

McGraw Minutes

Issue #5 September 25, 2026

A Note from Mrs. Shaw...

Dear McGraw Families,

We've had a great first few weeks. Students are learning all about school and friendships are blossoming. Thank you for prioritizing attendance at school and planning appointments and vacations for outside of the school day/calendar.

Reminders of items to send with your student daily:

- Sneakers (recess, PE). (You can leave a pair in the classroom.)
- Refillable water bottle
- Healthy snack (be mindful if in a nut-free classroom)
- Layers for cool mornings and warm afternoons
- Extra set of clothing for accidents/spills



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 Facebook Page

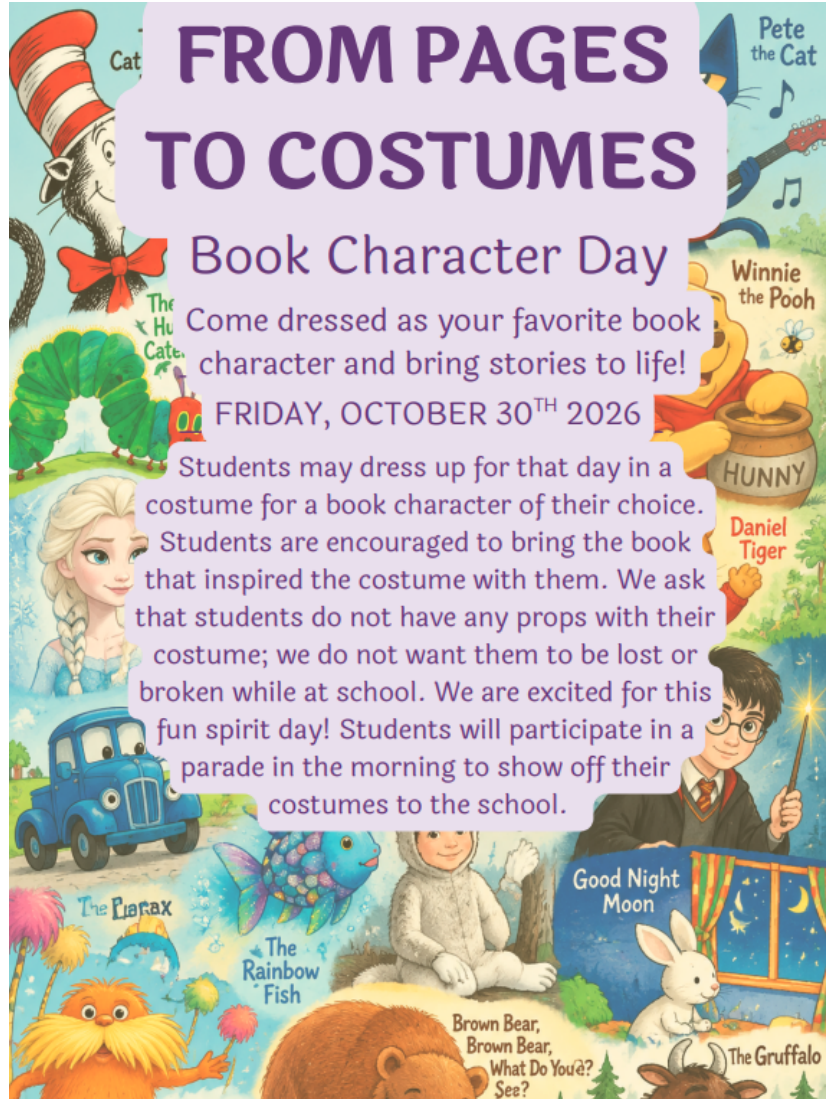
McGraw Family Handbook 2026-2027

Upcoming Dates:

- 10/3 Little Monsters' Fun Run @ 10:30a (PTO-sponsored event)
- 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



FROM PAGES TO COSTUMES

Book Character Day

Come dressed as your favorite book character and bring stories to life!

FRIDAY, OCTOBER 30TH 2026

Students may dress up for that day in a costume for a book character of their choice. Students are encouraged to bring the book that inspired the costume with them. We ask that students do not have any props with their costume; we do not want them to be lost or broken while at school. We are excited for this fun spirit day! Students will participate in a parade in the morning to show off their costumes to the school.

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.

Please note: All absences are included in the total number of days absent as defined by the attendance policy and may lead to your child being considered chronically absent.

RSU 22 School Calendar 2026-2027

APPROVED 4.15.26 - Amended 7.9.26



RSU 22 greatly values instructional time, and our students benefit from consistent attendance. When looking ahead to the 26-27 school year, please consider these dates when planning holidays, appointments, and vacations.

