

McGraw Minutes

Issue #4 September 18, 2026

A Note from Mrs. Shaw...

Dear McGraw Families,

It was another great week at McGraw. Next Friday we will have our first All-School Share. We encourage everyone to wear their McGraw shirts or purple to show your McGraw School Spirit! We will acknowledge our September birthdays and sing our school song. We will celebrate "Respect" and our Paw Power Award winners!

Another reminder- MONDAY IS PICTURE DAY!!



Help Your Child Succeed in Preschool and Kindergarten Build the Habit of Good Attendance



Did you know?

Showing up on time, every day possible, is important to your child's learning and well-being from preschool forward.

Missing 10% of school (2 days each month) can make it harder to:

- Gain early reading and math skills.
- Build **relationships**.
- Develop good attendance habits.

Preschool and kindergarten have many benefits!

- The routines your child develops will continue throughout school.
- Regular attendance helps your child **gain confidence, delight in learning** and make **new friends**.



What you can do

Work with your child and their teacher to develop your child's strong attendance.

Talk about it – sing about it – make it an adventure!

- Set a **regular** bedtime and morning **routine**.
- Lay out clothes and pack backpacks **the night before**.
- Share ideas with **other parents** for getting to school on time.

Before the school year starts

- Find out what **day school starts** and begin a countdown!
- Make sure your child has the **required immunizations**.
- Attend orientation with your child to **meet teachers** and **classmates** and find out about health and safety procedures.

Ready, Set, GO!

- If you are concerned your child may have a contagious illness, **call** your school or health-care provider **for advice**. Ask for resources to continue learning at home.
- Ask family members or neighbors for assistance **if you need help**.
- Try to schedule **nonurgent medical appointments** and extended trips when school is not in session.
- If your child seems **anxious** about going to school, **talk to the** teacher, program director, your doctor or other parents **for advice**. Make sure the program is a good fit for your child.

October 2025

Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!

REMINDER: School Picture Day is MONDAY, September 21!



REMINDER

**School Picture Day is
Monday, September 21st.
You can order photos online at
mylifetouch.com
Picture Day ID: EVTV96XFQ**



McGraw School Office

School Hours

8:30 a.m.- 3:00 p.m.

