



# McGraw Minutes

Issue #26 May 1, 2026



## RSU 22 FY27 Proposed Budget – Stay Informed & Get Involved!

Join us for an in-depth look at the proposed FY27 budget, including a **review of all articles** and important financial insights that impact our community.

### Special Highlight:

Hampden Town Council Member **Dr. Eric Jarvi** breaks down the **mill rate and tax calculations**—helping you better understand how the budget affects you.

Watch the April 30, 2026, Budget Meeting (including the mill rate presentation):

<https://www.youtube.com/watch?v=kbKxt6GBcXM>

Access all meeting documents here:

[https://drive.google.com/drive/folders/1iXYDRA5hMOFiTs\\_tnHZHXrB6ZSzSk4tq](https://drive.google.com/drive/folders/1iXYDRA5hMOFiTs_tnHZHXrB6ZSzSk4tq)

Your voice matters—**stay informed, ask questions, and be part of the process!**

## A Note From Nurse Adams...

### Sunscreen and Insect Repellent

-We are not able to apply sunscreen or insect repellent to students during the school day. If you wish for your student to wear these items, please apply them in the morning prior to sending them to school.

### Dressing for the Weather

-This time of year the mornings tend to be cool and the afternoons warmer. It is best to dress your child in clothing appropriate for warmer weather and add layers. Shorts with a sweatshirt for example. You may also send a change of clothes in your child's backpack. We all know how unpredictable Maine weather can be.

-Please send your child to school in proper footwear and clothing for running and playing outside.

Sneakers are preferred for safety reasons.

**With the warmer weather come ticks, particularly from spring to early Fall**

Ticks are most active during the warmer months, and it's important to take precautions to protect yourself and your family from potential tick bites and the diseases they can transmit.

**tick removal**

Remove ticks immediately. They usually need to attach for 24 hours to transmit Lyme disease. Consult a physician if you remove an engorged deer tick.

**Using a tick spoon:**

- Place the wide part of the notch on the skin near the tick (hold skin taut if necessary)
- Applying slight pressure downward on the skin, slide the remover forward so the small part of the notch is framing the tick
- Continuous sliding motion of the remover detaches the tick

**Using tweezers:**

- Grasp the tick close to the skin with tweezers
- Pull gently until the tick lets go

1-800-821-5821  
[www.mainepublichealth.gov](http://www.mainepublichealth.gov)

**tick ID**  
KNOW THEM. PREVENT THEM.

**Deer Tick (Black-Legged Tick)**

(actual size)

nymph (1/32"-1/16")	adult male (1/8")	adult female (up to 1/2")

**Dog Tick**

adult male	adult female

(examples are not actual size, dog tick nymphs are rarely found on humans or their pets)

0" | 2"

Maine Center for Disease Control and Prevention  
An Office of the Department of Health and Human Services  
Paul E. LePage, Governor Mary C. Mayhew, Commissioner

**Staying Safe in Warmer Weather**

- Always make your child wear a helmet when riding a bike, rollerblading/skating, riding and ATV, or other similar activities
- Always make your child wear a life jacket when boating, kayaking, or other water related activities
- Apply sunscreen and insect repellent to avoid sunburns and insect bites
- Stay hydrated and watch for signs of heat exhaustions
- Let the nurse know of any restrictions your child may have related to injuries/procedures/surgeries.

Provide a doctor's note so your student may be excused from activities and PE if necessary.

# KEEPING KIDS COOL in hot weather



Create a cool environment

Hydrate

Organize water play activities

Light, breathable clothing

Avoid peak heat



## Heat Exhaustion

## Heat Stroke

### ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness

Thirst

Heavy Sweating

Nausea

Weakness



Confusion

Dizziness

Becomes Unconscious

### ACT FAST

## CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

*Heat exhaustion can lead to heat stroke.*

*Heat stroke can cause death or permanent disability if emergency treatment is not given.*



Stay Cool, Stay Hydrated, Stay Informed!



