



Wagner Weekly

Jan 12-16

[Click Here For Wagner Website](#)

NO School Jan 16 & Jan 19 (Teacher Inservice & MLK Jr Day)

Message From Mrs. Pratt

What a great first week back we had! The storm allowed us to have a "soft" entrance back from vacation and gave us all that one more time to sleep in zzz 😴! Please take notice that there is a looong weekend for students coming up. There is **no school on Friday, January 16** due to an Inservice Day and **no school on Monday, January 19** due to MLK Jr Day.



I hope to see all of our students back tonight (1/9/26) @ 6:30pm to participate in the Winter Carnival! Parents, please be sure to be back to Wagner by 8pm to pick your child(ren) up.



**WAGNER
PRIDE PACK
WINTER
CARNIVAL**

SPONSORED BY



ADMISSION \$2
CONCESSIONS \$1, \$2
RAFFLE TICKETS 1 FOR \$1 OR 6 FOR \$5

1.9.26
6:30PM – 8PM
5TH-8TH GRADE EVENT!

Upcoming Events

Jan 13: The Anxious Generation Book Discussion @ 5:30pm: Winterport Memorial Library

Jan 15: Reading NWEA testing

Jan 15: Pride Pack Parent Meeting @ 6pm: Wagner Library

Jan 16: NO School-Teacher Inservice Day

Jan 19: NO School-MLK Jr Day

Jan 21: Math NWEA testing

Jan 21: School Board Meeting @ 7pm: HA Library

Jan 22: Fluoride Clinic @ Wagner

FREE CLEANINGS for ANY CHILD age 5-19

(who does not have a dentist)

Exams, X-Rays, Education, Cleanings, Fluoride

This activity or program is not affiliated with or endorsed by RSU 22 or any of its schools.

8AM - 5PM
FRIDAY
FEBRUARY
20



To schedule an appointment

call **207.262.7872** or email umadental@maine.edu

UMA Dental Health Programs
College Center
201 Texas Avenue, Bangor



Limited appointments available.

Jan 23: Grade 6 Trip to Planetarium, Hudson Museum, and the Page Farm

Feb 16-20: Winter Vacation

Wagner Pride Pack

Please follow us on Facebook at

<https://www.facebook.com/share/1AKCWggX8q/>



Next Meeting

Thursday, January 15 @ 6pm at Wagner Middle School.

Here are your Pride Pack Officers for the 2025-2026 school year!

President: Mike Shaw

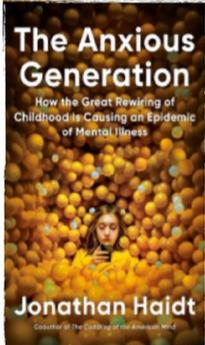
Vice President: Tisha Clark
Secretary: Shilo Burnham
Treasurer: Desiree Wilson



The Anxious Generation

RSU22, the Wagner Pride Pack and the Smith PIE are excited to announce an upcoming Group Book Discussion! If you want to know more about the effects of technology on our youth, then this is an event you won't want to miss!

JANUARY
13



The Anxious Generation
How the Great Rewiring of
Childhood is Causing an Epidemic
of Mental Illness
Jonathan Haidt
Coauthor of *The Happiness Advantage*

**DO YOU ASK YOURSELF ANY
OF THESE QUESTIONS?**

- How are phones and screens affecting kids' emotions and well-being?
- What worries me most about the amount of screen time kids have?
- Are kids today getting enough time to play outdoors and explore freely?
- Which screen-time rules or routines actually work well in our home?
- How can families create a sense of calm, safety, and connection for kids?
- What can we do to help kids spend more time with friends in real-life settings?
- What do I want to learn about supporting kids and reducing their anxiety?

Winterport Memorial Library
5:30pm - 7pm

**JOIN THE
GROUP DISCUSSION
THE ANXIOUS
GENERATION**

Snacks will be provided

Hosted by: RSU 22, Leroy H. Smith School PIE, and Samuel L. Wagner Middle School
Pride Pack

Safety and Wellness

Beyond the Bandaid

No Outside Food to Share

Families,

Please remember that no outside food can be brought in to share with a class. This is extremely thoughtful of you to do, but with food allergies, we can't allow students to hand out treats to their class. Thank you for helping us with this.