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

Admin. Assistant: Mrs. Tracy-Dunn, ftracydunn@rsu22.us

Admin. 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 School Website

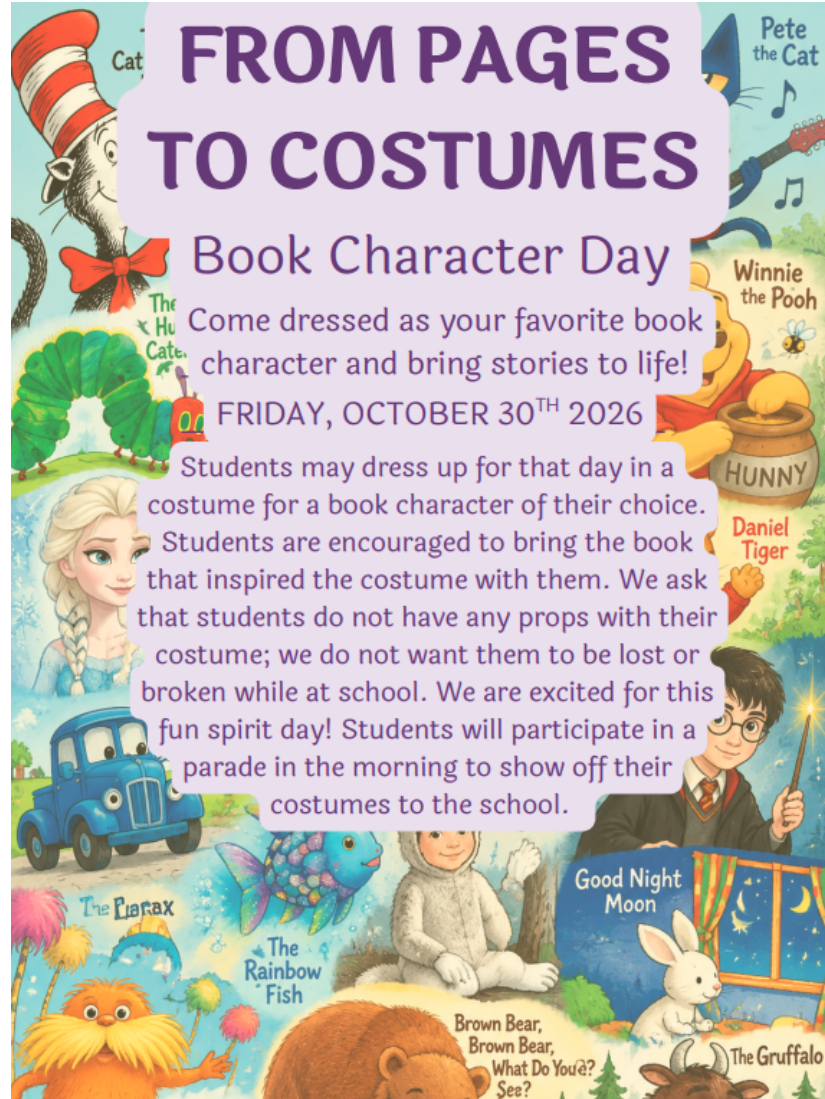
McGraw Family Handbook 2026-2027

Upcoming Dates:

- 9/21 School Picture Day
- 10/9 Early Release Day
- 10/12 No School - Indigenous People's Day
- 10/29 Curriculum Night/ Book Fair (Time TBD)
- 10/30 Book Character Day - (See flyer below)
- 11/11 No School - Veterans' Day



McGraw Book Character Day



Planned Absence Notification Form

If your child is going to miss 3 or more days, a planned absence notification form is needed.

A planned absence notification form must be completed and turned into the McGraw office at least 5 days prior to the absence. This form notifies the school of an absence and whether or not it qualifies as an excused or unexcused absence.

RSU 22 School Calendar 2026-2027

RSU 22 - 2026-2027 School Calendar

August

M	T	W	Th	F
17	18	19	20 Sped	21 NT
24	25 Ed TP	26 M	27 I	28 I
31				
Gr. 1-8				

September

M	T	W	Th	F
	1 Gr 1-12 UTC	2	3	4
7 H	8 (Pre-K - K 1st day)	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

October

M	T	W	Th	F
5	6	7	8	9 ED
12 H	13	14	15	16
19	20	21	22	23
26	27	28	29	30

November

M	T	W	Th	F
2	3	4	5	6
9	10	11 H	12	13
16	17	18	19	20
23	24 ED	25 C	26 H	27 V
30				

December

M	T	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23 V	24 V	25 H
28 V	29 V	30 V	31 V	

January

M	T	W	Th	F
				1 H
4	5	6	7	8
11	12	13	14	15
18 H	19	20	21	22
25	26	27	28	29

February

M	T	W	Th	F
1	2	3	4	5
8	9	10	11	12 ED
15 H	16 V	17 V	18 V	19 V
22	23	24	25	26

March

M	T	W	Th	F
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8	9	10	11	12 I
15	16	17	18	19
22	23	24	25	26
29	30	31		

April

M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16 ED
19 H	20 V	21 V	22 V	23 V
26	27	28	29	30

May

M	T	W	Th	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28 ED
31 H				

June

M	T	W	Th	F
	1	2	3	4
7	8	9	10	11 ED
14 I	15	16	17	18

School Year

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

August 17
August 20, 21, 24
August 25
August 25
August 26
August 27, 28
August 31
September 1
September 1
September 8
September 8
10/5, 11/5, 21/2, 4/16, 5/28, 6/11
8/26, 8/27, 8/28, 3/12, 6/14
June 6
June 11
June 14

