

MCGRAW MINUTES

Issue #6 October 2, 2026

A Note from Mrs. Shaw...

Dear McGraw Families,

Fostering Respect at Our All-School Share

Last Friday we held our first All School Share of the school year. It was great to see all the purple and white pride come together. Our entire school came together for a powerful all-school share centered around the theme of **respect**. Students and staff from all grade levels gathered to celebrate respect in our first month of school. We sang our McGraw school song, wished all of our students with September birthdays a "Happy, Happy Birthday," and reviewed and celebrated our word of the month: Respect. We also did a drawing from our Paw Power Award winners from the month of September. We're proud of the way our students continue to build a school culture grounded in respect, and we're excited to see that spirit grow throughout the year!

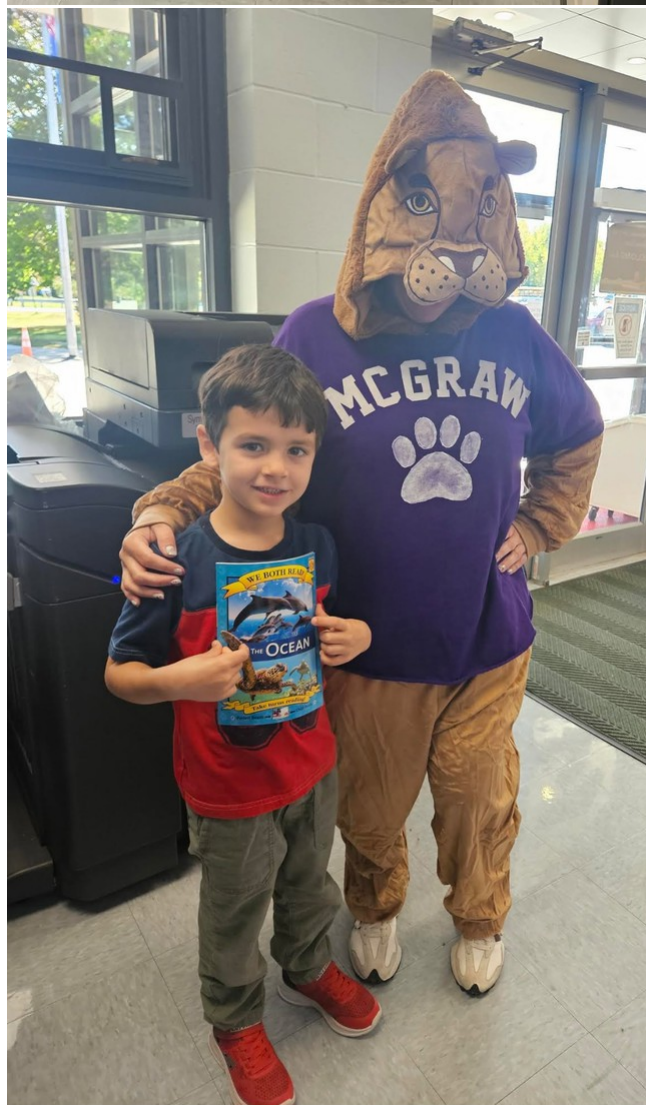


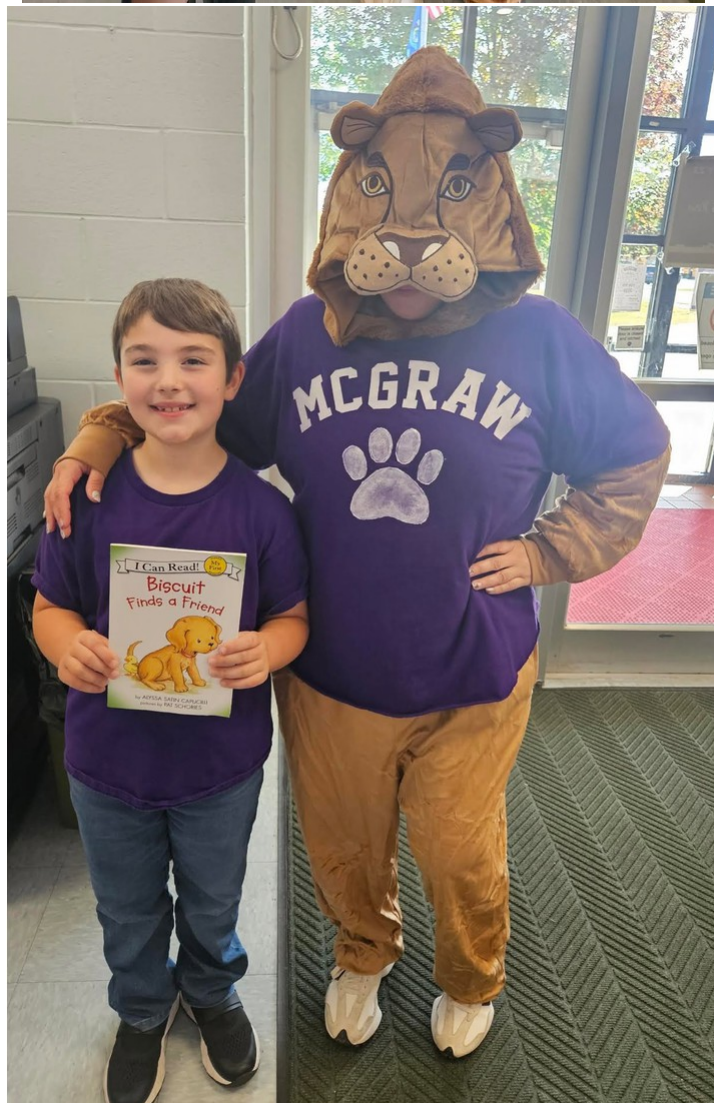
The month of October focuses on RESPONSIBILITY! We will be celebrating our McGraw pride every month during our All-School Shares, typically the final Friday of each month. Students and staff are invited to wear Purple or McGraw gear on these days.

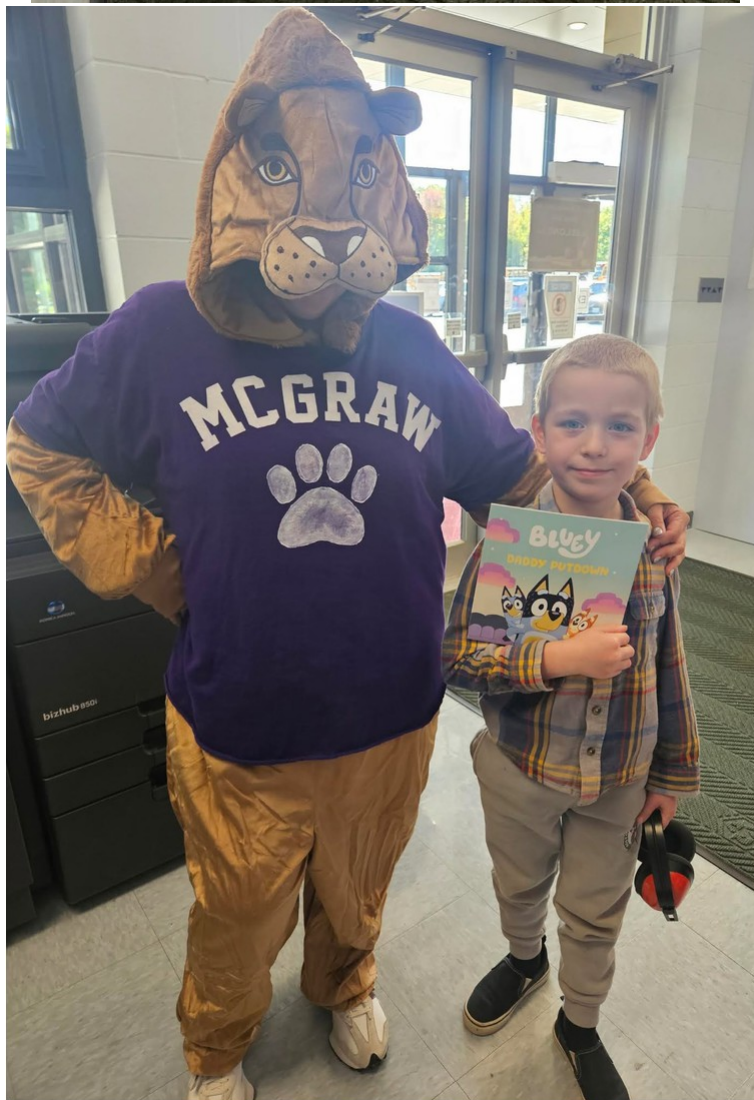
If you're looking for McGraw Gear, go to our local vendor, Goodwin Glass & Graphics!

