



Palmer Public School



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

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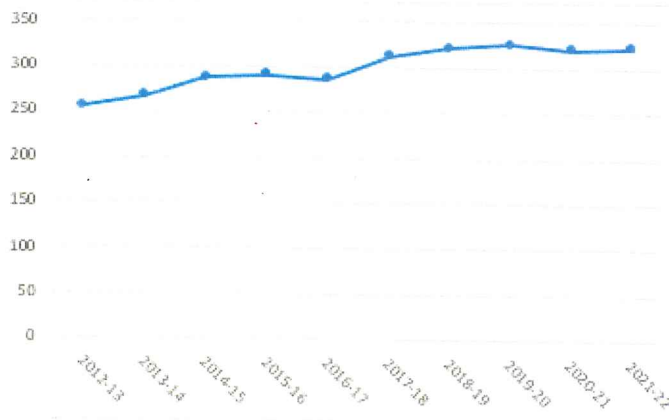
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Superintendent's Newsletter, October/November 2023

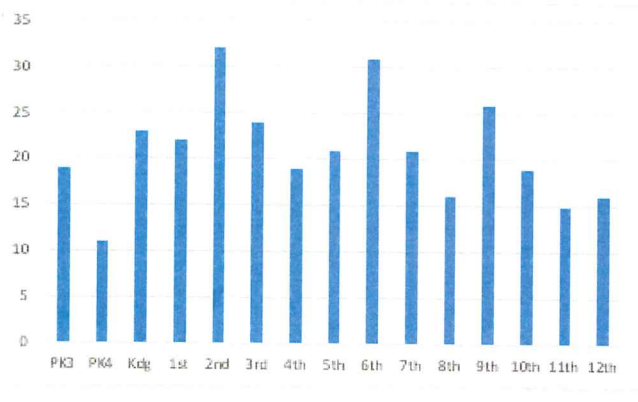
Over the last six months, we have had a number of public meetings to gather input about facility needs and possible additions to the school building. Carlson, West, Povondra Architects have recently completed a facility needs analysis. Some of the items noted in their study were:

- One main item that consistently came up in the planning sessions was the need for additional gym space.
- The current quantity of classrooms is just meeting the needs of the school, however, if there is a bubble class or enrollment increases, there will be a classroom shortage.
- The elementary is lacking many of the break out spaces that are incorporated in current school designs. This includes intervention spaces, small group or one-on-one break out spaces, and room for specialists including speech, PT and OT.
- Palmer does not have a city library and the school library serves that purpose. The location within the school isn't conducive for access.
- The school entrance is set deep within a courtyard and has minimal parking at this main entrance. It doesn't allow for a natural flow for students, staff or visitors into the main entrance. Most students and staff will enter a side door near where the majority of parking is on the west side of the building.
- The parking lots are gravel and do not have a clearly defined parking layout or direction.

Below is information about the district's enrollment trends.



Total enrollment increased by 68 students over the last 10 years, from 255 students in 2012-13 to 323 students in 2022-23.



Current enrollment by grade is shown at the left. Our high school grades are among our smallest classes right now. Our Kdg-6th grades average 24.6 students, while our 7th-12th grades average 18.8 students. With our larger grades being in the elementary, we are planning ahead to deal with these larger classes as they move up.

The school district last voted on a bond issue in 1994, nearly 30 years ago, to add the lunchroom, locker rooms, and classrooms. District voters approved that bond issue with over 65% voting yes.

We will continue to hold meetings to gather ideas and prioritize needs for the school's facilities. If you would like to review the architect's facility audit, are interested in joining a committee, or have any ideas you'd like to share, please feel free to contact me.

Sincerely,

Dr. Bohlken

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



Dear Parents and Guardians,

I hope this letter finds you in good health and high spirits. As we enter the months of October and November, I want to keep you informed about important events and updates happening at Palmer.

End of First Quarter: October 13th

We have successfully completed the first quarter of the school year, and I want to take this opportunity to congratulate our students on their hard work and dedication. Report cards for the first quarter will be sent home on [Date], so please be on the lookout for those.

Author Visit by Tammy Sturh: October 25-26

We are excited to announce that the up and coming local author Tammy Sturh will be visiting our school on October 25th and 26th! Ms. Sturh will be engaging with our students, sharing her experiences as a writer, and conducting interactive sessions. Our very own students gave Mrs. Sturh some inspiration for her book *Jax Finds His Talent* while she subbed at Palmer!

