, and attended Husker Harvest Days.

Looking ahead, we are gearing up for our annual 4SNS Fundraiser and The Jungle's Flower of the Month (FOM) subscriptions. Both opportunities help support our chapter while providing meaningful, hands-on experiences for our members.

It's shaping up to be another incredible year for Palmer FFA, and we can't wait to share even more accomplishments and memories with you as the year unfolds!

Best regards,
Ms. Woodruff



UPCOMING EVENTS

- 10/5 - LIVESTOCK JUDGING PRACTICE @7:15AM
- 10/6 - FFA CHAPTER MEETING @7:15AM
- 10/7 - 4SNS FUNDRAISER STARTS
- 10/8 - CONCESSION STAND @3:00PM
- 10/12 - LIVESTOCK JUDGING PRACTICE @7:15AM
- 10/14 - STATE LAND JUDGING CONTEST
- 10/19 - LIVESTOCK JUDGING PRACTICE @7:15AM
- 10/21-10/24 - NATIONAL FFA CONVENTION
- 10/31 - TRUNK OR TREAT
- 11/3 - DISTRICT LIVESTOCK JUDGING CONTEST
- 11/5 - OFFICER MEETING @7:15AM
- 11/10 - NOVEMBER CHAPTER MEETING @7:15AM

Palmer Ag Ed & FFA Stats:

- 79 FFA Members

National 2-Star Chapter



McClellan's Classroom 2026-2027

MCCLELLAN'S CLASSROOM

Welcome Back to McClellan's Classroom!

This year marks my 5th year teaching in Palmer and my 9th overall. I am excited to continue teaching 7th–12th grade math, physics, and forensics, as well as serving as the assistant JH football coach, head JH boys track coach, and head high school boys basketball coach.

In the classroom, our students are hard at work and staying focused. Beyond mastering math, our main focus this year is helping students analyze their own work and track their individual progress as they learn new concepts.

Physics has been especially exciting with 11 students this year! We've been pushing ourselves through self-discovery, hands-on research, and practical design—including building and launching our own model rockets.

In athletics, JH football is wrapping up its season. The team has shown incredible grit while battling through adversity and injuries. Meanwhile, High School Boys Basketball is right around the corner, and we are eager to build on our skills this season. If you get a chance, please thank our basketball players for their hard work installing the new playground hoops—they look fantastic and are already getting plenty of use!

Thank you to everyone who supports our students, teams, and programs throughout the school year.

Go Tigers!

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
5 USDA is an equal opportunity provider. All meals are served with a choice of milk. Menu subject to change without notice. B- PBJ L- Chicken Strips Potato Triangles Mixed Fruit	6 B-Omelet L- Spaghetti Garlic Toast Peaches	7 B- Cereal L- Pizza Lettuce Salad Apple Slices	1 B- Donut L- Meal in a Bowl Dinner Roll Applesauce	2 NO SCHOOL!
12 B- Cereal L- Fried Chicken Legs Hash Browns Capri Vegetables	13 B- Breakfast Sandwich L- Sweet & Sour Chicken/Wild Rice/Egg Roll/Fruit	14 B- Toaster Strudel L- Chicken Salad Chips Fruit	15 B- Breakfast Pizza L- Cheeseburger Hashbrown Casserole Brownies	16 B- Biscuits & Gravy L- Calzone Broccoli w/ cheese Cantaloupe/Watermelon
19 B- PBJ L- Chicken Strips Crinkle fries Pineapple	20 B- Cinnamon twists L- Tator tot casserole Green beans/Dinner roll/Peaches	21 B- Breakfast Bar L- Chef's Choice Pears	22 B- French Toast L- Stromboli Cheesy Green Beans Mixed Fruit	23 B- Cereal L- Baked Pork Loin Scalloped Potatoes Peas/Cookie
26 B- Pancake Bites L- Popcorn Chicken Cheese Noodles/Peas Pears	27 B- Cinnamon Roll L- Ham Salad Sandwich/Chips/ Fruit/ Chocolate cake	28 B- PBJ L- BBQ Rib Patty Hashbrown Peas & Carrots	29 B- Cereal L- Roast Beef Mashed Potatoes Green Beans	30 B- Biscuits & Gravy L- Pizza Witches Cheese Fries Brussel Sprouts Cookie

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 B- Pancake L- Beef Salad Sand/Cheese Tots/Carrots	3 B- Donuts L- Spaghetti/Breadstick Blended Vegetables Cookie	4 B- Muffins L- Walking Taco or Fajita Chix Taco Lettuce/Peaches	5 B- Scrambled Eggs L- Grilled Chicken Crinkle Fries/Carrots	6 B- Strudel or Cereal L- Italian Sub Chips Fruit Fluff
9 B- Toronado L-Beef Burrito Spanish Rice w/ Veggies Fresh Fruit	10 B- Cereal L-Chicken Parmesan Casserole/Vegetable Blend/Spice Cake	11 B- Breakfast Bar L- French Bread Pizza Lettuce/Pears	12 B- Cinnamon Roll L- Stroganoff/Green Beans Dinner Roll/Fruit	13 B-Breakfast Casserole L- Chicken Quesidilla Lime Salsa Rice Mixed Fruit
16 B- PBJ L- Crisptos w/Cheese Spanish Rice Corn	17 B- Long Johns L- Pizza/Lettuce Bread Stick/Fruit	18 B- Cereal L- Sweet & Sour Chicken on Rice/Egg Roll	19 B- Breakfast Sandwich L-Fried Rice w/ Pork Winter Blend Veggies Cherry Crisp	20 B- Cinnamon Twist L- Fiestada/Cheese Noodles/Veggies
23 B- Scrambled Eggs L- Beef Salad on a Bun Chips/Roasted Veggies Strudel Cake	24 B- Cherry Turnover L- Glazed Pork Loin Scalloped Potatoes Green Beans	25 B- Strudel L- Turkey/Stuffing Green Beans Pumpkin Pie	26 NO SCHOOL	27 NO SCHOOL
30 B- Coffee Cake L- Beef Taco Casserole w/Rice/Corn Fruit				

*USDA is an equal opportunity provider. *All meals are served with a choice of milk. *Menu subject to change without notice.