

PALMYRA



PANTHERS

School District OR-1

425 F Street, Box 130
Palmyra, NE 68418
402-780-5327 Fax: 402-383-4008
Superintendent: Michael Hart
Secondary Principal: Heath Johnson
Activities Director: Aaron Hoeft

Elementary Principal: Linde Walter
50 Dogwood Street
Bennet, NE 68317
402-782-3535 Fax: 402-383-4008

www.districtor1.org Twitter: @OR1_Panthers

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District OR-1 Newsletter
District OR-1 Public Schools
August, 2020

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*Together, we prepare our students to successfully meet
the challenges of the future.*

Foundation For Knowledge, District OR-1

Since our beginning in December of 1998 -

\$567,000 – Contributions - you have contributed to The Foundation For Knowledge.

\$192,650 – Scholarships – 165 students from your community have been assisted with their post-secondary educations.

\$74,550 – Staff Development – helping to make District OR-1 one of the highest ranked and best trained teaching Staff's in the state of Nebraska.

Graduation Rate – District OR-1 has achieved one of the highest graduation rates in the State.

Post-secondary Education – the vast majority of District OR-1's students go on for further education that will help them for the rest of their lives.

\$12,600 – School Support – Assisting school programs, and support for students representing District OR-1.

\$326,000 – Invested Market Value – For endowed commitments.

With your help The Foundation For Knowledge's investment account ensures that your contributions will be available for the future of your community.

With your support we will continue our work for the future of your community

Foundation For Knowledge District OR-1 - P. O. Box 130, Palmyra, NE 68418
Enclosed is my/our ☐ individual gift ☐ corporate gift _____

(corporate contact person)
of \$ _____ to the Foundation For Knowledge District OR-1
-OR-

I/We pledge \$ _____. Enclosed is my/our payment of \$ _____.

Balance paid by _____, 20____.

To validate your pledge, your signature is required _____

Name _____

Address _____ Phone _____

City _____ State _____ Zip _____

If an alumni of Palmyra/Bennet School, please list year _____

Please make checks payable to - Foundation For Knowledge District OR-1

Thank you for your investment in the future.



PANTHER PANTHER

NEWS

District OR-1 Public Schools
425 F Street
Palmyra, NE 68418
<http://www.districtor1.org>

Serving the Communities of Bennet, Palmyra, and Douglas, NE

August, 2020

Follow District OR1 news and activities by downloading our iOS or Android app, follow us on twitter @ OR1_Panthers, or at www.districtor1.org.

- Superintendent Notes
- Backpack Program
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- Foundation for Knowledge
- New Teachers
- 2020-2021 Calendar

Superintendent Notes...by Michael Hart

Greetings Panther families,

I wanted to take a minute to introduce myself and let you know that I am extremely excited to be a part of District OR-1, and I look forward to getting to know our students and families and serving our community. With your support and the support of our school and community, we will continue to maximize each child's unique potential. I am excited to get to meet all of you and hope to see many of you throughout the school year at school events, academic celebrations, and other activities.



My name is Michael Hart, and I am originally from Lincoln. After graduating from UNL, I taught in Omaha Public Schools (Morton Middle School) and Lincoln Public Schools (Dawes Middle School). For the past nineteen years, I was a school administrator for Norfolk Public Schools. On a personal note, I have been married to my wife Sharon for 24 years, and we have two boys (Austin and Brandon) who are both out of high school. I am very blessed to also have extended family in the area, and it has been great to get to see them on a more frequent basis.

Even though I haven't "officially" met all of our staff yet, I can tell you that our district has amazing teachers and support staff. The ones I have been fortunate enough to meet have been great at helping me adjust to this new role, and I am confident they will continue to work diligently to provide your child with the best educational experience possible.

School operations this year will be different to be sure, but together we can weather these challenges, and I am confident that, in the end, these challenges will strengthen our foundation and solidify our community values. This pandemic is unlike anything we have ever experienced before, and the fluidity of the ever-

Welcome New Staff!

My name is Shaylee Truax and I am the new agriculture teacher and FFA advisor at Palmyra Jr./Sr. High. This will be my second year of teaching, and I am incredibly excited to begin this new journey with Palmyra.



I grew up on a small cow/calf operation outside of Davey, NE and attended K-12 at Waverly, graduating in 2013. I was active in FFA, band, and many other activities but found my passion to be in agriculture. The University of Nebraska-Lincoln is where I chose to pursue my next degree and I couldn't have been happier in making that decision. I spent much of my time studying, competing for the Husker Equestrian Team, and attending football games (GBR!). In 2017, I graduated from UNL with a Bachelor's of Science in Agricultural Education - Leadership, and a minor in Animal Science, and then decided that the classroom was where I wanted to be. I received my teaching certificate in 2019 while working on my Master's degree.

My first year of teaching was spent in the small town of Chambers, NE which is located about three and a half hours northwest of Lincoln. I had many great opportunities to learn how to better my ability to lead an FFA chapter and classroom instruction at Chambers and will always be grateful for the first year experience that I had. Upon hearing of Mr. Malone's retirement, I decided that Palmyra was a place I could see myself teaching at for a lifetime - so here I am!

Superintendent: Michael Hart
Palmyra Principal: Heath Johnson
Bennet Principal: Linde Walter

...Continued on next page.

changing conditions and ambiguity surrounding it may continue to frustrate us and make us anxious and fearful. Our concerns are real, but we still must collectively find the resolve to move forward. Thinking back, we have been out of school since the second week of March. Not in my wildest dreams did I ever think that was a possibility.

Fast forward six months and we still find ourselves with plenty of uncertainty, and many of us are still dealing with the very real trauma of sudden change and the ever-present shadow of fear. Although the threat of Covid-19 still exists, we are committed to providing the best possible instructional environment for students regardless of the circumstances the virus presents.

Communication is key, and one of the best ways to stay connected to school information throughout the school year is to bookmark our school website at www.districtor1.net. Please use this site and follow our social media accounts on Twitter and Facebook to stay informed about the news and daily happenings in the district.

Throughout the rest of this document, I want to briefly summarize some areas of our “Back to School” plan. More specific details are contained in the full “Return to School” plan that will be posed on our school website at this link: www.districtor1.org/.

The first day of school for the 2020/2021 school year is **Thursday, August 13th**. Prior to school starting, we will be distributing masks for students on **Monday, August 10th from 5-7 p.m.** at both buildings. To begin school this year, we will be using the Lancaster County and Southeast District Health Department “Risk Dials” to assist us with decisions about how to operate during the pandemic. The “Risk Dials” for our communities can be accessed at the following sites:

- [Lancaster County Risk Dial:](#)
- [Southeast District Health Department](#)

Screenings for Students:

- Parents are encouraged to screen students prior to leaving for school.
- Students will be screened upon entering each building. Students with a temperature of 100.4 or greater should stay home.

Pick-up / Drop-Off of Students

- Parents must remain in their vehicles during pick-up and drop-off until conditions change.

Entering Building:

- Current social distancing practices will be in place.
- Students will enter through assigned doors.
- Early entry into the building will be considered in extreme weather temperatures/conditions.

