



# Palmer Public School



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## Superintendent's Newsletter, April/May 2026

The district is excited to share some outstanding news with our community. The Roy and Gloria Dinsdale Foundation has awarded Palmer Public Schools a generous \$5 million grant to support the district's Renovation and Expansion Project.

This transformative gift represents a significant investment in the future of our students, staff, and community. The funding will help modernize facilities, enhance learning environments, and ensure that our schools continue to meet the needs of current and future generations.

The grant is contingent upon the successful passage of a bond by August 1, 2026. Community support will be essential in securing this opportunity. We encourage all stakeholders; families, staff, alumni, and residents, to stay informed and engaged as we work together to move this project forward.

We are incredibly grateful for this unprecedented level of generosity. The impact of this contribution will be felt for years to come, helping us create spaces that inspire learning, collaboration, and growth.

Should the bond be approved by voters, the district looks forward to recognizing the Dinsdale family's remarkable support in a meaningful way as part of the new project.

Together, we can make this vision a reality.

Sincerely,

Dr. Bohlken

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

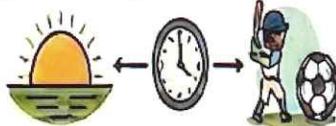
# PALMER PUBLIC SCHOOLS

## SPRING NEWSLETTER: APRIL/MAY 2026

### STAYING ON TRACK (APRIL/MAY)

#### Keep Routines Consistent!

Even with longer evenings & sports practices starting, consistent bedtimes and schedules help children stay rested, focused, and happy.

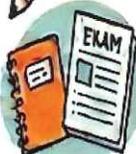


### STATE TESTING IN APRIL

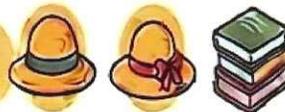
#### Important assessments!

Look for specific details and schedules from your child's teachers.

Help them do their best!



### SUMMER PREP & CELEBRATION!



Stay Active & Keep Reading!

APRIL:

APRIL: STATE TESTING

MAY

7

MAY 7 @ 10:30 AM:  
PK4 GRADUATION & LAST DAY PK3

PK3

MAY

8

MAY 8 @ 1:00 PM:  
FIELD DAY

MAY

14

MAY 14: 11:30 AM  
DISMISSAL FOR LAST DAY

JUNE

JUNE:  
SUMMER  
SCHOOL

SUMMER  
SCHOOL

THURSDAYS  
IN JUNE  
SUMMER  
READING

SUMMER SCHOOL: Referrals Only



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## Reflection...

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Not long ago, the sound of the cicadas welcomed us into the 2025–2026 school year with anticipation and purpose. It is hard to believe that we are on the horizon of the end of the school year! As we reflect, we recognize just how much growth, effort, and progress have defined our journey.

This school year was built on a strong foundation of being rooted in tradition. We continue to stand on the shoulders of those who came before us, honoring our traditions while pushing forward to prepare our students for the future. At Palmer High School, growth means challenging thinking, raising expectations, and committing to continuous improvement.

Success at the high school level depends on meaningful relationships—between students and teachers, school and families, and among peers. When students feel supported and challenged, they take greater ownership of their learning and rise to higher expectations. Through strong communication and collaboration, we created consistency, built trust, and reinforced a shared goal: helping every student succeed.

Progress looks different for every student, but growth was evident across our school. We celebrate the students who pushed themselves academically and personally, demonstrated resilience in the face of adversity, and took responsibility for their learning. We are equally grateful for the teachers and families who supported that growth every step of the way. At Palmer, we understand that success is not about luck—it is built through effort, mindset, and action.



Palmer High School is more than a place—it is a community built on relationships, high expectations, and a shared commitment to growth. This year, we have learned, adapted, and improved together. And as we move forward, we do so with purpose.

We are fortunate.

We are committed.

We are **PROUD** to be Palmer Tigers!

*Mrs. Kristin Reimers*

## School Counselor Newsletter

### Helping Our Students Stay Safe Online

Technology is an important part of our students' lives. From school assignments to social connections, the internet offers many opportunities for learning and creativity. At the same time, it is important that children and teens understand how to use technology safely and responsibly. Families play a key role in helping students develop healthy online habits.