Cologne, Perfume, Aftershave

Parents, please be sure your child heads out the door without any cologne, perfume or aftershave applied.

shutterstock

School Meals with a Milk are offered at NO CHARGE Milk for Home lunch \$0.55		WAGNER SCHOOL January Lunch Menu			Breakfast Entrée or Cereal Fruit, Juice, Milk
Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2	
				No School 	
5	6	7	8	9	
Popcorn Chicken Crinkle Cut Fries Dinner Roll Salad & Fruit Bar	Grilled Cheese Tomato Soup Chocolate Pudding Salad & Fruit Bar	Baked Spaghetti Pie Garlic Breadstick Salad & Fruit Bar	French Toast Sticks Maine Blueberries Hash Brown Sausage Patty Salad & Fruit Bar	Pizza <i>Chef's Choice Toppings</i> Salad & Fruit Bar	
12	13	14	15	16	
Chicken Alfredo Noodles Steamed Broccoli Dinner Roll Salad & Fruit Bar	Cheese Breadsticks <i>Marinara Dipping Sauce</i> Salad & Fruit Bar	Chicken & Rice Soup Dinner Roll Sugar Cookie Salad & Fruit Bar	Pizza <i>Chef's Choice Toppings</i> Salad & Fruit Bar	INSERVICE No School 	
19	20	21	22	23	
No School Martin Luther King Jr Day	Hamburger Cheeseburger Tater Tots Salad & Fruit Bar	Chicken Tenders Goldfish Crackers Salad & Fruit Bar	Teriyaki Chicken Lo Mein Egg Roll Salad & Fruit Bar	Pizza <i>Chef's Choice Toppings</i> Salad & Fruit Bar	
26	27	28	29	30	
Nachos <i>Tortilla Chips, Ground Beef</i> <i>Cheedar Cheese & More</i> Taco Rice Salad Salad & Fruit Bar	Beef Chili with Cheese Corn Chips Salad & Fruit Bar	Roast Chicken & Gravy Mashed Potato Dinner Roll Salad & Fruit Bar	Hot Dog Potato Wedges 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>					
January New Item Beef Chili with Cheese & Corn Chips	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		

Student Success

Busted Slip Winners

All week, staff are on the lookout for students who are "busted" showing Wagner PRIDE (see the matrix at the bottom of this newsletter) and give these students Busted Slips. All of these slips go in grade level buckets and winners are drawn at lunch. Winners then choose a prize from the treasure chest.



Congratulations to our Busted winners!



Peter



Landon & Aiden

Attendance

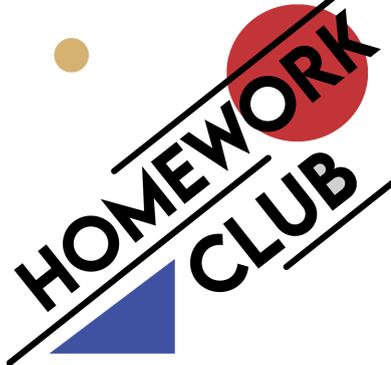
Our continued thanks goes out to our families as you support the message that it's important to be in school every day 🙌📖



Clubs

Homework Club

Tuesdays and Thursdays: 2:15-3:15



Art Club

Tuesdays: 2:15-3:15



Jazz Band: Mondays and Wednesdays @ 7am

Show Choir: Tuesdays and Thursdays @ 7am

Student Support

Is your child feeling uneasy about coming to school? We want every student to feel comfortable and happy here. In addition to a dedicated school counselor, we have a full-time social worker available to provide support. Please don't hesitate to reach out if your child could use a little extra help adjusting or feeling confident at school.



Counselor: Emily Armour earmour@rsu22.us

Social Worker: Lisa Melendez lmelendez@rsu22.us

For more information on our [website](#), click [here](#)

Health Topics for January (grades 6-8)

THE GREAT BODY SHOP Family Bulletin

Lesson 1: Stress and Your Body

Students will define stress and explain its effects on the body.

Lesson 2: Recognizing the Causes of Stress in Your Life

Students will identify various sources of stress and practice strategies to manage and reduce them.

Lesson 3: Coping With Stress

Students will describe effective ways to cope with stress and develop a personalized stress management plan.

Lesson 4: Communities in Stress

Students will predict the consequences of stress on a community and practice peaceful compromise using the Conflict Resolution Skill Steps.

THIS MONTH IN THE GREAT BODY SHOP..

your child learned all about stress—its physical effects, causes of stress at different ages, stress in the community, and ways to cope with stress. Everyone is unique, and this means that each person has varying levels of stress and different types of stress they can handle before needing help to manage it. Specifically, your child learned:

- How stress can lead to health problems such as an upset stomach, headaches, diarrhea, and depression.
- Different ways of coping with stress. Talking to someone who understands and can help is the best solution. Engaging in exercise, keeping a diary, and finding humor in a situation are other effective ways to cope.
- The importance of seeking help from trusted adults.
- Crime, gangs, pollution, noise, lack of food or jobs, and other issues that can cause stress among the people in a community. They also discussed ways to reduce conflict nonviolently and practiced the Conflict Resolution Skill Steps.

