

McGRAW MINUTES

Issue #17 January 30, 2026

A Note from Mrs. Shaw...

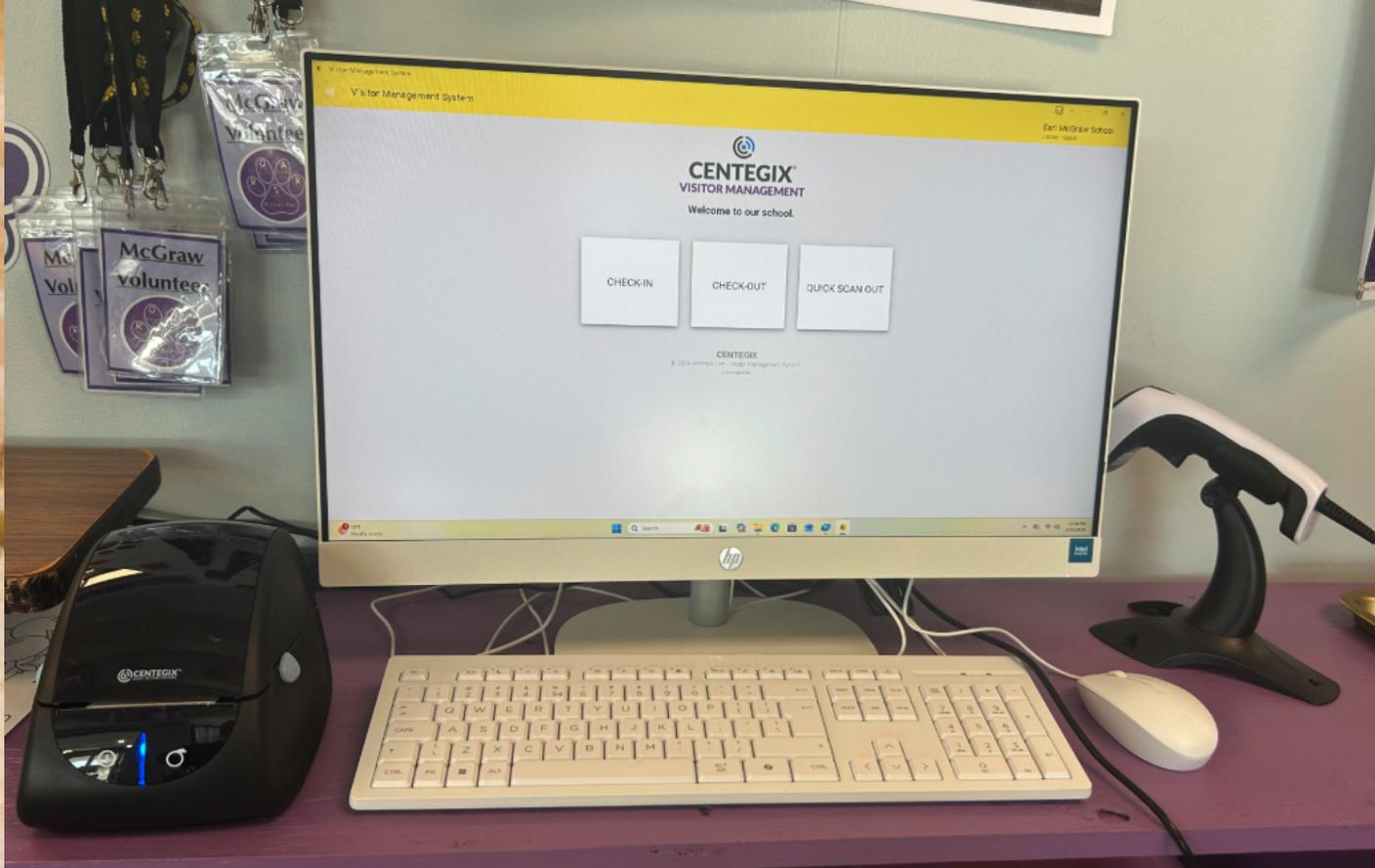
Dear McGraw Families,

Thank you for your continued support of McGraw School. I want to let you know we're starting a pilot and soft opening of a new visitor management system to help keep our school safe while also welcoming families and community members.

Beginning in February, all visitors will be asked to present a valid, state-issued ID. The ID will be scanned at a visitor kiosk in the McGraw entryway to sign in and sign out, and the kiosk will print a visitor pass to wear for the duration of the visit. Our office staff will be on hand over the next few weeks to guide visitors through the process and answer any questions.