**We need to talk.  
This is  
serious.**



### Start with Open Conversations

Talking regularly about online behavior helps children feel comfortable asking questions or reporting concerns.

Consider discussing:

- What websites, games, or apps your child uses
- Who they interact with online
- What to do if something online makes them uncomfortable
- The importance of keeping personal information private

Remind children that they can always come to a trusted adult if they see something confusing, scary, or inappropriate online.

### Teach the Basics of Online Safety

Students benefit from clear guidelines about responsible internet use.

Encourage children to:

- Never share personal information (address, school name, phone number, passwords)
- Only communicate online with people they know in real life
- Think before posting pictures, videos, or comments
- Avoid clicking suspicious links or downloads
- Tell an adult if someone online asks them to keep a secret

A helpful reminder for students: **If you would not say or show it in person, do not share it online.**

### Monitor Online Activity

Parental awareness can help prevent many online problems. Monitoring does not need to feel intrusive—it can be a normal part of family technology use.

Helpful strategies include:

- Keeping computers and devices in common areas of the home
- Periodically checking apps, games, and privacy settings
- Setting screen time limits
- Using parental controls when appropriate
- Following or connecting with your child on social media if they have accounts

For younger children, closer supervision is recommended. As students grow older, guidance and ongoing conversations become especially important.

## **Discuss Digital Citizenship**

Students should understand that their online actions leave a digital footprint. Encourage respectful and responsible behavior online.

Talk with your child about:

- Treating others with kindness online
- Avoiding cyberbullying
- Thinking carefully before posting
- Respecting others' privacy and boundaries

## **Watch for Warning Signs**

Changes in behavior can sometimes indicate online concerns. Signs may include:

- Becoming secretive about devices
- Sudden changes in mood after being online
- Avoiding school or friends
- Quickly closing screens when adults enter

If you notice these signs, gently ask questions and keep communication open.

## **Work Together**

Internet safety is most effective when schools and families work together. By staying involved and maintaining open conversations, we can help students build the skills they need to navigate the digital world safely.

If you have questions or would like additional resources about internet safety, please feel free to contact Carissa Valasek, [cvalasek@palmer.esu7.org](mailto:cvalasek@palmer.esu7.org).

APRIL

# HIGH SCHOOL COUNSELING OFFICE



Mrs. Trout 7-12 School Counselor

## SENIOR NEWS

### Scholarships

- Local scholarship deadlines are approaching quickly. All seniors have access to the spreadsheet that has all the due dates for local scholarships.



## Community Service Hours & Class Registration

- Don't forget that every school year 9th - 12th grade students need to have 10 hours of community service hours completed.
- This month students will start registering for classes next year.

### SOPHOMORE/JUNIOR NEWS

April 2<sup>nd</sup> from 12 -1pm sophomores and juniors who are interested in wanting to take college courses will meet with the CCC representative to go over how to enroll and sign up for classes.



## Tech & Business Classroom Updates

Hello from your "new" Business & Technology teacher, Wendy Louder! I'm excited to be part of the Palmer school community and wanted to share a few fun facts about me.