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

Wishing you a restful weekend—we can't wait to see everyone Monday morning!









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, tracydunn@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)
- 10/5 PTO Mtg. 6:00p @ McGraw Library
- 10/9 Early Release Day
- 10/12 No School - Indigenous People's Day
- 10/14 Apple Crunch Day @ 12:00p
- 10/29 Curriculum Night/ Book Fair (Time TBD)
- 10/30 Book Character Day - (See flyer below)
- 11/2 Picture Re-Take Day
- 11/11 No School - Veterans' Day





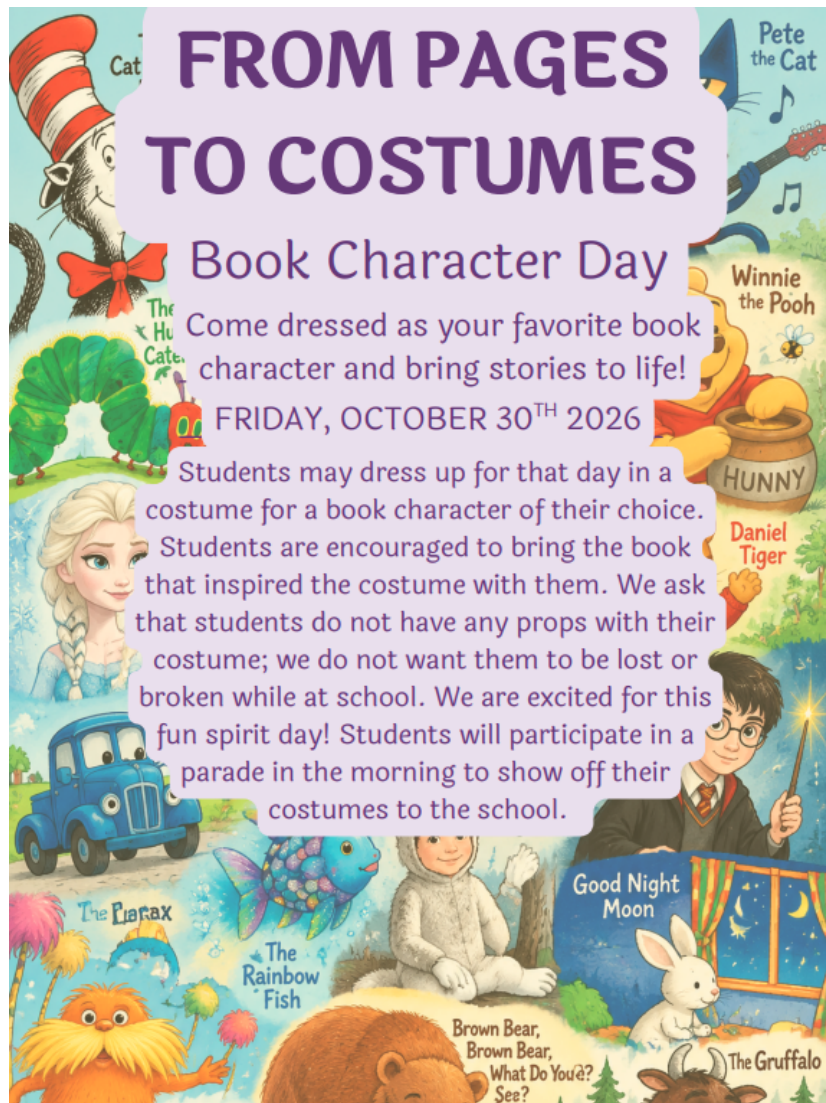
APPLE CRUNCH DAY

Get Ready to Crunch!

On **Wednesday, October 14**, our school is taking part in Maine's 2nd Annual Apple Crunch Day! At **12:00 PM sharp**, we'll join thousands of students across the state in making ONE BIG CRUNCH sound by biting into locally grown apples.

We are proud to support healthy school meals and local farms, with apples sourced right from **Hillcrest Farm** (Winterport) and **Rowe's Orchards** (Newport).

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.

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/>



RSU 22 School Calendar 2026-2027

[illegible]

Plan Ahead 2026-2027



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, 10/9/26

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



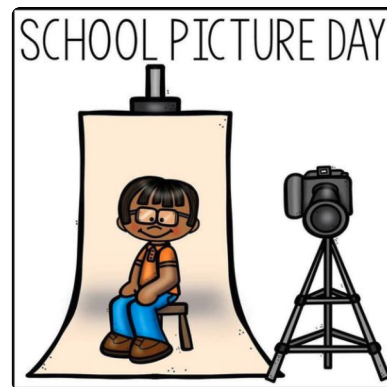
SUN	MON	TUE	WED	THU	FRI	SAT
27 	28 	29 	30	1 E	2 F 	3 
4	5 A	6 B	7 C	8 D	9 Early Dismissal Day at 12:05pm	10
11 	12 NO SCHOOL! In Observance of Indigenous People's Day	13 E	14 F	15 A	16 B	17 
18 	19 C	20 D	21 E	22 F	23 A	24
25 	26 B 	27 C	28 D	29 E	30 F	31 

OCTOBER		EARL MCGRAW - GEO. WEATHERBEE		2026	
BREAKFAST					
Includes Juice, Milk, Cereal, Fruit, Grains, & More. Each day of the week has a feature that rotates monthly.					
Pancakes	Fresh Baked Muffins	Breakfast Sandwich	French Toast Sticks	Donuts	