Masks:

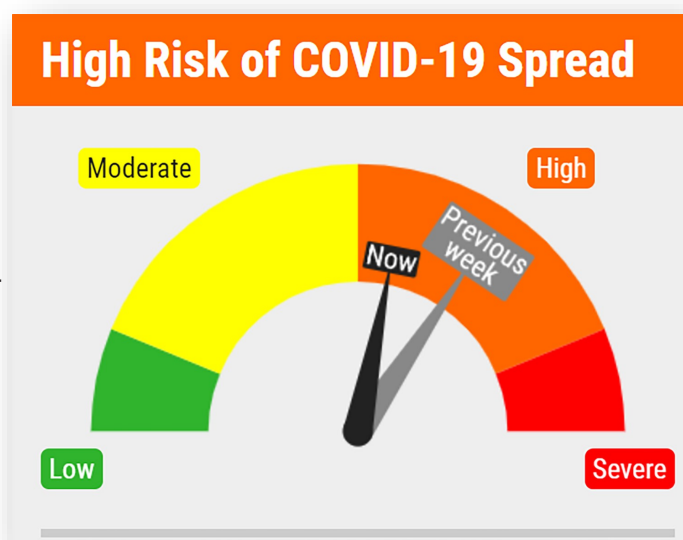
- **Green Level:** Required for staff, recommended for students.
- **Yellow Level:** Required for all staff and students.
- **Orange Level:** Required for all staff and students.

Hand Washing /Hand Sanitizing:

- Students and staff will wash or sanitize their hands frequently throughout the school day.

Cafeteria / Meals:

- **Elementary:** Breakfast/Lunch: KDG-3rd grade will eat in classrooms; 4th-6th grade will eat in the lunchroom.



●**JH / HS:** We may increase the number of lunch periods and eat in additional common spaces to allow for social distancing as needed.



Water Fountains:

●We are asking all students and staff members to use water bottles throughout the 2020-2021 school year.

Exiting the Building:

●**HS:** Students will exit through predetermined designated points.

●**Elementary:** Students will exit through predetermined designated points. Parents must remain in vehicles and outside the building if walking.

Visitors to School:

●Access will be extremely limited to school extracurricular activities and appointments must be made ahead of time.

Bus Transportation:

●Students will be assigned seats and will be required to wear masks as conditions dictate; drivers and riders will be required to wear masks.

Extracurricular Activities:

●For high school NSAA-governed activities, the District will follow the NSAA Return to Activities document, or any additional forthcoming guidance from NSAA,

Recess (Elementary):

● Outside recess will be allowed as scheduled if weather conditions allow and DHM's are followed.

In summary, I want to say "thank you". Thank you for choosing District OR1 Schools, and thank you in advance for your flexibility, patience, and support as we navigate these uncharted waters. Our district remains tremendously appreciative of the support of our families and community members, and it is our hope to return to and keep students on "on-site learning" experiences to the maximum extent possible. Whether you have children at the elementary or the high school, I also want to say thank you in advance for your support of our district and our staff. Through our strong collaborative efforts and a positive school-and-home connection, great growth and success will continue to take place for our kids.

If you do need assistance before school starts, our summer hours are listed below. Please feel free to stop by or call the school offices if you have any questions.

We look forward to seeing all of you very soon! Mike

New Faces at District OR1

Andrea Lemmer:

Growing up on a ranch in rural small town Nebraska, I have always been a busy bee, as my grandparents would say. Being an active participant in school activities such as FCCLA, theatre, rodeo, one-act, and speech. As an FCCLA participant I held a variety of chapter, district, and state offices. As well as being a five time national STAR qualifier. Thus my love for the area of family consumer sciences and working with people has always been a huge part of my life.

Preceding high school I attended the University of Nebraska in Lincoln. Graduating with a bachelors in Education and Human Sciences with minors in Psychology, Theatre, and Education. Immediately preceding graduation I worked as a Nutrition Assistant for Platte County Extension, educating K-8th grade nutrition for two years. I found my passion for educating secondary education after being an assistant coach at a local high school, in their one-act and musical theatre department. Pursuing this new interest I began my masters In Family Consumer Science Education while working with extension. I look forward to this new chapter of my life and this amazing opportunity as Family and Consumer Science Teacher here at Palmyra. I could not be more excited to meet my students and see where this year takes us. Many new changes for us all and I look forward to weathering them together.



My name is Mikayla Batman and my husband and I moved to Palmyra about a year ago. I originally grew up nearby in Walton and went to school in Eagle and Waverly. I attended UNL and received my teaching degree. After college, I lived in Colorado for 6 years where I began my teaching career and fell in love with the mountains. My husband and I hiked all over Rocky Mountain National Park and then extended our travels into Wyoming, Montana, and Idaho. Hiking and traveling are two of our favorite pastimes. Aside from hiking we love spending time with family, friends, and our dogs. We are also expecting our first child this fall, which we are super excited about!

I am so happy I get to be a part of the Panther community this fall. I will be teaching 6th grade at Bennet. I have taught 6th grade the last 4 years and have loved every second of it. I love reading and sharing that passion with my students. I also get the wonderful opportunity to coach the junior high girl's basketball team this winter. I have coached JV girl's basketball back in Colorado and I have coached 7th and 8th grade boys in Lincoln. Basketball has been a passion of mine since I was young and I am so excited I will get to continue to coach! I can't wait to meet all my Panther students, athletes, and families this year!



Karen Redd:

I grew up in Elmwood, NE, and after graduating from high school I moved to Lincoln, Nebraska until 1986, when I moved to New Hampshire. I taught for 9 years as a special education teacher in Manchester, NH. I recently returned to Nebraska. I now live in Hickman, NE with my dad and my two cats. Last year I worked for Lincoln Public Schools as a middle school special education teacher. This year I look forward to working as a special education teacher at Bennet Elementary.

I have a Master's of Education degree from Plymouth State University in Plymouth, NH. I am certified in both elementary and special education. I enjoy working with small groups of children and teaching them to work to their full potential. I believe in growth mindset and brain based learning. In my spare time I enjoy reading, embroidery and baking.



Hello, my name is Abby Curtis (Abby Eastep) and I am a proud new member of the Bennet Elementary Special Education team. I grew up right next door in Waverly, NE and continued my education at UNO, where I majored in elementary education and special education K-6. I graduated in December and am extremely excited to start my first year of teaching in the Palmyra school district.

I just recently moved from Waverly to Lincoln with my soon to be husband and our two dogs Winnie and Baby. I gained two new nieces this past year and have another little niece or nephew on the way in November. I really enjoy down time at home relaxing and hanging out with my family and friends. I also enjoy playing and watching volleyball. I hope to coach at some point in my career as well.

I look forward to meeting all of you, and am counting down the days until we can kick off the 2020-2021 school year!



Hello, District OR1 families! My name is Amy Buchanan, and I am so excited to join the District OR1 staff as one of your new speech-language pathologists. I am beginning my 6th year as a speech-language pathologist, with the last four years spent in the Lincoln Public School district. I live southwest of Douglas, so I am very excited to start working within my own community. I have two children: Avery who is 4, and Hudson who is 1. In my free time, I enjoy being outside with my family, gardening, and camping. I look forward to meeting you!

New Faces at District OR1

STATEWIDE RELEASE: DISTRIBUTED

Nebraska Community Foundation affiliated funds aim to narrow homework gap

Thanks to an anonymous donor and the Alice DeVoe Donor-Advised Fund, an affiliated fund of Nebraska Community Foundation, Nebraska's homework gap is getting a little smaller.

