



Dr. Joel Bohlken, Superintendent  
Sherise Loeffelbein, PK-6 Principal  
Greg Morris, 7-12 Principal

# Palmer Public School

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## Superintendent's Newsletter, February/March 2023

Palmer Public School is pleased to host our new State Senator Loren Lippincott and our new State School Board member Sherry Jones for a visit. They will be speaking to all 7th-12th grade students on Monday, February 6 at 9:30 a.m. The public is invited to attend this assembly.

If you have an 11th grade student at home, please encourage him/her to apply for Girls State, Boys State, and/or Junior Law Cadet. Application forms can be picked up from the school counselor. Girls State students are sponsored by the Palmer American Legion Auxiliary, and Boys State and Junior Law Cadet students are sponsored by the Palmer American Legion, so there is no cost for students to attend. This is a great opportunity that students always enjoy.

Over half of our juniors and seniors (55%) are earning college credits this school year by taking a dual credit class. There are several benefits to earning college credit while still in high school. Some of these include:

- **Cost Savings:** College credit earned in high school can save students and their families money on tuition and other college-related expenses.
- **Time Savings:** Earning college credit in high school can allow students to graduate from college earlier or take more advanced classes in their field of study.
- **College Readiness:** Earning college credit in high school can help prepare students for the rigors of college-level coursework, making the transition from high school to college smoother.
- **Career Advancement:** College credit earned in high school can give students a head start on their chosen career, allowing them to enter the workforce sooner.
- **College Admissions:** Earning college credit in high school can make a student more attractive to colleges and universities, increasing their chances of getting accepted.
- **Increased Flexibility:** Students can take college classes which are not offered in their high school and can help them to discover their passion and plan their career path.
- It's important to note that earning college credit in high school requires a commitment to academic excellence and hard work, but the payoff can be well worth it in the long run.

Sincerely,

Dr. Bohlken

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

Dear Parents/Guardians,

I hope this newsletter finds you well. As the school year continues, I wanted to remind everyone of the importance of attendance. Regular attendance is crucial for student success and it is important that we work together to ensure that all students are present and on time each day. Please remember if you go to the doctor that you request that they send/fax documentation of that visit to the school office.

I also want to remind you that February 8th is our Parent-Teacher conference. This is an opportunity for you to meet with your child's teacher and discuss their progress. Please make sure to schedule your conference time on the school website or reach out directly to their teacher.

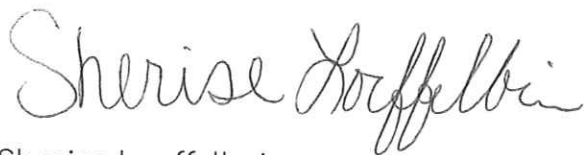
On February 15th, our 5th and 6th grade selected students will participate in the Merrick County spelling bee. Students will be selected through mock spelling rounds. Our students have competed very well in the past and we wish them the best of luck! It will be held in Central City at the Performing Arts Center.

March 9th will end quarter 3! It will be an early 1:30 dismissal. The 10th and 13th we will not have school. There will also be an early out on the 15th.

Lastly, I want to let you know that MAP testing will begin in March. This testing helps us to measure student progress and identify areas that we need to focus on in order to support student learning. It is also one of the measures that we use to identify our HAL students (high ability learners). Your teacher will be communicating with you and your child as to specific dates for their testing. It is important that they get rest and have breakfast to do their best on the testing as well.

As always, please feel free to reach out to me or any of the teachers with any questions or concerns. We are here to support you and your child. Before we know it, spring will be knocking on our door!

Sincerely,



Sherise Loeffelbein  
Principal/Special Education Director





Parent-Teacher Conferences for the 2nd semester will be held on February 8th from 2:30-7:30 pm. All the teachers will be located in the cafeteria as it makes it much easier for not only the teachers but the parents to have them all in one spot. We always encourage all parents to come see how their child is doing as much more information can be delivered when talking to the teacher directly.

We have greatly improved the student attendance in the last few years, especially at the high school level. I remind all parents that a high school student is only allowed to miss 9 times in a semester, not counting excused absences for school activities, doctor visits, funerals, etc. If a student missed more than 9 times, they will lose class credit which could result in them retaking courses. Any student that shows up less than 15 minutes for a class is counted tardy. For every 3 tardies a student receives, it will count as an absence.

With the winter sports season coming to an end in the next month or so, I encourage you to come out and see our young people participate in their selected sport. The Wrestling team will be heading to districts on February 10-11, the Girls Basketball team will be heading to districts on February 13-14 and the Boys Basketball team will have districts February 20-21.