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.					
SALAD & FRUIT BAR Offered at Lunch Every Day 	MAINE APPLE CRUNCH DAY On Wed Oct 14 we will be celebrating with students from across the state by crunching down on a local apple at noon to make one big CRUNCH! 		1 Chicken Burger Crispy chicken on a whole grain bun with toppings Smiley Fries	2 Pizza Cheese or Pepperoni 	
5 Cheesy Breadstick Dippers Savory baked whole grain sticks with Tomato Marinara Dipping Sauce	6 Chicken Nuggets with Dipping Sauces Goldfish Crackers	7 Hamburger USDA Beef Patty on a whole grain bun with choice of American Cheese and toppings French Fries	8 Grilled Cheese Savory sandwich with American Cheese on whole wheat bread Tomato Soup	9 Early Dismissal Snack Pack Muffin, Cheese Stick, Apple Baby Carrots, Milk & a special treat	
12 INDIGENOUS PEOPLES DAY  NO SCHOOL	13 Vanilla Yogurt Parfait with Maine Blueberries, Strawberries, & Granola Cereal	APPLE CRUNCH DAY Hot Dog Steamed frankfurter in a toasted bun Roasted Potatoes	15 Nachos Crispy tortilla chips topped with seasoned beef, cheese, and choice of south border toppings	16 Pizza Cheese or Pepperoni 	
19 Marinara Meatballs Italian meatballs in tomato marinara sauce Mozzarella Cheese Garlic Breadstick	20 Crispy Chicken Drumstick Seasoned and roasted Emoji Waffles Maple Syrup	21 Macaroni & Cheese Classic 3 cheese pasta Dinner Roll	22 Cheesy Flatbread with Chicken Caesar Salad 	23 Pizza Cheese or Pepperoni 	
26 Popcorn Chicken with Dipping Sauces BLT Pasta Salad	27 French Toast Sticks Baked whole grain french toast served with syrup, Maine Blueberries, and Sausage	28 Walking Tacos Served with seasoned beef, cheese, salsa, and toppings	29 Cheesy Pasta Bake with Italian cheese, tomato marinara sauce, herbs, and spices Garlic Knot	30 Pizza Cheese or Pepperoni Halloween Treat	
Menu Subject to Change. This institution is an equal opportunity provider.					