Flu Shots: October 27th

In partnership with Central Health District, we will be offering flu shots to our students and staff on October 27th from 7-9. It is essential to keep our school community healthy, especially during the flu season. Elementary students will need to be accompanied by a parent and you will need to bring your insurance card.

Fall Caroling: October 31st

Our elementary ghosts and goblins will again be spooking the community as they fall carol uptown. Students will sing at the legion in sessions starting at 1:30. We hope you enjoy the performance!

Endowment Pancake Feed: November 10th

Our annual Endowment Pancake Feed is scheduled for November 10th. This event is a fundraiser to support various educational programs and initiatives at Palmer. We encourage you to join us for a delicious pancake breakfast and an opportunity to connect with fellow parents and staff. The one act will also be giving their performance that night so you won't want to miss out!

Dressing for Changing Weather

As the weather transitions into cooler temperatures during these months, we recommend that students dress in layers to stay comfortable throughout the day. Please remind your child to bring their layers to school to ensure they are prepared for changing conditions and to take them home as our lost and found pile grows exponentially during this season!

Thank you for your ongoing support and involvement in our school community. We value your partnership in creating a positive and enriching educational environment for our students.

Sincerely,

Sherise Loeffelbein

Pk-6 Principal/Special Education Director



We are off to a great start to the 2023-24 school year. The students have settled in and we're now in a groove, as they used to say. The end of the first quarter is fast approaching us with it ending the second week of October. No major issues have arisen, although maybe I just jinxed myself!!

Homecoming activities are always a new adventure for the students. This year's dress code for homecoming was the following: Monday, Country vs. Country Club; Tuesday, Students Dress as a Teacher/Teacher dress as a Student; Wednesday, Waikiki Wednesday, Wear Your Hawaiian Gear; Thursday, Barbie Day; Friday, Orange and Black. This year's King and Queen candidates are Blaze Blauhorn, Caleb Eilers, Jacob Kosmicki, Chloe Scheer, Charity Davis, Morgan McClellan, Claudia Vecchiotti and Kassidy Shuda. The winners will be announced at halftime of the Football game on September 29th.

The only major change to the student handbook is that we've decided to let the students have the use of their cell phones at all times, except when they are in the classroom where they are required to check it in. We are attempting to find a happy medium between allowing no cell phones and having free use of the phone. Time will tell if this policy change will be beneficial to all.

We are fast approaching the last of the three Palmer Invites. The X-Country Invite at Bader Park was a huge success. Thank you Cathy Blauhorn!! The JV Volleyball Invite went well and HS Volleyball Invite is scheduled for October 7th. Go Tigers!!

Greg Morris
7-12 Principal, Activities Director

Counselor's Corner



Hello all

Whether you are in 2nd grade, a senior in high school, a parent, or a teacher, we all benefit from healthy sleep habits. Sleep promotes a strong memory, facilitates learning, recharges our mental and physical batteries, and generally helps us make the most out of our days. With quality sleep, we improve our mental and physical health, reduce stress, and can maintain a routine that is critical to having a healthy day. The ideal amount of sleep needed for each person may vary, but generally research suggests we need between 7-9 hours of sleep each night.

For both children and adults, sleep plays a critical role in helping our bodies and minds recover. As a result, sleep contributes to improvements in learning and promotes regulatory functions such as emotional and behavioral control that are important for each and every day. Since sleep plays such a crucial role in human functioning, lack of sleep can lead to a number of consequences including irritability, hyperactivity, poor impulse control, difficulty multitasking, impaired memory, and poor calculation skills.

Are you having trouble sleeping or staying asleep? There are many aspects that can affect our ability to fall asleep and stay asleep. If you are experiencing either of these, try reflecting on that amount of screen time allowed right before bed, the sleeping atmosphere (noise, temperature, light), caffeine intake, and the consistency of bedtime throughout the week and weekend. Changes you can make to optimize your sleep schedule can include: participating in relaxing activities before bed (taking a warm bath, listening to music, reading a book), keeping your bedroom cool, dark, and quiet, exercising during the day and not close to bedtime, maintaining a consistent sleep routine all seven days of the week, and adjusting your schedule to allow for enough time to sleep.

