

McGraw Minutes

Issue #14 January 9, 2026

A Note from Mrs. Shaw...

Dear McGraw Families,

I hope this message finds you well. As we progress through the school year, I want to highlight the significant benefits of regular and consistent attendance for your child's education. Attending school daily helps build a strong foundation of knowledge and skills, leading to better academic performance and social development. By being present, students engage more fully in classroom activities and form meaningful connections with peers and teachers.

To support good attendance, I encourage you to set a regular bedtime and morning routine to ensure your child is well-rested and ready for school. Communicate the importance of school to your child and schedule appointments or family trips outside school hours whenever possible. If challenges arise, please feel free to reach out to us for support. Your partnership is crucial in helping your child reach their full potential.



Thank you for your participation in our PBIS Family Survey this fall!

PBIS Survey Data Family Letter



Dear RSU 22 Families,

Thank you for participating in our Fall 2025 PBIS School Climate Survey! Your feedback is invaluable in helping us create the best possible learning environment for our students. We had strong participation across all our schools, and we are grateful for the time you took to share your thoughts and perspectives.

District-Wide Strengths

Our survey results show that families consistently recognize the strong commitment to safety across all our schools. Four of our six schools identified student safety traveling to and from school as a top strength, which reflects the hard work of our staff, bus drivers, and community members who help keep our students safe.

Families at our elementary schools particularly highlighted the clean and organized learning environments our teachers maintain, creating spaces where students can focus and thrive. We also see strong participation in parent-teacher conferences across our district, with families at three schools rating conference attendance as a top strength. These connections between home and school are essential to student success.

Areas for Growth

As we analyze the results, we see continued opportunities to strengthen family involvement in our schools. The survey question about "frequently volunteering to help on special projects" received lower ratings at five of our six schools. We recognize that the wording of this question—which is part of a national survey we cannot modify—may not capture the many ways families are already involved in supporting their students and our schools. Whether it's helping with homework, attending school events, communicating with teachers, or supporting learning at home, your involvement takes many forms and is deeply valued.

We are exploring clearer ways to communicate volunteer opportunities and would welcome your ideas about how families can best support our schools in ways that work for your schedules and strengths.

Your Voice Matters

We will conduct our next climate survey in Spring 2026, and we encourage you to participate again. Your feedback directly influences our improvement efforts and helps shape the future of our schools. Every response helps us better understand what's working well and where we can grow as a district.

Watch for the spring survey information in your email, in school newsletters, and on our district's social media channels. Together, we can continue to make our schools the best they can be for our students.

Thank you for your continued partnership in education,

Ms. Jennifer A. Nickerson
Director of Curriculum

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 Administrative Assistant: Mrs. Nason, knason@rsu22.us

McGraw Administrative Assistant: 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

[McGraw Website](#)

Upcoming Dates:

- 1/14 PTO- Hero's Fundraiser, 4-9p
- 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

Due to Wednesday's school cancellation, our 6-day letter rotation schedule has been adjusted. Please refer to this new calendar:

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

August						September						October					
M	T	W	Th	F		M	T	W	Th	F		M	T	W	Th	F	
4	5	6	7	8		1	2	3	4	5	4 4						3 3
11	12	13	14	15		8	9	10	11	12	5 5	6	7	8	9	10	5 4
18	19	20	21	22	1 0	15	16	17	18	19	5 5	13	14	15	16	17	4 4
25	26	27	28	29	5 3	22	23	24	25	26	5 5	20	21	22	23	24	5 5
					6 3	29	30				2 2	27	28	29	30	31	5 5
					6 3						21 21						22 21
					6 3						(27,24)						(49,45)

November						December						January					
M	T	W	Th	F		M	T	W	Th	F		M	T	W	Th	F	
3	4	5	6	7	5 5	1	2	3	4	5	5 5				1	2	0 0
10	11	12	13	14	4 4	8	9	10	11	12	5 5	5	6	7	8	9	5 5
17	18	19	20	21	5 5 T	15	16	17	18	19	5 5	12	13	14	15	16	5 4
24	25	26	27	28	3 2	22	23	24	25	26	2 2	19	20	21	22	23	4 4 Q
					17 18	29	30	31			17 17	26	27	28	29	30	5 5
					(66,61)						(83,78)						19 18
					(66,61)						(83,78)						(102,96)

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 Q
9	10	11	12	13	5 5	9	10	11	12	13	5 4 T	6	7	8	9	10	5 5
16	17	18	19	20	0 0	16	17	18	19	20	5 5	13	14	15	16	17	5 5
23	24	25	26	27	5 5	23	24	25	26	27	5 5	20	21	22	23	24	0 0
					15 15	30	31				2 2	27	28	29	30		4 4
					(117,111)						22 21						17 17
					(117,111)						(139,132)						(156,149)