Bennet Elementary School received a grant totaling \$10,000 through affiliated funds of Nebraska Community Foundation (NCF). The opportunity for funding was made available exclusively to affiliated funds in the NCF network and required a 1:1 local funding match. In Bennet, funding was matched by the Bennet Area Community Foundation Fund



“The homework gap has long existed, but COVID-19 has exacerbated the divide between Nebraska students,” said Jeff Yost, president & CEO of Nebraska Community Foundation. “These grants support a wide range of methods to bridge the homework gap including computer equipment and software, internet access, staffing for summer school and individualized instruction for at-risk and special education students, transportation and professional development for trauma informed practice.” With the continued support of the Bennet Area Community Foundation Fund, Bennet was able to purchase 21 Chromebooks to be checked out to lower-elementary students from Bennet Elementary.

Pictured, Bennet Elementary teacher and Bennet Area Community Foundation Fund member Lisa Dowding presents a check of \$10,000 to District Technology Coordinator Burke Brown.

Great Plains Google Summit– Mr. Brown

The Great Plains Summit: Quarantine Edition was a three-day conference focused on the use of Google Suite for Education in K-12 environments as well as other tech topics such as AR/VR, tech leadership and engaging learners of all ages. This year's summit, held July 14–16, had topics that ranged from classroom tools like Google Meet and Chromebooks to productivity apps like Google Docs and Forms to exploration and research apps such as Google Earth and YouTube. The Great Plains Summit, due to the coronavirus was held via Zoom webinars and meetings.

This year's Summit was well-attended as the following District OR1 teachers gained Summer professional development: Mr. Brown, Mrs. Buescher, Mr. Chaffee, Mrs. Church, Mrs. Conn, Mrs. Dowding, Mrs. Dvorak, Ms. Ehlers, Mrs. Ferretti, Mr. Gabriel, Mrs. Gill-Rose, Ms. Hohensee, Ms. Lamb, Mrs. Malone, Mr. Panko, Mr. Smidt, Mrs. Whyman, Mrs. Wusk, Ms. Walter, and Mrs. Batman.

Join Mrs. Truax, PHS students, and your neighbors to save a life. The District OR1 FFA will sponsor a blood drive to be held at PHS on November 5th from 1:00 p.m. until 6:00 p.m. Contact Mrs. Truax to set up your reserved time at the following:

truax.sha@districtor1.net. ***Walk-ins are Welcome***



Mark Your Calendars!

August 18

Gather family and friends to enjoy Texas Roadhouse atmosphere and food. District OR1 Foundation for Knowledge will hold its annual Foundation Family Night. The Foundation will receive 10 percent of the total receipt from Panther Supporters between the hours of 4:00 p.m. and 10:00 p.m.

To Parents of School Bus Route Children:

School will be starting on Thursday, August 13, and we have been busy working on bus routes for this year. Your bus driver will contact you approximately one week before school starts with your pick-up time. **If you wish to continue service this year or if you are new to the district and requesting bus service, please contact Cathy Fick right away, so that your name can be added to the routes.**

These routes and times may not be permanent until we get everyone needing bus service registered. Times will vary the first week of school, depending on who is riding. Please be patient.

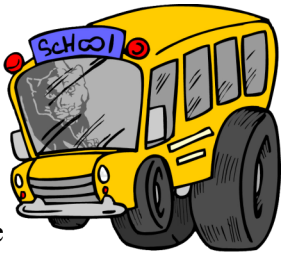
After the first week, times should be the same. The bus drivers can only wait one minute for students to get on the bus, so please have your students ready and waiting at their scheduled time. This will ensure that the bus will not be late to its next pickup or be late to school. An example would be a 7:00 a.m. pickup would have the bus leave promptly at 7:01 a.m.

We ask that if your child will not be riding the bus at any time to please call your bus driver, or you may also call/text **Cathy Fick 402-780-5636 or 402-540-2879 (cell)**. If you call Cathy's cell, please leave a message, as connectivity is not always reliable. Please try to call the night before if possible. If not, please call at least 15 minutes before your scheduled pick up time. Even when you call the school, please call the driver as well. Phones are answered at school from approximately 8:00 a.m. to 4:00 p.m.

Please note that when school begins at **10:00 a.m.** due to inclement weather, your pickup time will be approximately 1 hour and 45 minutes later than normal, i.e. an 8:00 a.m. pickup time will change to 9:45. Cathy will be providing those adjusted times as we finalize schedules.

If you have alternating drivers for your route, we request that you always contact Cathy, as they have alternating schedules and do not drive every day. This way I can get the message to the driver assigned that day.

We ask that you send a note with your child for any alternate plans for the bus. An example would be if your students are not riding home, if they are going home with another student, or if they are having a friend go home with them. If they don't have a note, the change will not be allowed. This policy will allow us to plan and confirm that parents are aware of where children are being dropped off. Finally, parents may call Cathy or their school office prior to 3:00 p.m. to make a change in afternoon plans. No calls will be accepted after that as buses may be in route and calls cannot be taken.



There is to be no food or drinks on the bus except for plastic bottled water. No suckers, sunflower seeds or gum as they create a mess that is difficult to clean. No skateboards, no spray deodorant or perfume. No calls on their cell phones, unless it is from their parents, as it distracts the bus driver and becomes a safety issue. If they need to call their parents, they need to let the bus driver know.

Drop-off times after school can vary depending on who is riding the bus that afternoon, so we ask that you are flexible after school.

If your child has a health issue that you feel the bus driver should be aware of, please let Cathy know, i.e. asthma, allergies, etc.

If you have any questions, problems, or if your child has a health issue that warrants your driver's attention, please call Cathy. If your child experiences any trouble, please call. We try to watch as close as we can, but we can't always see everything. Please see the student handbook for bus rider discipline policy.

Thank you for your help and patience.
Cathy Fick home: 780-5636 cell: 540-2879 (call or text)
email: fick.cat@districtor1.net

- *Load times at Bennet are 7:40 am and leave 7:45 am.
- *Load times at PHS are 8:00 am and leave 8:05 am.
- *Drop of at Legion Hall are 3:20 pm.
- *Drop off at PHS are 3:30 pm.
- *Drop off at Bennet are 4:00 pm.
- *Bus drivers:
Cathy Fick, Vicki Hillman, Clayton Maahs, Daniel Kelley, Ted Cisneros, Randy Holdsworth, Subs: Debi Knorr, Sharon Dowding, Steve Robb, Christal Doran, Activities Randy David.

PLEASE, observe parking restrictions in posted areas at both buildings. NOTE: Bennet's circle drive is restricted between 7:30 a.m. and 8:30 a.m. and between 2:30 p.m. and 4:15 p.m. Drop-off restrictions of the front driveway at PHS should be observed during those same hours.

=====

YOUR BUS DRIVER(S) IS(ARE) _____

PICK UP TIME IS _____

BUS DRIVER PHONE NUMBER _____

The **Bennet Elementary Caring Project** and our District OR 1 Random Acts of Kindness month were both a huge success. Every year in February we pick a caring project to raise money or gather donations to help those in need. This also brings awareness to our students about the needs of others. We try to select a non-profit organization that can use some help. In past years, we have worked with Capital Human Society, Lincoln City Mission, Wounded Warriors, and Lincoln Children's Zoo just to name a few.