As always, if you have any questions or concerns, please do not hesitate to reach out to me at cvalasek@palmer.esu7.org.

Mrs. Valasek

COUNSELOR'S CORNER



Asia Trout
7-12 School Counselor



College Readiness

Mark Your Calendar



- + **Financial Aid:** This year the FAFSA will open up on December 1st. Once the FAFSA opens up I will put on a FAFSA night for senior parents to attend and help you through the FAFSA process.
- + **Scholarships:** There are many scholarships available now. I have been emailing them to the seniors as I receive them.
- + **Social Media:** The high school now has a School Counseling Facebook page! This is where I will keep you up to date on things we are doing such as, scholarship information, field trips, college information, and much more! Go like/follow us on Facebook at Palmer High School Counseling Office.

October 9th - Juniors & Seniors will attend a college fair in Grand Island at Northwest. We will leave at 1 p.m and be back around 3 p.m.

Be Mindful & Stress Less



“Take Five”

Being in the present moment is a key part of mindfulness. Noticing your senses provides you with five ways to step into the present moment. Today think, “Take five,” when you do any activity. Notice what you can see, hear, smell, touch, and taste during that activity.

Information from the book Be mindful & Stress Less
by Gina M. Biegel



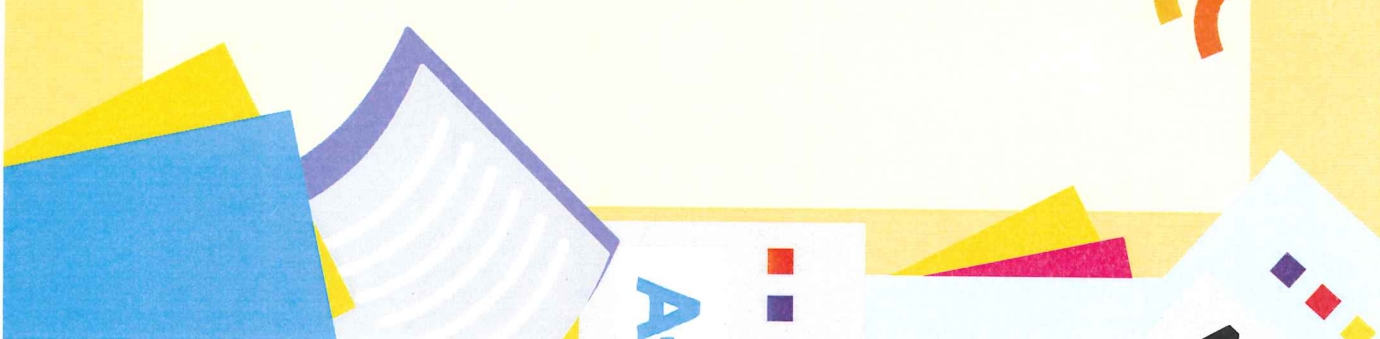


Title!

I am Carissa Valasek and I am the Title 1 teacher at Palmer Public School. This is my second year as the Title teacher. Last year, as my first year, we adopted a new curriculum called CKLA. This curriculum has offered so many opportunities for these students than we imagined possible. The students are making connections, comprehending, and continually making improvements. With

CKLA,

We have also adopted MClass. This is a small group intervention time that every student gets to be a part of that is in K-6. Within these small intervention groups, we are able to have a much more individualized interaction with these students. We are able to reiterate what they are doing in the classroom and break it down even more for them to fully comprehend what is going on in their reading and math lessons. These groups are so fun to be a part of and I hope your student loves them as well.





NEWSLETTER

OCTOBER / NOVEMBER

PWOODRUFF@PALMER.ESU7.ORG

Hello, and welcome back to another fun-filled year! It has already been a busy 2 months for the Palmer FFA Chapter, and it is not slowing down anytime soon! To recap, our officers hosted a New Member Breakfast, in addition to partnering with the Lower Loup NRD to hold the 1st ever "Test Your Water Night." Additionally, in September, members had the opportunity to show livestock at the State Fair, compete in the St. Paul Range Judging Contest, as well as attend Husker Harvest Days. I can't wait to see what's in store for the rest of the year!

