



BOND GUIDANCE INSIDE

PALMYRA



PANTHERS

School District OR-1

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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
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www.districtor1.org Twitter: @OR1_Panthers

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District OR-1 Newsletter
District OR-1 Public Schools
July/August, 2022

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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, 2022

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

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- Foundation for Knowledge
- New Teachers
- 2022-2023 Calendar

Superintendent Notes...by Michael Hart

Panther Families,

I hope all of you are having a safe and relaxing summer! As we move through the month of July, there are many things happening in the district that we want to share with all of you. Please use this newsletter as a guide for organizing information relative to the start of the school year.



Special Bond Election Information:

Enclosed within this newsletter you will find a flyer containing a great deal of information about our upcoming special bond election scheduled for **Tuesday, August 9th**. This special bond election will be a "mail in" ballot election and each registered voter should receive a ballot in the mail sometime around the third week in July. More information related to this special election is listed below:

District OR-1 Special Election Bond Information:

- **Thursday, July 14, 2022:** Community Information Meeting at Palmyra High School from 6:30 - 7:30 p.m..
- **Monday, July 18, 2022:** Ballots mailed out to all registered district voters.
- **Monday, July 18 -Tuesday, August 9, 2022:** Ballots can be returned to the Lancaster County Election Commissioner by mail or "in person" no later than 5:00 p.m. on Tuesday, August 8, 2022
- **Tuesday, July 19, 2022:** Community Information Meeting at Bennet Elementary School from 6:30 - 7:30 p.m.
- **Friday, July 22, 2022:** Deadline for voters to complete the online voter registration process.

Welcome New

Hello! My name is Michael Jorgenson, and I will be teaching skilled and technical science (STS) courses at the Jr./Sr. High School. I will be going into my seventeenth year in education, and my most recent teaching position was with Hershey Public Schools. I have worked as a trainer in industrial maintenance for the past two years. I received my Bachelor of Science in Education from the University of Nebraska at Lincoln. I have held certifications in both welding education and inspection from the American Welding Society.



I spend a lot of my time outside of work with my son, Bowie, and/or with my dog, Harley (Cane Corso). I enjoy reading, cycling, watching or attending sporting events and working on projects in the shop.

I once served in the same role in District OR-1 that I will be returning to this fall. My previous experience teaching at Palmyra Jr./Sr. High School included a 20-month hiatus while I was on military deployment with the Nebraska Army National Guard.

I'm very excited to have this opportunity to return to District OR-1. I'm familiar with the communities that this district serves, and I know that I'll be working alongside many professional educators who are amazing at what they do. I was very fortunate to have built some life-long relationships during my previous time as a Palmyra Panther and I look forward to building many more!

GO PANTHERS!!

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

...Continued on next page.

- **Thursday, July 28, 2022:** Sample Ballot published in The Voice News by the Lancaster County Election Commissioner.
- **Friday, July 29, 2022:** Last day for "in-person" voter registration - ***FYI: The Election Commissioner's Office is open until 6:00 p.m.***
- **Tuesday, August 9, 2022:-** District OR-1 School Bond Special Election

Student and Staff Kudos:

- Even though our teachers and students have not been in school since the end of May, there still has been a lot of activity in and out of the district facilities this summer. Aside from sports camps, community events, summer school, field trips, high school weightlifting and conditioning, staff curriculum work, driver training, lesson planning, room preparation, and committee work, our staff and students continue to stay busy working to be ready when school starts up again in the fall. Keep up the good work!
- Additionally, I would also like to spotlight the hard work of our office support staff, administrators, custodians, technology support staff, food service, and maintenance/transportation personnel. The "behind the scenes" work these individuals do throughout the summer is critical in facilitating efficient and effective operations throughout the school year.
- Special congratulations also goes out to our students for their continued participation in our camps, clinics, and "team based" activities this summer and to our coaches and sponsors for organizing these activities. Events like basketball, football, volleyball, cheerleading, and other camps (as well as students attending leadership and extracurricular specific events like FFA and FCCLA conferences) are shining examples of our students and staff giving extra effort to enhance their skills throughout the year.
- Our students and coaches have also participated in summer weightlifting and sport specific conditioning activities and they have also been involved in community events like the Old Settlers Picnic in Palmyra and the 4th of July celebration and parade in Bennet.
- Our students also continue to participate in a variety of community activities throughout the summer months and many of them are also busy helping families at home or working at various jobs throughout the area and we are proud of all of their accomplishments and service.
- Finally, strong community support for our district and advocating for high quality public schools is critical for success. District OR-1 is an excellent school system filled with great students and outstanding staff members, but we simply could not do what we do as a district without the continued support of our community patrons and local businesses. There are a myriad of patrons and businesses who contribute their time and talents to helping our students, staff, and programs thrive and we are grateful to all of them. Thank

you for supporting our students, staff, and the district! In summary, we are very fortunate to serve in a growing and progressive school district with a solid commitment to continued excellence and a "kids first" approach to education. District OR-1 is a great place to be!

School Newsletter:

In this issue of the school newsletter will be information relative to school meals, activities information, the special bond election and facility expansion information, school supply lists, "beginning of the school year" activities and events, lunch applications, physical forms, and other information that will help our families prepare for the new school year.