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

Picture Re-take Day

Picture re-take day will take place on Monday, November 2. Please send your picture package that you don't want in with your child to return to LifeTouch on November 2. Pictures can be ordered online at mylifetouch.com.

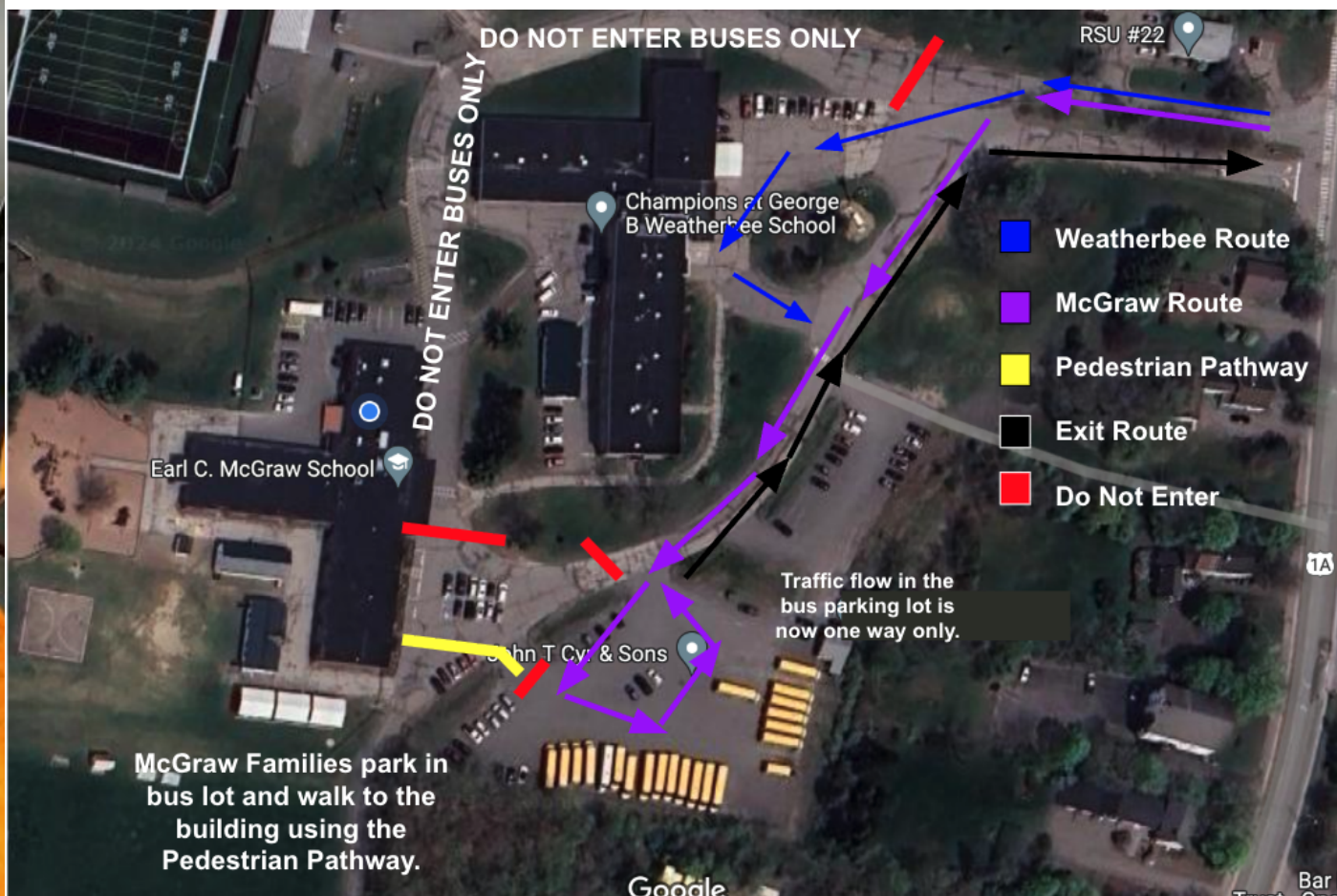


Arrival and Dismissal

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



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.



Fire Prevention Week is October 4-10, 2026



Tips for Fire Safety



- ★ Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
- ★ Test smoke alarms every month. If they're not working, change the batteries.
- ★ Replace all smoke alarms when they are 10 years old or stop responding when tested.
- ★ Talk with all family members about a fire escape plan and practice the plan twice a year.
- ★ If a fire occurs in your home, GET OUT, STAY OUT and CALL FOR HELP.

Resource for families with children of all ages:

<https://sparkyschoolhouse.org/for-families/>

Link to the National Fire Protection Association:

<https://www.nfpa.org/events/fire-prevention-week>

October Health Topics

Pre-K

Dear Family,

This month your child has been learning that his or her body is made up of many parts and each part has a special name and a special job. He/she has also learned that all bodies are alike in some ways and are different in some ways too. The important thing is that each child is special!

You can help your child feel valued by showing how much you appreciate her/him. Play games together and tell your child often what a special place she/he has in the family.