Wendy Bantam, from Omaha, was here the week of January 13-17 as our Artist in Residence. She spoke to all of the K-12 students the first day and then spent parts of each day working with individual groups in the FCS/Art Room with Mrs. Herrick. She had multiple groups working on specific art projects and visited all the classes that week. A big thank you to Mrs. Gregoski for arranging the visit, along with all prep work and to Mrs. Herrick for her daily work with Mz. Bantam.

To All In Tiger Nation!!

Greg Morris, Secondary Principal

# Counselor's Corner

National School Counseling Week Feb. 6 - 10



In celebration of National School Counseling Week, let's walk through what the occupation is all about and how it has evolved over the last 100 years. School counseling is now designed to facilitate student achievement, improve student behavior and attendance, and help students develop socially. School counselors support students who are experiencing personal or academic challenges, help students choose careers and plan for college, and intervene when students face behavioral, physical, or mental health challenges.

## HISTORY OF SCHOOL COUNSELING

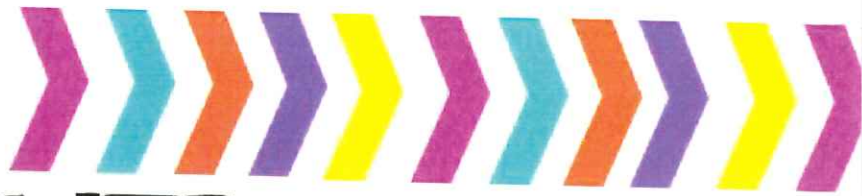
In the early 20th century, as industrial centers grew throughout the United States, secondary schools began to increase their focus on courses that would help prepare students to enter the workforce. This movement gave way to school counseling (then called guidance counseling).

- 1917: Specific legislation is drafted to provide funding for vocational guidance programs.
- 1920s: New York becomes the first to develop certification requirements for school counselors.
- 1930s: Urban elementary schools begin to offer school counseling services.
- 1950s: The humanistic psychology and person-centered psychology movements gaining traction lead the focus of school counseling to undergo a significant shift.
- 1970s: School counseling incorporates wider goals of helping students develop socially, personally, and academically.
- 1990s: A nationwide shift toward standards-based education and the adoption of legislation such as the No Child Left Behind Act make it necessary for school counselors to find increasingly innovative ways to serve students.
- 2010s: American School Counseling Association (ASCA) reissues Code of Ethics to ensure all students receive access to K-12 counseling programs.

As always, if you have any questions or concerns, please do not hesitate to reach out to me at [cvalasek@palmer.esu7.org](mailto:cvalasek@palmer.esu7.org) or call 894-3065.

Carissa Valasek

# COUNSELOR'S



# CORNER

Asia Trout  
7-12 School Counselor



## College Readiness



## Importance of Sleep



- + **Financial Aid:** If you haven't yet, now is a good time to apply for the FAFSA. If you need any help with this process please contact me.
- + **Scholarships:** Scholarship deadlines are approaching quickly. Seniors please check your email and my website for scholarship opportunities.

We all know how important it is for us to get our sleep and the benefits that come along with getting the proper amount of sleep. Sleep promotes a strong memory, facilitates learning, recharges our mental and physical batteries, and generally helps us make the most out of our days. With quality sleep, we improve our mental and physical health, reduce stress, and can maintain a routine that is critical to having a great day. The ideal amount of sleep needed for each person may vary, but generally research suggests we need between 7-9 hours of sleep each night. As a result, sleep contributes to improvements in learning and promotes regulatory functions such as emotional and behavioral control that are important for each and every day.

## Attendance Matters



### Did you know...

- Students should miss no more than 9 days of school each year that are non documented days to stay engaged, successful and on track to graduation.
- Frequent absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10%, or 2 days a month, over the course of the school year, can affect a student's academic success.

# *Artist in Resident Impacts School and Community*



The week of January 9, 2023 was filled with art in mind here at Palmer Public School. We hosted Wendy Bantam, Artist in Resident, through a grant from the Nebraska Arts Council. Twenty-four students from grades 4-12 worked with Ms. Bantam to create an artistic display seen in the following images. She brought together art, nature, and the idea of community to the piece.

On Monday, Ms. Bantam presented to the entire K-12 student body about what she does as an artist, how she became interested in art, where she has traveled because of art, and how art impacts lives. She also had students and some staff members come down to the floor and draw with her to prove that everyone can be an artist. Students learned about different art techniques while creating the exhibit. It was a great experience for our students.