Fall Sports
Teacher Orientation (8:20 Sped only)
Educational Technicians start date
Teacher Prep
Management Day
Staff Inservice day
Partial Attendance (Gr 1-5 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
Hampton Academy Graduation
Last Student and Educational Technicians Day
Last Teacher Day

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Quarters Q
1 48 days
2 42 days
3 44 days
4 44 days
178
H=Holiday, V=Vacation Day
ED=Early Dismissal
I=Teacher Inservice Day, No School
NT=New Teacher Training, No School
TP=Teacher Prep Day, No School
M=Management Day, No School, C=Teacher Comp Day, No School



September 2026



SUN MON TUE WED THU FRI SAT

1 	31 A	1 B	2 C	3 D	4 E	5
6	7 NO SCHOOL! In Observance of Labor Day	8 F	9 A	10 B	11 C	12
13	14 D	15 E	16 F	17 A	18 B	19
20	21 C	22 D	23 E	24 F	25 A	26
27	28 B	29 C	30 D			



SEPTEMBER

EARL MCGRAW - GEO. WEATHERBEE

2026

BREAKFAST

Includes Juice, Milk, Fruit, Grains, & More. Each day of the week has a feature that rotates monthly.

Banana Bread

Fresh Baked Muffins

Breakfast Sandwich

French Toast Sticks

Cinnamon Rolls

Monday

Tuesday

Wednesday

Thursday

Friday

LUNCH

Includes Milk, Fruit, and Salad Bar each day. Check the cafeteria menu board for Chef's Specials and Peanut Butter & Jelly Meal.

8/31

Chicken Nuggets
with Dipping Sauces

Goldfish Crackers

1

Pancakes
Fluffy whole grain pancakes
served with syrup,
Maine Blueberries, and Sausage

2

Cheesy Breadstick Dippers
Savory baked whole grain sticks
with Tomato Marinara
Dipping Sauce

3

Chicken Burger
Crispy chicken on a whole grain
bun with toppings

Smiley Fries

4

Pizza
Cheese, Pepperoni, & Special

7

LABOR DAY

NO SCHOOL

8

Chicken Tenders
with Dipping Sauces

Goldfish Crackers

9

Hot Dog
Steamed frankfurter in a
toasted bun

Baked Beans

10

Hamburger
USDA Beef Patty on a whole grain
bun with choice of American
Cheese and toppings

Roasted Red Potatoes

11

Pizza
Cheese, Pepperoni, & Special

14

Popcorn Chicken
with Dipping Sauces

Italian Veggie Pasta Salad
Goldfish Crackers

15

Vanilla Yogurt Parfait
with Maine Blueberries,
Strawberries, & Granola

Cereal

16

Chicken Caesar Salad
Romaine lettuce tossed with
chicken, parmesan cheese,
homemade croutons, and
Caesar Dressing
Cheesy Flatbread

17

Nachos
Crispy tortilla chips topped with
seasoned beef, cheese,
and choice of south border
toppings

18

Pizza
Cheese, Pepperoni, & Special

21

Marinara Meatballs
Italian meatballs in tomato
marinara sauce
Parmesan Cheese

Garlic Breadstick

22

Crispy Chicken Drumstick
Seasoned and roasted

Emoji Waffles
Maple Syrup

23

Hamburger
USDA Beef Patty on a whole grain
bun with choice of American
Cheese and toppings

Roasted Potatoes

24

Build A Sandwich
with Turkey & Cheese
on a whole grain bun

Chicken BLT Pasta Salad
Gluten Free Bread Available

25

Pizza
Cheese, Pepperoni, & Special

28

Cheesy Pasta Bake
with ground beef, cheese
tomato marinara sauce,
herbs, and spices

Garlic Knot

29

French Toast Sticks
Baked whole grain french
toast served with syrup,
Maine Blueberries, and Sausage