You also need to check your child's health on a regular schedule and be sure that you are providing a safe environment for play. Did you know that each year toys and home playground equipment cause more than 11,000 injuries to young eyes? Equally troubling is that 80% of preschool-age children never get an eye exam! Be sure you supervise your child's play. 40% of all playground injuries are due to the lack of supervision. Children need adults to not only watch, but also to be close to the play activity.

It is wonderful to see children grow and change, but sometimes it is a bit frustrating for them and for you when they are learning new things. That is when parents can help by being patient, firm, and understanding. Break new tasks down into manageable steps that children can master and give lots of praise for a job well done. Your child will thank you as he or she grows to be a confident self-reliant member of the family.

The Great Body Shop



Estimados Padres de Familia,

Este mes su niño(a) ha aprendido que su cuerpo está compuesto de varias partes y que cada parte tiene un nombre y una función especial. El/ella aprendió que todos los cuerpos son similares en algunos aspectos y algunos son diferentes. Pero lo más importante es que cada niño(a) es especial.

Ustedes pueden ayudar a que sus niños se sientan valorados mostrándoles lo mucho que los aprecian. Jueguen juntos y díganle a cada uno de ellos con frecuencia el lugar especial que ocupan en la familia.

También es necesario mantener regularmente el control médico de salud de su niño(a) y de proporcionarle un ambiente seguro durante su recreo. ¿Sabían que cada año los juguetes y los equipos de recreo causan más de 11,000 lesiones en los ojos de los pequeños? Igualmente preocupante es que el 80% de los niños pre-escolares nunca han tenido un examen de visión. Asegúrense de supervisar los juegos de los niños. El 40% de los accidentes en los lugares de recreo son debidos a la falta de supervisión.