The Bennet Caring Project is a way for us to make a difference as a whole school. We show kindness to those that need help and support. This year we gathered monetary donations for our community fire departments. We raised funds for all three community stations- Bennet, Douglas and Palmyra. The amount collected was split equally three

ways. Many volunteer fire departments rely on fundraising efforts to supplement, or in some cases primarily support, their financial needs. Our fire departments are completely voluntary! They can use all the support we can provide them. By helping our community fire stations, we are showing our students that our small communities depend on ALL to make a difference. There were jars in each classroom for donation that were collected and counted each day by our Student Council members. The Bennet Caring Team was able to raise over \$2,000.00, giving each fire station \$691 to use as needed.



We know that showing kindness is more than just one week or one day. Kindness is something we need to work on every day! Please encourage your child to do something kind outside of school for others. Also, let them know we all have bad days.... some days being kind can be hard work. Together we can all be the change in a world that is not always kind.

Jen Hanger, Caring Project Coordinator and 2nd Step teacher

BENNET ELEMENTARY:

Elementary School hours will continue to be from 8:20 a.m.- 3:20 p.m. Due to COVID-19 restrictions, parents will NOT be able to walk their child into the building and will need to follow drop off and pick up procedures. These procedures will be shared on the website and through email at a later date.

Preschool parents and students will report to preschool on Monday, August 17th for their first day. Morning session will begin at 8:00 a.m. and the afternoon session will begin at 12:00 p.m. Parents will not be allowed to walk their child into the school.

BENNET ELEMENTARY INFORMATION

WELCOME BACK to the 2020-21 school year. I know many of you have questions regarding school and how it is going to look this fall, please be watching the website, twitter and email for updates. I am anxious for students to be back in the building and am looking forward to working with everyone to ensure the children at District OR 1 Bennet Elementary achieve their highest potential.

Bennet Elementary uses a school wide positive behavior plan that allows staff to use common language and consistent expectations within the school environment. The school will continue to follow the 4 B's of Learning: Be an Active Learner, Be Respectful, Be Responsible and Be Safe. Behavior Matrix's are posted throughout the school that lists specific expectations for behaviors throughout the school day. We believe that children need to learn in a caring and safe environment that is free from distraction and disruption.

I hope you enjoy the rest of your summer and I will see everyone soon. If there is anything I can assist you with, please feel free to let me know. Thank you, Linde Walter

CLASS LISTS POSTED:

Class lists will be posted on the windows of the Bennet Elementary main door and the front doors at Palmyra High School entryway on Monday, August 10th after 3:00 p.m. Students and parents may come up to the school and check to see whom their child's teacher will be. On the first day of school, staff members will be at the front entry to help direct students to their correct class.

BENNET ELEMENTARY OPEN HOUSE:

Bennet Elementary will NOT be hosting an Open House before school starts this year due to safety precautions with COVID 19.

KINDERGARTEN CLASS LISTS:

Parents of Kindergarten students should have received a letter from Mrs. Nitzsche, Mrs. Dvorak or Mrs. Wusk letting them know of their class assignments and other information. If you have not received a letter, please contact the school as soon as possible, so we may get the information to you.

BEFORE AND AFTER SCHOOL RECREATION PROGRAM:

Bennet Elementary will continue to offer a before and after school recreation program. Starting on Thursday, August 13th, for a fee, school age children attending Bennet Elementary may take part in this program. **An evening registration will be held on Wednesday, August 5th at the Bennet Rec Room from 6:00-7:00 PM and again Friday, August 7th from 8:00 AM-10:00 AM at Bennet Elementary.** If your child will be attending the before or after school care program, please stop by the school to register your child.

- Times:** 7:00 –8:20 a.m. and 3:30 – 5:30 p.m. We will also offer drop in service for those students that are pre-registered. Students not pre-registered will not be allowed to take part in the program.
- Cost:** \$3.05/hr per child. Time kept to the nearest 15 min. increment. A minimum of one hour's time will be charged for after school participation.
- Payment:** Prepayment in blocks of \$25.00 or more. There will also be a \$25 non-refundable registration fee at the beginning of the year.
- Supervision:** Students will be supervised by at least one adult. Additional help will be hired if needed so student to supervisor ratio doesn't exceed 15 to 1.
- Structure:** Activities will be offered such as board games, gym games, computer lab time, crafts, and playground fun. Study time and help for those that desire it will be available also. In addition, students will be offered an after school snack and be eligible for school breakfast in the morning. The cost of breakfast will be additional.

LITTLE PANTHERS PRE-SCHOOL:

Classes for Little Panthers Pre-School will begin on Monday, August 17th. The pre-school is for 3 and 4 year old students in the school district. There are two class sessions. The morning session runs from 8:00 –11:30 a.m., with an afternoon session running from 12:00 – 3:30 p.m. Each class session will receive a meal and a snack as part of the program. Please contact Bennet Elementary School at 402-782-3535 for more information regarding the Little Panthers Preschool.



Facilities use requests for 2020-21

Facility use requests for youth teams will be accepted starting Monday August 17th. Requests for volleyball and youth football will be processed first and then basketball. Elementary gym requests can be made by emailing walter.lin@districtor1.net. High School gym requests can be made by emailing hoeft.aar@districtor1.net. Gym requests will be processed in the order received based on the email time stamp. Please indicate a first and second choice in your email with your preferred day and time. Due to the large number of requests in the past, teams are limited to one practice slot a week at either the elementary or high school.

Activities Calendar

The Activities Calendar for the 2020-21 school year is viewable by using the school website and clicking on the calendar icon on the main page. At the top of the calendar you can click the "Subscribe" tab to add it to your personal calendar. Another option is to download the "rSchool" app from your app store. Do a search for **"Activity Scheduler"** and follow the set up options for viewing our school's calendar.

Sports Physicals

If you are in grades 7-12 and plan to participate in any sport for the upcoming 20-21 school year you must have a physical on file in the office prior to the first practice. Due to Covid-19 and the limited ability to get appointments for physicals, the NSAA only requires incoming 7th and 9th grade students to have a current physical obtained after May 1, 2020. All other students that had a physical from the 2019-20 school year will receive a 1 year exemption. An NSAA permission form from all students is also needed on file prior to the first contest. Both the Physical form and NSAA form can be found and printed from the school website under the HS Athletics tab (or search "physical form" and/or "NSAA form" within the website).

Fall Activities

August 10th is the start of all Fall practices. Additional conditioning date and time information will be shared to athletes by their respective coaches.

2020-21 Activity Passes

For those wanting to purchase single or family passes, which are good for all athletic events at the school (exceptions; One Act, Main Stage, District and Conference contests), may do so in the east downstairs office during school hours. Once a Booster Bash date is announced, passes may also be purchased at that time. Pass fees are as follows:

Senior Citizen Pass (60+): \$5

Single Pass: \$50

Family Pass: \$125

Regular daily event admission: JH Contest: Adults \$4, Students (K-12) \$3

HS Contest: Adults \$5, Students (K-12) \$4

Cardiovascular Testing

Palmyra High School is considering cardiovascular testing for all interested students for the upcoming school year. The testing works with the student's insurance to provide it free or at a very minimal cost. A date is being established for this testing to be done in the first 2-4 weeks of school. Look for more information to come on this testing and its benefits. This website link will give you a better idea of its services and benefits. <http://www.cappohealth.com/>



Keep connected with Panther activities through District OR1 live-streams of school happenings!

