



# Weatherbee Weekly 25-26

January 9, 2026

# YOU BELONG HERE



| Monday 1/12<br>C Day | Tuesday 1/13<br>D Day                                       | Wednesday 1/14<br>E Day                | Thursday 1/15<br>F Day | Friday 1/16<br>Inservice Day |
|----------------------|---|--|------------------------|------------------------------|
| Chicken Burger       | Crispy Chicken<br>Drumstick                                 | Toasted Cheese<br>Sandwich             | Chick and Gravy        | NO SCHOOL                    |
| <i>Percussion</i>    | <i>Chess Club</i><br><i>Clarinet</i><br><i>Best Buddies</i> | <i>Saxophone</i><br><i>Coding Club</i> | <i>Flute</i>           |                              |

## Important Dates to Remember

**IMPORTANT DATES**  
**INSERVICE 1/16 - NO SCHOOL**  
**MLK DAY 1/19 - NO SCHOOL**

### 100s Club



Team Randall/Whitehouse had our first 100 club members for IXL. These students have increased their overall ELA scores by 100 points which is equivalent to one grade level! Congratulations to the first two members of the 2025-26 year club!

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## Civil Rights Club

Our Weatherbee Civil Rights Team is gearing up to get started! This year, the team will meet during the school day once a week during recess and is open for grades 3-5. Interested students should get their applications to Mrs. Silkknitter before **Thursday, January 15th**.

### What is Civil Rights Team?

The civil rights team is a school-based team that includes students and one advisor, Mrs. Silkknitter (school counselor). The team meets on a regular basis and works on projects that engage the school community in thinking and talking about issues related to: race and skin color, national origin and ancestry, religion, disabilities, gender, and all kinds of families. These are known as civil rights issues, and it's important that we think and talk about them so that all students feel safe, welcome, and respected for who they are.

The civil rights team at Weatherbee School is one of many here in Maine, all participating in the Civil Rights Team Project (CRTP). The CRTP is run out of the Maine Office of the Attorney General, and supports the work of student civil rights teams in more than 200 elementary, middle level, and high schools across the state.

### Who should join Civil Rights Team?

Any student in grades 3-5 are welcome to apply to join the team. Typically, students who join civil rights teams want to make their school a more welcoming place for all, and want every person at school to feel like they belong. Students on our team are leaders in our school, and are encouraged to use their creativity, care, and critical thinking to help make our school a better place for all.

If you have any questions, please reach out to Mrs. Silkknitter: [rsilkknitter@rsu22.us](mailto:rsilkknitter@rsu22.us) or check out the Maine Civil Rights Team Project's website: [https://www.maine.gov/ag/civil\\_rights/](https://www.maine.gov/ag/civil_rights/)