- ***Please note:*** Subsequent newsletters throughout the 2022-2023 school year will only be distributed **electronically** through our school website and social media channels. Listed below is the link for the district Facebook page and school website:

<https://www.facebook.com/District-OR-1-School>
www.districtor1.org

- o Any community patron or organization wanting to receive "hard copies" of any newsletter can call our school offices during regular school hours and our staff will make copies for those requesting the "hard" copies.
- o Additional "hard copies" of the district newsletters will also be available at designated local business and community gathering spots like the banks, post office, etc. in the Palmyra and Bennet communities.

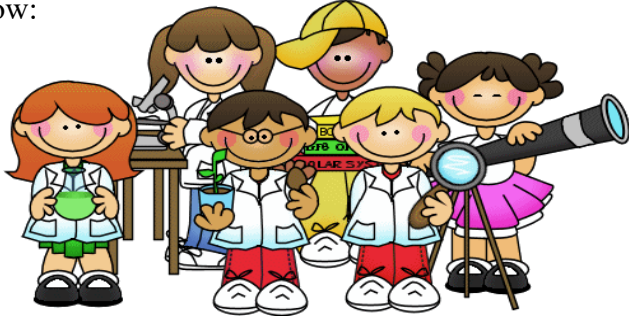
In order to ensure you receive all district information in a timely manner, **please make sure you update all family contact information before the start of the school year.** If you have questions about updating your information, please contact our school offices.

Student Lunch Program and Meals Reminder:

- This fall, schools will again begin charging for school meals (breakfast and lunch).
- For about the past two years, due to the impact of the COVID-19 pandemic, school meals have been free of charge for students and families, but this will no longer be the case starting in the fall.
- Although students and families will again have to pay for school lunch and breakfast programs, we have worked with our food service staff to keep costs as low as possible.
- Free and reduced school meal guidelines are still in place and families should plan accordingly if they need to apply for this program. Families should contact our school office as soon as possible for information on free and reduced school meal guidelines, income parameters, and application procedures.

Beginning of School Information:

- As it stands right now, we are planning to start the **2022-2023** school year as we did prior to the pandemic and that is with no mask requirement at either building. Please note that we will still continue to have safety precautions in place related to lessons learned from the pandemic.
 - If students or staff still want to wear masks, that is a decision that they are free to make at their discretion. Although we are planning to start without a mask requirement for staff and students, please be aware that requirement could change if needed based on current health conditions.
 - As we did last year, we will continue to follow our local health department protocols as directed throughout the school year. If something changes with the any emerging COVID variants we will adjust quickly and accordingly and communicate these changes to you as soon as possible through our social media channels and district messenger system.
- Important dates for the beginning of school are listed below:



“Beginning of School” Events and Important Reminders

- **Monday, August 8th**
 - All staff return to the district for staff training and beginning of school orientation
 - Fall sports practices begin
 - Board of Education regular board meeting beginning at 7:00 p.m. at Palmyra High School in the Media Center
- **Tuesday, August 9th:**
 - Special Bond Election for District OR-1 Schools
- **Wednesday, August 10th:**
 - Open House for Elementary Students from 5:00 - 6:30 p.m. at Bennet Elementary School
- **Thursday, August 11th:**
 - First Day of School for students: K-12
- **Monday, August 15th:**
 - First Day of Preschool at Bennet Elementary School
- **Thursday, August 18th:** Panther Booster Bash at the Olson Complex beginning at 7:00 p.m.

Thank you again for supporting our school district! If you have any additional questions, please call our school offices.

Enjoy the rest of your summer break, & Go Panthers!

Mike

“New to the District” Teaching Staff

- Included below is the list of “new to the district” teachers hired for the 2022-2023 school year.
- We are excited to welcome our new teachers to the district and I am confident they are going to do a fantastic job working with our students.
- More specific information about these staff members is contained later in the newsletter

District OR-1: “New to the District” Teachers for the 2022-2023 School Year		
Teacher	Building	Position
Mrs. Elizabeth Beach	High School	Agricultural Education and FFA Sponsor
Mrs. Jennifer Borg	Elementary	5th Grade Teacher
Mr. John Furrow	High School	Instrumental Music
Mrs. Chrissy Garris	Elementary	Art / “Learning Loss” Academic Support
Mrs. Madison Hanau	High School	Science
Ms. Michelle Irvine	High School	Family Consumer Science and FCCLA Sponsor
Mr. Michael Jorgenson	High School	Industrial Technology
Mrs. Brianne Lahmon	Elementary	3rd Grade Teacher

Preseason Sports Information. If you don't see your fall sport/activity information in this newsletter, your coach will be reaching out to you at a later date with information.

—Mr. Hoeft

9-12 HS Football:

Preseason conditioning starts the week of August 1st. Coach Maas has been in contact via email with those that have signed up for football, regarding this schedule. If you are interested in playing football, and are not on his email list -- please reach out to him at: maas.tyl@districtor1.net

Practice officially begins on Monday, August 8th at 3:45pm.

All players need to have a physical completed prior to the start of practice or you will only be able to watch.

7th and 8th Grade JH Football:

Practice BEGINS Thursday, August 11th this year. **NOTE: This corresponds with the first day of class, so please come to school with your football cleats and workout apparel similar to what you would wear to gym class. Helmets will be checked out prior to the start of practice that day.** Practices will start at 3:45pm each day. Practices will end at 5:45 on both Thursday and Friday of that first week. Please plan to have your child picked up from the high school by 6pm each of those days.

All players need to have a physical completed prior to the start of practice or you will only be able to watch.