I need to thank Dr. Bohlken for allowing me the opportunity to write this grant and bringing Wendy Bantam to our building. Thank you to Mrs. Kyndsay


Herrick for being my springboard for ideas and partner in working with Ms. Bantam. Thank you also to all the teachers and staff members who allowed students to participate in this activity. And, a BIG THANK YOU to all those who donated to help us purchase supplies for this project. We cannot say thank you enough for your generosity. We couldn't have done this without you.



**THANK YOU**  
SUPPLY BUDGET DONORS

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Trotter's Whoa + Go  
NSEA-Sandhills District  
United Methodist Church  
Hake Trucking LLC  
Brian + Brittany Friedrichsen + family  
Jay + Kathy Wolfe  
Naomi Matthews + Justin Jerich + family  
Pandy + Heather Shotkoski + family  
George + Jean Matthews  
Nebraska Arts Council  
Gregoski Family

**THANK YOU** 



Happy New Year from the second grade crew here at PHS! We have had quite the year as we are now a school family of 27 in the classroom! With that being said, we have had a lot of obstacles and challenges, but way more successes and praises that make it worth it!

I am beyond proud of each and every one of these kiddos as they each have improved on their Winter MAPS Reading test, with over half already meeting their SPRING projected score! As a teacher you couldn't ask for anything more with how hard they continue to work.

We also had the opportunity to make our own class book that we had published this past fall, called "Oh, the Things You'll Be." It was part of the Studenttreasures Publishing company that creates books across the nation. Each student got to decide what they wanted to be when they are older, where they would be living, and college plans for the future. Next, they were authors and wrote about it, where they then became illustrators of their own page. They absolutely loved it! A lot of parents purchased the books, and if you happen to stop into the classroom you can read it yourself in our library. Our book even made the cut as a national semi-finalist in the National Book Search that will be chosen in the middle of June! Wish us luck to win! :)

We hope you all have a great 2023!

Mrs. Hinrichs



# THIRD GRADE NEWS

november

November was a month to be thankful for! A highlight of the month was the research we did on the Macy's Thanksgiving Day Parade. Students learned about how the parade began, how the floats and balloons are made, and the important people that helped the parade get started. Finally, students made their own balloons for our own Macy's Thanksgiving Day Parade. It was so much fun to see all of the creativity in the room!



december

The month of December always goes by too fast! Some of our favorite moments were learning about 'Holidays Around the World', making gifts for our families, and exchanging gifts at our Holiday Party, and singing at our program. We also enjoyed an AR Party for the end of quarter two and started practicing division strategies.



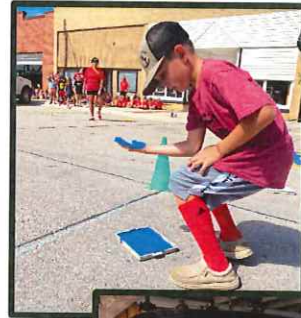
january

Hello 2023! We kicked off the new year with some fun kindness and confetti activities that helped us practice routines and review important content from the first semester. We talked about our new goals for the year and ways to be better versions of ourselves. The third grade class is looking forward to the rest of our school year!

# THIRD GRADE NEWS

august

Our class was so excited to come back to school! We spent the first week getting to know each other, sharing fun things about our summer, and learning new routines. Some of the topics our class was most excited about learning in third grade were: multiplication and division, cursive, and new art projects. The third grade class made Mrs. Santin even more excited to be a Palmer Tiger!



september

Some September highlights were: Spirit Week, making our hand flag on the street, reading folktales in Reading, mastering some of our multiplication facts with lots of different fun games, and writing our first opinion paragraphs of the year. We also enjoyed several of our favorite school lunches like walking tacos and hamburgers. Our class loved spending their recesses outside in the beautiful weather. Also, Mrs. Santin attended Ron Clark Academy in Atlanta; she was able to bring back many ideas and strategies to make her lessons more engaging!



october

Our favorite parts of October were definitely our field trip to the Stuhr Museum, Fear Factor day and the Halloween party. We also enjoyed Fall Caroling, our AR party, and starting our nonfiction CKLA unit about animals. We definitely have some animal lovers in our class! We also got a great start on Rocket Math!