May						June					
M	T	W	Th	F		M	T	W	Th	F	
				1	1 1	1	2	3	4	5	5 5
4	5	6	7	8	5 5	8	9	10	11	12	4 4 Q T
11	12	13	14	15	5 5	15	16	17	18	19	0 0
18	19	20	21	22	5 5	22	23	24	25	26	0 0
25	26	27	28	29	4 4						0 0
					20 20						9 9
					(176,169)						185/178
					(176,169)						T S

School Year

178* Student Days
 1 Management Day
 1 Teacher Preparation Day
 4 Inservice Days
 1 Teacher Comp Day
 (* 3 storm days included)

August 18 August 19, 20, 21 August 21 August 22 August 25 August 26 August 27 August 28 September 2 November 26 11/25, 12/23, 2/13, 4/17, 5/22, 6/11 5/25, 5/26, 10/10, 1/16, 3/13 June 7 June 11	Fall Sports Teacher Orientation (8/19 Sped only) Educational Technicians start date Teacher Prep Management Day Staff Inservice day Partial Attendance (Gr 1-9 students) Partial Attendance (Gr 1-12 students) UTC First Day Full Attendance (Pre-K - K First Day) Teacher Comp Time (no school) Early Dismissal Inservice - No school Hampden Academy Graduation Last Student Day	Quarters Q 1 45 days 2 46 days 3 44 days 4 43 days 178	Trimesters T 8/27/25-11/21/25 59 days 11/24/25-3/12/26 61 days 3/16/26-6/11/26 58 days 178
--	--	---	--

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

The School Oral Health Program

The state funded School Oral Health Program is scheduled for Friday, January 23rd during the morning. Just as a reminder this is an opt-in only program. If you have not consented your child to participate, they WILL NOT be included in the clinic. We are no longer accepting consent forms for this clinic, but will be offering this program again during the 2026-2027 school year. Please feel free to email me or call me if you have any questions at nadams@rsu22.us or at (207) 862-3830.

Influenza

The Maine and United States Centers for Disease Control (CDC) are urging people to take extra precautions as Influenza (flu) cases have spiked, and are expected to continue to rise nationally over the next few weeks.

Influenza (Flu) Symptoms:

- Fever - Characteristic, high (over 101°F) lasting 3-4 days
- Headache - Prominent
- Muscle aches/pains - Usual and often severe
- Fatigue - Early, prominent, can last 2-3 weeks
- Stuffy/Runny nose - Sometimes
- Sore, Scratchy throat - Sometimes
- Chest Discomfort/pain - Common
- Cough - Generally a dry hacking cough
- Onset of Symptoms - Rapid

How to help protect yourself from the flu:

- 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

When is your child too sick for school?

- Send your child to school if:
 - They have a runny nose and mild cough with no additional symptoms
 - They have been fever free without the use of fever reducing medications for at least 24 hours
- They have a mild stomach ache
- They have not vomited or had diarrhea related to an illness in 24 hours
- They have a mild rash with no additional symptoms
- They have eye drainage without red eyelids or eye pain
- They have an infectious illness and have been on antibiotics for greater than 12 hours
- Keep your child home if:
 - They have a fever greater than 100.4
 - They have vomited more than twice in the last 24 hours
 - They have watery diarrhea
- Take your child to a healthcare provider if:

- They have a fever greater than 100.4 associated with: a headache, earache, sore throat, rash, stomach ache, or tooth pain
- They have symptoms of dehydration (tired, sleepy, dry mouth) and/or have not urinated in the last 8+ hours

not urinated in the last 8+ hours

- They have a persistent cough, difficulty breathing, or a fever associated with the cough
- They have eye pain with associated swelling, yellow/crusty drainage, and/or redness
- They have a rash with blisters



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**

2025 PARTICIPANT
ADA Foundation
Give Kids A Smile!

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.

January Health Topics

Pre-K:

Dear Family,

This month your child has been learning about what it means to be sick and well, who the health helpers are, and what he or she can do to stay healthy, including forming good health habits, listening to the signals from his or her own body and sharing with you how he/she feels.

You, as the first teacher of your child, have the great opportunity to model and teach healthy habits. Talk with your preschooler about how he or she can take care of him/herself. Serve healthy meals every day and encourage your child to eat healthy and to get enough exercise. Studies have shown that children who participate in physical activities continue to stay active throughout their lives. In addition, regular physical activity helps your child to learn to play with others and to meet challenges. Be a role model by getting enough exercise on your own and with your children.