30

Walking Tacos
Served with seasoned beef,
cheese, salsa, and toppings

SALAD & FRUIT BAR
Offered at Lunch Every Day

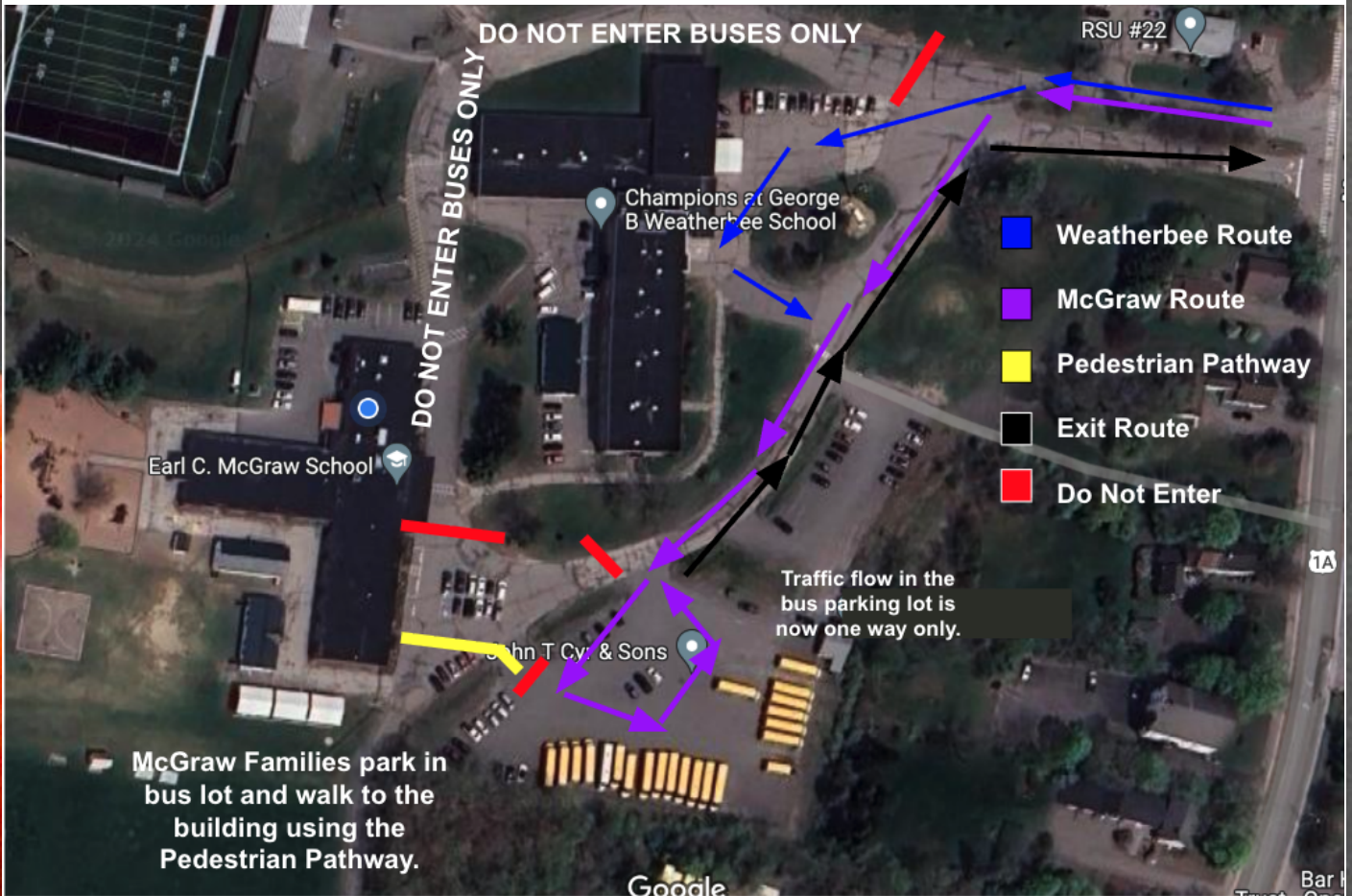
Menu Subject to Change. This institution is an equal opportunity provider.