# 4TH GRADE



**WHAT A BUSY YEAR IT HAS BEEN! WE HAVE COMPLETED MANY EXCITING LESSONS, ACTIVITIES, AND THERE IS MANY MORE TO COME! THE BIG CHANGE THAT WE HAVE HAD THIS YEAR IS OUR NEW READING CURRICULUM. SO MANY FUN THEMES, READING STRATEGIES, AND CHALLENGES. WE HAVE 8 UNITS, EACH UNIT HAS A THEME:**

**UNIT 1: PERSONAL NARRATIVES**

**UNIT 2: EMPIRES IN THE MIDDLE AGES**

**UNIT 3: POETRY**

**UNIT 4: EUREKA**

**UNIT 5: GEOLOGY**

**UNIT 6: CONTEMPORARY FICTION**

**UNIT 7: AMERICAN REVOLUTION**

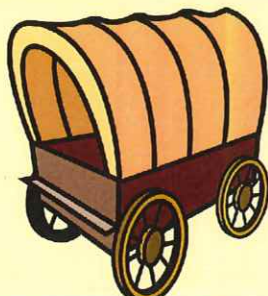
**UNIT 8: TREASURE ISLAND**

**DURING OUR FIRST SEMESTER WE WERE VERY LUCKY TO HAVE A STUDENT TEACHER JOIN US, MRS. LAURA GUNTHER. WE ABSOLUTELY LOVED OUR TIME WITH HER! SHE HELPED US IN THE CLASSROOM AND TOOK THE LEAD ON MANY LESSONS. BEFORE THANKSGIVING BREAK WE HAD A MEDIEVAL FESTIVAL WITH A FEAST TO CELEBRATE THE END OF OUR UNIT ON THE MIDDLE AGES. WE JOUSTED, CREATED OUR OWN CRESTS, DECORATED CROWNS, AND HAD A FEAST! OUR SPECIAL GUEST OF HONOR WAS QUEEN LOEFFELBEIN! IT WAS A BLAST AND WE CREATED MANY GREAT MEMORIES! THANK YOU FOR ALL THE DONATIONS AND TO MRS. HERRICK'S CULINARY CLASS FOR YOUR HELP TO MAKE THIS EXPERIENCE POSSIBLE!**

**OUR NEXT EXCITING ADVENTURE IS LEARNING ABOUT THE OREGON TRAIL IN NEBRASKA HISTORY! WE HAVE CREATED COVERED WAGONS IN THE CLASSROOM AND CAME UP WITH FAMILY NAMES! WE ARE SO EXCITED TO BEGIN THIS JOURNEY DURING THESE NEXT FEW WEEKS!**

**MRS. THOMPSON**





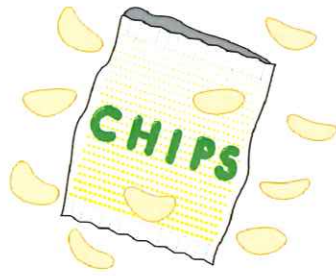
*Room 103 News....it's all about the math, all day, every day*

It's great to have a 2<sup>nd</sup> math teacher on the secondary side of the building. With smaller class sizes in my room, there has been a big push to get farther than we did last year. We are in our 3<sup>rd</sup> year of the CPM high school curriculum. Algebra 2 has been a great continuation of the concepts developed in Algebra 1 and Geometry. The level of understanding necessary to work through the problems is amazing. These students have no idea how much they are learning. I know they think it is hard and it is but the payoff will be when they take the ACT and go on to a college level math class. I am curious to see how the CPM will mesh with our Advanced Math class. I believe we will be able to cover more topics in Advanced Math next year because of the skills these kids have gained through the CPM curriculum.

The Quiz Bowl teams have already had a couple of competitions. The junior high team went to Spalding in October and faced some difficult competition. We still managed to come home with some medals. On January 16<sup>th</sup> we went to Nebraska Christian to compete against over 20 teams. Our high school team went 3-0 in pool play. Then lost a tough match in the tournament. Conference competition is in February where both JH and HS will compete. JH will also showcase their skills the beginning of February in our own Scholastic Competition. Math Counts has been practicing for their annual event which is also in February at UNK. We will be allowed to compete in person after being virtual for 3 years. I am so proud of our kids and their academic skills.

On the assessment front, we have thus far completed MAP testing in the fall and winter. In addition, NDE decided this year we had to screen our exchange students for their English proficiency. That proved to be more involved than we thought, but we did accomplish the task. The ELPA21 test will be next, followed by spring MAP, ACT and NSCAS growth.

*Cindy Doggett*



### The NVT World:

We are very excited to announce that we will be taking over the vending machine in the near future. The vending machine will be filled with water, Propel and snacks that meet the state nutrition requirements. The money raised from the vending machine will help the special education department take tours and field trips to different businesses and worksites to aid in readiness for the transition from school to the working world. This project is also helping with life skills in the areas of money, inventory and ordering, organization, and tracking what items are big sellers and which ones do not need to be ordered again. Managing the vending machine is going to be a group effort in the NVT World. So, heads up if your kids start asking for money!