Questions? Email

Coach Maas at: maas.tyl@districtor1.net

7-12 Cross Country

Cross Country Conditioning will be August 2nd through the 4th from 7-8 pm. Meet in the parking lot south of the High School Gym. Junior High cross country athletes are welcome to attend! To join our team's Band Messaging App to get all information and communicate effectively, please scan this QR code:



Concussion Testing at Palmyra High School

Located in the downstairs computer lab (Mr. Conn's Room). Please enter through east main doors. If you can't make it due to other conflicts there will be opportunities for testing when school begins. Please only attend your scheduled time slot due to limited seating. Each testing session is about 40 minutes in length.

August 1st 8am—**HS Girls (9-12th)** participating in Volleyball, Basketball, Wrestling or Cheerleading

August 1st 9am—**HS Boys (9-12th)** participating in Football, Basketball or Wrestling

August 2nd 9am—**JH Girls (7-8th)** participating in Volleyball, Basketball or Wrestling

August 2nd 10am—**JH Boys (7-8th)** participating in Football, Basketball, or Wrestling

Sports Physicals

If you are in grades 7-12th and plan to participate in a sport for the upcoming 22-23 school year you must have a current physical on file in the office prior to the first practice. An NSAA permission form 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](#).

2022-23 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 at the Booster Bash scheduled for August 19th. Otherwise, passes may be purchased in the east downstairs office during school hours. 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

Activities Calendar

The Activities Calendar for the 2022-23 school year is linkable to Google Calendar starting July 1st 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. A final option is to use the www.eastcentralnebraskaconf.org link to view the school's events and activities through the summer and next school year.

2022-23 Booster Bash

Will be held at the Olson Complex on Thursday August 18th. Food and various booths selling apparel, activity passes and other activity information will be set up and ready by 5:30pm. The program will begin at 7pm.

Facilities use requests for 2022-23

Facility use requests for youth teams will be accepted starting Monday August 15th. 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.

Elementary News

Band and Music Open House Article for Bennet Elementary

Hello and welcome to the 2022-23 school year! My name is John Furrow and I am the new 5-12 band director for District OR-1 serving Bennet Elementary and Palmyra Jr./Sr. High School. I will be starting my 22nd year in education in the fall and I look forward to meeting each and every one of you! The beginning band display and registration is set for September 6th, however during the Open House for Bennet Elementary I will be available to help answer any questions you may have about joining the band, what instrument to play, or if you are ready to register you can do that too! My goal is to have at least 30 5th graders join our band this year. If you are on the fence, stop by and visit! The more we have, the more fun music we can create! If you have any questions in the meantime, please feel free to reach out to me via email at furrow.joh@districtor1.net.

ALLERGIES:

Due to various student allergies, any treats brought into the elementary classroom need to be store bought with the ingredients clearly labeled. Thank you for your co-operation with this safety/wellness procedure.

BENNET ELEMENTARY INFORMATION

WELCOME BACK to the 2022-23 school year. This is an exciting time and I am anxious for students to be back in the building! I 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. More information will be handed out at on the first day of school or at open house regarding your child's classroom plan.

I hope you enjoy the rest of your summer and I will see everyone in August. 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 gym door and the front doors at Palmyra High School entryway on Tuesday, August 9th 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.

BENNET ELEMENTARY OPEN HOUSE:

Bennet Elementary will be hosting an Open House on Wednesday, August 10th from 5:00-6:30 PM. Students/families can meet their classroom teacher, bring school supplies, and take a tour of the school.

BEFORE AND AFTER SCHOOL RECREATION PROGRAM:

Bennet Elementary will continue to offer a before and after school recreation program. Starting on Thursday, August 11th, for a fee, school age children attending Bennet Elementary may take part in this program. **There will be a table at Open House on Wednesday, August 10th for you to register your child.** If your child will be attending the before or after school care program, please stop by 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.

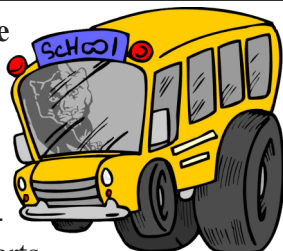
Cost: \$2.65/hr per child. Time kept to the nearest 15 min. increment. A minimum of one hour's time will be charged for after school participation.

- 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.

To parents of school bus route children:

School will be starting on Thursday, August 11. Your bus driver will contact you approximately 1 week before school starts with your pick up time. If you are new to the district and requesting bus service, please contact Cathy Fick 402-540-2879, or email fick.cat@districtor1.net, so that your name can be added to the routes.



The routes and times may not be permanent until we get everyone needing bus service registered. Therefore, times will vary the first week of school, depending on who is riding. You should start to see some consistency starting with the 2nd week of school.

Please note that bus drivers are allowed a maximum of **one minute** wait time during pickups and students to get on the bus, so please have your student ready and waiting outside at their scheduled time.

We ask that if your child will not be riding the bus at any time to please call or text Cathy Fick 402-540-2879. Please make every attempt to call the night before if possible, if not, please call at least 15 minutes before your scheduled pick up time so drivers have time to adjust their route. It is important that the school and driver both have this information. If no call/text was received your child will be picked up and/or dropped off on the normal schedule.

LITTLE PANTHERS PRE-SCHOOL:

Classes for Little Panthers Pre-School will begin on Monday, August 15th. The pre-school is for 3 and 4 year old students in the school district. There are four class sessions; two morning sessions will run from 8:00 – 11:30 a.m., along with two afternoon sessions 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.

Please note where there is a late start, school begins at 10:00 a.m. which will make your pick up time approximately one hour and 45 minutes later than normal. Shuttle leave time from Bennet will be 9:30am and shuttle leave time from Palmyra will be 9:45 am.

