McGraw Minutes

Issue #9 November 24, 2025

A Note from Mrs. Shaw...

Dear McGraw Families,
Thank you for your continued support of our school community. Your involvement and partnership make a meaningful difference in the daily lives and learning of our students.
As we head into the Thanksgiving break, I wish you and your loved ones a safe, healthy, and joyful holiday. Enjoy this time together — we look forward to welcoming our students back refreshed and ready to learn on Monday, December 1.

McGraw School Office

School Hours

8:30a- 3:00p

If you need to contact the office...

Office Hours: 7:45 a.m. - 4:00 p.m.
call: 207.862.3830
email: mcgrawoffice@rsu22.us (all dismissal/absence communication)
fax: 207.862.5649
visit: 20 Main Rd. N. Hampden, ME 04444

McGraw Secretary: Mrs. Nason, knason@rsu22.us
McGraw Secretary: Mrs. Paradis, dparadis@rsu22.us
Principal: Mrs. Shaw, shannonshaw@rsu22.us
School Nurse: Mrs. Adams, nadams@rsu22.us

School Counselor: Mrs. Erickson, merickson@rsu22.us

Changes in RSU 22 Art Program

After the Thanksgiving break, there will be some changes to our art program in RSU 22. Mr. Reese, our current art teacher at Weatherbee and McGraw, will be moving to Reeds Brook Middle School to be the art teacher there. We are excited that he will continue to have a positive impact on RSU 22 students in the arts!

We are also excited to announce Ms. Heather Love as our new art teacher for McGraw and Weatherbee students! Before becoming an educator, Ms. Love served in the United States Air Force, an experience that shaped her strong work ethic and commitment to service. She holds dual bachelor's degrees in Studio Art and Art Education, and she brings a creative, student-centered approach to the art room. Outside of school, Heather enjoys spending time with her horses and continues to grow her artistic practice. She also recently picked up the drums, her newest passion, and loves exploring new ways to blend creativity into all parts of her life. Welcome to RSU 22!

Upcoming Dates:

- 11/20, 11/24, 11/25 Parent/Teacher Conferences (Sign up using the link below)
- **11/25 Early Dismissal 12:05p**
- **11/26-11/28 No School - Teacher Comp Day & Thanksgiving Break**
- **12/23 Early Dismissal 12:05p**
- 12/24-1/2 No School- Winter Break
- 1/5 School Back in Session


DECEMBER
SUN
MON
TUE
WED
THU
FRI
SAT
30
1 A
2 B
3 C
4 D
5 E
6
7
8 F
9 A
10 B
11 C
12 D
13
14
15 E
16 F
17 A
18 B
19 C
20
21
22 D
23
EARLY
DISMISSAL DAY
at 12:05pm
24
25
26
27
Have A Wonderful Winter Break!
28
29
30
31
2026

School Meals with a Milk are offered at NO CHARGE
Milk for Home lunch $0.55

McGraw / Weatherbee
December Lunch Menu

Breakfast
Entrée or Cereal
Fruit, Juice, Milk

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken Tenders Pasta Salad Salad & Fruit Bar	**Pancakes** Maine Blueberries Maple Syrup Sausage Salad & Fruit Bar	**Mac & Cheese** Garlic Knot Salad & Fruit Bar	**Meatballs & Marinara** Garlic Breadstick Salad & Fruit Bar	**Pizza** *Chef's Choice Toppings* Salad & Fruit Bar
8	9	10	11	12
Crispy Chicken Drumstick & Waffles Salad & Fruit Bar	**Build a Turkey & Cheese Sandwich** Goldfish Crackers Salad & Fruit Bar	**Yogurt Parfait** *with Blueberries & Strawberries* Cereal Salad & Fruit Bar	**Teriyaki Chicken with Noodles** Mini Egg Roll Salad & Fruit Bar	**Pizza** *Chef's Choice Toppings* Salad & Fruit Bar
15	16	17	18	19
French Toast Sticks Sausage Patty Maple Syrup Salad & Fruit Bar	**Chicken Burger** Smiley Potatoes Salad & Fruit Bar	**Cheese Breadsticks** *Marinara Dipping Sauce* Salad & Fruit Bar	**Chicken Quesadilla** *with Chicken & Cheese* Salad & Fruit Bar	**Pizza** *Chef's Choice Toppings* Salad & Fruit Bar
22	23	24	Christmas Day	26
Hamburger **Cheeseburger** Crinkle Cut Fries Holiday Cookie Salad & Fruit Bar	**EARLY DISMISSAL** Bag Lunches	*No School*	*No School*	*No School*
29	30	31		
No School	*No School*	*No School*		

Alternate Menu Choices - Peanut Butter & Jelly Meal and Daily Chef's Special

Fruit & Salad Bar Always Offered

Menu Subject to Change

This institution is an equal opportunity provider

It's not what's under the tree that matters. It's who's around it.

Spirit Wear

If you're looking for McGraw Gear, go to our local vendor, Goodwin Glass & Graphics!
https://www.goodwinglassandgraphics.com/product-category/mcgraw/

A Note From Nurse Adams

Wishing you all a safe, happy, and healthy Thanksgiving!!