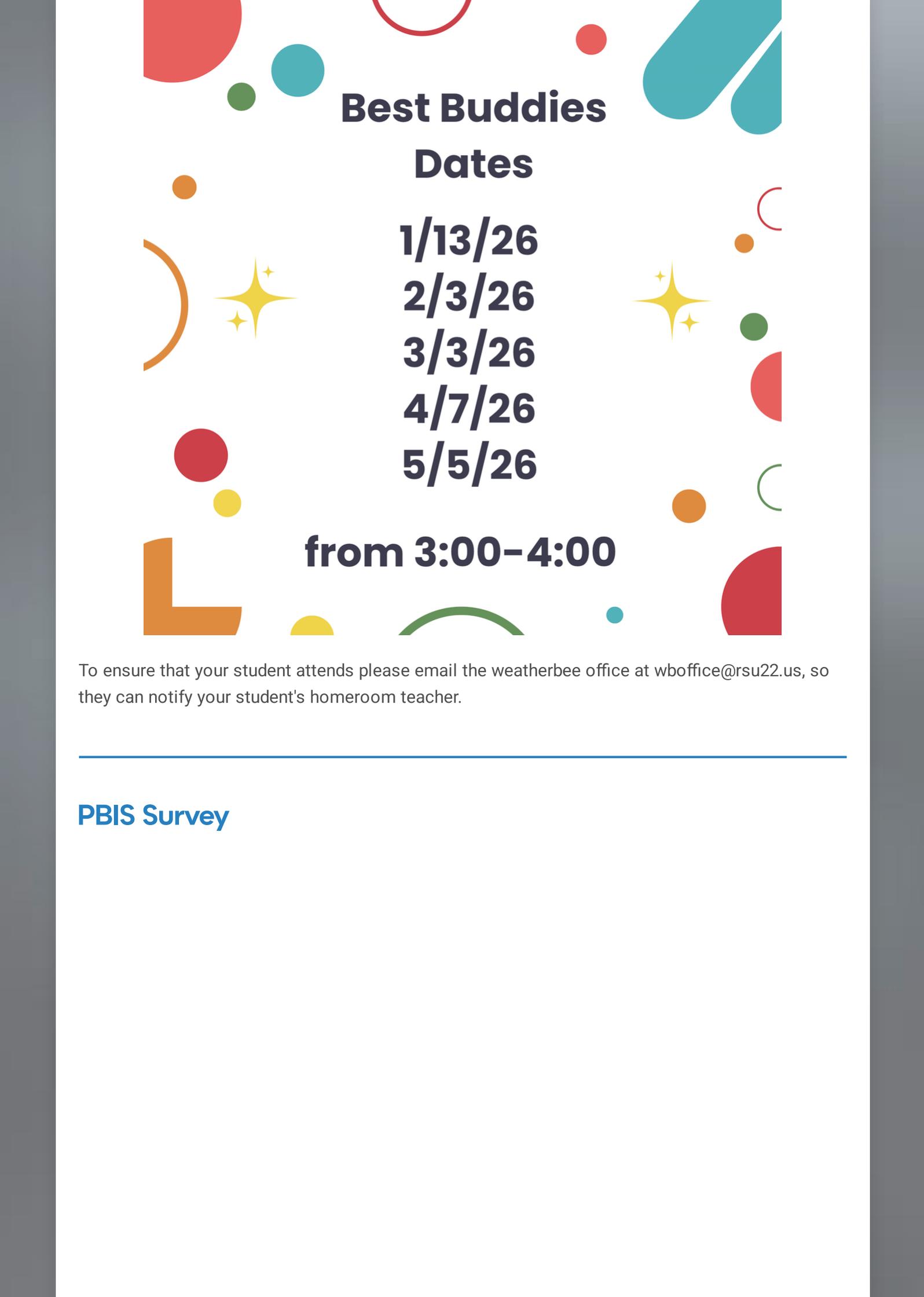


**2025-26 WCRT application (1).pdf**

**Download**  
102.0 KB

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## Best Buddies



# Best Buddies Dates

**1/13/26**

**2/3/26**

**3/3/26**

**4/7/26**

**5/5/26**

**from 3:00–4:00**

To ensure that your student attends please email the weatherbee office at [wboffice@rsu22.us](mailto:wboffice@rsu22.us), so they can notify your student's homeroom teacher.

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**PBIS Survey**



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

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## Dental Clinic

### "The School Oral Health Program

The state funded School Oral Health Program is scheduled for Wednesday, January 21st, during the afternoon 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](mailto:nadams@rsu22.us) or at (207) 862-3830."



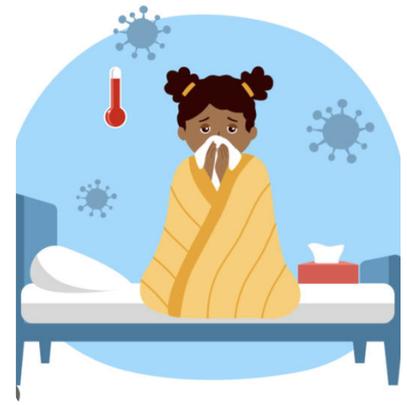
Natasha Adams, BSN, RN, NCSN  
RSU 22 School Nurse/Dental Health Coordinator  
Earl C. McGraw School- (207) 862-3830  
[nadams@rsu22.us](mailto:nadams@rsu22.us)

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## Nurse's Corner

## 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

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## 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
- 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
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## UMA Dental Clinic

**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

 **UMA**  
DENTAL HEALTH PROGRAMS

Limited appointments available.