There is to be no food or drinks on the bus except for plastic bottled water.

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

Please observe parking restrictions and times in the drop off areas at both school buildings. The circle drive restrictions at Bennet are 7:30-8:30am and 2:30-4:15 pm. At Palmyra they are 7:30-8:10am and 3:15-4:00 pm. No vehicles are allowed to enter when buses are stopped to load and unload students.

- Load times at Bennet are 7:35am and 7:45am.
- Load times at PHS are 7:55am and 8:05am
- Load time at the Legion Hall is 7:35am and leave at 7:40am.
- Drop off at Legion Hall is 3:15pm.
- Drop off at PHS is 3:20pm.
- Drop off at Bennet is 3:55pm.

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



New Faces at District OR1



Hello and welcome to the 2022-23 school year. My name is John Furrow and I will be serving District OR-1 as the 5-12 band director working at both Bennet Elementary and Palmyra Jr./Sr. High School. Besides directing the bands, I will also be helping out as a Junior High Girls Basketball Coach. I have earned a Bachelor's Degree in Music Education from Doane College and a Masters Degree in Curriculum and Instruction from Doane College. I have been teaching in the classroom setting for 21 years and have served on the ESU 4 board of education for 4 years of service. During my teaching career I have directed programs in size from D2 all the way up to AA classification. I strongly believe that all of this educational experience will benefit the students of District OR-1.

On a personal level, I have a wife (who is also an educator) and two children; Jacob who is 12 and developmentally disabled, and Emma 8, who thinks she is going on 21! I enjoy reading and would love to get back into golfing if time ever allows. The most important thing about me is you should know I have an undying love for my family...which bleeds into my classroom. So, my students will become an extended part of my family, just like the first group of students I taught 21 years ago!

I am super excited to be a part of District OR-1 for a few reasons:

- 1) I had the opportunity to work with Superintendent Hart when we were both a part of the Norfolk Public School District, and I am excited to be working with him and the administrators here at District OR-1
- 2) I have heard from multiple sources that Palmyra students are in a class of their own! From the great attitudes and hard work ethics, to being all around great kids! To this point I write this article. I have only had 2 interactions with students totaling about 6 hours, but I have been very impressed with all 6 hours of time!
- 3) The final thing that makes me excited about working for District OR-1 is the future! Between enrollment numbers, opportunities for students, and how the staff works hard to give students the best, every day with the district will be a great day because we are all going to be working to give students the opportunity to be successful, and that is a team I want to be a part of a community and look forward to engaging in the community as much as possible. I am so excited to be a part of!

I look forward to getting to know the faculty, staff, parents, and students this fall. Go Panthers!



My name is Jennifer Borg and I will be joining the staff at Bennet Elementary serving as a 5th grade teacher. I earned my teaching degree in 2001 from Peru State and my Masters from UNK in 2005. For the past twelve years I have taught various positions at Nebraska City. Prior to that I was at Pawnee City for nine years where I taught 3rd-5th grades.

My husband, Zac, and I live in Lincoln where he works as a Senior Project Manager for Q2. We have two children, Emmett and Mabel. Emmett will be a 1st grader and Mabel will be going to Kindergarten both attending Bennet Elementary.

We love attending sporting events, cheering on our Huskers, and spending time outside. I am very excited to be a part of District OR-1. Go Panthers!

Follow District OR1 news and activities by downloading our iOS or Android app. Follow us on twitter @OR1_Panthers or at www.districtor1.org. **Please notify the office if you get a new phone number (or delete one) to ensure we get you called in case of weather or emergency.** Finally, keep up with the news by looking for a newsletter in your mailbox every summer and on the web page three additional times a year.



Liz Beach:

My family and I hope the District OR1 family is having an excellent Summer. I am Liz Beach, and I am excited to return to a great community near where I grew up. I will serve District OR1 as your new Middle School/High School Agriculture teacher and FFA sponsor. Below are some highlights about me!

Middle School/High School Agriculture

- FFA Sponsor
 - Bachelor's Degree at Northwest Missouri State University
 - Taught one year in Wood River, NE
 - My family is from Unadilla and I just got married this July!
 - Baking
 - Spending time with family, helping out on the farm and traveling
 - I am excited to be in a great community that I grew up around and to continue growing the agriculture program!
-



Hello! My name is Brianne (Bri) Lahmon. I am so excited to join the Panther family this year as a third-grade teacher at Bennet Elementary, I received my undergraduate degree at the University of Nebraska-Lincoln and graduated in December of 2017.

I am also currently working on my masters in Special Education degree from Wayne State College. For the past 4 years, I have had the privilege of teaching Kindergarten at West Lincoln Elementary in LPS. Outside of school I enjoy spending time with my family. My husband, Austin, is the school counselor at Bennet Elementary, and we have two daughters. Blayklee is three years old and will be a preschooler at the Elementary, and Hadleigh is four months old.

As a family, we enjoy being outdoors playing, going for walks, and spending time with extended family. Being from a family of educators, I understand the importance of being a part of a community and look forward to engaging in the community as much as possible. I am so excited to be a part of the Panther family and to be joining these wonderful communities. Go Panthers!



Hello! My name is Michelle Irvine! I am so excited to be the new 6-12 grade Family & Consumer Sciences (FCS) Teacher in the High School, as well as the FCCLA Adviser!