**HOLIDAYS &
IN-SERVICE DAYS**

LABOR DAY

**NO SCHOOL
MONDAY, 9/7/26**

INDIGENOUS PEOPLE'S DAY

EARLY DISMISSAL
FRIDAY 10/8/26

NO SCHOOL
MONDAY, 10/12/26

VETERANS' DAY

NO SCHOOL
WEDNESDAY, 11/11/26

MARTIN LUTHER KING DAY

**NO SCHOOL
MONDAY, 1/18/27**

**IN-SERVICE DAY - NO SCHOOL
FRIDAY, 3/12/26**

MEMORIAL DAY

EARLY DISMISSAL
FRIDAY, 5/28/27

NO SCHOOL
MONDAY, 5/31/27

VACATIONS

THANKSGIVING

EARLY DISMISSAL
TUESDAY, 11/24/26

NO SCHOOL
11/25 - 11/27/26

WINTER BREAK

NO SCHOOL
12/23/26 - 1/1/27

FEBRUARY BREAK

EARLY DISMISSAL
FRIDAY, 2/12/27

NO SCHOOL
2/15-2/19/27

APRIL BREAK

EARLY DISMISSAL
FRIDAY, 4/16/27

**NO SCHOOL
4/19-4/23/27**

**EARLY DISMISSAL & TENTATIVE
LAST DAY OF SCHOOL
FRIDAY, 6/11/27**

ABC



September 2026



SUN MON TUE WED THU FRI SAT

31 	A	B	C	D	E	
6	7 NO SCHOOL! In Observance of Labor Day	F	A	B	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

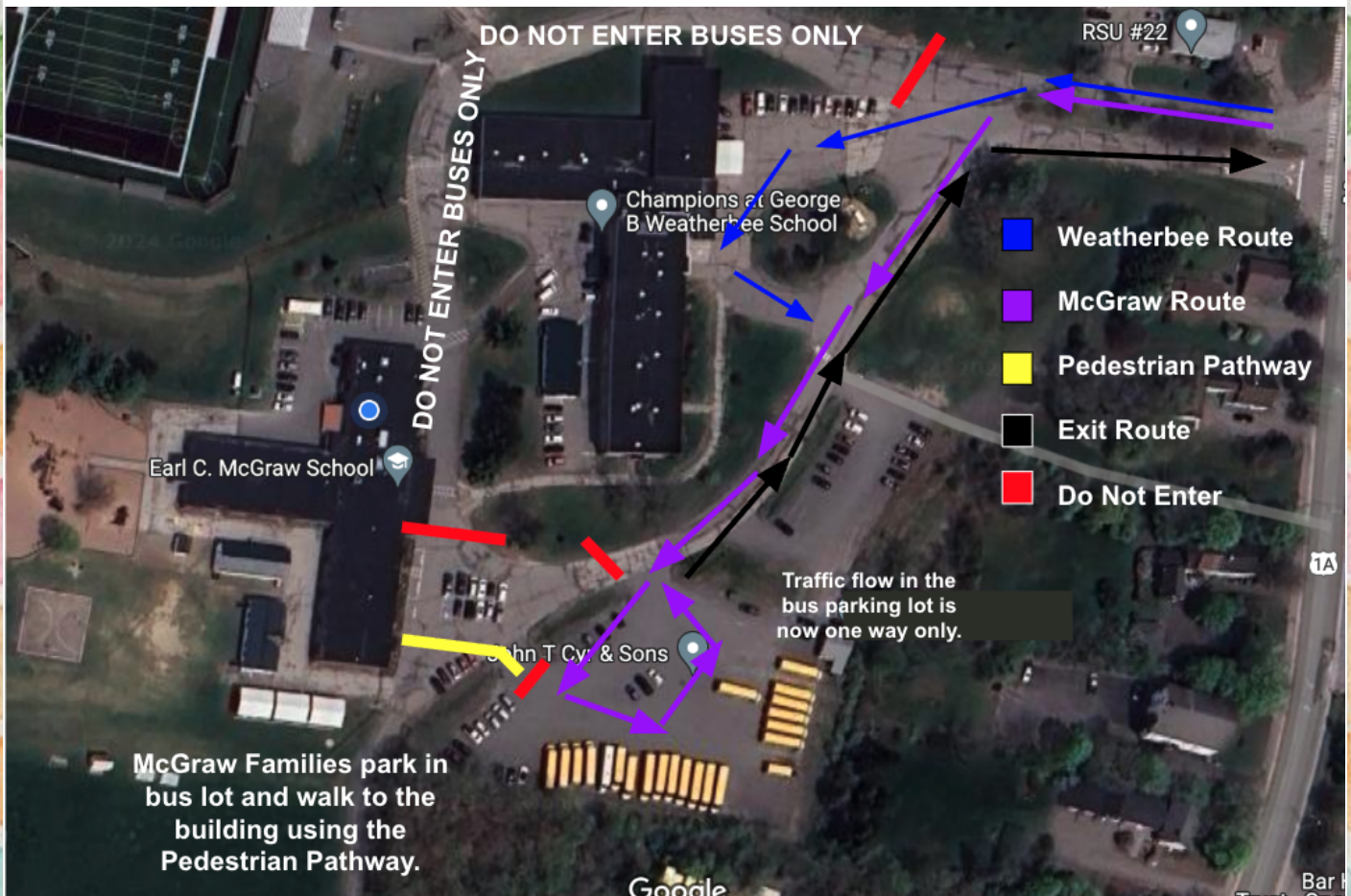
Menu Subject to Change. This institution is an equal opportunity provider.

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_D02rrbfmE



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.
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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/>



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!



Community Folder

S

Principal Shaw

Principal Shaw is using Smore to create beautiful newsletters