<https://striv.tv/channel/palmyra/>



DISTRICT OR-1

PALMYRA JUNIOR-SENIOR HIGH SCHOOL--BENNET ELEMENTARY

P.O. BOX 130 PALMYRA, NE 68418 402-780-5327

www.districtor1.org

Michael Hart
Superintendent

Heath Johnson
Secondary Principal

Linde Walter
Elementary Principal

Aaron Hoeft
Activities Director

July 1, 2020

Dear Parent/Guardian:

Children need healthy meals to learn. District OR 1 offers healthy meals every school day. Bennet Elementary breakfast costs \$2.10; lunch costs \$2.75. Palmyra High School breakfast costs \$2.35; lunch costs \$2.85. Your children may qualify for free or reduced price meals. Reduced price is \$.30 for breakfast and \$.40 for lunch. If your child(ren) qualified for free or reduced price meals at the end of last school year, you must submit a new application by September 14, 2020 in order to avoid an interruption in meal benefits.

How much?

	1 Day	5 Days	30 Days
Elem Student Breakfast	\$2.10	\$10.50	\$63.00
Elem Student Lunch	\$2.75	\$13.75	\$82.50
Elem Milk	\$0.35	\$1.75	\$10.50
High School Breakfast	\$2.35	\$11.75	\$70.50
High School Lunch	\$2.85	\$14.25	\$85.50

This packet includes an application for free or reduced price meal benefits and a set of detailed instructions. Below are some common questions and answers to help you with the application process.

1. WHO CAN GET FREE OR REDUCED PRICE MEALS?

- All children in households receiving benefits from the Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) or the Food Distribution Program on Indian Reservations (FDPIR) are eligible for free meals.

- Foster children that are under the legal responsibility of a foster care agency or court are eligible for free meals.
- Children participating in their school's Head Start program are eligible for free meals.
- Children who meet the definition of homeless, runaway, or migrant are eligible for free meals.
- Children may receive free or reduced price meals if your household's income is within the limits on the Federal Income Eligibility Guidelines. Your children may qualify for free or reduced price meals if your household income falls at or below the limits on this chart.

2. **HOW DO I KNOW IF MY CHILDREN QUALIFY AS HOMELESS, MIGRANT, OR RUNAWAY?** Do the members of your household lack a permanent address? Are you staying together in a shelter, hotel, or other temporary housing arrangement? Does your family relocate on a seasonal basis? Are any children living with you who have chosen to leave their prior family or household? If you believe children in your household meet these descriptions and haven't been told your children will get free meals, please call or e-mail Michael Hart, PO Box 130, Palmyra, NE 68418 or 402-780-5327.
3. **DO I NEED TO FILL OUT AN APPLICATION FOR EACH CHILD?** No. *Use one Free and Reduced Price School Meals Application for all students in your household.* We cannot approve an application that is not complete, so be sure to fill out all required information. Return the completed application to: Lisa Phillips, PO Box 130, Palmyra, NE 68418 or 402-780-5327.
4. **SHOULD I FILL OUT AN APPLICATION IF I RECEIVED A LETTER THIS SCHOOL YEAR SAYING MY CHILDREN ARE ALREADY APPROVED FOR FREE MEALS?** No, but please read the letter you got carefully and follow the instructions. If any children in your household were missing from your eligibility notification, contact Lisa Phillips, PO Box 130, Palmyra, NE 68418 or 402-780-5327 immediately.
5. **CAN I APPLY ONLINE?** No, please visit www.distictor1.org to print an application.
6. **MY CHILD'S APPLICATION WAS APPROVED LAST YEAR. DO I NEED TO FILL OUT A NEW ONE?** Yes. Your child's application is only good for that school year and for the first few days of this school year. You must send in a new application unless the school told you that your child is eligible for the new school year. If you do not send in a new application that is approved by the school or you have not been notified that your child is eligible for free meals, your child will be charged the full price for meals.
7. **I GET WIC. CAN MY CHILDREN GET FREE MEALS?** Children in households participating in WIC may be eligible for free or reduced price meals. Please send in an application.
8. **WILL THE INFORMATION I GIVE BE CHECKED?** Yes. We may also ask you to send written proof of the household income you report.

9. IF I DON'T QUALIFY NOW, MAY I APPLY LATER? Yes, you may apply at any time during the school year. For example, children with a parent or guardian who becomes unemployed may become eligible for free and reduced price meals if the household income drops below the income limit.
10. WHAT IF I DISAGREE WITH THE SCHOOL'S DECISION ABOUT MY APPLICATION? You should talk to school officials. You also may ask for a hearing by calling or writing to: Michael Hart, PO Box 130, Palmyra, NE 68418 or 402-780-5327.
11. MAY I APPLY IF SOMEONE IN MY HOUSEHOLD IS NOT A U.S. CITIZEN? Yes. You, your children, or other household members do not have to be U.S. citizens to apply for free or reduced price meals.
12. WHAT IF MY INCOME IS NOT ALWAYS THE SAME? List the amount that you normally receive. For example, if you normally make \$1000 each month, but you missed some work last month and only made \$900, put down that you made \$1000 per month. If you normally get overtime, include it, but do not include it if you only work overtime sometimes. If you have lost a job or had your hours or wages reduced, use your current income.
13. WHAT IF SOME HOUSEHOLD MEMBERS HAVE NO INCOME TO REPORT? Household members may not receive some types of income we ask you to report on the application, or may not receive income at all. Whenever this happens, please write a 0 in the field. However, if any income fields are left empty or blank, those will also be counted as zeroes. Please be careful when leaving income fields blank, as we will assume you meant to do so.
14. WE ARE IN THE MILITARY. DO WE REPORT OUR INCOME DIFFERENTLY? Your basic pay and cash bonuses must be reported as income. If you get any cash value allowances for off-base housing, food, or clothing, it must also be included as income. However, if your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income. Any additional combat pay resulting from deployment is also excluded from income.
15. WHAT IF THERE ISN'T ENOUGH SPACE ON THE APPLICATION FOR MY FAMILY? List any additional household members on a separate piece of paper, and attach it to your application. Contact Lisa Phillips, PO Box 130, Palmyra, NE 68418 or 402-780-5327 to receive a second application.
16. MY FAMILY NEEDS MORE HELP. ARE THERE OTHER PROGRAMS WE MIGHT APPLY FOR? To find out how to apply for SNAP or other assistance benefits, please go online to ACCESSNebraska.ne.gov or call 1-800-383-4278.

If you have other questions or need help, call 402-780-5327.

Sincerely,

Lisa A. Phillips

Instructions for Completing the Free & Reduced Price School Meals Family Application

For households receiving benefits from the Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) or the Food Distribution Program on Indian Reservations (FDPIR), follow these instructions:

- Part 1:** List each child's name, the school they attend and their grade.
Part 2: Enter household's Master Case Number if the household qualifies for SNAP, TANF or FDPIR.
Part 3: Skip this part.
Part 4: Complete this part. An adult must sign the form.
Part 5: This part is optional and does not affect your children's eligibility for free or reduced price meals. If you do not select race or ethnicity, one will be selected for you based on visual observation.