Thank you for all of the support!!

Natalie Bohlken

Veronica Lane

Trish Harrahill

# February Lunch Menu

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
B: Cheese Omelet	B: Cheese Omelet	B: Fruit Turnover	B: NO BREAKFAST	B: Soft Pretzel	B: Br. Pizza	
L: BBQ Rib Sandwich, Mandarin Oranges, Potato Triangles	L: BBQ Rib Sandwich, Mandarin Oranges, Potato Triangles	L: Chicken Nuggets, Pink Applesauce, Green Beans, Cookie	L: Burrito w/ cheese sauce, Pears, Corn	L: Teriyaki Chicken on Rice, Pineapple, Broccoli, Fortune Cookie	L: Salisbury Steak, Strawberry Cup, Whipped Potatoes, Dinner Roll	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
B: Pancakes	B: Pancakes	B: Mini Bagels	B: Cereal	B: Donut	NO SCHOOL	
L: Chicken Sandwich, Mandarin Oranges, Corn, Fruit Snacks	L: Chicken Sandwich, Mandarin Oranges, Corn, Fruit Snacks	L: Hot Ham & Cheese Croissants, Pears, Scalloped Potatoes	L: Spaghetti, Strawberry Cup, Green Beans, Breadstick	L: Meal in a Bowl, Peaches, Dinner Roll <i>Early Out</i>		
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
B: French Toast	B: French Toast	B: Cereal 2 <sup>nd</sup> Grade Meal	B: Cinni Minis	B: Br. Pizza	B: Cheese Omelet	
L: Hamburger, Pineapple, Smiley Fries	L: Hamburger, Pineapple, Smiley Fries	L: Walking Taco, Pink Applesauce, Corn, Sherbet Push Pop	L: Cheese Calzone, Mandarin Oranges, Green Beans, Rice Krispie Bar	L: Pork Patty on a Bun, Peaches, Baked Beans	L: Macaroni & Cheese, Strawberry Cup, Peas, Ice Cream	
<b>26</b>	<b>27</b>	<b>28</b>				
B: Scrambled Eggs	B: Scrambled Eggs	B: Cereal				
L: Chicken Tenders, Pears, Scalloped Potatoes	L: Chicken Tenders, Pears, Scalloped Potatoes	L: Pig in a Blanket, Pineapple, Baked Beans, Cookie				

H A P P Y  
*Valentine's Day*

# March Lunch Menu

2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 B: Pancakes	2 B: Biscuits & Gravy	3 B: Soft Pretzel	4
5	6 B: Fruit Turnover	7 B: French Toast	8 B: Cereal	9 B: Br. Pizza	10 NO SCHOOL	11
	L: Mini Corndogs, Mandarin Oranges, Baked Beans, Cheese Its	L: Sandwich Bar, Grapes, Carrots, Cookie/Chips	L: Beef & Noodles on Mashed Potatoes, Peaches, Dinner Roll	L: Chicken Sandwich, Peaches, Scalloped Potatoes <i>Early Out</i>		
12	13 NO SCHOOL	14 B: Cereal <i>1st Grade Meal</i>	15 B: Scrambled Eggs	16 B: Soft Pretzel	17 B: Donut	18
		L: Pizza, Apples, Broccoli, Ice Cream	L: Chicken & Noodle Casserole, Pink Applesauce, Peas <i>Early Out</i>	L: Pizza With, Mandarin Orange, Green Beans	L: Cheese Quesadilla, Strawberry Cup, Baked Beans, Rice Krispie Bar	
19	20 B: Biscuits & Gravy	21 B: Cereal	22 B: Cheese Omelet	23 B: Br. Pizza	24 B: Cinnamon Roll	25
	L: Hamburger, Pears, Smiley Fries	L: Super Nachos, Pink Applesauce, Corn, Cookie	L: Teriyaki Chicken on Rice, Pineapple, Broccoli	L: Lasagna Casserole, Mandarin Oranges, Green Beans, Breadstick	L: PB & J Sandwich, Grapes, Carrots, Cheetos	
26	27 B: Mini Waffles	28 B: Cereal	29 B: Pancakes	30 B: Br. Sandwich	31 B: Donut	
	L: Pork Patty on a Bun, Pink Applesauce, Baked Beans, Cheese Its	L: Stromboli, Strawberry Cup, Green Beans	L: Crispios, Spanish Rice, Pineapple, Corn	L: Meatball Sub, Peaches, Potato Triangle	L: Cheese Calzone, Glazed Bananas, Peas, Fruit Snacks	