Arrival and Dismissal

McGraw and Weatherbee Arrival/Dismissal Video

Please watch this video outlining drop-off and pick-up procedures for McGraw and Weatherbee schools.

https://youtu.be/F_D02rrbfnE



Arrival

The doors are open to students beginning at 8:30 a.m. All students will say their goodbyes and then enter the school's front entrance and report to their classrooms on the first day. Students in Pre-K and Kindergarten will arrive and enter the school through the front entrance every day. There will be many staff members available to help students to their classrooms. First graders will begin their day either at breakfast or on the playground beginning on the second day of school.

Dismissal

Students will be dismissed from their classroom's exterior or designated door. Your child's teacher will help you locate the appropriate door during your Open House visit. Dismissal will begin at 3:00. Bus dismissal will begin shortly after.

Please email the school office at mcgrawoffice@rsu22.us with any changes to after school destination and travel plans BEFORE 2:00 p.m. to ensure we receive the information and can communicate to your child's teacher. Afternoons are very busy in the office, so advanced notice of changes from parents is most helpful.

Bus Information

If your child will be riding the bus, please ensure you have completed the appropriate bus paperwork. Cyr bus company can provide families with a more specific time frame that you can expect your student to be picked up and/or dropped off at home. It's always best to be outside a few minutes early. Please also keep in mind that our youngest learners are just beginning their journey on the bus, therefore buses may be slightly delayed the first few days until we all become more efficient with the procedures at dismissal.

Health Tips and Information from Nurse Adams

A regular attendance routine is important for your child's well-being, learning and long-term success. Below are tips to keep your child healthy and avoid unnecessary absences from school.



Nutrition, Sleep and Exercise

- Ensure your child eats a good breakfast every morning or check if your school serves breakfast.
- Maintain a regular bedtime and morning routine.
- Keep screens out of the bedroom and limit use prior to bedtime.
- Encourage your child to stay active for at least 60 minutes a day.

Hygiene

- Stress hand washing, particularly before eating, and after using the restroom.
- Remind your child to brush their teeth twice a day.
- Avoid close contact with individuals who are sick. Don't share cups, utensils, hair brushes or combs.
- Cover coughs and sneezes with a tissue, or cough/sneeze into an elbow.

Safety

- Make sure your child wears a seatbelt and/or appropriate car seats during car rides, and a helmet when using a bike, skateboard or scooter.
- If your child walks to school, help them find a safe route to school and to travel with at least one friend. Have a backup plan in case of bad weather.

Keep Your Child Healthy
and in School!

Wellness

- Ensure your child visits their health care provider for:
 - A physical once a year.
 - All recommended Immunizations
 - Chronic health issues such as asthma or diabetes.
 - Visit the dentist twice a year.
- Try to schedule non-urgent medical appointments outside of school hours.
- If your child doesn't have health or dental insurance, reach out to your school's nurse or social worker or other staff member to help connect you with resources.

- Complete your school's annual health form.
- Agree to allow your child to participate in health and vision screenings offered at school.
- If your child has a chronic health issue such as asthma, make sure that your child's health care provider completes appropriate school forms that allow your child to keep/carry any necessary medications at school.
- If your child has a disability, work closely with the school and your child's health care provider to ensure appropriate support and services.
- If your child has a compromised immune system or is at high risk for complications from common illnesses, please talk to your school (school nurse if available) about developing a plan with you and your child's health-care provider to keep your child healthy and safe while attending school.
- If you are concerned that your child may have a contagious illness (including COVID-19), call your child's health care provider or school nurse for advice.
- If your child needs to stay home for a prolonged period due to illness, talk to your child's teacher to find out about resources they can use at home to keep learning once they feel well enough.