For households with FOSTER CHILDREN, follow these instructions:

If all children in the household are foster children:

- Part 1:** List all foster children, the school they attend and their grade. Check the box indicating the child is a foster child.
Part 2: Skip this part.
Part 3: Skip this part.
Part 4: Complete this part. An adult must sign the form.
Part 5: This part is optional and does not affect your children's eligibility for free or reduced price meals. If you do not select race or ethnicity, one will be selected for you based on visual observation.

If some of the children in the household are foster children:

- Part 1:** List all children, including foster children, the school they attend and their grade. Check the box if the child is a foster child.
Part 2: If the household does not have a Master Case Number, skip this part.
Part 3: Follow these instructions to report total household income from last month.

Column 1 – Household Members: List the first and last name of **each** person living in your household, related or not (such as grandparents, other relatives or friends) who share income and expenses. Attach another sheet of paper if necessary.

Column 2 – Gross Income and How Often it was Received: Gross income is the amount earned **before taxes and other deductions**; it is not your take-home pay. For each household member, list each type of income received for the month. You must also report how often the money is received – weekly, every other week, twice a month, or monthly.

Earnings from Work includes the following:

- Salary, wages, cash bonuses
- Net income from self-employment (farm or business)

If you are in the U.S. Military, include:

- Basic pay and cash bonuses (do not include combat pay, Family Subsistence Supplemental Allowance (FSSA) payments or privatized housing allowances)
- Allowances for off-base housing, food and clothing

Do not include income from SNAP, FDPIR, WIC, Federal education benefits and foster care payments.

Public Assistance/Child Support/Alimony includes the following:

- Unemployment benefits, Worker's compensation
- Supplemental Security Income (SSI), Cash assistance from state or local government
- Veteran's benefits (VA benefits), Strike benefits
- Child support payments, Alimony payments

Pensions/Retirement/All Other Income includes the following:

- Social Security payments (including railroad retirement and black lung benefits)
- Private pensions or Disability benefits
- Regular income from trusts or estates, Annuities, Investment income, Earned interest, Rental income and *Regular* cash payments received from outside the household.

If you have no income, write "0" or leave the income field blank. If you do this, you are certifying there is no income to report.

Household Size: Enter the total number of people in your household.

Social Security Number: The adult signing the form must list the last four digits of their Social Security Number (SSN) or check the box to the right labeled "Check if no SSN."

Part 4: Complete this part. An adult must sign the form.

Part 5: This part is optional and does not affect your children's eligibility for free or reduced price meals. If you do not select race or ethnicity, one will be selected for you based on visual observation.

For ALL other households, follow these instructions:

Part 1: List all children, the school they attend and their grade.

Part 2: If the household does not have a Master Case Number, skip this part.

Part 3: Follow these instructions to report total household income from last month.

Column 1 – Household Members: List the first and last name of **each** person living in your household, related or not (such as grandparents, other relatives or friends) who share income and expenses. Attach another sheet of paper if necessary.

Column 2 - Gross Income and How Often it was Received: Gross income is the amount earned **before taxes and other deductions**; it is not your take-home pay. For each household member, list each type of income received for the month. You must also report how often the money is received – weekly, every other week, twice a month, or monthly.

Earnings from Work includes the following:

- Salary, wages, cash bonuses
- Net income from self-employment (farm or business)

If you are in the U.S. Military, include:

- Basic pay and cash bonuses (do not include combat pay, Family Subsistence Supplemental Allowance (FSSA) payments or privatized housing allowances)
- Allowances for off-base housing, food and clothing

Do not include income from SNAP, FDPIR, WIC, Federal education benefits and foster care payments.

Public Assistance/Child Support/Alimony includes the following:

- Unemployment benefits, Worker's compensation
- Supplemental Security Income (SSI), Cash assistance from state or local government
- Veteran's benefits (VA benefits), Strike benefits
- Child support payments, Alimony payments

Pensions/Retirement/All Other Income includes the following:

- Social Security payments (including railroad retirement and black lung benefits)
- Private pensions or Disability benefits
- Regular income from trusts or estates, Annuities, Investment income, Earned interest, Rental income and *Regular* cash payments received from outside the household.

If you have no income, write "0" or leave the income field blank. If you do this, you are certifying there is no income to report.

Household Size: Enter the total number of people in your household.

Social Security Number: The adult signing the form must list the last four digits of their Social Security Number (SSN) or check the box to the right labeled "Check if no SSN."

Part 4: Complete this part. An adult must sign the form.

Part 5: This part is optional and does not affect your children's eligibility for free or reduced price meals. If you do not select race or ethnicity, one will be selected for you based on visual observation.

Free & Reduced Price School Meals Family Application – complete one application per household Attachment C: 2020-21

Return Completed Application to:

(Insert School Name & Mailing Address here)

Part 1: Children in School

List names of all children in school (First, Middle Initial, Last).
If all children listed are foster, skip to Part 4 to sign the form.
If some of the children are foster or are homeless, migrant or runaway children, complete all steps of the application.

Grade

Name of School Child Attends

Check all that apply:
Foster Child Homeless, Migrant, Runaway

Part 2: Assistance Programs – SNAP, TANF or FDPIR Benefits

Enter **MASTER CASE NUMBER** if household qualifies for SNAP, TANF or FDPIR:
(Social Security numbers, Medicaid numbers and EBT numbers are not accepted.) Skip to Part 4

Part 3: Total Household Gross Income – You must tell us how much and how often.

1. Household Members

List **everyone** in the household, current income each person earns in **whole dollars** (no cents) & how often. Entering "0" or leaving the income field blank certifies no income to report. A foster child's **personal** use income must be listed.

2. Gross Income (before taxes) and How Often it was Received

Earnings from Work before deductions

Public Assistance, Child Support, Alimony

Pensions, Retirement and All Other Income

Income

How often

Income

How often

Income

How often

Total Number of Household Members:
(Children and Adults)

Last four digits of Social Security Number (SSN) of the adult signing this form: XXX – XXX –

Check if no SSN ☐

Part 4: Adult Signature and Contact Information – An adult household member must sign the application.

"I certify (promise) that all information on this application is true and that all income is reported. I understand that this information is given in connection with the receipt of Federal funds and that school officials may verify (check) the information. I am aware that if I purposely give false information, my children may lose meal benefits and I may be prosecuted under applicable State and Federal laws."

Sign here:

Print name:

Date:

Street Address (if available):

Zip:

Daytime Phone:

Part 5: Children's Ethnic and Racial Identities – Optional

Check one Ethnic Identity:

– and –

Check one or more Racial Identities:

☐ Hispanic or Latino

☐ Asian

☐ Black or African American

☐ Native Hawaiian or

☐ Not Hispanic or Latino

☐ White

☐ American Indian or Alaskan Native

other Pacific Islander

Do Not Fill Out the Section Below - For School Use Only

Annual Income Conversion:

Weekly X 52;

Every 2 weeks X 26;

Twice a month X 24;

Monthly X 12

Total Household Size:

☐ Free

☐ Reduced

☐ Denied

☐ Income

Reason for denial:

☐ Categorically eligible:

☐ Income too high

☐ SNAP/TANF/FDPIR

☐ Incomplete application

☐ Foster Child

☐ Homeless/Migrant/Runaway:

(Official Documentation Required at School)

Signature of Determining Official:

Date Approved:

FOR THE VERIFICATION PROCESS ONLY:

Signature of Confirming Official:

Date Confirmed:

Date Withdrawn From School:

Signature of Verifying Official:

Date Verified:

Your children may qualify for free or reduced price meals if your household income falls at or below the limits on this chart.

