



McGraw Minutes

Issue #13 December 24, 2025

A Note from Mrs. Shaw...

Dear McGraw Families,

The holiday season has arrived, and I want to extend my heartfelt wishes to you and your families for a safe and restful break. This time of year is perfect for reflection and gratitude, and I find myself incredibly thankful for the unwavering support you have shown to McGraw School.

Our school community is truly remarkable, and your active involvement and encouragement have played a vital role in the achievements of our students. Your partnership in education has been an invaluable asset, contributing significantly to the success and growth of each child.

Thank you for being an integral part of our school family. I hope this holiday season brings you joy, peace, and cherished moments with loved ones. We look forward to continuing this journey together in the coming year.





Winter Break: Early Dismissal Dec. 23, 2025; No School Dec. 24, 2025 - Jan. 4, 2026

Dear Families and Caregivers,

As we head into the winter months, we want to partner with you to keep students healthy, engaged, and in school—even when weather and seasonal illnesses present challenges.

While some absences are unavoidable and understandable, research shows that every missed day—even excused ones—makes it harder for students to keep up and stay connected. Missing just 2 days per month adds up to chronic absenteeism, which can impact academic progress.

Plan Ahead:

- **Develop backup transportation plans.** If you can't take them to school, identify who else can give them a ride. Contact your child's principal if needed.

Keep Students Healthy:

- **Talk to a healthcare provider when unsure.** If your student gets sick or you're not sure whether to keep them home, contact your child's medical provider or the school nurse.
- **Promote healthy habits.** Encourage handwashing, good sleep, healthy meals, daily exercise, and plenty of fluids.
- **Prevent the spread of germs.** Remind children not to share cups or utensils.
- **Dress for cold weather.** If you need help with coats, hats, boots, snow pants, or gloves/mittens, contact the school.

Support Student Wellbeing:

- **Watch for signs of stress or anxiety.** If anxiety or stress may be affecting attendance, talk to your student's teacher, school nurse, counselor, or medical provider.
- **Stay connected during absences.** If illness keeps your child out for more than a day or two, contact your child's teacher for learning materials.

Need help? For school-specific resources including transportation assistance, clothing support, and nurse contact information, contact your school's main office.

We know winter can be challenging, but every day your student is here matters. We look forward to seeing you again when school resumes on **January 5, 2026**.

Thank you for partnering with us!



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

Upcoming Dates:

- 12/24-1/2 No School- Winter Break
- 1/5 School Back in Session
- 1/16 No School - In-Service Day
- 1/19 No School - Martin Luther King Jr. Day
- 2/11 Kindergarten and Pre-K Registration, 4-7p
- 2/16-2/20 No School - February Break



Calendars

SUN	MON	TUE	WED	THU	FRI	SAT
28 	29 	30 	31 	1 	2 	3
4 	5 E	6 F	7 A	8 B	9 C	10
11 	12 D	13 E	14 F	15 A 	16 No School Teacher Inservice Day	17
18 	19 No School In Observance of Martin Luther King Jr. Day	20 B	21 C 	22 D	23 E	24
25 	26 F	27 A	28 B	29 C	30 D	31