Engagement

- Make sure your child feels safe and connected at school. Involve them in afterschool activities.
- If you are worried that your child may be suffering from anxiety, talk with your teacher, the school nurse, social worker or other school staff to discuss the challenge and identify what can help your child. If your child is missing class because of challenges with behavioral issues, contact the school and/or your child's health care provider for support and resources.
- Ask the school about health-related policies including about COVID-19.
- Monitor your child's attendance and academic progress and seek support when needed.

Spirit Wear

We wear PURPLE and McGraw Gear on our All-School Share days!
If you're looking for McGraw Gear, go to our local vendor, Goodwin Glass & Graphics!

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



The Great Body Shop - September Topics

Pre-K

THE GREAT BODY SHOP

Family Bulletin

Boletín para la Familia

Dear Family,

This month your child has been learning how to stay safe, how to follow rules, how to avoid things that hurt them, and how and who to ask for help when he/she needs it. Did you know that the number one cause of death among young children is preventable injuries from things like fire, poisons, matches, guns, and fighting? Car seats and booster seats are very important in preventing fatal injuries from car accidents. Also, did you know that an estimated 3.3 million children live in homes where firearms are always or sometimes kept loaded and unlocked?

One of the most important jobs parents have is to keep their children healthy and safe. Close supervision of your child is the most important thing you can do to ensure safety, but you also need to "child proof" your home to lock up common cleaning substances, pesticides, paint and other poisons as well as all medications. Install a fire extinguisher by the stove, check smoke detector batteries monthly, and practice home fire drills with your family. Check the safety of all toys and don't let old papers and rags pile up in the basement, house, or garage. Gun owners should always store firearms unloaded and locked up with ammunition in a separate location and all children should be taught to never touch a gun and tell an adult if they find one.

Help your child feel safe at home by learning home safety rules and the names of three trusted adults in the family or the neighborhood where she/he could go for help. Be sure your child knows his/her full name, your first and last name, and address. We love our kids. Let's keep them safe.

The Great Body Shop



Estimados Padres de Familia,

Este mes su niño(a) ha aprendido a cómo mantenerse a salvo, cómo seguir instrucciones, cómo evadir las cosas que pueden ser dañinas para su salud y cómo pedir ayuda en caso la necesite. ¿Sabían ustedes que la causa número uno de muerte entre los niños pequeños son los accidentes que pueden evitarse; como son los incendios, envenenamientos, fósforos, pistolas y peleas? Los asientos para coches para los bebés y niños pequeños son muy importantes en evitar lesiones fatales en accidentes automovilísticos. ¿Sabían también que un estimado de 3.3 millones de niños viven en hogares donde las armas de fuego siempre o algunas veces están cargadas y sin seguro?

Uno de los deberes principales que tienen los padres, es el de mantener a sus niños sanos y salvos. Supervisarlos constantemente es lo más importante que pueden hacer para asegurar su bienestar; pero también es necesario que su casa esté "A Prueba de Niños," guardando las sustancias comunes de limpieza, pesticidas, pinturas y otros venenos en un lugar seguro; así como también las medicinas. Instalar un extintor contra incendios cerca de la estufa, chequear las baterías de los detectores de humo mensualmente y practicar con la familia simulacros en caso de incendio. Comprobar la seguridad de todos los juguetes y no dejar amontonar periódicos y trapos en el sótano, casa o garaje. Los propietarios de armas de fuego deben siempre guardar sus armas descargadas y las municiones bajo llave en un lugar separado y enseñarle a todos los niños que nunca toquen una pistola y que le digan a un adulto si alguna vez encuentran una.

Ayuden a que sus niños se sientan seguros en casa, enseñándoles las reglas de seguridad y los nombres de tres adultos de confianza en la familia o vecindad donde él o ella pueda acudir por ayuda. Asegúrense de que sus niños sepan su nombre, apellido y dirección de su casa. Nosotros amamos a sus niños. Mantengámoslos a salvo.