# 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.



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## Lunch Menu

| School Meals with a Milk are offered at NO CHARGE<br>Milk for Home lunch \$0.55   |  | McGraw / Weatherbee<br>January Lunch Menu  |   |  | Breakfast<br>Entrée or Cereal<br>Fruit, Juice, Milk |
|---|--|--|---|--|---|
| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |   |
|   |  |  | 1<br>   | 2<br>No School<br>                      |   |
| 5<br><b>Chicken Tenders</b><br>Tater Tots<br><br>Salad & Fruit Bar                 | 6<br><b>Pancakes</b><br>Maine Blueberries<br>Maple Syrup<br>Sausage<br>Salad & Fruit Bar   | 7<br><b>Hamburger</b><br><b>Cheeseburger</b><br>Crinkle Cut Fries<br>Salad & Fruit Bar | 8<br><b>Chicken &amp; Gravy</b><br>Mashed Potato<br>Dinner Roll<br>Salad & Fruit Bar  | 9<br><b>Pizza</b><br><i>Chef's Choice Toppings</i><br>Salad & Fruit Bar  |   |
| 12<br><b>Chicken Burger</b><br>Smiley Potatoes<br>Salad & Fruit Bar   | 13<br><b>Crispy Chicken Drumstick</b><br>with Waffles<br>Salad & Fruit Bar   | 14<br><b>Toasted Cheese Sandwich</b><br>Tomato Soup<br>Salad & Fruit Bar               | 15<br><b>Pizza</b><br><i>Chef's Choice Toppings</i><br>Salad & Fruit Bar  | 16<br><b>INSERVICE</b><br>No School<br> |   |
| 19<br>No School<br><br><b>Martin Luther King Jr Day</b>                            | 20<br><b>Breakfast Sandwich</b><br>with Ham, Egg, & Cheese<br>Hashbrown Potato<br>Salad & Fruit Bar                                  | 21<br><b>Teriyaki Chicken</b><br>with Noodles<br>Fortune Cookie<br>Salad & Fruit Bar   | 22<br><b>Cheese Quesadilla</b><br>with Toppings<br>Mexican Rice<br>Salad & Fruit Bar  | 23<br><b>Pizza</b><br><i>Chef's Choice Toppings</i><br>Salad & Fruit Bar   |   |
| 26<br><b>Cheese Breadsticks</b><br>Marinara Dipping Sauce<br><br>Salad & Fruit Bar | 27<br><b>French Toast Sticks</b><br>Sausage Patty<br>Maple Syrup<br>Salad & Fruit Bar  | 28<br><b>Hamburger</b><br><b>Cheeseburger</b><br>Potato Wedges<br>Salad & Fruit Bar    | 29<br><b>Walking Tacos</b><br>with Toppings<br><br>Salad & Fruit Bar  | 30<br><b>Pizza</b><br><i>Chef's Choice Toppings</i><br>Salad & Fruit Bar   |   |
| <i>Alternate Menu Choices - Peanut Butter &amp; Jelly Meal and Daily Chef's Special</i>   |  |  |   |  |   |
| Introducing<br><b>Breakfast on Tuesdays</b><br>Each Tuesday all month long!<br>   | <b>Fruit &amp; Salad Bar</b><br>Always Offered<br> | <i>Menu Subject to Change</i><br><br>This institution is an equal opportunity provider | <b>Martin Luther King Jr</b> 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 <b>DREAM BIG, BE FAIR, and BE BRAVE</b> |  |   |

## Letter Day Calendar



# January 2026



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

## Community Events Folder

Click here to see fliers and events from various community organizations posted on our website.

## Family Handbook 25-26

### George B. Weatherbee School

#### Weatherbee Mission

All Weatherbee School Staff are committed to joining students, parents and community in providing a safe, positive, and challenging learning environment, which enables all students to reach their individual potentials

Email: [wboffice@rsu22.us](mailto:wboffice@rsu22.us)

Website: [weatherbee.rsu22.us](http://weatherbee.rsu22.us)



Location: [22 Main Road North, Hampden, ME, USA](#)

Phone: [2078623254](tel:2078623254)



**Matt Lindemann**