Ms. Woodruff

23-24 AG ED COURSE OFFERINGS

Advanced Shop
Animal Science /Vet Science
Intro to AFNR
Ag Leadership/Agribusiness
Exploring AFNR
Nursery Landscape/Floriculture
Foundational Shop

UPCOMING EVENTS

- 10/2 - FFA FUNDRAISER BEGINS
- 10/3 - OCTOBER CHAPTER MEETING
- 10/4 - SC AREA LAND JUDGING CONTEST
- 10/17 - FFA FUNDRAISER ENDS
- 10/25 - STATE LAND JUDGING CONTEST
- 10/30 - FFA JACKET ORDERS & PAYMENTS DUE
- 11/7 - NOVEMBER CHAPTER MEETING
- 11/8 - DISTRICT 7 LIVESTOCK JUDGING CONTEST



Palmer Ag Ed & FFA Stats:

65 Ag Ed Students

54 FFA Members

Teaching the WHOLE Child

Tayma Rasmussen - PreK 4 Teacher

At Tiny Tigers, we strive to not only develop students academically, but socially, emotionally, physically as well. We assess students on all of these developmental realms based on the [GOLD standards](#). Here are some of the activities that we do in preschool that engage and develop students that parents can do at home!

Developmental Realm	Activities we will do at school	Activities for practice at home
Fine Motor	We have a manipulative area that includes items like tweezers, playdoh, hole punchers, clothespins, zippers, keys/locks, or any other items you may need to use your "finger muscles" for.	Puzzles, playdoh, coloring pages at home (broken/short crayons are GREAT for little hands!), popping bubble wrap bubbles, ripping/snipping paper
Social Emotional	We learn how to label feelings by looking at a person's face and body. Example: If a person's eyebrows are furrowed and fists are balled, they are probably feeling angry.	Talk about what we can do when we are feeling a "big feeling". Some safe ways to come down from feeling angry, sad, frustrated, etc could be taking a big breath, counting to ten asking for a hug, squeezing a stuffie, or taking a break in a comfy spot.
Language	Students interact with each other at our dramatic play center. We create realistic environments so students can pretend play. During the school year we might do a restaurant, "Camp Rasmussen", fire station, flower shop, grocery store, hair salon, etc. They build their cooperation with their peers as well as language development.	One of the best activities you could do is read to your child! :) Not only will they pick up new vocabulary and lengthen their attention span, but they can also build skills in empathy and learn about the world around them.

It's been a great start to the year in the library. Golden Sower nominees were ordered over the summer. They were processed and are now out for circulation. I hosted a Book Blast event for two weeks which was quite successful. In November, a book fair will be held for your early Christmas shopping needs. Library classes are also in full swing for our elementary students. The library is definitely a busy place.

Golden Sower nominees are in three different divisions: Little Bluestem Picture Books (grades K-2), Honeybee Chapter Books (grades 3-5), and Meadowlark Novel Books (grades 6-8). Students in K-2 will have the books read aloud to them during library class. The upper grade students are encouraged to read these books on their own. Students in grades 7 and 8 are required to read four Golden Sowers before April 1st. All students who listen to or read four nominees will cast a vote for their favorite book. We receive the winners and honorees in May.

The Book Blast was an awesome event! I wanted to try something different to ensure that EVERY student in grades PreK3 - 6 go home with a book of their very own. As always I am truly grateful, amazed, and humbled by the generosity of the Palmer community. The successes we accomplish at school can be attributed to community support. I thank everyone who contributed to this project!

I heard many disappointed comments about not hosting a book fair. Don't worry, a book fair is planned for November 8-17 in the library. I can't disappoint those who love to have a book in hand for themselves or a loved one. More information will come later about specific times.

Library classes are held weekly for students in grades PreK3-6. I teach a variety of skills from the parts of the book to genres to digital citizenship to book awards (like the Golden Sower). We have a lot of fun during library time. Who doesn't like a good read aloud or playing games on the computer (to learn about digital citizenship)?

It's been a busy year so far, but we have only just begun gearing up for an awesome year of reading and learning!

6TH GRADE NEWS

BY: MRS. SAMUELSON

The 6th grade class welcomed three new students to our Palmer family this year! Samantha Hall, Achilles Moheng, and Mason Wilson are a great addition to our class, making our total 31. The year is off to a great start!

We went to the Stuhr Museum in early September to learn about the early technology of the 1800's such as the printing press and Morse Code. The students also experienced life in a log cabin where they made biscuits and churned butter to eat on their biscuits. They were also able to make a rope once the cabin work was completed.