School Meals with a Milk are offered at NO CHARGE Milk for Home lunch \$0.55		McGraw / Weatherbee January Lunch Menu			Breakfast Entrée or Cereal Fruit, Juice, Milk
Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2	
				<i>No School</i> 	
5	6	7	8	9	
Chicken Tenders Tater Tots  Salad & Fruit Bar	Pancakes Maine Blueberries Maple Syrup Sausage Salad & Fruit Bar	Hamburger Cheeseburger Crinkle Cut Fries Salad & Fruit Bar	Chicken & Gravy Mashed Potato Dinner Roll Salad & Fruit Bar	Pizza <i>Chef's Choice Toppings</i> Salad & Fruit Bar	
12	13	14	15	16	
Chicken Burger Smiley Potatoes Salad & Fruit Bar	Crispy Chicken Drumstick with Waffles Salad & Fruit Bar	Toasted Cheese Sandwich Tomato Soup Salad & Fruit Bar	Pizza <i>Chef's Choice Toppings</i> Salad & Fruit Bar	INSERVICE <i>No School</i> 	
19	20	21	22	23	
<i>No School</i>  Martin Luther King Jr Day	Breakfast Sandwich with Ham, Egg, & Cheese Hashbrown Potato Salad & Fruit Bar	Teriyaki Chicken with Noodles Fortune Cookie Salad & Fruit Bar	Cheese Quesadilla with Toppings Mexican Rice Salad & Fruit Bar	Pizza <i>Chef's Choice Toppings</i> Salad & Fruit Bar	
26	27	28	29	30	
Cheese Breadsticks Marinara Dipping Sauce  Salad & Fruit Bar	French Toast Sticks Sausage Patty Maple Syrup Salad & Fruit Bar	Hamburger Cheeseburger Potato Wedges Salad & Fruit Bar	Walking Tacos with Toppings  Salad & Fruit Bar	Pizza <i>Chef's Choice Toppings</i> Salad & Fruit Bar	
<i>Alternate Menu Choices - Peanut Butter & Jelly Meal and Daily Chef's Special</i>					
Introducing Breakfast on Tuesdays Each Tuesday all month long!   	Fruit & Salad Bar Always Offered 	<i>Menu Subject to Change</i> This institution is an equal opportunity provider	Martin Luther King Jr was a brave American leader who taught people to fight peacefully for fairness and equality. He had a big dream that people would be judged by their character, not their race. Through his powerful words he taught us to DREAM BIG, BE FAIR, and BE BRAVE		

RSU22 2025-2026 School Calendar

RSU #22: 2025-26 School Calendar

August						September						October																									
M	T	W	Th	F		M	T	W	Th	F		M	T	W	Th	F																					
4	5	6	7	8		1 H	2 (Pre-K - K 1st day)	3	4	5	4 4			1	2	3	3 3																				
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February						March						April																									
M	T	W	Th	F		M	T	W	Th	F		M	T	W	Th	F																					
2	3	4	5	6	5 5	2	3	4	5	6	5 5			1	2	3	3 3 Q																				
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May						June						School Year Summary																									
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				1	1 1	1	2	3	4	5	5 5	178* Student Days																									
4	5	6	7	8	5 5	8	9	10	11 ED	12	4 4 Q T	1 Management Day																									
11	12	13	14	15	5 5	15	16	17	18	19 H	0 0	1 Teacher Preparation Day																									
18	19	20	21	22 ED	5 5	22	23	24	25	26	0 0	4 Inservice Days																									
25 H	26	27	28	29	4 4 20 20 (176,169)						0 0 9 9 185/178	1 Teacher Comp Day (* 3 storm days included)																									
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4	43 days		178																																		

August 18 Fall Sports
 August 19, 20, 21 Teacher Orientation (8/19 Sped only)
 August 21 Educational Technicians start date
 August 22 Teacher Prep
 August 25 Management Day
 August 26 Staff Inservice day
 August 27 Partial Attendance (Gr 1-9 students)
 August 28 Partial Attendance (Gr 1-12 students)
 August 29 UTC First Day
 September 2 Full Attendance (Pre-K - K First Day)
 September 25 Teacher Comp Time (no school)
 11/25, 12/23, 2/13, 4/17, 5/22, 6/11 Early Dismissal
 8/22, 9/25, 8/26, 10/10, 1/16, 3/13 Inservice - No school
 June 7 Hampden Academy Graduation
 June 11 Last Student Day

Approved: May 21, 2025



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

HAVE A HAPPY AND SAFE

winter break!



As we approach our much-anticipated winter break, the McGraw Health Office would like to wish everyone a joyful, restful, and safe holiday season and winter break. This break offers a chance to hopefully relax and recharge, but it's also a reminder to stay vigilant about health and safety, ensuring we return energized for learning in the new year. To ensure a safe and healthy season, please keep the following tips in mind:

Health and Wellness

- **Prioritize Vaccinations:** Ensure you and your family are up-to-date on vaccinations for influenza, COVID-19, and RSV to protect against common winter illnesses. Reach out to your students' provider or school nurse if you have questions about their vaccination status.
- **Practice Good Hygiene:** Wash your hands frequently and thoroughly, or use hand sanitizer to prevent the spread of germs.
- **Stay Healthy:** Encourage good sleep, and healthy habits, including limiting sugary treats. Stay home if anyone in your family feels unwell (fever, cough, etc.). We want to spread holiday cheer, not germs.
- **Stay Hydrated:** Cold air, both outdoors and indoors with heating systems running, can lead to dehydration. Drink plenty of fluids, even if you don't feel thirsty. Use lotion on dry skin and lip balm on chapped lips.
- **Rest and Relax:** The holidays can be a hectic time. Try to take time to relax.