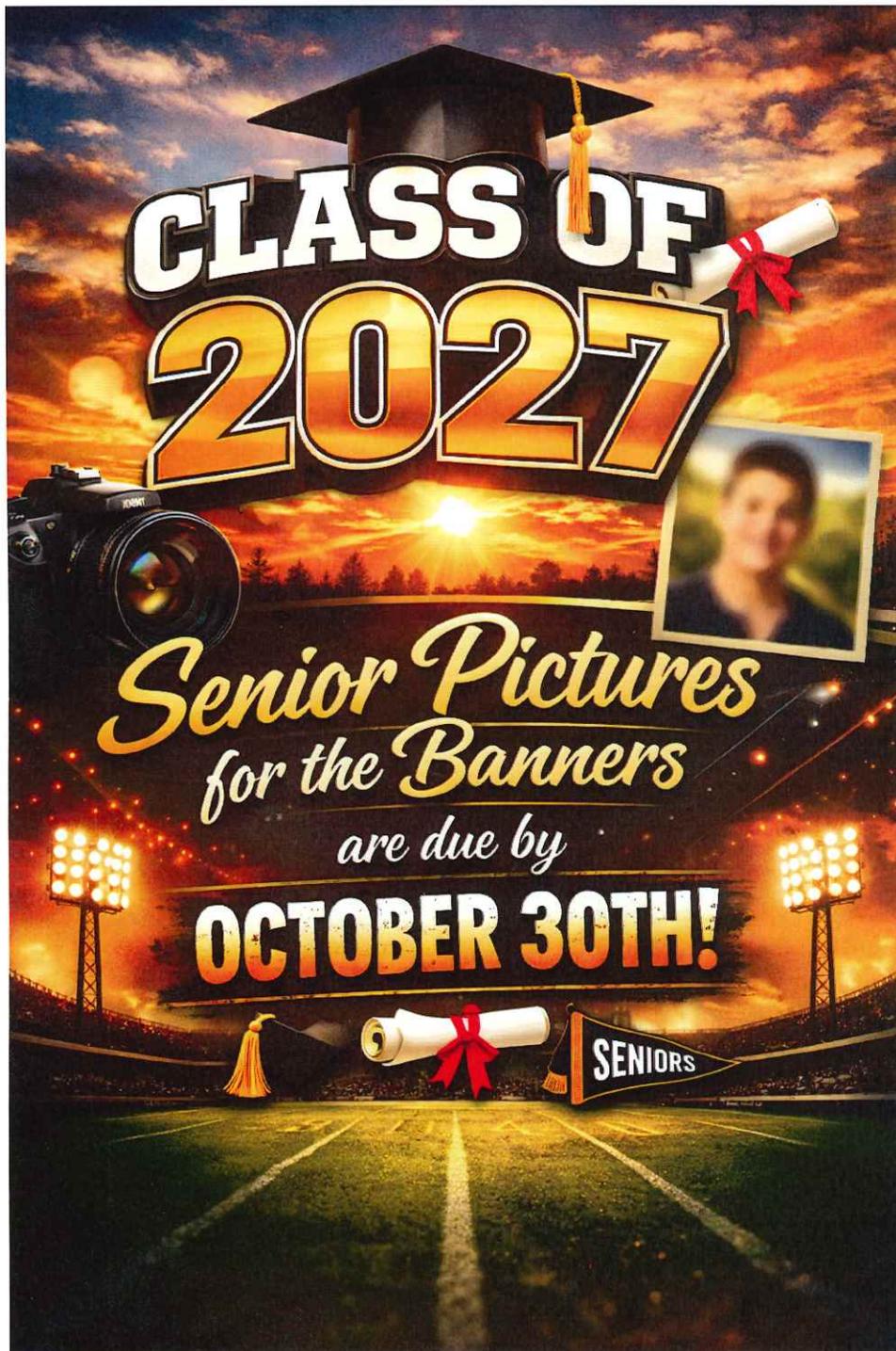
- ❖ This is my 7th year of teaching, and my previous teaching position was at Grand Island Senior High.
- ❖ I love crafting and refurbishing furniture pieces in my spare time.
- ❖ My husband, Ryan, and I have two kids, Jesse (6) and Kayce (3), and we are also expecting twins in June 2026!
- ❖ When I'm not at school, you can usually find me cheering at my kids' activities, working on projects in the garage, or spending time outdoors.

Now let me give you a quick "Day in the Life of the Business & Technology Room!"

- ★ The day kicks off with Accounting I, where seniors are diving into topics like journalizing transactions and managing petty cash funds.
- ★ Next up is Accounting I (sophomore section). I've had this group since the beginning of the school year, and they've been busy learning how to calculate payroll hours and payroll taxes.
- ★ After that, Marketing takes over Room 105. Students are exploring the many aspects of social media marketing and how businesses use different platforms to connect with customers.
- ★ Our 7th graders have been working hard to improve their typing speed and accuracy as they build strong keyboarding skills.
- ★ Following them is Personal Financial Management, a class made up of sophomores and juniors. Students are learning about important life skills such as budgeting, saving, and becoming financially independent.
- ★ After lunch, the 9th grade Computer Applications class arrives. Students are currently learning the foundations of computer science and are getting ready to start coding in the coming weeks.
- ★ Finally, we wrap up the day with Digital Media. This class includes students from freshmen to seniors, and they've been busy creating social media graphics for upcoming school events and producing fun promotional commercials.