SETTING BOUNDARIES

Your child learns a lot from you about coping with stress. Do you sometimes give in to your children because you're just too tired? Are you tempted to let house rules slide by rather than go through the hassle of enforcing them?

We know how hard it is—but try to hold the line! Every request a child makes, and every rule they encounter, is an opportunity to learn responsibility and how to make good decisions within the limits, while respecting themselves and others. These are crucial steps on the path to maturity and will help your child thrive in the broader world.

MINDFUL BIRTHDAY BREATHING

Feeling stressed? As a family, try this breathing trick. Start by closing your eyes and thinking about your favorite birthday dessert with lots of candles. Once you have that delicious image in your mind, breathe in slowly through your nose for the count of five, and then blow out the air through your mouth for the count of five. When you blow the air out, imagine blowing out 11 or 12 birthday candles. That takes a lot of breath and focus! Do this five times. Silently and slowly counting to five when you breathe in and out will help you avoid rushing.

The benefits of mindful breathing are more than just a fun birthday image. When you breathe deeply, it sends a message to your brain to calm down and relax. The physical symptoms that occur when you are stressed, such as increased heart rate, sweaty palms, and anxiety, all decrease as you breathe deeply to relax. It takes some practice, though. Don't be hard on yourself if it's difficult at first; this is common. Just stick with it and try to do it often. You will likely be surprised at just how helpful it can be.

THE GREAT BODY SHOP Family Bulletin

Lesson 1: Feelings and Emotions

Students will describe a range of feelings, explain how emotions affect daily functioning and long-term health, and explore appropriate ways of expressing these feelings.

Lesson 2: Relationships

Students will explore positive social interactions to look for common elements (such as tolerance, honesty, self-discipline, respectfulness, kindness, and respecting individual differences) and set a goal to personally practice modeling those traits in peer relationships.

Lesson 3: Changes and Challenges

Students will identify signs and symptoms of when social situations or emotional stressors are becoming unhealthy or troublesome, and how to get support for self or others.

Lesson 4: Technology and Relationships

Students will analyze and evaluate the effects of digital communication on relationships.

TEEN DEPRESSION

Depression is a serious health concern that can lead to thoughts of self-harm and suicide. According to SAMHSA (Substance Abuse and Mental Health Services Administration) depression is becoming increasingly common among teens. In fact, suicide continues to be a leading cause of death for 10- to 34-year-olds. If your child is showing signs of depression, sadness, or anxiety that lasts longer than two weeks, consider seeking help from a medical or mental health professional. They will discuss treatment options with you and give you advice to help keep your child safe. SAMHSA, which also helps adults, can be reached at 988lifeline.org, by dialing 988, or by calling 1-800-662 HELP (4357).

This month in THE GREAT BODY SHOP, your student learned how emotions affect their health, what attributes make up healthy and unhealthy relationships, and how changes can create stress. Specifically, they:

- Identified a range of emotions, how they affect the body, and strategies to manage negative emotions.
- Analyzed behaviors and characteristics that contribute to healthy and unhealthy relationships, and how self-esteem contributes to the kind of relationships we accept.
- Identified when challenges/changes create stress, when that stress becomes unhealthy, and ways to cope.
- Discussed the advantages and disadvantages of digital communication/social media, and how its use can affect health (including bullying, self-worth, and safety).

STRESSED OUT?

Stress is something everyone faces. It's a part of life. But when stress from work, school, friends, or family becomes overwhelming, it can become "distress." When a person experiences distress for several days in a row, it begins to take a toll on the body.

High blood pressure, sleepless nights, depression, lowered immune system, anxiety, and moodiness are all reactions to prolonged distress. If you or someone in your family is experiencing this kind of stress, it's time to act. Hold a family meeting to discuss the sources of distress and make a plan to help alleviate some of the stress. Try stress reduction techniques such as deep breathing, yoga, or meditation and remember, eating nutritious foods, getting rest, and exercising are also helpful.

LET'S TALK!