On September 20th we were invited to the 5th Annual Ag Showcase at the Merrick County fairgrounds. The students learned about popcorn growth and production, they were able to examine eggs inside and outside the shell, they made plastic using soybean oil, they were taught about Pork production from a former Palmer Public School student, Sophia Lentfer, livestock care, growth, and production from Dr. Lee of Central City Vet Clinic, Bee Education, and probably the highlight of the day was the Mobile Beef Lab from the University of Nebraska-Lincoln. The students learned about livestock nutrition, especially beef, as well as their digestion, and then they all had the opportunity to put their hand into "Max" the live steer's stomach and feel his digested hay and grain, the walls of his stomach, and the warmth of his body temperature. What an amazing learning experience that was for all the students! We enjoyed lunch provided for us from the local Runza restaurant due to donations from various generous donors in the area. Our 6th graders are very fortunate to be invited to this event every year. It is offered to only Merrick County 6th grade students.

There is always a lot of learning and growing going on in our 6th grade classroom. The door is always open, stop by any time to visit!



Hello from Tiny Tigers Early Learning Center! We have had a great start to the school year. We have a total of 30 students. Mrs. Rasmussen has 11 PreK 4's. Mrs. Mamot has 10 PreK 3's and I have 9 PreK 3's. They are all settling in and we are busy!

Coming up in October we will have our field trip to the pumpkin patch and the fire house. Then at the end of the month we will be having our Fall parties and going on our costume parade at the main building, or big school as we like to call it.

In November, we will be doing lots of Fall activities as well as some turkey activities. The students will get to be the chef and tell us how to make a turkey and get their picture taken in the chef's hat and apron. There may also be some turkeys in disguise around the building too!

We are working hard on learning to be great students and friends. We also are practicing fine motor skills like cutting with scissors and writing and drawing. The students are also working on their large motor development during recess doing things like swinging, climbing, throwing and kicking balls, batting balls, and pedaling the trikes.

We have introduced several social emotional lessons and will continue to do more as the school year goes on. The first lesson was on following directions the first time they are given. We talked about why we give so many directions at school, which is to keep our students safe and to help them learn. We continually remind students of that and when we ask what to do when given a direction they can tell us, "We do it right away!". Another important lesson we have taught is that we do not always get what we want but our teacher will give us each what we need. We discussed that each person needs different things and that we should not say, "That's Not Fair!", instead we can say, "Oh well! Maybe next time.". Of course, these lessons are things that can follow over to home with your child too.

We are looking forward to seeing as many parents as can come on our pumpkin patch field trip. It is always lots of fun! As always, if you have any questions or concerns, please feel free to call the school and leave a message or message me on Seesaw or email me.

Ms. Dawn Tedmon

McClellan's Classroom 2023

Time is flying and we're off to a good start!

This year will be my 2nd year officially teaching in Palmer even though it feels like I've been working here for much longer than that. I am still teaching 7-12 math and physics and I also have the coaching responsibilities of assistant JH football coach, assistant JH boys basketball coach, and head JH boys track coach. In addition to the junior high coaching positions, I am excited to announce that I am the head high school boys basketball coach with Matt Green as the assistant coach. Currently it is looking like we have approximately 16-18 players. I have 8 returning players and have an additional 8 or more new players joining the team this year.

There have been a couple changes to my classroom this year. I have a new paint job, so it is a lot brighter than it was before (thanks Brody Kriz!). I also have incorporated a perfectly drawn-to-scale basketball court that my last year's geometry class worked out and painted onto my floor. This will be incorporated into my review strategies as we will play different games using the basketball hoop for competition. I am currently looking for a small scale electronic scoreboard to finish off my classroom court.

When it comes to changes within my teaching, I am focusing on collaborative teamwork in every class. I encourage the kids to be able to work with multiple individuals, whether they have similar interests or not. I am also changing the groups frequently so they can better understand the different assets each team member can bring to the group. In addition to this, I am also motivating students to be able to identify and determine the next best step in order to better prepare them for future miscalculations. This not only will help them better understand the content, but will also prepare them for challenges later in life.