I earned my Bachelor's degree in FCS Education from Wayne State College in 2016 and completed my Master's degree in FCS Ed from UNL in May. I am entering my 6th year of teaching FCS: 3 years at Cozad High School and 2 years at Grand Island Senior High. I also began to teach at Wayne State College as an adjunct professor online this summer.

Here are just a few things about me: I am originally from Cairo, Nebraska in the central part of the state. I grew up with two older brothers and three older sisters on a small farm. I have a two-year old Blue Heeler, named Willow, and she is the sweetest dog ever. Cooking and baking for others brings me a lot of joy, as

well as being by ocean. I am an avid reader and love to spend quality time with the people I care about. I am thrilled to become a member of the staff at Palmyra High School! I truly believe that FCS and FCCLA can make a huge impact on a community and I hope to share that with all of you!



Hello, my name is Chrissy Garris and I am the new Art and Learning Loss teacher at Bennet Elementary. My family and I moved to Bennet a few years ago and we have grown to love being a part of this great community. I grew up in Falls City, Nebraska and am glad to be back in a small-town atmosphere. When I am not in the classroom, I enjoy decorating, drawing, and spending time with family and friends.

In 2007, I graduated from the University of Nebraska-Lincoln with a Bachelor of Fine Arts degree and certification in art education. Recently, I decided to continue my education and am currently pursuing a master's degree at Peru State College. I began my career, as an art educator, at Lincoln Public Schools. I have experience teaching art in both elementary and secondary levels. This is my 7th year of teaching and I am looking forward to a new adventure in my career. I am excited to join the District OR-1 team and look forward to meeting all of you this year!

District OR 1 Schools**07/07/2022**

Dear Parent/Guardian:

Children need healthy meals to learn. **District OR 1** offers healthy meals every school day. Breakfast costs **\$2.10 at the Elementary, PreK – 5th, \$2.35 at the High School, 6th – 12th**; lunch costs **\$2.75 at the Elementary, PreK – 5th, \$2.85 at the High School, 6th – 12th**. **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 **Friday, September 23, 2022**, in order to avoid an interruption in meal benefits.

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 **Lisa Phillips, 425 F St, PO Box 130, Palmyra, NE 68418, 402-780-5369, Phillips.lis@districtor1.net**.

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, 425 F St, PO Box 130, Palmyra, NE 68418, 402-780-5369, Phillips.lis@districtor1.net**.

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, 425 F St, PO Box 130, Palmyra, NE 68418, 402-780-5369, Phillips.lis@districtor1.net** immediately.

5. CAN I APPLY ONLINE? No, you can not apply online. You can access the application to print from the district website. www.districtor1.org. Contact **Lisa Phillips, 425 F St, PO Box 130, Palmyra, NE 68418, 402-780-5369, Phillips.lis@districtor1.net** if you have any questions about accessing the 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, 425 F St, PO Box 130, Palmyra, NE 68418, 402-780-5369, hart.mic@districtor1.net.**
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, 425 F St, PO Box 130, Palmyra, NE 68418, 402-780-5369, Phillips.lis@districtor1.net** 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 **402-780-5369**.

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 may be selected based on visual observation.

For households with FOSTER, HOMELESS, MIGRANT or RUNAWAY 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 may be selected based on visual observation.

If some of the children in the household are foster children or are homeless, migrant or runaway children:

- Part 1:** List all children, the school they attend and their grade. Check the appropriate box.
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. By doing 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 may be selected based on visual observation.

Please note: Children who meet the definition of homeless, migrant or runaway, are eligible for free meals. However, the school district must have documentation on file from a migrant coordinator, homeless/runaway liaison or the district's Direct Certification list to approve the child for free meals.

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. By doing 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 may be selected based on visual observation.

Free & Reduced Price School Meals Family Application – complete one application per household Attachment C: 2022-23

Return Completed Application to:						District OR1 Schools, 425 F St, PO Box 130, Palmyra, NE 68418					
Part 1: Children in School											
List names of all children in school (First, Middle Initial, Last). If <u>all</u> 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	
										<input type="checkbox"/>	<input type="checkbox"/>
										<input type="checkbox"/>	<input type="checkbox"/>
										<input type="checkbox"/>	<input type="checkbox"/>
										<input type="checkbox"/>	<input type="checkbox"/>
										<input type="checkbox"/>	<input type="checkbox"/>
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 <input type="checkbox"/>							
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:				Check one or more Racial Identities:							
<input type="checkbox"/> Hispanic or Latino				<input type="checkbox"/> Asian		<input type="checkbox"/> Black or African American		<input type="checkbox"/> Native Hawaiian or other Pacific Islander			
<input type="checkbox"/> Not Hispanic or Latino				<input type="checkbox"/> White		<input type="checkbox"/> American Indian or Alaskan Native					
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: _____				<input type="checkbox"/> Free <input type="checkbox"/> Income <input type="checkbox"/> Categorically eligible: <input type="checkbox"/> SNAP/TANF/FDPIR <input type="checkbox"/> Foster Child <input type="checkbox"/> Homeless/Migrant/Runaway: (Official Documentation Required at School)		<input type="checkbox"/> Reduced		<input type="checkbox"/> Denied Reason for denial: <input type="checkbox"/> Income too high <input type="checkbox"/> Incomplete application			
Total Income: _____ per											
<input type="checkbox"/> Year <input type="checkbox"/> Month <input type="checkbox"/> 2 X Mo <input type="checkbox"/> Every 2 Wks <input type="checkbox"/> Week											
Signature of Determining Official:						Date Approved:					
FOR THE VERIFICATION PROCESS ONLY:											
Signature of Confirming Official:						Date Confirmed:					
Signature of Verifying Official:						Date Verified:					
						Date Withdrawn From School:					

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 2022-23					
Household size	Yearly	Monthly	Twice per Month	Every Two Weeks	Weekly
1	25,142	2,096	1,048	967	484
2	33,874	2,823	1,412	1,303	652
3	42,606	3,551	1,776	1,639	820
4	51,338	4,279	2,140	1,975	988
5	60,070	5,006	2,503	2,311	1,156
6	68,802	5,734	2,867	2,647	1,324
7	77,534	6,462	3,231	2,983	1,492
8	86,266	7,189	3,595	3,318	1,659
Each additional person:	8,732	728	364	336	168

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.