It's been an exciting year full of learning, creativity, and new skills being built every day in Room 105!

Class of 2027, I need your senior pictures for the banners for the Chocon Room by October 30th.



# Palmer Social Sciences

## By Luke Thompson

Greetings everyone,

I can't believe I am in my 12th year as the Social Sciences teacher at Palmer. I must say that I have immensely enjoyed my time here. As we begin the fourth quarter, everything seems to be running fairly smoothly.

For the most part, things are consistent in my classroom. I deliver most of the content through lectures and class discussions, breaking instruction into smaller chunks. For high school students, I use 10-minute segments, and for junior high students, 8-minute segments. These time frames are based on research suggesting that students tend to lose focus after these intervals of direct instruction.

During each cycle, I present information for the appropriate amount of time and then have students break into partner groups for about two minutes. They discuss the two main points or the ideas they found most interesting. Afterward, groups share their thoughts, leading into a class discussion that reinforces the material. We then repeat the process with the next segment of content.

Students also use fill-in-the-blank notes during lecture time, which allows for more interaction and discussion rather than relying solely on teacher-led instruction. This approach helps students process the material more effectively and builds their confidence when speaking in front of the class. I believe this method supports stronger retention and encourages more students to participate.

I would also like to remind everyone that my email is [lthompson@palmer.esu](mailto:lthompson@palmer.esu).<sup>7</sup> if you ever need to contact me with questions, concerns, or updates. For new parents, my weekly lesson plans are available on the school website at [palmertigers.org](http://palmertigers.org). Simply click the "Menu" tab in the top left corner, select "Students," and then open "Secondary Lesson Plans: The Jungle." From there, you can access each class by grade level, view assignments by date, and explore lesson plans for all teachers.

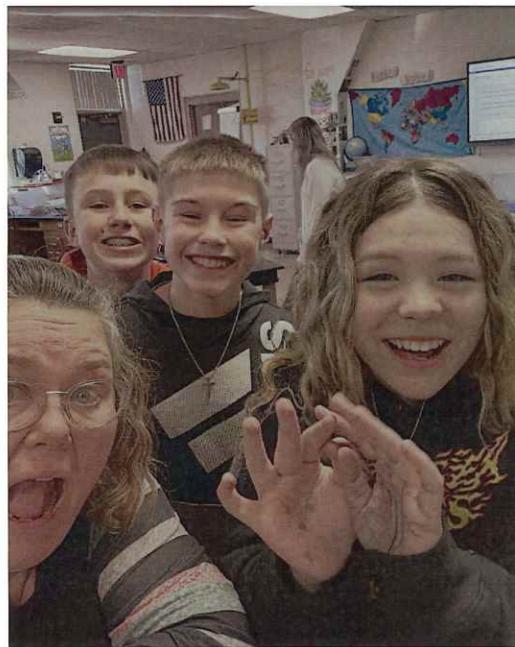
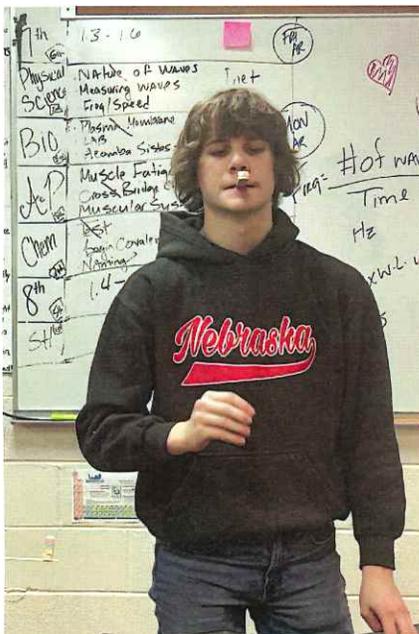
I have truly enjoyed working with my students and colleagues this year and look forward to finishing the year strong. Please don't hesitate to reach out—I will respond as quickly as possible.