October Lunch Menu

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	B: Cereal L: Meatball Sub, Pineapple, Potato Triangle	B: French Toast L: Hamburger, Pears, Baked Beans, Chips	B: Donut L: Chicken Fajita, Rice, Pink Applesauce, Corn Early Out	B: Soft Pretzel L: Pork Patty on a Bun, Peaches, Baked Beans, Rice Krispie	B: Breakfast Pizza L: Lasagna Casserole, Strawberry Cup, Green Beans, Garlic Bread	
8	9	10	11	12	13	14
	B: Pancakes L: Pulled Pork Sandwich, Pears, Potato Triangle	B: Cereal L: Salisbury Steak, Mandarin Oranges, Dinner Roll	B: Donut L: Teriyaki Chicken on Rice, Pineapple, Broccoli, Breadstick	B: Cheese Omelet L: Chicken Tenders, Pink Applesauce, Corn, Dinner Roll	B: Fruit Turnover L: Fiesta, Peaches, Green Beans	
15	16	17	18	19	20	21
	B: Waffles L: Cream Chicken on a Biscuit, Mandarin Oranges, Peas	B: Cereal L: Walking Tacos, Strawberry Cup, Corn, Brownie	B: Scrambled Eggs L: Chicken Noodle Casserole, Peaches, Peas	B: French Toast L: Mini Corndogs, Pink Applesauce, Baked Beans, Cheese Crackers	B: Breakfast Pizza L: Sandwich Bar, Grapes, Carrots, Cookie/Chips Early Out	
22	23	24	25	26	27	28
	No School	B: Cereal 6 th grade meal L: Pizza, Pink Applesauce, Green Beans, Refrigerated Desert	B: French Toast L: Meal in a Bowl, Strawberry Cup, Dinner Roll	B: Soft Pretzel L: Macaroni & Cheese w/ Ham, Peaches, Peas	B: Breakfast Sandwich L: Crispitos, Rice, Mandarin Oranges, Corn	
29	30	31				
	B: Pancakes L: Rib Patty on a Bun, Pineapple, Potato Triangles	B: Cereal L: Pizza Witch, Strawberry Cup, Green Beans, Ice Cream				



November Lunch Menu

2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>B: Cheese Omelet</p> <p>L: Pizza, Pink Applesauce, Green Beans</p> <p>Early Out</p>	<p>2</p> <p>B: Donut</p> <p>L: Chicken Fried Steak, Pears, Mashed, Dinner Roll</p>	<p>3</p> <p>B: Breakfast Pizza</p> <p>L: Mini Corndogs, Peaches, Baked Beans, Rice Krispie Bar</p>	
5	6	7	8	9	10	11
	B: Cinni Minis	B: Cereal	B: French Toast	B: Soft Pretzel	B: Scrambled Eggs	
	L: Chicken tenders, Mandarin Oranges, Green Beans, Apple Crisp	L: Pig in a Blanket, Strawberry Cup, Baked Beans	L: Beef & Noodles on Mashed, Pineapple, Dinner Roll	L: Sandwich Bar, Grapes, Carrots, Cookie/Chips	L: Hamburger, Pink Applesauce, Smiley Fries	
12	13	14	15	16	17	18
	B: Pancakes	B: Donut	B: Cereal	B: Fruit Turnover	B: Cheese Omelet 5 th Grade Meal	
	L: Chicken Sandwich, Mandarin Oranges, Green Beans, Fruit Snacks	L: Burrito, Rice, Pineapple, Corn	L: Turkey & Stuffing, Pink Applesauce, Mashed, Dinner Roll, Pumpkin Dessert	L: Fiestada, Pears, Green Beans, Ice Cream	L: Chili, Cinnamon Roll, Strawberry Cup, Celery	
19	20	21	22	23	24	25
	B: French Toast	B: Soft Pretzel	B: Scrambled Eggs	Thanksgiving Break!	Thanksgiving Break!	
	L: Sloppy Joe, Pears, Fries	L: Chicken Alfredo, Peaches, Green Beans, Breadstick	L: Pork Patty on a Bun, Pink Applesauce, Baked Beans Early Out			
26	27	28	29	30		
	B: Donut	B: Waffles	B: Cereal	B: Breakfast Pizza		
	L: Cream Chicken on a Biscuit, Peaches, Peas	L: Hot Ham & Cheese Croissant, Pink Applesauce, Scalloped Potatoes	L: Spaghetti, Pears, Green Bean, Garlic Bread	L: Crispitos, Rice, Pineapple, Corn		