You and your healthcare provider are a team. As a team, you need to schedule regular visits so your healthcare provider can review your child's growth and development, and make tests and recommendations. When you visit, bring along a list of your concerns. Be sure to check on your child's record of immunizations. Although most immunizations are done by age two, booster shots are needed between the ages of four and six. Measles, which killed 3,000 children annually before the vaccine was developed, is now one of the preventable diseases for which children are routinely immunized.

Watching over the safety and well being of your child is a heavy responsibility, but one that yields rewards beyond measure.

The Great Body Shop



Estimados Padres de Familia,

Este mes su niño(a) ha aprendido acerca del significado de lo que es estar enfermo(a) o sano(a); también acerca de quiénes son los asistentes de salud y de lo que él o ella pueden hacer para mantenernos sanos, incluyendo la formación de buenos hábitos de salud, prestar atención a las señales de su propio cuerpo y compartir con ustedes cómo él o ella se siente.

Ustedes que son los primeros maestros de sus niños tienen la mejor oportunidad de modelar y enseñarles hábitos sanos. Hablen con su niño(a) de edad preescolar sobre cómo él o ella puede cuidarse. Sirvalos diariamente alimentos saludables y animelos a que hagan ejercicios. Los estudios han demostrado que los niños que participan en actividades físicas, continúan manteniéndose activos a través de sus vidas. Además la actividad física regularmente ayuda a que su niño(a) aprenda a jugar con otros niños y también cómo enfrentar retos. Sean un modelo para ellos haciendo ejercicios solos o en compañía de sus niños.

Ustedes y el personal médico son un equipo. Como equipo necesitan visitar con regularidad a los proveedores de salud de manera que monitoreen el crecimiento y desarrollo del niño(a), hagan las pruebas necesarias y les den ciertas recomendaciones. Cuando visite a los doctores lleven consigo una lista de las cosas que les preocupan. Asegúrense de revisar el registro de vacunas de los niños. Aunque la mayoría de las vacunas se aplican a los dos años de edad, las dosis de refuerzo son necesarias entre los 4 y 6 años de edad. El sarampión causaba la muerte de 3,000 niños anualmente antes de que se desarrollara la vacuna; ahora el sarampión es una enfermedad evitable por la que los niños son vacunados rutinariamente.

Velar por la seguridad y el bienestar de sus niños es una gran responsabilidad, pero es algo que produce recompensas invaluable.

El Taller del Gran Cuerpo



Kindergarten:

My Body Is Special!

This month in THE GREAT BODY SHOP your child learned that every person is special. This unit was accompanied by the song "My Body Is Special" found in THE GREAT BODY SHOP Family Portal.

- Lesson 1:** All Bodies Are Different
- Lesson 2:** I Am Special
- Lesson 3:** Taking Care of My Body
- Lesson 4:** Safe Touches, Unsafe Touches

On the Cover

Talk about the picture on the cover with your child. Can your child identify the three GREAT BODY SHOP kids? (Betsy, Suzy, and Tito)

Ask your child to tell you some of the ways they are similar and different from each other. Remind your child that we are all unique and special.

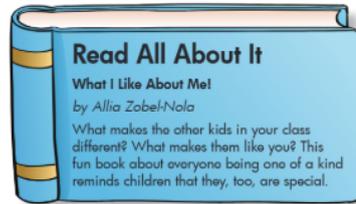
Listening

You build your child's self-esteem when you show you are interested in what he or she has to say. Be an active listener; that is, show your child you are listening. Here are some suggestions:

- Ask specific questions. "Tell me about the best part of your day." "Who are your favorite friends at school?" "Why are they special to you?" Open-ended questions will get the conversation started.
- Now and then, look up from whatever you're doing so you can meet your child's eyes.
- Comments such as, "Then what happened?" or "I am sure you were mad!" show you are listening.

Helping Around the House

Learning to help around the house gives children a sense of responsibility. Ask your child to draw a picture of his or her job in the family. Talk about why the job is important. Tell your child about your job too.



"Private" Means It's Just for Me!

An important part of this unit addresses the concept of safe, unsafe, and confusing touches. Children learned that things that are "private" are just for them. They also learned the difference between touches that make them feel safe and cared for, like a hug from a friend or family member, and touches that make them feel upset or frightened. Students were taught to say "NO!" then GO, and TELL a trusted adult if someone touches their body in a way that makes them feel bad, unsafe, or uncomfortable.