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](mailto: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](mailto:knason@rsu22.us)

McGraw Administrative Assistant: Mrs. Paradis, [dparadis@rsu22.us](mailto:dparadis@rsu22.us)

Principal: Mrs. Shaw, [shannonshaw@rsu22.us](mailto:shannonshaw@rsu22.us)

School Nurse: Mrs. Adams, [nadams@rsu22.us](mailto:nadams@rsu22.us)

School Counselor: Mrs. Erickson, [merickson@rsu22.us](mailto:merickson@rsu22.us)

[McGraw Website](#)

[McGraw Facebook Page](#)

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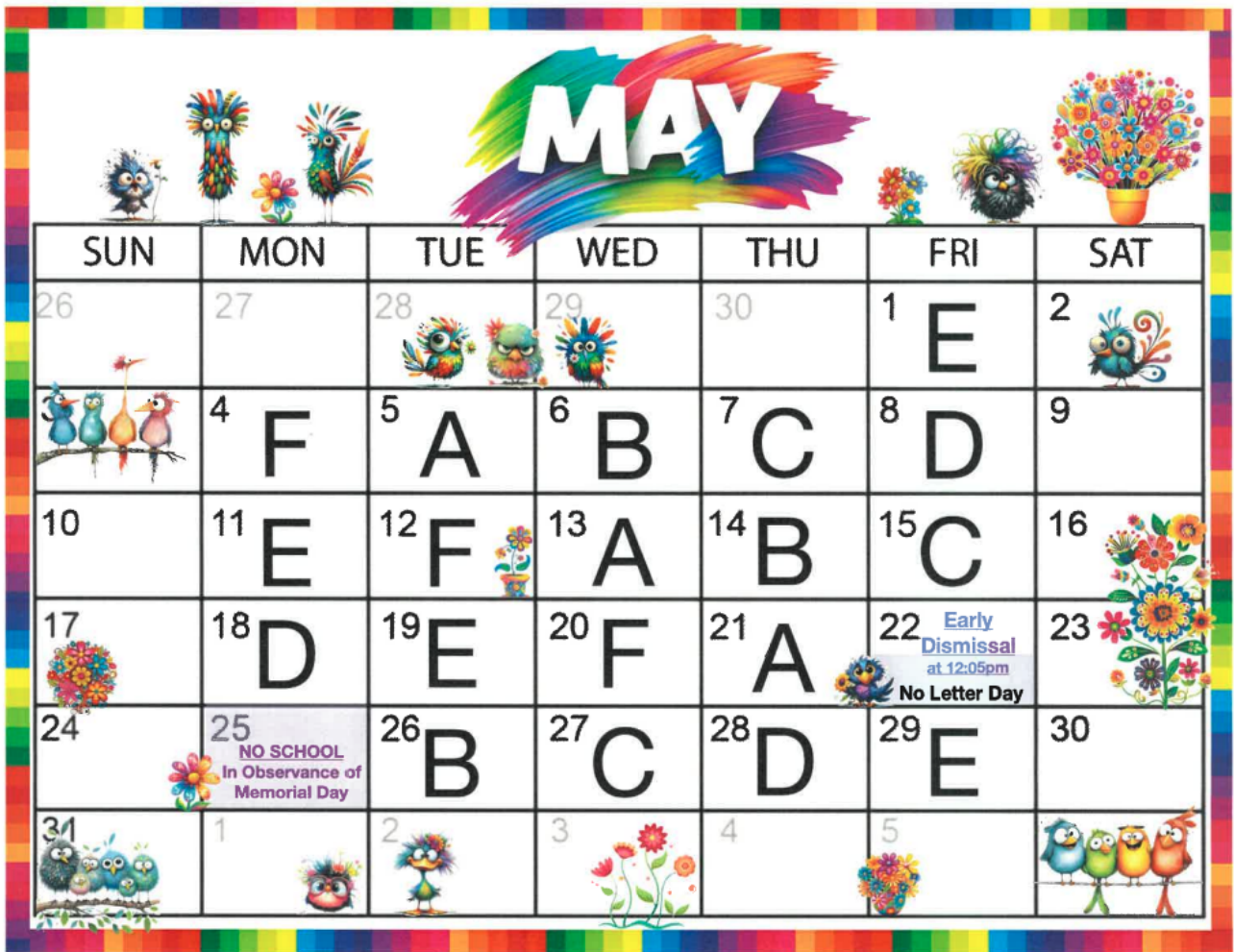
## Upcoming Dates:










**Watch this list carefully, as we will be adding events throughout the spring!**

- 5/4-5/8 Teacher Appreciation Week
- 5/5 Kindergarten Field Trip (9:30a)
- 5/8 Kindergarten Meteorologist Visit
- 5/20 Special Olympics
- **5/22 Early Release Day**
- 5/22 Mr. Drew and His Animals, Too!
- **5/25 No School - Memorial Day Holiday**
- 5/26 - 5/29 Scholastic Book Fair
- 5/30 End of Year Party (Sponsored by PTO)
- 6/8 Field Day
- 6/11 Last Day of School (Early Dismissal @ 12:05p)



**Calendars**



School Meals with a Milk are offered at NO CHARGE Milk for Home Lunch \$0.55				McGraw / Weatherbee May Lunch Menu		Breakfast Entrée or Cereal Fruit, Juice, Milk
Monday		Tuesday		Wednesday		Thursday
<b>RSU 22 Wins State Competition</b> The Farm to School Cook-Off is sponsored by the Maine Child Nutrition Program, and challenges school food service teams to create a hot lunch and breakfast item that meets nutritional standards and features items that are made in 				Maine. RSU 22 chefs wowed judges with a beef and cheese burrito and breakfast parfait, which are both served in our schools. Congratulations to Chef Manager Hannah Liberty and Kitchen Manager Brenda White, pictured here with Nutrition Director Pete Merritt.		<b>Pizza</b> <i>Chef's Choice Toppings</i> Salad & Fruit Bar
<b>4</b> <b>Chicken Nuggets</b> Goldfish Crackers  Salad & Fruit Bar		<b>5</b> <b>Pancakes</b> Maine Blueberries Maple Syrup Sausage Salad & Fruit Bar		<b>6</b> <b>Nachos</b> <i>with Beef &amp; Cheese &amp; Toppings</i>  Salad & Fruit Bar		<b>7</b> <b>Hamburger</b> <b>Cheeseburger</b> Tater Tots Salad & Fruit Bar
<b>11</b> <b>Chicken Burger</b> Smiley Potatoes  Salad & Fruit Bar		<b>12</b> <b>Pasta Bake</b> Breadsticks  Salad & Fruit Bar		<b>13</b> <b>Meatball Sub</b> French Fries Salad & Fruit Bar		<b>14</b> <b>Toasted Cheese Sandwich</b> Tomato Soup  Salad & Fruit Bar
<b>18</b> <b>Chicken Tenders</b> French Fries Goldfish Crackers Salad & Fruit Bar		<b>19</b> <b>Beef &amp; Cheese Burrito</b> Fiesta Salad Salsa Salad & Fruit Bar		<b>20</b> <b>Breakfast Sandwich</b> with Ham, Egg, & Cheese Hashbrown Salad & Fruit Bar		<b>21</b> <b>Pizza</b> <i>Chef's Choice Toppings</i> Salad & Fruit Bar
<b>25</b> <b>Memorial Day</b> <i>No School</i> 		<b>26</b> <b>Hot Dog &amp; French Fries</b>  Salad & Fruit Bar		<b>27</b> <b>French Toast Sticks</b> Maple Syrup Sausage Salad & Fruit Bar		<b>28</b> <b>Shepherd's Pie</b> Garlic Knot Salad & Fruit Bar
<i>Alternate Menu Choices - Peanut Butter &amp; Jelly Meal and Daily Chef's Special</i>						
<b>Harvest of the Month</b> <b>Blueberries</b> Maine is the worlds largest producer of wild blueberries 		<b>Fruit &amp; Salad Bar</b> <b>Always Offered</b>		<b>Menu Subject to Change</b> This institution is an equal opportunity provider		<b>Did You Know?</b> Memorial Day originated after the Civil War, as a way to honor fallen soldiers. It was known as Decoration Day. It now serves as a reminder of the sacrifices made by all American service members and their families.