Es maravilloso ver a los niños crecer y cambiar, pero muchas veces es un poco frustrante para ellos y para ustedes cuando aprenden algo nuevo. Es entonces cuando los padres pueden ayudar siendo pacientes, firmes y comprensivos. Dividan las tareas en pasos manejables para que los niños puedan lograrlas y elogiándolos mucho cuando hagan un trabajo bien hecho. Su niño(a) se lo agradecerá cuando sea grande y se convierta en un miembro de la familia seguro de sí mismo y autosuficiente.

El Taller del Gran Cuerpo



Kindergarten

The Five Senses

This month in school, your child learned about the five senses. The unit was accompanied by the song "Just One Tongue" found in THE GREAT BODY SHOP Family Portal.

Lesson 1: What Are the Senses?

Lesson 2: Our Senses Help Us Learn

Lesson 3: Let's Use Our Senses

Lesson 4: Problems With the Senses

On the Cover

Look at the picture on the cover with your child. Talk about how the five senses tell us about the world. Explain that two senses work together to help us taste. We can't taste our food as well if we can't smell it. For that reason, it's harder to taste food when we have a cold and our noses are stuffy.

At the Dinner Table

At dinner tonight, why not talk about the senses? In the song, "Just One Tongue," the lyrics are, "My senses work just great when my food is on my plate." Ask your child to describe what the food on their plate tastes like (salty, sweet, etc.). What do the foods smell like? Which foods are hot and which are cold?

Sun Safety

Exposure to sunlight has many health benefits. It can improve one's mood and helps the body produce vitamin D, which is important for bone health. However, it is also possible to get too much sun, increasing one's chances of developing skin cancer later in life. Talk with your child about the importance of protecting our skin from excessive sun exposure. Here are some prevention tips and taking points:

- Avoid too much time outside between 10 am and 2 pm, as this is when the sun is strongest.
- If you are outside during peak sunlight hours, seek shady areas or cover up with pants and long sleeves.
- Protect your eyes from UV rays by wearing sunglasses and/or a wide-brimmed hat.
- Sunscreen! Sunscreen! Sunscreen! Choose a lotion or gel (not a spray) that is at least SPF 15 and provides both UVA and UVB protection. Reapply every couple hours and immediately after swimming.
- Drink plenty of water!

What Would It Be Like?

In class, your child learned to appreciate hearing and seeing by imagining what it would be like if they didn't have these senses. This helps children understand the feelings of people who have trouble hearing or seeing, or can't hear or see at all.

Explain that everyone needs friends. Talk about different ways of showing friendship to a classmate who cannot see or hear. Share your family expectations about being kind and respectful to all people.

If your child is having trouble making friends due to a physical difference, consider setting up a meeting with your child's teacher and school counselor to discuss strategies. Small classroom modifications may make it easier for your child to participate in more types of play, which can help foster friendships with classmates.

Eye and Ear Safety

Tell your child: When you get something in your eye, don't rub it. Rubbing might scratch the eye. Ask an adult to help you wash it out with water. (You can also have your child pull the top eyelid over the bottom one and blink.)

Never put cotton swabs or anything else deep into the ear. To wash ears, use a washcloth and wash only the outside part of the ear.

Some children wear earplugs when they go swimming. The earplugs keep water out of the ears, and prevent earaches. (Not all children need earplugs. Your doctor may recommend them if your child gets a lot of ear infections.)

When you and your child use headphones or earbuds, make sure the volume is at a low, safe level. Listening to loud music can permanently hurt your hearing.

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.

skin ears eyes tongue nose

Read All About It

I Hear a Pickle: and Smell, See, Touch, and Taste It, Too!

by Rachel Isadora

Both parents and children will be enchanted by the drawings in this board book exploring each of the five senses through a variety of daily activities and fun.