We appreciate your patience as we introduce this system; our goal is to prioritize student and staff safety and community involvement in school activities. If you have any concerns or need assistance during a visit, please ask our staff, and we will be glad to help.





VISIT MARSH ISLAND KITCHEN FEBRUARY 2-7 AND ORDER THE PICKLE POWER BURGER!

FEBRUARY 6TH
Wear Red Day



**RSU 22 WEARING RED FOR HEART HEALTH!
BE KIND TO YOUR HEART WITH
GOOD NUTRITION AND LOVE!**



**You Are Invited to the
First Grade Concert!**



When: Monday, March 2nd

Where: Hampden Academy Performing Arts Center

Time: 6:00 p.m.

Dress Attire: Wear something nice for this special occasion

*** Please have 1 adult wait with your child in the lobby until 5:45 when they will head to the music room!**





Kindergarten & PreK REGISTRATION

Wednesday, February 11
from 4-7pm

AT THE TIME OF REGISTRATION, PARENTS MUST PROVIDE THE CHILD'S STATE ISSUED BIRTH CERTIFICATE (NOT HOSPITAL ISSUED), CURRENT IMMUNIZATION RECORDS, TWO FORMS OF PROOF OF RESIDENCY AND A SMALL PHOTOGRAPH.

- STUDENTS ARE ELIGIBLE FOR KINDERGARTEN IF THEY WILL BE FIVE YEARS OLD ON OR BEFORE OCTOBER 15, 2026.
- THE PRE K PROGRAM PROVIDES FREE INCLUSIVE EDUCATION FOR CHILDREN WHO WILL BE FOUR YEARS OLD ON OR BEFORE OCTOBER 15, 2026. PREK IS FIRST COME, FIRST SERVE WITH A MAXIMUM OF 46 STUDENTS.

APPLICATIONS WILL BE AVAILABLE AT REGISTRATION OR YOU CAN PRINT OFF THE PACKET STARTING FEBRUARY 1 AT MCGRAW.RSU22.US (MCGRAW SCHOOL) FOR KINDERGARTEN AND RSU22.US/OUR-SCHOOLS/PRE-K FOR PRE K.

YOU MUST REGISTER YOUR CHILD WITH THE TOWN YOU RESIDE.
(HAMPDEN/NEWBURGH AT MCGRAW SCHOOL AND WINTERPORT/FRANKFORT AT SMITH SCHOOL)

MCGRAW SCHOOL
20 MAIN ROAD NORTH
HAMPDEN
207-862-3830
MCGRAWOFFICE@RSU22.US

McGraw Dance is Coming Up! Note: Location Change!!



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

McGraw Facebook Page

NOTE: Best Buddies has been rescheduled to February 11 this month.

UPCOMING DATES:

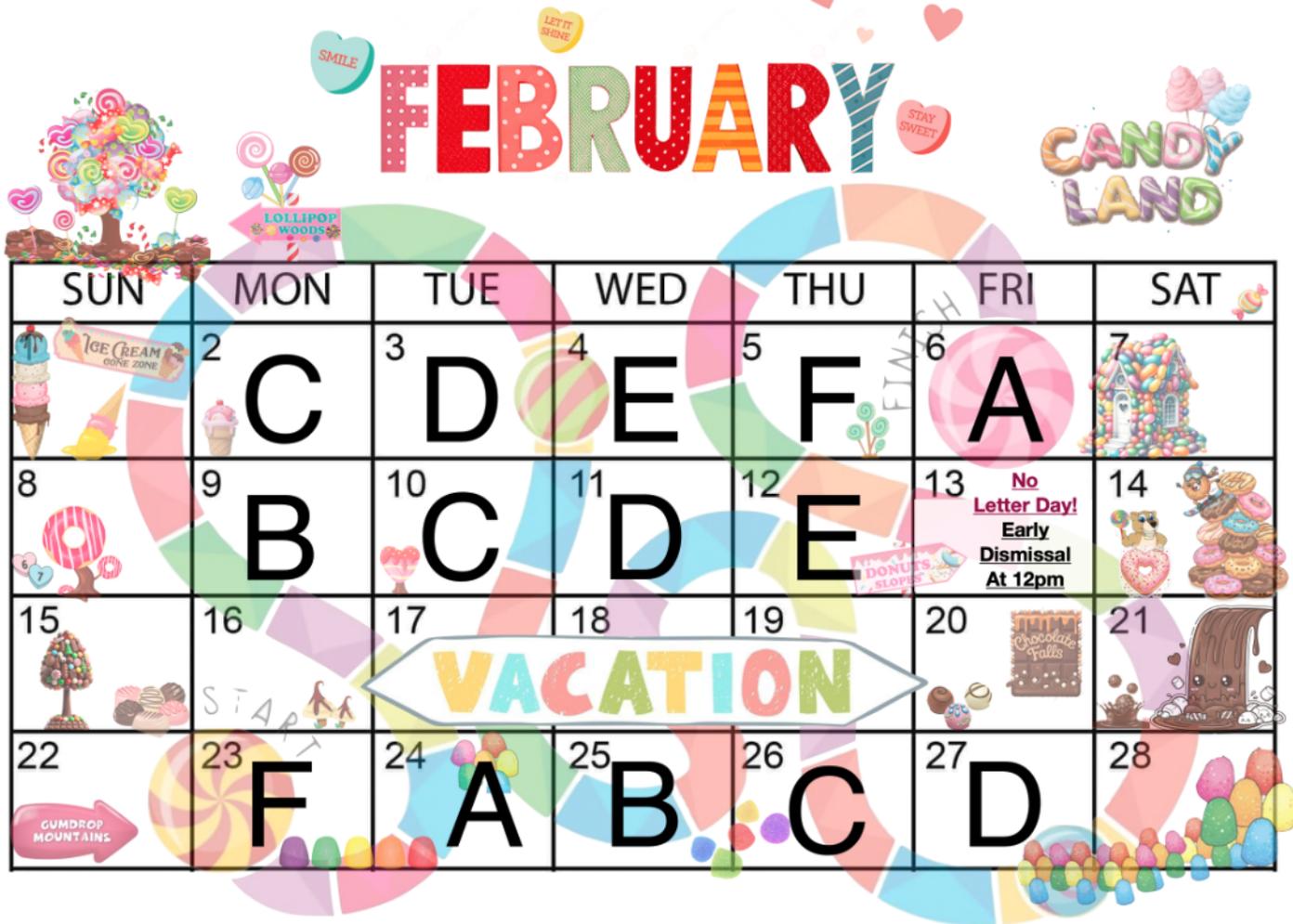
- 2/2-2/7 - Marsh Island Burger Contest (Closed on Tuesdays)
- 2/6 Wear Red for Heart Health
- 2/7 PTO Family Dance - @ McGraw 2-4p (Updated Location!)
- 2/9-2/13 Spirit Week (see information below)
- 2/9 PTO Monthly Meeting
- 2/11 Kindergarten and Pre-K Registration, 4-7p
- 2/13 McGraw Winterfest, 9-11a (Approved Volunteers Needed)
- **2/16-2/20 No School - February Break**
- 2/19 PTO- Moe's BBQ Fundraiser, All Day!
- 3/2 First Grade Concert 6:00p @ Hampden Academy PAC



FEBRUARY SPIRIT WEEK INFORMATION:



CALENDARS



School Meals with a Milk are offered at NO CHARGE Milk for Home lunch \$0.55	McGraw / Weatherbee February Lunch Menu				Breakfast Entrée or Cereal Fruit, Juice, Milk
Monday	Tuesday	Wednesday	Thursday	Friday	
2 Chicken Tenders Potato Wedges Salad & Fruit Bar	3 Pancakes Maine Blueberries Maple Syrup Sausage Salad & Fruit Bar	4 Build a Ham & Cheese Sandwich Sun Chips Salad & Fruit Bar	5 Chicken Nachos with Toppings Mexican Rice Salad & Fruit Bar	6 Pizza SUPERBOWL TREAT !! Chef's Choice Toppings Salad & Fruit Bar	
9 Chicken Burger Smiley Potatoes Salad & Fruit Bar	10 Crispy Chicken Drumstick with Waffles Maple Syrup Salad & Fruit Bar	11 Hamburger Cheeseburger Goldfish Crackers Salad & Fruit Bar	12 Pizza Chef's Choice Toppings Salad & Fruit Bar	13 Early Dismissal Bag Lunch	
16 No School 	17 No School 	18 No School 	19 No School 	20 No School 	
23 Cheese Breadsticks Marinara Dipping Sauce Salad & Fruit Bar	24 French Toast Sticks Sausage Patty Maple Syrup Salad & Fruit Bar	25 Teriyaki Chicken with Noodles Fortune Cookie Salad & Fruit Bar	26 Meatball Sub with Sauce & Cheese Crinkle Cut Fries Salad & Fruit Bar	27 Pizza Chef's Choice Toppings Salad & Fruit Bar	
<i>Alternate Menu Choices - Peanut Butter & Jelly Meal and Daily Chef's Special</i>					
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	GROUNDHOG DAY IS FEBRUARY 2ND An old Pennsylvania Dutch tradition says if a groundhog comes out of its burrow and sees its shadow there will be six more weeks of winter. No shadow means early spring.		