Non-Discrimination Statement: This explains what to do if you believe you have been treated unfairly.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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: (833) 256-1665 or (202) 690-7442; or
- (3) Email: program.intake@usda.gov

This institution is an equal opportunity provider.

Computing Income for Self-Employed Individuals

Individuals who are self-employed or engaged in farming may experience variations in cash flow and cannot easily report a monthly income. These individuals can use their 2020 U.S. Individual Income Tax Return Form 1040 to report self-employment income for the free and reduced-price meal application. The income to report is income derived from the business venture less operating costs incurred in the generation of that income. Deductions for personal expenses such as interest on home mortgages, medical expenses and other similar non-business items are not allowed in reducing gross business income.

When completing this form, **losses** (negative numbers) reported on any of the lines below are included when determining the **total** self-employed income. If the total income is a negative number, it is to be recorded as zero on the meal application in the column labeled "All Other Income".

Zero income resulting from use of the 1040 Form does not require follow-up.

Important Reminders from the U.S. Individual Income Tax Return Form 1040:

Line 1 cannot be used to report current income. Income from wages or salaries must be reported on the application for the most recent month.

Line 9 (Total Income) and line 11 (Adjusted Gross Income) cannot be used for the purpose of applying for free and reduced-price meals.

The five line items listed below are used to determine allowable self-employment income.

From the first page of the U.S. Individual Income Tax Return Form 1040:

Line 7 Capital Gain or (loss) _____

From the U.S. Individual Income Tax Return Form 1040 – SCHEDULE 1 - under Part 1 - Additional Income:

Line 3 Business Income or (loss) _____

Line 4 Other Gains or (losses) _____

Line 5 Rental Real Estate, etc. _____

Line 6 Farm Income or (loss) _____

Total of the above five lines: _____ **equals annual self-employed income ***

* Report this figure on the meal application in the column labeled "All Other Income".

If the total of the above lines is a negative number, it must be changed to zero before it is transferred to the meal application.

NOTE: This form is used only to report income from self-employment and/or farming. If any members of the household have income from other jobs, the gross income from those jobs must be reported on the meal application form.

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 BackPack Program**
- ☐ Yes! I **DO** want school officials to share information from my Free and Reduced Price School Meals Application with **Palmyra 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 **Lisa Phillips** at **402-780-5369** or email at **Phillips.lis@districtor1.net**.

Return this form to: **425 F St, PO Box 130, Palmyra, NE 68418** by **Friday, September 23, 2022**.



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!

FUNDRAISING NIGHT!



Foundation For Knowledge

Tuesday

4PM - 10PM

August 16

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

CLASS OF 2022



Alissa Baker



Jayden Brock



Michael Bryan-Aldrich



Hailey Darrah



Kyla Davis



Treyvon Davis



Martina Dovel



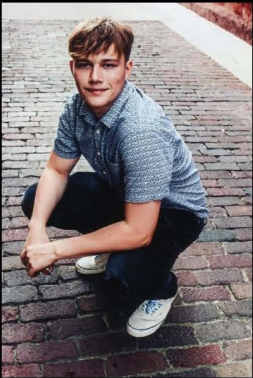
Dedrick Dowding



Marley Ernst



Nima Faunce



Robert Hegwood III



Austin Junker



Zach Kirchner

May 7 at 2:00 p.m. in the PHS Varsity Gym

Class Motto: "Our lives are before us, our pasts are behind us, and our memories are forever within us."

Flower: White Carnation

Class Colors: Blue and Silver



Kylee Kment



Lydia Lang



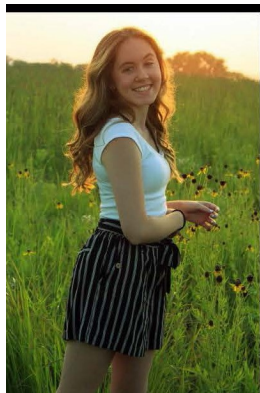
Megan Lankster



Nathaniel Larson-Neeman



Kamrin Lippold



Alizae Martinez



Lilly Parolek



Savannah Phillips



Erynn Somers



Andrew Waltke



Renee Warner



Serenity Wheeler



Mollie Whyman



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.

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.