Every time you purchase one of the BLUE Hannaford Helps reusable bags at Hampden Hannaford, \$1 goes to the McGraw PTO!

*Thank you  
for your support*



# WHAT'S NEXT FOR THE MCGRAW PTO

**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!

Thank you for supporting the PTO!  
What a great year we had.  
Enjoy your summer.

## **McGraw Bottle Drive Ongoing Fundraiser**

### **Ways to Donate**

#### **CLYNK**

1) Email [McGrawPTO@gmail.com](mailto: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!

### THE GREAT BODY SHOP

#### Family Bulletin

#### Boletín para la Familia

Dear Family,

This month your child has been learning about how to get a healthy body, a healthy home, a healthy community, and a healthy world, including the work that community helpers do, the efforts of family members, and things that can be done by adults and children all over the world to make the world a healthier place in which to live.

A regular visit to the doctor, dentist or medical clinic is a good habit for children and adults. That way you will be able to chart your child's growth and ask the professional specific questions about your child's growth and development. Let your child develop at his/her own speed. Talk to your child's doctor and/or teacher to find out realistic expectations for her/his age.

Fire is the second leading cause of unintentional death in the home. Although 90% of U.S. households have smoke alarms, a Consumer Product Safety Commission survey found that about 20% of those smoke alarms were not working. Check your batteries monthly.

Parents and other adults model personal and civic responsibility. Parents can speak with their children about service to the community, obedience to laws, and everyone's civic responsibility to keep the community safe, clean, and healthy.

We live in a wonderful world and we need to take care of our planet. We can help make the world a better place to live by not littering, learning to recycle, being careful with our consumption of energy resources, being kind to one another, and doing our part.

#### *The Great Body Shop*



Estimados Padres de Familia,

Este mes su niño(a) ha aprendido cómo tener un cuerpo sano, un hogar sano, una comunidad y un mundo sano, incluyendo el trabajo que hacen los trabajadores de la comunidad, los esfuerzos de los miembros de la familia y las cosas que los adultos y niños en todo el mundo hacen para hacer del mundo un lugar más saludable para vivir.

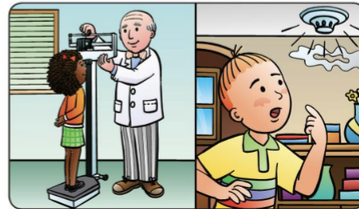
Las visitas periódicamente a los doctores, dentistas o clínicas de salud es un buen hábito para los niños y adultos, porque así les será posible monitorear el crecimiento de su niño(a) y preguntarle a esos profesionales acerca del crecimiento y desarrollo de sus niños. Dejen que él o ella desarrolle a su propio ritmo. Hablen con el médico de su niño(a) y/o maestra para informarse de las expectativas realistas para los niños de esa edad.

El incendio es la segunda causa principal de muertes involuntarias en el hogar. A pesar de que un 90% de los hogares en Estados Unidos tienen detectores de humo, una encuesta de la Comisión de Seguridad de Productos del Consumidor mostró que cerca de un 20% de esos detectores no estaban trabajando. Por favor revisen las baterías mensualmente.

Los padres y otros adultos modelan la responsabilidad personal y cívica. Los padres pueden hablar con sus niños sobre el servicio a la comunidad, la obediencia de las leyes y la responsabilidad cívica de todos de mantener la comunidad segura, limpia y sana.

Vivimos en un mundo maravilloso y tenemos que cuidar de nuestro planeta. Todos podemos ayudar a hacer del mundo un lugar mejor para vivir, cuidando de no tirar basura, aprendiendo a reciclar, siendo cuidadosos con nuestro consumo de los recursos energéticos, siendo amables unos con otros y haciendo nuestra parte.