This is such an exciting opportunity for our students and families here at McGraw. I am hopeful that we are able to offer this program again next year.

As we begin dental health month your student will be bringing home a goodie bag containing a new toothbrush, a sample of floss, and a sample of toothpaste with them at some point. These supplies have been provided to us by Colgate. We are very appreciative of their support and generosity.

Below you will find the link to a dental health video and some handouts presented by Colgate's Bright Smiles Bright Futures Campaign. I have found it a fun and engaging way for kids to learn about the importance of caring for your teeth.

[Teaching Kid to Brush their Teeth](#)

[Meet the Bright Smiles Tooth Defenders](#)

[Adventure's in the Molar System](#)

[Parent Brochure](#)

[Brushing Poster](#)

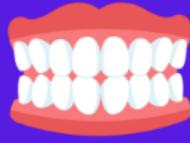
If you have any questions or if you are in need of additional information or support surrounding dental health please feel free to reach out to me. Wishing you all a wonderful weekend.

Happy Brushing!

Natasha

Natasha Adams, BSN, RN, NCSN
McGraw School Nurse

February is National Children's Dental Health Month



How can you help
your child maintain
a healthy smile?



-Help them brush
their teeth at least
twice a day

-Help them floss at
least once a day

-Take them to visit
a dentist twice a
year

-Encourage them to
drink plenty of
water

-Limit the amount of sugary and acidic
beverages you allow your children to
consume (soda, juice, sports drinks,
etc)

-Encourage and help your
children to eat a healthy diet. Fresh
fruits, fresh vegetables, lean meats,
and dairy products contain vitamins
and minerals that are crucial in
maintaining strong teeth



RSU22 offers dental hygiene and fluoride clinics to elementary and middle school
students . Please reach out to your child's school nurse for more
information.

FEBRUARY HEALTH TOPICS

PRE-K:

THE GREAT BODY SHOP

Family Bulletin

Boletín para la Familia

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 invaluables.

El Taller del Gran Cuerpo



KINDERGARTEN:

Going to the Doctor and Dentist

This month in THE GREAT BODY SHOP we talked about visits to the doctor and the dentist. The unit was accompanied by the song "Pediatrician" found in the Family Portal.

- Lesson 1:** Your Doctor or Dentist
- Lesson 2:** Getting a Checkup
- Lesson 3:** Taking Care of Teeth
- Lesson 4:** Making Healthful Decisions

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.

doctor dentist teeth help care

On the Cover

With your child, look at the picture on the cover. Which tools are the doctor's and which are the dentist's? Talk about the tools used by the doctor and the dentist.

Afraid of Checkups?

- Tell your child what's going to happen during the checkup. Make sure your child knows it's okay to ask questions. If your child is shy, ask questions yourself to show that he or she can too!
- Children are often afraid of the unknown. Role-play the checkup with your child. Switch roles and let your child play the dentist or doctor.
- If your child seems frightened by something specific, ask questions to find out just what is causing the fear. Your child might be imagining something that is far worse than reality.
- If your child asks if something will hurt, be honest. Then, end with a positive statement. For example: "It might hurt for a few seconds. But it will keep you from getting sick."

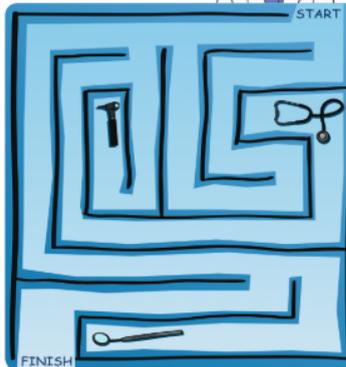
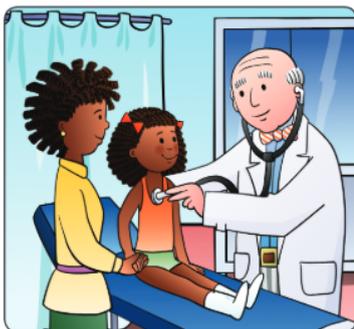
Read All About It

What happens at the dentist and doctor? These books show kids what to expect.