Go Tigers!

It is that time of year again for a “Day in the Life of the Science Classroom” at Palmer Public Schools.

- The day opens with a combination of Junior High study hall and an independent study Biology class. It is fun to see some bright shining faces as the 7th & 8th grade students come in ready to start their day. They also get the bonus of listening in as biology is being studied and discussed during my Bonus Bio class.
- **Physical Science** is up next. The 9th graders are currently at work discovering how the Electromagnetic Spectrum relates to their actual lives. It does by the way - without it, we wouldn't have cell phones, tanning beds, x-ray machines, microwave ovens, or even be able to see.
- What is food? What is it actually made of? Where does it come from? These **Biology** topics are a bit easier for our agriculturally aware students to understand and explain. But as we drill down past the easy answers of grain, cow, and chicken to the actual atoms in our food, it gets a bit more complex.
- **8th grade** comes in next. This class of talented kids brings the energy every day. Right now, we are just beginning our unit on natural selection. They will be “breeding” different animals and placing them in various environments and discovering what might happen.
- Time to study - a small group of students gathers here every day for study hall. AND every Monday we get the chance to “Make It Happen!” Ask your student what this means.
- After lunch, the **7th grade** brightens the room. They have great questions and personalities. We just finished an intro to chemistry unit by solving a crime. It was fun and they did a good job.
- Next up is: **Chemistry**. This group juniors and seniors just finished learning all about bonding & naming chemical compounds and are currently entering into the arena of chemical reactions. BOOM!
- The last class of the day is **Anatomy & Physiology**. We are just winding up a study on the basics of the nervous system and are about to dive into the brain. Do we sound like mad scientists? Nah, we are just having fun.

If you are ever in need of an adventure or a new life lesson, come peek in on us, here in the science room. Thanks for letting me teach your kids! - Mrs. Berger



## **Phys. Ed & Activities Update by Darius Williams**

As we move into the spring season, I wanted to take a moment to reflect on what has been an incredible first year as a Palmer Tiger—not just for me, but for my family as well. My son Cohen and I both began our journeys here this year, as he started Pre-K 3's. It has been a special experience getting to grow and learn alongside him in the same school community. Prior to coming to Palmer, I spent five years teaching and coaching at High Plains, and I am very grateful for that experience as it helped shape me into the educator and coach I am today. My wife, Bailey, currently teaches at High Plains but is also a proud Palmer Tiger alum. Together, we are enjoying raising our family, including our 1-year-old daughter Scottie, in such a supportive and welcoming community.

This year, I've had the opportunity to serve in several roles, including teaching 4th–6th grade Physical Education, leading 7–12 Strength Training classes and a morning weights group, serving as Activities Director, and beginning my first season as Head Track & Field Coach for Palmer. Each of these roles has allowed me to positively impact our students in different ways, and I'm grateful for the support I've received along the way.

Our Physical Education students have been working extremely hard and showing great improvement in both gross and fine motor skills. It has been exciting to watch their confidence and abilities grow throughout the year. We're also looking forward to **Field Day on May 8th**, which is always a fun and rewarding way to celebrate their progress and effort.

In the weight room, our 7-12 students have made tremendous strides. It has been awesome to see their dedication pay off, with our "Top 5" lists constantly changing each time we max out. Students are consistently breaking personal records and pushing themselves to improve, which speaks volumes about their commitment and work ethic.

As Activities Director, this year has brought both challenges and successes, but through it all, our students have continued to grow, compete, and represent Palmer with pride. We will celebrate those efforts at our **Activities Banquet on May 6th**, recognizing the hard work and accomplishments of all involved!

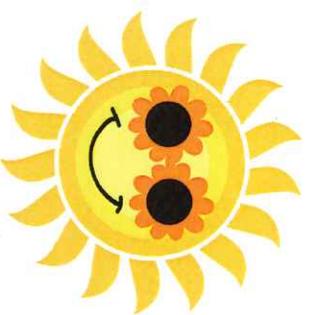
Track & Field has also gotten off to a fantastic start in my first year as Head Coach for the Palmer Tigers. We have had a great turnout with 37 high school athletes and 35 junior high athletes participating this season. Our goal is simple...continue to develop, improve, and grow each week. I'm excited about the direction this program is heading.