#### *El Taller del Gran Cuerpo*



**Keeping Clean and Healthy**

This month in THE GREAT BODY SHOP, children learned how keeping clean helps them to stay healthy. This unit was accompanied by the song "The Clean Cowboy" found in the Family Portal.

- Lesson 1:** Keeping You Clean and Healthy
- Lesson 2:** Feeling Great About Keeping Clean
- Lesson 3:** Keeping Communities Clean and Healthy
- Lesson 4:** How Keeping Clean and Healthy Helps Keep Disease Away

**On the Cover**

Look at the picture of the Clean Cowboy with your child. Ask your child to tell you what the cowboy does to keep clean. Then, see if your child can find pictures of the things the Cowboy uses to keep clean (soap, toothpaste, toothbrush, and comb).

Explain that washing hands frequently is a good way to stay clean and healthy. To reinforce the practice at home, consider making a handwashing chart. Use the chart to remind your child to wash his or her hands before eating and after using the bathroom.

**Word Wise**

Help your child find these words in the 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.

**scrub yard clean clothes hands**

**How Cowboys and Cowgirls Keep Clean**

Read this poem with your child. Can he or she guess the missing words? Write the word that goes with each verse.

Clean cowboys and cowgirls are smart. They know what to do. When their hair is dirty, they wash with \_\_\_\_\_.

Muddy hands are no problem. Clean cowboys and cowgirls wash after they rope. They use warm water and plenty of \_\_\_\_\_.

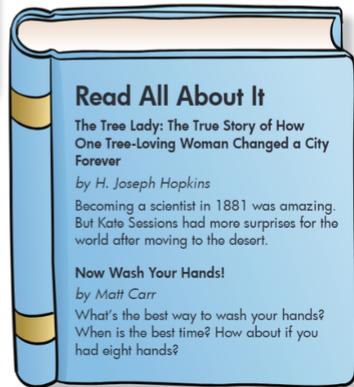
After they eat, there's no time to waste. Clean cowboys and cowgirls go to their sinks with a toothbrush and \_\_\_\_\_.

When the day's done, it's time to rub-a-dub-dub. Clean cowboys and cowgirls grab a washcloth and soak in the \_\_\_\_\_.

**Our Community**

We have talked about clean communities. Your child learned that a dirty community is not as healthy or safe as it could be, and might require some extra help from its citizens.

- Make sure your child knows the difference between "litter" and "trash." Trash is anything we throw away. Trash becomes litter when it is not thrown away properly.
- As you put away groceries, point out the paper, metal, plastic, and glass packaging to your child. Explain that they keep food clean and keep germs out while the food is in the store. If you have a recycling center in your area, let your child separate the different materials. Talk about how the center will recycle the trash and why this is important.
- Give your child a pair of gloves. Help him or her to pick up any litter in your yard or on the sidewalk in front of your home. (Tell children never to pick up any broken glass or needles they might find.)



**How I Breathe**

This month in THE GREAT BODY SHOP, your child learned about the lungs and breathing. Please reinforce the material by talking about it at home.

- Lesson 1:** How I Breathe
- Lesson 2:** Don't Hurt Your Lungs
- Lesson 3:** Runny Nose, Stuffy Nose
- Lesson 4:** Breathing Faster, Breathing Slower

**Asthma Alert**


A cough that persists after a cold, or a cough that is produced by exercise, dust, or playing with animals can be an early sign of asthma. If you notice these symptoms in your child, talk to your doctor or healthcare provider.

**The Puzzler's Challenge**

The Puzzler has a game for you! Can you fill in the words? Use words in the box below.

1. Suzy is sick. She has a \_\_\_\_\_.
2. Dr. Smartstuff can hear the air in Suzy's \_\_\_\_\_.
3. Suzy breathes with her \_\_\_\_\_.
4. Dust bothers Suzy's nose! She must \_\_\_\_\_.

lungs	1.				
nose	2.		3.		4.
sneeze					
cold					



**What Is Happening Here?**

Have your child tell you what is happening in each of the pictures below.