We're Going to the Dentist: Going for a Check-up (Big Steps)
by Campbell Books, Marion Cocklico (illustrator)

Nervous About Going To The Doctor?
(An Affirmation-Themed Children's Book To Help Kids, Ages 4-6, Overcome Medical Visit Jitters)
by Suzanne T. Christian

With a crayon, have your child follow the path to reach the doctor and dentist supplies then finish.



GRADE 1:

Happy, Sad, and In Between

This month in THE GREAT BODY SHOP, we talked about feelings. Your child learned to recognize different feelings and ways to express them. We ask you to help us by reinforcing these lessons at home.

- Lesson 1:** We Have Many Feelings
- Lesson 2:** Talking Helps Me Feel Better
- Lesson 3:** Cool Dude Gets Mad
- Lesson 4:** My Body Is Private

Name That Feeling

With your child, look at the picture below. Have your child identify the feelings of the different people he or she sees. Ask your child to make up a story about why the person has that feeling. Ask your child to tell you about some of the things that make him or her feel happy, angry, proud, surprised, etc.

Expressing Feelings

In Lesson 3, we talked about ways to express feelings, especially anger. We talked about healthy ways to show anger and ways of dealing with other strong emotions.

- The next time your child is upset, help your child find the real reason. Talking about the problem is the best way to find out what your child is feeling. For example, your child might say he or she "hates school." After talking about the problem, you might find that your child really means that a classmate laughed at him or her or that he or she has been picked on while riding on the school bus.
- Tell your child that it is natural to get angry. However, kicking, screaming, hitting, or calling others names is not a healthy way to show that anger. It is more helpful to talk to someone who can help with the problem. Your child can also talk to the person who is making him or her angry. Help your child practice expressing feelings by starting sentences with, "It makes me angry (mad) when . . ." or "I feel sad when . . ." In this way, your child will learn to communicate emotions.

Safe Touch, Unsafe Touch

In Lesson 4, we learned about personal safety, private body parts, and appropriate and inappropriate touching. It is estimated that one in ten children are sexually abused by the time they are 18. Approximately 90% of abusers are known to the child and include relatives, neighbors, babysitters, and family friends. This lesson provided students with knowledge and skills, as well as practice in saying "NO!" and identifying trusted adults to help keep one safe.

In class we learned the difference between safe, unsafe, and confusing touches. Safe touches make us feel happy and good inside and out, like a hug or holding hands with someone we love. Unsafe touches like hitting, kicking, punching, or inappropriately touching someone else's private parts are harmful. They make us feel sad, confused, or scared. If a child is confused by a touch it probably means it is unsafe, but because it usually comes from someone the child knows, it can also be confusing.

Your child practiced the Saying "NO!" Skill Steps to use if someone tries to touch him or her in an unsafe way. Turn to page 7 to review those steps with your child. Students have also personally identified trusted adults, whom they could go to if they need help.

The following suggestions are designed to help support conversation with your son or daughter regarding this subject:

- Make sure your child knows he or she needs your permission before going places and that it is safer to take a buddy.
- Encourage your child to trust his or her feelings.
- If someone acts in a way that makes your child uncomfortable, he or she can leave and come to you.
- Use empowering language with your child letting him or her know that you are there to listen when he or she needs to talk. Instead of using language like, "You should tell me," or "You need to tell me," use words like, "You can tell me." It is a small but important shift. "Can" gives your child the power to know he or she can freely come to you. Using "should" or "need to" sends a blaming type of message that if they don't tell then they are doing something wrong, causing them to possibly not come forward.
- Practice the Saying "NO!" Skill Steps with your child. Then, practice what he or she might say to you if someone tries to touch him or her in an unsafe way.



CHARACTER STRONG IN FEBRUARY IS ALL ABOUT HONESTY

HONESTY

is being truthful in what you say and do

WATCH: Honesty Sing-Along

Pre-K Family Bulletin

Kindergarten Family Bulletin

Grade 1 Family Bulletin



Spirit Wear

If you're looking for McGraw Gear, go to our local vendor, Goodwin Glass & Graphics!

<https://www.goodwinglassandgraphics.com/product-category/mcgraw/>

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