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

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

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	May Not Bring scissors pencil sharpener markers
First Grade	12 Large glue sticks Small, plastic pencil box 2 Boxes of 24 crayons #2 pencils (24 total Ticonderoga brand) 4 black fine tip dry erase markers 4 pink erasers	pencil sharpeners
Second Grade	#2 yellow pencils (a package of 12) 12 Crayola Classic Washable markers Box of 8 crayons 2 Spiral wide rule notebooks 1 pack of skinny dry erase markers Small plastic crayon box (5 ½ x 8) 2 Pink Erasers	pencil sharpeners mechanical pencils
Third Grade	Small plastic pencil box (5.5.x 8 inch) Mechanical Pencils (1 pack 0.7 mm) Pencil Lead Refills (0.7 mm) Box of 24 crayons 2 Large erasers 2- Spiral 1 subject notebooks (College Ruled) Scissors 1 inch 3 ring binder w/ clear front	large pencil boxes markers pencil sharpeners
Fourth Grade	#2 pencils 1 Pkg. Wide Ruled notebook paper 1 pack of 5 tab dividers for binders 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 Clorox Wipes	gel pens/ multicolored no toys pencil boxes over 8x10
Fifth Grade	#2 pencils (24 total) 2 two pocket folders Colored Pencils White board eraser Dry erase markers 1 Pkg. of wide ruled notebook paper Clorox Wipes	large pencil boxes multicolored pens no toys
Sixth Grade	# 2 pencils (24 total) 3 ringed pencil bag 1 package of wide ruled paper 1.5-2 inch binder Colored Pencils 2 Spiral notebooks 5 Two pocket folder (different colors) Crayola Washable markers 1 pack of Dry erase markers Clorox Wipes	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 headphones.

**DISTRICT OR-1 PUBLIC SCHOOLS
CALENDAR 2022-2023**

August 2022						
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			
18 Teacher Days						
15 Student Days						

September 2022						
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	
21 Teacher Days						
20 Student Days						

October 2022						
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					
20 Teacher Days						
20 Student Days						

November 2022						
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			
18 19						
19 Teacher Days						
18 Student Days						

December 2022						
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
15 Teacher Days						
15 Student Days						
93 Teacher Days First Semester						
88 Student Days First Semester						

8-Aug	Start of Fall Practice
Aug 8 / 9	Faculty Inservice-8:00-4:00
10-Aug	Teacher Work Day
11-Aug	First Day of School
<u>September 2022</u>	
5-Sep	NO SCHOOL -Labor Day
20-Sep	Dismiss @ 1:30 P.M. P-T conf. 2:00-8:00 P.M.
21-Sep	Collab. PD/WD - No School for students

14-Oct	End of First quarter
17-Oct	Start 2nd Quarter
21-Oct	Fall Break; NO SCHOOL
November 2022	
14-Nov	Start Winter Practice
15-Nov	Teacher Inservice No School
23-Nov	NO SCHOOL Thanksgiving Break
24-Nov	NO SCHOOL Thanksgiving Break
25-Nov	NO SCHOOL Thanksgiving Break

21-Dec	End of Second Quarter
22-Dec	Winter Vacation December 22-January 4
23-27-Dec	Five day moratorium period est. by NSAA
January 2023	
1-4-Jan	Winter Vacation
4-Jan	Collab PD/WD - No School for Students
5-Jan	School Resumes, Start 3rd Quarter
16-Jan	No School - Martin Luther King Day

1-Feb	Collab PD/WD - No School for Students
7-Feb	Dismiss @ 1:30 P.M. P-T conf. 2:00-8:00 P.M.
10-Feb	NO SCHOOL Winter Break
March 2023	
1-Mar	Start of Spring Practice
3-Mar	NO SCHOOL Spring Break
9-Mar	End of Third Quarter
10-Mar	NO SCHOOL Spring Break
13-Mar	Collab PD/WD - No School for Students
14-Mar	Start 4th Quarter

6-Apr	Dismiss at 1:30 P.M. for Easter Break
7-Apr	NO SCHOOL: Easter Break
10-Apr	NO SCHOOL: Easter Break
May 2023	
13-May	High School Graduation
17-May	Elementary End of 2nd Semester Reg. Dismissal
18-May	End of Second Semester-1:30 Dismissal H.S.
19-May	Teacher Work Day
Note:	Early dismissal times of 1:30 will result in an elementary dismissal time of 1:10 p.m.

176 Student days

185 total for teachers

Legend for Colors
Regular Dismissal for High School Students
Elementary Students: End of Second Semester
Vacation Days
Parent Teacher Conferences
Early Dismissal: 1:30 p.m. / 1:10 p.m. for elementary
Professional Development Day for Staff: No school for students

Updated February 14, 2022
Board Approved February 14, 2022

January 2023						
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				
19 Teacher Days						
18 Student Days						

February 2023						
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				
19 Teacher Days						
18 Student Days						

March 2023						
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	
21 Teacher Days						
20 Student Days						

April 2023						
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						
18 Teacher Days						
18 Student Days						

May 2023						
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			
15 Teacher Days						
13 Elem./14 HS Student Days						
92 Teacher Days Second Semester						
88 Student Days Second Semester						

SAMPLE BALLOT

OFFICIAL BALLOT

**SCHOOL BOND ELECTION
OTOE COUNTY SCHOOL DISTRICT 0501
(PALMYRA DISTRICT OR-1)
IN THE STATE OF NEBRASKA**

TUESDAY, AUGUST 9, 2022

“Shall Otoe County School District 0501 (Palmyra District OR-1) in the State of Nebraska issue its bonds in a total principal amount not to exceed Twenty-Two Million Dollars (\$22,000,000) to provide funds to (i) construct additions to and renovations of the Bennet Elementary School building to include new classrooms, an expanded kitchen and commons area and a new school entry, and (ii) construct additions to and renovations of the Palmyra Jr./Sr. High School building to include new classrooms, career and technical education space, administrative offices and a commons area, and (iii) acquire, install and/or construct the necessary furniture, equipment, apparatus and site improvements for such additions and buildings; said bonds to be issued from time to time, to be sold at such prices, to bear interest at such rates, to become due at such times, and to have such other terms and provisions, all as may be fixed and determined by the Board of Education of the District; and

“Shall the District cause to be levied and collected annually a special levy of taxes against all the taxable property in the District sufficient in rate and amount to pay the principal of, the premium, if any, and the interest on said bonds as the same become due?”