El Taller del Gran Cuerpo



Kindergarten

Healthful Food

This month in THE GREAT BODY SHOP, your child learned about healthful foods. This unit was accompanied by the song "A Party in Cool Dude's Tummy" found in THE GREAT BODY SHOP Family Portal.

- Lesson 1:** Food Needs for Life
Lesson 2: Healthful or Less Healthful
Lesson 3: Healthful Food Comes in Many Forms
Lesson 4: Before We Eat—Food Handling

On the Cover

Look at the cover of the Student Issue with your child. Discuss the different kinds of healthful foods you see. Talk about the healthful foods that your family enjoys. Fill your plate with them to match the plate on page 3.

Start Your Day Off Right!

Study after study has shown that kids who don't eat breakfast don't do as well in school. Breakfast will give your child energy to learn and play all day. Fussy eaters will be more likely to eat breakfast if they're allowed to choose what they eat. Remember, healthful food is good for you at any time of day.

If you need assistance with breakfast, check with your school, or go to www.feedingamerica.org/need-help-find-food/school-breakfast. Your child may qualify for free or reduced-price meals.

Cool Dude's Super Duper Breakfast Sandwich

- To make Cool Dude's favorite breakfast, you will need:
- a piece of whole wheat bread, or ½ an English muffin
 - one slice of cheese
 - ¼ apple, sliced very thin

Toast the bread or muffin. Cover with apple slices. Place cheese on top. With the help of an adult, microwave for 1 minute until the cheese melts. Cool a little before eating. Adult supervision required!

Word Wise

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

food plate table
 healthful please

Healthful Foods Taste Great!

Real, whole foods can also be tasty treats. Test a few of these recipes with your family to see what they like best!

- Invite your child to make a veggie or fruit kabob. Offer different vegetables or fruits to decorate their skewer. Serve with a salad dressing for veggies, or a yogurt dip for fruits.
- Make banana "sushi." Spread almond butter (substitute with sunbutter for nut allergies) on a whole wheat tortilla, roll the banana in the tortilla, then cut into slices.
- For a nut-free sandwich idea, offer a whole grain pita stuffed with leftover salad and hummus, which is made from chickpeas.
- Make "Crunchy Munchy Snack Mix" with your child by mixing two different unsweetened cereals, raisins, sunflower seeds, and/or nuts.
- Include some fruits and vegetables in your weekend morning pancakes! To make the pancake batter, blend together three eggs, two bananas, a half cup of rolled oats, and a half cup of baby spinach.
- Offer a healthful dessert option by spreading almond butter or sunbutter around a peeled banana. Spread mini chocolate chips, rice krispies, and shredded coconut on three separate plates. With your child, roll the banana through whichever topping your child prefers! To enjoy a frozen treat, skewer and freeze the covered banana!



Why Do We Eat?

This month, your child learned about food and how our bodies use it. The lessons cover:

- Lesson 1:** Why Do We Eat?
- Lesson 2:** Food in Your Body
- Lesson 3:** What Is Healthy Food?
- Lesson 4:** Which Foods to Choose?

Eating Away From Home

For many busy families, eating away from home is common. Often, these meals are higher in calories, saturated fats, added sugars, and sodium. If your family opts to eat out, consider the following tips to make healthier choices:

1. Avoid foods that are deep fried, or ask for the food to be steamed, baked, or broiled instead of fried.
2. Choose fruits and vegetables for side dishes instead of other sides, like fries.
3. Eat at places that offer a variety of salads, soups, and vegetables.
4. Go easy on salad dressing or added sauces, such as soy or duck sauce.
5. Watch portion sizes. Don't worry about finishing everything on your plate. Take leftovers home for a meal later on.
6. Think about your drink! Choose water, milk, almond milk, or another low-sugar option to go with your family's meal.
7. Limit the extras such as cheese, bacon, and mayonnaise. Also, be more aware of the following:

SALT: Most fast foods and processed foods contain a lot of salt. For example, a cheeseburger with bacon can have over 2,000 milligrams (mg) of sodium. Even desserts, such as apple pie, are usually loaded with salt. The newest Dietary Guidelines recommend that adults limit sodium intake to less than 2,300 mg per day (about 1 teaspoon of table salt) for ages 14 and above. The recommendations for children are even lower.