Tips for staying healthy this holiday season:
-Wash your hands frequently with soap and water for at least 20 seconds
-Clean high touch surfaces and door knobs frequently with a disinfectant

-Avoid touching your eyes, nose, and mouth
-Stay home if you're sick
-Stay away from those who are sick
-Get your recommend vaccines
-Keep hydrated
-Get plenty of rest and sleep
-Eat a healthy diet
-Get plenty of physical activity

Here are some tips to safely cook and enjoy your turkey 🦃

Steps to follow before cooking a turkey:
Read labels carefully. Temperature labels show if the bird is fresh or frozen. If you plan to serve a fresh turkey, purchase it no more than two days before Thanksgiving.
Purchase two thermometers: a refrigerator thermometer to ensure the turkey is stored at 40 °F or slightly below and a food thermometer to make sure the cooked turkey reaches a safe 165 °F.
The USDA recommends thawing a frozen turkey in the refrigerator 24 hours for each 4 to 5 pounds.
Place the turkey in a container to prevent the juices from dripping on other foods.
Steps to follow when cooking a turkey:
Wash hands with warm water and soap for 20 seconds before touching any food to prevent the spread of many types of infection and illness.
Do not wash the turkey. This only spreads pathogens onto kitchen surfaces. The only way to kill bacteria that causes foodborne illness is to fully cook the turkey.
Keep raw turkey separated from all other foods at all times.
Use separate cutting boards, plates, and utensils when handling raw turkey to avoid cross-contamination. Wash items that have touched raw meat with warm soap and water or place them in a dishwasher.
Cook the turkey until it reaches 165 °F, as measured by a food thermometer. Check the turkey's temperature by inserting the thermometer in three places: the thickest part of the breast, the innermost part of the thigh, and the innermost part of the wing.

Breakfast Available

PTO Happenings

Come join a PTO meeting and see how you can help support the learning at McGraw!

McGraw Bottle Drive Ongoing Fundraiser

Ways to Donate

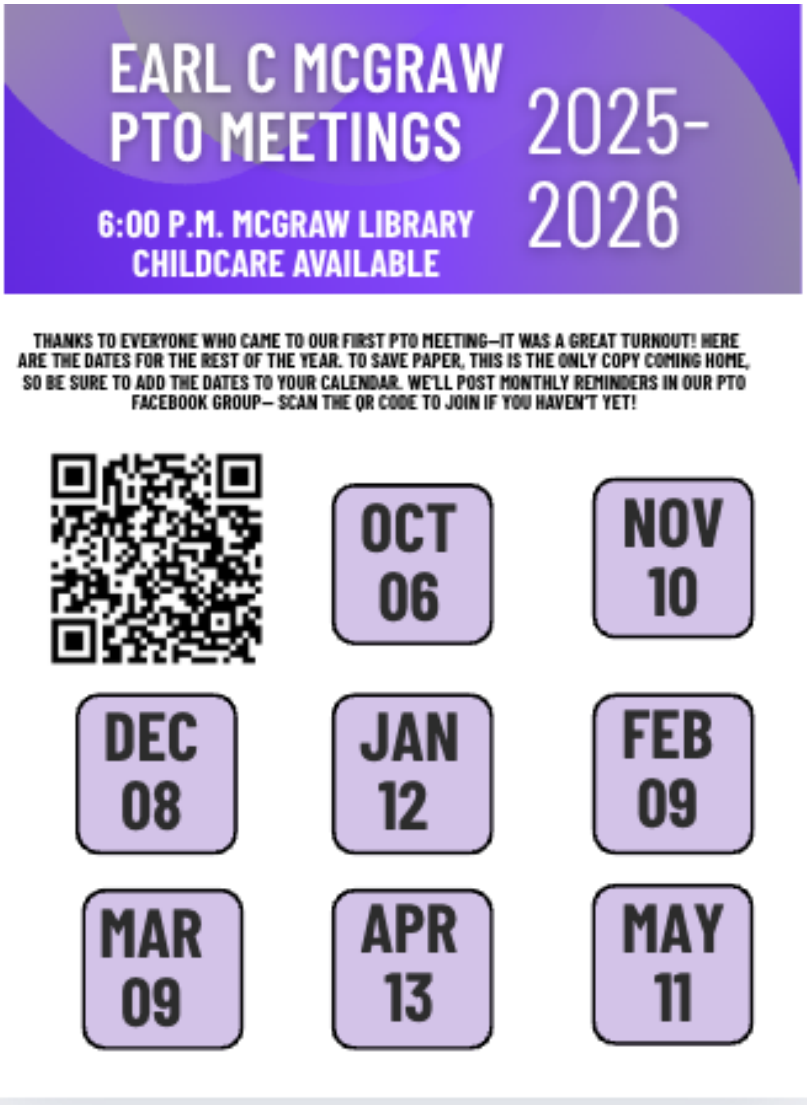
CLYNK

1) Email McGrawPTO@gmail.com to get Clynk Bags sent home with your child. Please provide name, teacher's name and how many bags. They will have our Clynk Account Bag tags. Just fill the bags and bring them to the Clynk kiosk at Hannaford.

2) Already have a Clynk account? Login and click "Donations" scroll down, to type "McGrawPTO" into the search. Choose how much you would like to donate from your Clynk account balance.

Damon Beverage and Redemption

Located at 700 Hogan Rd in Bangor. Tell them you would like to donate your bottles to McGraw PTO once you get your slip!



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Shannon Shaw
Shannon is using Smore to create beautiful newsletters