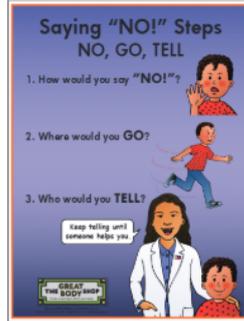
Research shows that approximately 90% of all child sexual abuse occurs with someone the child knows. Sadly, this can include family members who live in the same home as the child, other relatives, neighbors, caregivers, and close family friends.

Talk to your child about when it is okay to say "NO!" to an adult and how it keeps them safe.

You can reinforce concepts at home by using the word "private" and practicing the NO, GO, TELL steps your child learned in class.

Remind your child that there is always someone who can help if he or she has been touched in an unsafe way, and that it is not their fault. Practice having your child name three trusted adults he or she can go to for help.

Critical Thinking Poster



Word Wise

Help your child find these words in this Student Issue and circle them. Then read the sentence without the **Wise Word** allowing your child to read it. Practice using the words at home to reinforce key concepts and skills learned in this unit.

- special respect trust
- private daily habits

Grade 1:

Talk and Listen

This month in THE GREAT BODY SHOP, your child learned about communicating. The topic was divided into four lessons:

- Lesson 1:** How Do We Talk? How Do We Listen?
- Lesson 2:** We Talk and Listen
- Lesson 3:** People Talk in Many Ways
- Lesson 4:** Tell How You Feel

Lesson 1: How Do We Talk? How Do We Listen?

In class, we learned that the tongue, teeth, and lips help us form words. We also learned what vibrations are and that we hear when vibrations enter the ear. The brain interprets sounds and allows us to think of the words we want to say.

Lesson 2: We Talk and Listen

Your child learned that communication skills are essential for learning, sharing feelings, and making friends. Your child also learned the importance of listening, and practiced active listening skills.

Lesson 3: People Talk in Many Ways

Our class learned about different ways of communicating. Some people speak in a different language and others use sign language. Babies can't speak, so they cry, laugh, and point to communicate. We also discussed how to evaluate people's tone and body language. At home, discuss ways we let others know how we feel without talking. For example, we hug, kiss, cry, give a "thumbs up" signal, smile, etc.

Lesson 4: Tell How You Feel

Your child learned that it is smart to tell a trusted adult when he or she is sad, mad, scared, etc. Your child also learned to identify people who can help if he or she has a problem.

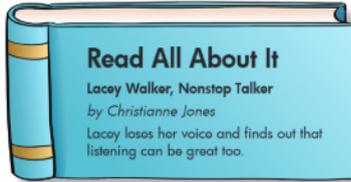
When Parents or Guardians Argue

Children need to learn that all families disagree sometimes. It teaches them that everyone thinks differently and there can be many perspectives about a single event or situation. However, arguing among adult family members can often upset a child and make him or her feel insecure. Children often blame themselves when adults are arguing. To avoid that, consider the following tips:

- Don't hide the fact that you and your partner sometimes argue. Tell your child that disagreeing is natural. It doesn't mean you no longer care about each other.
- Often, children hear their parents' disagreement, but they don't hear their parents reconciliation. If you

make up behind closed doors, considering telling your child how you made up. For example, "Your dad and I decided to compromise. This means neither of us is getting everything we want, but we are both getting what is most important to us."

- Don't involve your child in the argument.
- Don't argue about "adult" issues (divorce, in-laws, money, parenting, children) in front of your child/ children.
- Avoid yelling or name-calling. If your argument becomes so heated that you're not resolving anything, drop it and promise to finish it at a later time.
- If you are getting a divorce, explain that two people sometimes find that they need to live apart. Tell your child over and over again that this is not his or her fault, and that both of you will still be parents.



Telephone Tips

Today, only one in three US homes have landlines, and most Americans report using these lines as secondary or backup methods of communication only, preferring to rely on texts, emails, voice messages, and video calls. As such, children have less opportunity to learn phone etiquette and safety rules. In school, your child learned how to make calls and answer the phone. Below are some tips to make using the phone easier for your child.

- If "911" is in service in your area, write it clearly near your phone. Teach your child that this number is for emergencies only.
- Be sure your child knows his or her first and last name, along with address and your phone number.
- Make sure your child can use the various phone devices in your home, including cell phones and landlines. Review other ways your child can get help in an emergency, such as going to a trusted neighbor.



Character Strong in January is All About Perseverance

PERSEVERANCE

is pushing yourself to work through challenges and obstacles

WATCH: Perseverance Sing-Along

[Pre-K Family Bulletin](#)

[Kindergarten Family Bulletin](#)

[Grade 1 Family Bulletin](#)

[Community Corner](#)

[Breakfast Available](#)

[PTO Happenings](#)

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



Shannon Shaw

Shannon is using Smore to create beautiful newsletters