Parenting during adolescence is without a doubt a challenge, but it can also be extremely rewarding when healthy lines of communication are established. The American Psychological Association offers these communication tips for parents:

- Notice times when your kids are most likely to talk; for example, at bedtime, before dinner, in the car—and be available.
- Start the conversation; let your kids know you care about what's happening in their lives.
- Find time each week for a one-on-one activity with each child, and avoid scheduling other activities during that time.
- Learn about your children's interests and show interest in them.
- Initiate conversations by sharing what you have been thinking about rather than beginning a conversation with a question.
- When your children are talking about concerns, stop whatever you are doing and listen.
- Listen to their point of view, even if it's difficult to hear.
- Let them complete their point before you respond.
- Repeat what you heard them say to ensure that you understand them correctly.

THE GREAT BODY SHOP Family Bulletin

Lesson 1: Mental and Emotional Health

Students will assess internal and external influences, the components of personal well-being, skills, and character traits that contribute to positive mental and emotional health.

Lesson 2: Social Health

Students will identify the needs, skills, character traits, and values that lead to positive social health.

Lesson 3: Danger Signals

Students will examine internal and external factors that lead to harmful behaviors socially and emotionally, including suicide, depression, harassment, and bullying.

SELF-ESTEEM AND YOUR CHILD

Part of good mental health involves a healthy view of oneself. Good self-esteem is evidenced by having the ability to:

- assume responsibility;
- act independently;
- handle peer pressure appropriately;
- attempt new tasks and challenges;
- manage emotions;
- and offer assistance to others.

Of course some self-doubt, especially during adolescence, is normal but you can help! Parents play an important role in helping their children develop self-confidence and a strong self-esteem.

WHAT CAN PARENTS AND GUARDIANS DO?

Be generous with earned praise. Make a habit of looking for situations in which children are excelling, working hard, displaying talents, or demonstrating positive character traits. Avoid ridicule or shame. Constant blame and negative judgments are at the core of poor self-esteem. Don't solve your child's problems. Let them "own" their problems. If they solve them, they gain confidence in themselves.

FOR MORE IDEAS ON BUILDING YOUR CHILD'S SELF-ESTEEM, VISIT:

The Center for Mental Health Services, an agency of the Substance Abuse and Mental Health Services Administration, US Department of Health and Human Services at: www.samhsa.gov

TEEN DEPRESSION

Depression in adolescence is a real concern. Suicide is one of the leading causes of death for this age group. If you see these signs in your child, seek help from a mental health professional right away!

- Irritability, anger, or hostility
- Tearfulness or frequent crying
- Withdrawal from friends and family
- Loss of interest in activities
- Changes in eating and sleeping habits
- Restlessness and agitation
- Feelings of worthlessness and guilt
- Lack of enthusiasm and motivation
- Fatigue or lack of energy
- Difficulty concentrating
- Thoughts of death or suicide

READ ALL ABOUT IT

Adolescent Depression: A Guide for Parents (A Johns Hopkins Press Health Book)

by Francis Mark Mondimore, MD and Patrick Kelly, MD

In this book geared towards parents, psychiatrists Francis Mark Mondimore, MD, and Patrick Kelly, MD compassionately explain the many symptoms and forms of depression in teenagers, touching on everything from sadness, to self-harm, to drug and alcohol abuse. The book also answers many common questions regarding treatments, including finding the right healthcare team, medications, and the various forms of therapy available.

Bottle Drive!

We now have a permanent structure at Wagner for year-round bottle and can collection. Please bring your bottles to the collection bin in the parking lot at Wagner or bring them to RaceShop Redemption at 5 Staples Road in Winterport and let them know they are for the 2025 8th grade trip account.



Athletics

Wagner Athletic Director: Mason Walling (mwalling@rsu22.us)

Winter Athletics Schedules

Please Remember...

Students who are absent from school on the day of an after-school athletic event, concert, dance, or special event are ineligible to attend these events. Special circumstances may arise and will be considered by the building principal to enable students to participate.



Tardiness: Students will be considered tardy if they arrive in their homeroom later than 7:40 AM for the start of school. Students who are tardy need to report to the office to update attendance and lunch count information. Students need to bring a written excuse signed by a parent/guardian or parents should call the office stating the reason for the tardiness. Excessive unexcused tardiness may result in disciplinary consequences. In the event your child is involved in a co-curricular or extra-curricular activity they must be at school by 7:40AM of that day in order to participate.

Safety Protocols

2025-2026 School Calendar

District Calendar

This calendar is continually being updated as events are added. This is a great calendar to always check!

[Click Here For Student Handbook](#)

[Click here for Community Events](#)

This link contains events happening in the Bangor area that you may want to participate in.



Angela Pratt

Angela is using Smore to create beautiful newsletters