FEDERAL INCOME CHART for School Year 2020-21					
Household size	Yearly	Monthly	Twice per Month	Every Two Weeks	Weekly
1	23,606	1,968	984	908	454
2	31,894	2,658	1,329	1,227	614
3	40,182	3,349	1,675	1,546	773
4	48,470	4,040	2,020	1,865	933
5	56,758	4,730	2,365	2,183	1,092
6	65,046	5,421	2,711	2,502	1,251
7	73,334	6,112	3,056	2,821	1,411
8	81,622	6,802	3,401	3,140	1,570
Each additional person:	8,288	691	346	319	160

The **Richard B. Russell National School Lunch Act** requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number are not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals and for administration and enforcement of the lunch and breakfast programs. We may share your eligibility information with education, health and nutrition programs to help them evaluate, fund or determine benefits for their programs, auditors for program reviews and law enforcement officials to help them look into violations of program rules.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov

This institution is an equal opportunity provider.

Sharing Information with Other Programs - Optional

Dear Parent/Guardian:

To save you time and effort, the information you gave on your Free and Reduced-Price School Meals Application may be shared with other programs for which your children may qualify.

For the following programs, we must have your permission to share your information. Sending in this form will not change whether your children get free or reduced price meals.

- ☐ Yes! I **DO** want school officials to share information from my Free and Reduced Price School Meals Application with **Bennet Elementary Backpack Program**.
- ☐ Yes! I **DO** want school officials to share information from my Free and Reduced Price School Meals Application with **Palmyra High School Activity Fee**.

If you checked "yes" to any or all of the boxes above, complete the following form to ensure that your information is shared for the child(ren) listed below. Your information will be shared only with the programs you checked.

Child's Name: _____ School: _____

Child's Name: _____ School: _____

Child's Name: _____ School: _____

Child's Name: _____ School: _____

Signature of Parent/Guardian: _____ Date: _____

Printed Name: _____

Address: _____

For more information, you may call **Michael Hart** at **402-780-5327** or email at **hart.mic@districtor1.net**

Return this form to:
425 F Street
PO Box 130
Palmyra, NE 68418

by August 30, 2020

New at PHS

There have been a few more changes at PHS in signage. Left: Our school Panther by Ryan Cheney got a makeover and moved inside by the new gym. Middle: New lettering above the trophy case. Below: District OR-1 Lettering greets visitors in the concession space by the gym. Bottom two: A new mural was painted this summer by Ms. Swartzendruber honoring PHS Activities.



School Closing Due to COVID-19 or Other Reasons Such as Inclement Weather

In the new normal of COVID-19, as well as our old normal of inclement weather, we will have school days when we are faced with the dilemma as to whether school will start late, change to an alternate schedule, or should be canceled altogether. This decision is never easy to make, but we want you to know that we have our students’ safety foremost in mind. With that said, be aware that we will monitor COVID-19 dials and weather conditions closely and will use that information to make the determination about school openings/closings. For weather, we will check roads beginning at 4:30 a.m. so that we can arrive at a decision by 6:15 a.m. If a decision is made to close school or to have a late start, we will notify families via the School District notification system and KFOR radio 1240 AM as our primary contacts with the late start or closing information. In addition, we will notify channel 10-11 television for the Lincoln market and channel 6 television in the Omaha market as well as our website, mobile app and Twitter feed as quickly as we can in order to get information out in timely fashion. For COVID-19, we will release notifications at the earliest possible moment.



If a change to schedule is necessary where school is REMOTE, students and teachers will log into their daily classes as a normal school day. If a LATE START is warranted, all daily times will be pushed back TWO (2) HOURS. Again, all school times and bus times will be pushed back two hours. Morning activities, district-wide breakfasts, morning PK and morning rec will be cancelled.

We appreciate your cooperation and patience. With all of that said, I would remind you to update your contact information with the school. This includes your email, home phone and mobile phone information. If our information is incorrect or missing, we will be unable to contact you via the District Notification system.

Patrons are now able to pay lunch balances when it’s most convenient for you with a computer or mobile device at <https://districtor1.revtrak.net/>. The District OR1 Web Store even integrates with PowerSchool! Save time and be confident that your payments will make it where they need to go. You will be able to pay online with an eCheck, debit card, or credit card. The first step in setting this up, though, is to make sure you can log into PowerSchool to see your student’s grades and lunch balance at districtor1.nebps.org. If not, please contact your school’s office to request credentials. Bennet Elementary is 402-782-3535 x1 and Palmyra High School is 402-780-5327 x2.


High | Lunch Menu

Menu | Nutrients | Print

LUNCH

Daily Milk | Alternates

October Edition

Monday	Tuesday	Wednesday
	1 Chicken Tenders Baked Potato Broccoli Fruit and Salad Bar Daily	2 Breaded pork patty Hamburger Bun Mixed Vegetables WG chips Fruit and Salad Bar Daily
7 Chicken Fajita Flour Tortilla Black beans California Blend Fruit and Salad Bar Daily	8 Beef Patty American Cheese Hamburger Bun Tater Tots Fruit and Salad Bar Daily	9 Terriyaki Chicken Seasoned Rice Broccoli Dinner Roll Margarine spread Fruit and Salad Bar Daily

Food and Nutrition

Visit our nutrition web page at ...

districtor1nutrition.org

to view upcoming breakfast and lunch menus. More importantly, click on each food item to learn how that food relates to USDA nutritional guidelines.

Terriyaki Chicken

Showing Item: 2 of 10

Calories	430 kcal
Total Fat	22.0 g
Saturated Fat	5.0 g
Trans Fat	0.0 g
Cholesterol	70 mg
Sodium	400 mg
Total Carbohydrate	30.0 g
Dietary Fiber	0.0 g
Sugar	10.0 g
Protein	10.0 g



Palmyra District OR-1

Report It

SafeSchools Alert is our district's tip reporting service. If you have information about a threat to our safety, do your part and report it! And remember, you can remain anonymous.

SUBMIT USING OUR APP



FOR EMERGENCIES, PLEASE CALL 911

EASY WAYS TO REPORT



Visit the website
<http://1795.alert1.us>



Email your Tip to
1795@alert1.us



Call to report your tip
402.858.9423



Text your Tip to
402.858.9423

REPORT ON:

- BULLYING
- INTIMIDATION
- HARASSMENT
- WEAPONS
- DRUGS
- OTHER



Our District Code is: 1795

All tips submitted are taken seriously and will be acted upon. Please be responsible with your submissions.



PALMYRA PUBLIC SCHOOLS FOOD AND NUTRITION SERVICES

New Programs from Food & Nutrition Services!