We also invite you to join us for our **Track & Field Fundraiser on April 17th**. We will be hosting a pasta feed (free will donation), along with raffle items and a silent auction. This is a great opportunity to support our athletes and connect as a community!

Looking ahead, I am committed to continuing to build our programs through strong relationships, hard work, and accountability. Thank you for your continued support of Palmer Public School and our students.

Go Tigers!

# May



# 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				1 B: Breakfast Sandwich L: Chicken Sandwich, Mandarin Oranges, Baked Beans
4 B: Scrambled Eggs L: Hamburger, Pears, Fries	5 B: French Toast L: Cream Chicken on a Biscuit, Pink Applesauce, Peas	6 B: Breakfast Pizza L: Lasagna Casserole, Peaches, Green Beans, Garlic Bread	7 B: Soft Pretzel L: Salisbury Steak, Mandarin Oranges, Whipped Potatoes	8 B: Cereal K-6 Sack Lunch 7-12 Sandwich Bar, Apple Slices, Carrots, Cookie
11 B: Pancakes L: Cooks Choice	12 B: Hot Ham & Cheese L: Cooks Choice	13 B: Donut L: Cook's Choice	14 <b>NO BREAKFAST 11:30 DISMISSAL</b>	15 <b>SUMMER BREAK!</b>

# April



# 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>B: French Toast Tomado L: Chicken Tenders, Peas, Scalloped Potatoes, Dinner Roll</p>	<p>2</p> <p>B: Soft Pretzel L: Sandwich Bar, Grapes, Carrots, Chips/Cookie <b>Early Out</b></p>	<p>3</p> <p><b>NO SCHOOL</b></p>
<p>6</p> <p><b>NO SCHOOL</b></p>	<p>7</p> <p>B: Cereal L: Mini Corndogs, Peaches, Baked Beans, Cheese Its</p>	<p>8</p> <p>B: Mini Waffles L: Chicken Fried Steak, Pink Applesauce, Whipped Potatoes, Dinner Roll</p>	<p>9</p> <p>B: Fruit Turnover L: Spaghetti, Peas, Green Beans, Garlic Bread</p>	<p>10</p> <p>B: Breakfast Pizza L: BBQ Rib Sandwich, Pineapple, Potato Triangle</p>
<p>13</p> <p>B: French Toast L: Hamburger, Pink Applesauce, Smiley Fries</p>	<p>14</p> <p>B: Cheese Omelet L: Chicken &amp; Noodle, Casserole, Peaches, Peas</p>	<p>15</p> <p>B: Donut L: Meal in a Bowl, Mandarin Oranges, Dinner Roll</p>	<p>16</p> <p>B: Soft Pretzel L: Fiestada, Pineapple, Green Beans</p>	<p>17</p> <p>B: Biscuits &amp; Gravy L: Sandwich Bar, Apple Slices, Carrots, Chips/Cookie</p>
<p>20</p> <p>B: Pancakes L: Chili Dog, Pink Applesauce, Smiley Fries</p>	<p>21</p> <p>B: Cereal L: Mac&amp;Cheese w Ham, Mandarin Oranges, Corn, Italian Ice</p>	<p>22</p> <p>B: Scrambled Eggs L: Teriyaki Chicken on Rice, Pineapple, Broccoli, Egg Roll</p>	<p>23</p> <p>B: Cinni Minis L: Pork Patty on a Bun, Peaches, Baked Beans, Rice Krispie Bar</p>	<p>24</p> <p>B: Breakfast Pizza L: BBQ Meatball Snack, Peas, Green Beans</p>
<p>27</p> <p>B: Muffin L: Walking Taco, Pineapple, Corn, Brownie</p>	<p>28</p> <p>B: Donut L: Chicken Tenders, Pink Applesauce, Scalloped Potatoes, Dinner Roll</p>	<p>29</p> <p>B: Cheese Omelet L: Pizza, Peaches, Peas, Bug Bites</p>	<p>30</p> <p>B: Cereal L: Senior Meal L: Stromboli, Apple Slices, Green Beans, Refrigerated Desert</p>	