Winter Safety Tips

- **Make sure smoke detectors are in working order.** Turn off holiday lights when leaving the house or going to sleep. Keep candles and space heaters at least 12 inches away from flammable materials and turn them off when leaving a room. Water natural Christmas trees daily to prevent them from becoming a fire hazard.
- **Install Carbon Monoxide detectors and ensure all appliance vents are clear on the outside.** Never use grills or generators or run vehicles in enclosed spaces, such as garages. Follow product instructions on kerosene heaters and other heating devices.. Do not use gas ovens or stoves to heat your house.
- **Prevent Slips and Falls:** Promptly remove snow and ice from walkways. Wear proper footwear. Indoors, use mats to catch snow and water from boots. See graphic below.
- **Cold Weather Protection:** When outside, wear multiple layers of clothing, a hat, and insulated gloves and boots to prevent frostbite and hypothermia.

As always, please feel free to reach out to me if you have any questions. I can be reached by phone at 207-862-3830 or by email at nadams@rsu22.us.

Stay healthy,



Community Corner

Hampden Food Cupboard

**(Located at 101 Main
Rd North, Hampden)**

Hampden
Neighborhood Food
Cupboard is open to all
residents of the four
RSU22 towns as well as
families of RSU22
employees and families
of non-resident RSU22
students.

Open on Wednesdays from 10:00-10:30
am and again from 4:30-6:00 pm and
on Fridays from 9:00 am to 10:00 am.
Families may access food weekly.



Breakfast Available

Did you know that McGraw serves free breakfast for all students every morning? Breakfast is served from 8:30a - 8:50a daily.



PTO Happenings

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

WHAT'S NEXT FOR THE MCGRAW PTO

**JAN
14**

HERO'S RESTAURANT FUNDRAISER: 4PM-9PM

PLAN TO HAVE DINNER AT HERO'S IN BANGOR! THEY WILL DONATE 10% OF SALES FROM 4-9.

**FEB
7**

SCHOOL DANCE 2-4PM

JOIN US FOR OUR FREE SCHOOL DANCE AT HAMPDEN ACADEMY. CAN'T WAIT TO SEE YOU THERE!

**FEB
19**

MOE'S RESTAURANT FUNDRAISER: ALL DAY

PLAN TO HAVE LUNCH OR DINNER AT MOE'S IN BANGOR. THEY WILL DONATE 10% OF SALES.

**APR
10**

NIGHT AT THE MUSEUM 5:30-7:30PM

WE'VE RENTED OUT THE BANGOR CHILDRENS MUSEUM FOR A FREE FAMILY NIGHT! BRING THE KIDS AND ENJOY EXPLORING TOGETHER.

**MAY
30**

END OF YEAR PARTY 10AM-3PM

COME CELEBRATE A FANTASTIC SCHOOL YEAR WITH US! ENJOY THE BOOK FAIR, BOUNCE HOUSES, GAMES AND LOTS OF FAMILY FUN!

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!

EARL C MCGRAW PTO MEETINGS

2025- 2026

6:00 P.M. MCGRAW LIBRARY
CHILDCARE AVAILABLE

THANKS TO EVERYONE WHO CAME TO OUR FIRST PTO MEETING—IT WAS A GREAT TURNOUT! HERE ARE THE DATES FOR THE REST OF THE YEAR. TO SAVE PAPER, THIS IS THE ONLY COPY COMING HOME, SO BE SURE TO ADD THE DATES TO YOUR CALENDAR. WE'LL POST MONTHLY REMINDERS IN OUR PTO FACEBOOK GROUP—SCAN THE QR CODE TO JOIN IF YOU HAVEN'T YET!



OCT
06

NOV
10

DEC
08

JAN
12

FEB
09

MAR
09

APR
13

MAY
11



Shannon Shaw

Shannon is using Smore to create beautiful newsletters