District OR1 created a team to research and implement a plan to better ensure food and nutrition information is available to our students, as we continue to be dedicated to students' health, well-being, and their ability to learn. As a result, we are creating a web portal to keep the information needed to empower our students to take the lead to develop healthy Nutrition and Fitness practices for life. Check out our district's interactive and user friendly School Nutrition website at www.DistrictOR1nutrition.org and learn how you can eat right and stay fit! **Scan QR Code at left for School Nutrition Website...**

Good nutrition leads to great academic performance. When your nutritional needs are met, it is easier to focus and learn. When you are physically fit, you are more alert, more positive and enjoy a better quality of life. Combine good nutrition with physical activity and you will have a winning combination to succeed in school.

Food and Nutrition Director Karen Skinner and her team are ***Educating and Inspiring Excellence*** for our students by promoting health and fitness as well as our district's Wellness Policy. Along with information about meal components, menus, and meal applications, you will find interactive nutrition lesson plans, nutrition videos, nutrition games, fitness calculators, fun activities, and healthy recipes...and it is all updated quarterly!

Now Nutrition Information right from our menus is a cinch! Hovering over menu items reveals an individual item's nutritional information, allergens, and allows students to rate menu items... our goal is a 5 Star rating for our 5 star meals focused on meeting and exceeding USDA guidelines.

Check out nutritional information and our School Nutrition Mobile App on the go!

Download our NEW- FREE Mobile App for Interactive Nutritional Menus at your fingertips and more!



App Store



Google play

Eating healthy is a serious concern. The incidence of overweight children, Type II Diabetes and other health concerns are on the rise and are directly related to poor eating habits and lack of exercise. Learn what you should be doing about it on our website or check out parent newsletters, nutritional information, and more on our Mobile App!

At District OR-1 Palmyra Public Schools it is ***Cool to Eat at School*** and School Nutrition Services is committed to helping you form the healthy habits today that will last a lifetime!

GO PANTHERS!

www.DistrictOR1nutrition.org

FUNDRAISING NIGHT!



Foundation For Knowledge

Tuesday, August 18

4PM - 10PM

10% Donation Night

Support this cause by
presenting this invitation to
the listed Texas Roadhouse®
location and Texas Roadhouse®
will donate 10% of your total food
purchases to the fundraiser!



(402) 420-0155

6301 Apple's Way

Bennet Elementary School Supply List (all students need a Book Bag, Gym Shoes and Headphones)

Class	Must Have	May Not Bring
Kindergarten	1 large backpack (big enough to hold a large size library book) 12 large glue sticks 2 inch 3 ring binder with clear sleeve pocket on front cover Box of 24 crayons	scissors pencil sharpener crayons markers
First Grade	12 Large glue sticks Small, plastic pencil box Box of 24 crayons #2 pencils (a package of 12) 4 black fine tip dry erase markers 4 pink erasers	pencil sharpeners
Second Grade	#2 pencils (a package of 12) 12 Crayola Classic Washable markers Box of 24 crayons 2 Spiral wide rule notebook 2 large glue sticks Small plastic crayon box (5 ½ x 8) 1 Pink, Yellow and Green Highlighter 2 Pink Erasers	pencil sharpeners mechanical pencils
Third Grade	#2 pencils (a package of 24) Box of 24 crayons 2 Large erasers 8 Large glue sticks 3 Spiral 1 subject notebooks (College Ruled) Scissors 1 inch 3 ring binder w/ clear front	large pencil boxes markers
Fourth Grade	#2 pencils 1 Spiral Notebook 1 100 page composition notebook (wide ruled) 1 Pkg. Wide Ruled notebook paper 1- 1 inch 3 ring binder w/ clear front 1- 2 inch 3ring binder w/clear front 1 package of highlighters 1 package of 12 markers 2 Large Glue sticks Box of 24 crayons	gel pens/ multicolored no toys pencil boxes over 8x10
Fifth Grade	#2 pencils (a package of 24) White board eraser Dry erase markers 1 Pkg. of wide ruled notebook paper	large pencil boxes multicolored pens no toys
Sixth Grade	# 2 pencils Small pencil box Spiral notebooks/notepaper Crayola Washable markers Calculator (Optional)	gel/multicolored pens large pencil boxes no toys

Please note, all students will need their own headphones, as they will be stored in the home-room desks of the students. Families can no longer share during the COVID-19 era.



DISTRICT OR-1 PUBLIC SCHOOL CALENDAR 2020-2021 Proposed

August 2020

SU	M	T	W	TH	F	SA
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September 2020

SU	M	T	W	TH	F	SA
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2020

SU	M	T	W	TH	F	SA
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2020

SU	M	T	W	TH	F	SA
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2020

SU	M	T	W	TH	F	SA
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August 2020

- 10-Aug Start of Fall Practice
- 10-Aug Faculty Inservice-8:00-4:00
- 11-Aug Faculty Inservice-8:00-4:00
- 12-Aug Faculty Inservice-8:00-4:00
- 13-Aug First Day of School

September 2020

- 7-Sep NO SCHOOL -Labor Day
- 22-Sep Dismiss @ 1:30 P.M. P-T conf. 2:00-8:00 P.M.

October 2020

- 16-Oct End of First quarter
- 19-Oct Start 2nd Quarter
- 22-Oct 1:30 Dismissal Fall Break
- 23-Oct Fall Break; NO SCHOOL

November 2020

- 16-Nov Start Winter Practice
- 17-Nov Teacher Inservice No School
- 25-Nov NO SCHOOL Thanksgiving Break
- 26-Nov NO SCHOOL Thanksgiving Break
- 27-Nov NO SCHOOL Thanksgiving Break

December 2020

- 22-Dec End of Second Quarter
- 22-Dec Dismiss at 1:30 for Christmas
- 23-Dec Winter Vacation December 23-January 5
- 23-27 Dec Five day moratorium period est. by NSAA

January 2021

- 1-5 Jan Winter Vacation
- 6-Jan School Resumes, Start 3rd Quarter

February 2021

- 9-Feb Dismiss @ 1:30 P.M. P-T conf. 2:00-8:00 P.M.
- 12-Feb NO SCHOOL Winter Break
- 22-Feb Teacher In-Service No School

March 2021

- 1-Mar Start of Spring Practice
- 5-Mar NO SCHOOL Spring Break
- 11-Mar End of Third Quarter 1:30 Dismissal
- 12-Mar NO SCHOOL Spring Break
- 15-Mar Start 4th Quarter

April 2021

- 1-Apr Dismiss at 1:30 P.M. for Easter Break
- 2-Apr NO SCHOOL; Easter Break
- 5-Apr NO SCHOOL; Easter Break

May 2021

- 8-May Graduation
- 19-May Elementary End of 2nd Semester Reg. Dis.
- 20-May End of Second Semester-1:30 Dismissal H.S.
- 21-May Teacher Work Day

Note: Early dismissal times of 1:30 will result in an elementary dismissal time of 1:10.

January 2021

SU	M	T	W	TH	F	SA
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 2021

SU	M	T	W	TH	F	SA
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March 2021

SU	M	T	W	TH	F	SA
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April 2021

SU	M	T	W	TH	F	SA
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May 2021

SU	M	T	W	TH	F	SA
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

179 student days

185 total for teachers

Elementary end of Second Semester Reg Dismissal

Teacher days

Vacation Days

Parent Teacher conf.

Early Dismissal