FAT: The Dietary Guidelines recommend that calories from saturated fats make up no more than 10% of your daily diet. Instead, Americans are encouraged to focus on healthy fats, such as olive or avocado oil. Many restaurants use sauces and dressings high in saturated fat, such as mayonnaise, ranch dressing, and Alfredo sauce. Consider using a little olive oil for your salad and a tomato-based sauce for your pasta.

FIBER: Fiber helps you digest your food and can lower your risk of developing certain kinds of cancer. Unfortunately, most fast-food restaurants offer little fiber-rich fruit, salad, whole grain breads, or beans. To set a good example for your children, finish off your meal with fruit from the grocery store. Pack carrot sticks, apples, and raisins for long car rides.

CALCIUM: Children need calcium daily. The American Academy of Pediatrics suggests about 3 servings of calcium-rich foods per day for kids ages 4 through 8. If you do stop at a fast-food restaurant, consider milk or water instead of soda.



Eat Real Foods!

The newest Dietary Guidelines emphasize eating whole or minimally processed foods, while limiting food high in extra sugar and other additives. Help your child choose plant-based snacks when they are available, such as fruits, vegetables, or nuts.



Character Strong in September is All About Respect

RESPECT

is seeing value
in all people and things
& treating them with care

WATCH: Respect Sing-Along

Pre-K Family Bulletin

Kindergarten Family Bulletin

First Grade Family Bulletin

McGraw PTO Happenings

GET INVOLVED WITH THE **McGRAW PTO!**

Together, we make our school even better.

Parents, grandparents, caregivers & friends — we need YOU!

Join us for a great year of supporting McGraw students, staff, and families.

PTO MEETINGS

We meet the 2nd Monday of every month

FIRST MEETING: SEPTEMBER 14, 2026 • 6:00 PM

WHAT YOUR PTO ACCOMPLISHED LAST YEAR


700+
BOOKS DONATED
to McGraw students and staff


23
EVENTS & FUNDRAISERS
bringing our school community together


\$8,000+
RAISED FOR McGRAW
to support our school and students

THERE'S A PLACE FOR YOU IN THE McGRAW PTO!

Whether you have an hour to give or want to help all year long, every hand makes a difference.


JOIN OUR PTO FACEBOOK PAGE
Scan to connect, stay informed,
and see what's happening!


**SIGN UP TO BE A
LUNCH-TIME VOLUNTEER!**
Scan the code to get involved!

WE ARE McGRAW • WE ARE COMMUNITY • WE ARE PTO
THANK YOU FOR HELPING US MAKE A DIFFERENCE!

McGraw PTO invites you to a

PLAYGROUND playdate

Join us for a fun filled time to play on
the playground!

Date: **SEPTEMBER 19TH**

Time: **10:00 - 11:00**

Place: **MCGRAW SCHOOL
PLAYGROUND**



DATE:
OCTOBER 3, 2026



TIME:
10:30 AM

REGISTRATION:



\$15 PER PERSON

OR

\$50 PER FAMILY OF 4

\$10 FOR EACH ADDITIONAL PERSON

SCAN TO SIGN UP!



SIGN UP INCLUDES A T-SHIRT!

DEADLINE TO SIGN UP: SEPTEMBER 15, 2026



LET'S RUN, HAVE FUN, AND SUPPORT OUR SCHOOL!



Community Folder



Principal Shaw

Principal Shaw is using Smore to create beautiful newsletters