**Who is breathing faster? Why?**



Tito is breathing twice as fast. He needs more oxygen to feed his muscles when they work hard.

**What is Dr. Thea doing?**



She is listening to Cool Dude's breathing. His breathing sounds different when he is sick.

**Why does this diver need an air tank?**



He must carry his own supply of air because there is no oxygen under water.

May is all About Creativity

Creativity Sing-Along

# Creativity

is using your imagination  
to create something new  
or solve a problem

PurposeFULL  
People

**Pre-K Family Connection**

**Kindergarten Family Connection**

**First Grade Family Connection**

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Community Board



### 1. CAMP JORDAN

Overnight Programs for 7 Year Olds – 12th Graders

#### CAMP JORDAN PROGRAMS:

- Mini-Camp: Ages 7 – 9 Years Old
- Sleep Away Camp: Ages 7 – 15 Years Old
- Adventure Seekers: Ages 13 – 15 Years Old
- Leaders School: 5th – 12th Grade

Campers who attend Camp Jordan embark on a personal quest, enjoying a variety of activities from water sports, our ropes course, crafts, performing arts, archery, field sports, and more!

"I was very scared because I've never been here before but after I went on my rocks trip, I was perfectly fine. I felt safe and it was very nice because I got to step out of my comfort zone. It's a lot of fun and a good opportunity to get out and meet new people who actually care about you!" – Camp Jordan Camper

### CHOOSE YOUR OWN PRICING!

Choose what you can afford from our different tier pricing options for Camp Jordan and Camp G. Peirce Webber programs!

All campers receive the same camp experience regardless of the tier your family pays. Financial Assistance is also available.



### 2. CAMP G. PEIRCE WEBBER

Day Camp Programs for K – 10th Graders

#### CAMP G. PEIRCE WEBBER PROGRAMS:

- CPW Day Camp: Campers Entering K – 6th Grade
- Adventure Day Camp: Campers Entering 5th – 10th Grade

Located on 55 beautiful acres in Hampden on the Souadaboscook Stream, our Camp G. Peirce Webber (CPW) has sports fields, an in-ground pool, archery range, playground, ropes course, hiking trails, and a 300-ft zip line.

"The counselors and staff are of the highest quality. The campsite is absolutely stunning. The community they establish is supportive and holds kids to a high standard. My son is 6 and wants to go to CPW until he ages out, then he wants to work there!" – CPW Parent

### 3. CAMP ACORN At the Y for K – 3rd Graders

Children attending Camp Acorn at the Y will experience diverse and fun enrichment activities with a focus on play-based learning in a highly structured environment.

"Camp Acorn is truly a special place. It's rare to find a program that meets kids where they are, with special needs or not, and helps them grow with joy, patience, and inclusion. I am beyond grateful for the memories my kids made here, and we can't wait to return next summer!" – Camp Acorn Parent

## the Y FUTURE BARRACUDAS

**SPRING SESSION**  
**April 27 – 30, 2026**

Session 1 4:00 – 5:00 pm	Session 2 5:15 – 6:15 pm
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This **FREE PROGRAM** is designed to introduce youth to the Barracudas Swim Team.  
*Must be at least 5 years old.*

For more information, visit [bangory.org/leisure/competitive-swims/future-barracudas](http://bangory.org/leisure/competitive-swims/future-barracudas)

# Strategic Plan 2022-2027

## Four Building Blocks



1	2	3	4
Student Success	Professional Excellence	Community Partnerships	Operational Excellence
Academic Excellence & Achievement	Recruitment & Retention	Family & Community Engagement	Budget Development
Foundational Skills	Professional Development	RSU 22 Educational Foundation	Fiscal & Facilities Management
Instructional Models	Best Practices	Communication & Transparency	Comprehensive Planning
Engagement		Campus Based Services	



**Shannon Shaw**

Shannon is using Smore to create beautiful newsletters