FOR

said bonds and tax



AGAINST

said bonds and tax

Qualified electors voting in favor of said proposition shall blacken the oval opposite the words “FOR said bonds and tax” following said proposition, and qualified electors voting against said proposition shall blacken the oval opposite the words “AGAINST said bonds and tax” following said proposition.

PUBLISH: One time the week of August 1, 2022

NOTICE OF SCHOOL BOND ELECTION

SCHOOL BOND ELECTION OTOE COUNTY SCHOOL DISTRICT 0501 (PALMYRA DISTRICT OR-1) IN THE STATE OF NEBRASKA

TUESDAY, AUGUST 9, 2022

Public notice is hereby given to the qualified electors of Otoe County School District 0501 (Palmyra District OR-1) in the State of Nebraska (the "District") that at a special election to be held in said District on Tuesday, August 9, 2022, there shall be submitted to the qualified electors of the District the following proposition:

"Shall Otoe County School District 0501 (Palmyra District OR-1) in the State of Nebraska issue its bonds in a total principal amount not to exceed Twenty-Two Million Dollars (\$22,000,000) to provide funds to (i) construct additions to and renovations of the Bennet Elementary School building to include new classrooms, an expanded kitchen and commons area and a new school entry, and (ii) construct additions to and renovations of the Palmyra Jr./Sr. High School building to include new classrooms, career and technical education space, administrative offices and a commons area, and (iii) acquire, install and/or construct the necessary furniture, equipment, apparatus and site improvements for such additions and buildings; said bonds to be issued from time to time, to be sold at such prices, to bear interest at such rates, to become due at such times, and to have such other terms and provisions, all as may be fixed and determined by the Board of Education of the District; and

"Shall the District cause to be levied and collected annually a special levy of taxes against all the taxable property in the District sufficient in rate and amount to pay the principal of, the premium, if any, and the interest on said bonds as the same become due?"



FOR

said bonds and tax



AGAINST

said bonds and tax

Qualified electors voting in favor of said proposition shall blacken the oval opposite the words "FOR said bonds and tax" following said proposition, and qualified electors voting against said proposition shall blacken the oval opposite the words "AGAINST said bonds and tax"

By Mail Election

This election will be an election by mail. Each registered voter residing within the District will receive a ballot by mail at his/her address as it appears on the voter registration register; and therefore no polling places will be open for voting. Ballots will be mailed by the Election Commissioner of Lancaster County on July 18, 2022. Registered voters wishing to vote in the Special Election who will be absent from their residence between July 18, 2022 and August 9, 2022 may contact the Lancaster County Election Commissioner's Office.

Voter Registration Deadlines

1. July 22, 2022 is the last day for mail-in registrations, registrar registrations, delivered registrations and agency registrations.
2. July 29, 2022 at 6:00 p.m. is the last day for in-person voter registration in the office of the Election Commissioner of Lancaster County or the Otoe County Clerk, depending on their county of residence.

Any voter who changes information on a current registration or registers to vote after the ballots have been mailed but before the in-person registration deadline of July 29, 2022 by 6:00 p.m., will be given a ballot at the time of registration or change.

Ballot Return Deadline

Voted ballots that are sealed in the "Return Identification Envelope" may be returned by one of the following means:

1. U.S. Mail: Place \$.60 postage on the envelope and mail the ballot to Election Commissioner of Lancaster County, 601 N. 46th Street, Lincoln, Nebraska 68503-3720; or
2. Hand Delivery: Deliver the ballot to the Election Commissioner of Lancaster County in the Lancaster County Election Office, 601 N. 46th Street, Lincoln, Nebraska 68503-3720 or in the drop box outside the building.

NOTE: All ballots must be in the possession of the Election Commissioner of Lancaster County no later than 5:00 p.m. on Election Day, August 9, 2022.

Lancaster County Election Commissioner Information

Mailing Address and Location: Lancaster County Election Commissioner, 601 N. 46th Street,
Lincoln, Nebraska 68503-3720

Phone: (402) 441-7311

E-Mail: dshively@lancaster.ne.gov

Regular Office Hours: 8:00 a.m. to 4:30 p.m., Monday through Friday, excluding holidays.

BY ORDER OF THE BOARD OF EDUCATION OF OTOE COUNTY SCHOOL DISTRICT
0501 (PALMYRA DISTRICT OR-1) IN THE STATE OF NEBRASKA.

PUBLISH - 4 Times (Week of July 11, 18 and 25, 2022 and August 1, 2022)



Hello! My name is Madison Welker,

and I am the new science teacher at Palmyra Junior/Senior High School! I am currently a senior at the University of Nebraska-Lincoln studying Secondary Science Education on track to graduate in December. I am getting married at the end of July, so at the start of the school year I will be Mrs. Hanau! I enjoy fishing, archery, gardening, and riding horses. My horse, Comet, and I compete together in dressage and love to go on trail rides around Nebraska! I absolutely love eating popcorn, it definitely is my favorite food! I am excited to be at District OR-1 because of the opportunities to grow as a teacher and to get to know the students! There is no better feeling than laughing with students while learning.

Enjoy the End of Summer!