Word Check: What does the word "respectful" mean?



First Grade

Head to Toe

This month in THE GREAT BODY SHOP, your child learned about the parts of the body. Talking about each lesson will help him or her to remember it. The lessons are broken down as follows:

Lesson 1: Head to Toe

Lesson 2: Blood Goes Around and Around

Lesson 3: I Take Good Care of My Body

Lesson 4: My Body Is Extra Special

Healthy Bodies: Head to Toe

Your child has learned about different body parts and their function. Spend time talking about healthy behaviors that are good for the lungs, heart, and brain. When eating healthful foods, like nuts, green leafy vegetables, yogurt, milk, soy milk, and/or almond milk, explain that those foods are good for the bones. When taking a walk, explain that physical activity is good for the lungs and heart. Take time to identify each healthy habit and the body part that is helped.

Body Part Guessing Game

Here's a game to help your child remember the different functions of each body part. Look at THE GREAT BODY SHOP to find out what parts of the body were covered in school. Think of one of the "body parts" that was covered. Your child must try to guess the part you are thinking about by finding out what that body part does. He or she is allowed to ask you five questions, which you can only answer with a "yes" or "no." For example, your child might ask: "Is it a bone?" "Is it a muscle?" "Does it help you move?" "Does it help you think?" Switch roles and try to guess the "body part" your child is thinking about.

Read All About It

You Can't Taste a Pickle with Your Ear: A Book About Your 5 Senses

by Harriet Ziefert

Is it delicious? Is it hot? Your body can tell you a lot using your senses.

Look What's Hiding: Color this puzzle and see if you can find the 7 hidden body parts.



Answers to What's Hiding skull, rib, lung, heart, hip bone (pelvis), eye, ear

OCTOBER IS ALL ABOUT RESPONSIBILITY**Responsibility Sing-Along**

RESPONSIBILITY

is taking action and understanding
the impact of our choices

PurposeFULL
People

Pre-K Family Connection

Kindergarten Family Connection

First Grade Family Connection

McGraw PTO Happenings



MCGRAW
= Little =
MONSTER
FUN RUN
2026

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! ★

CLYNK FUNDRAISER

This is ongoing for 2026-2027 school year!

EMAIL US! MCGRAWPTO@GMAIL.COM OR SEND A MESSAGE TO OUR FB GROUP

1. PROVIDE US YOUR ""CHILD'S NAME,"" TEACHERS NAME AND ""HOW MANY BAGS""
2. WE PROVIDE BAGS WITH THE LABELS OR IF YOU JUST NEED LABELS THAT WORKS TOO!! JUST LET US KNOW
3. DROP OFF AT ANY HANNAFORD CLYNK KIOSK, JUST SCAN THE LABEL AND DONE!

ALREADY HAVE A CLYNK ACCOUNT!!

NO WORRIES YOU CAN DONATE!

1. LOGIN AND CLICK "DONATIONS"
2. TYPE MCGRAWPTO IN SEARCH
3. CHOOSE HOW MUCH YOU WOULD LIKE TO DONATE

THANK YOU
FOR HELPING THE
KIDS AND TEACHERS



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

RSU 22 FAMILY RESOURCE NIGHT

Open Doors

Support for your family today, pathways for your student beyond the school doors.



THURSDAY

**October
22**

TIME

**4–6
PM**

LOCATION

**Hampden
Academy**

89 Western Avenue, Hampden, ME 04444

Two Featured Presentations

Attend one, both, or just gather resources!

4:15–4:45 PM

Behavioral Health Home Case Management

Resources to support your whole family

PRESENTED BY
PENQUIS



5:00–5:45 PM

Transition to Adulthood

Services available for students beyond high school

PRESENTED BY UCP OF
MAINE



Visit Agency Resource Tables

Agencies from Penobscot & Waldo County will have tables open all evening, even during the presentations. Stop by to ask questions and take home helpful information and materials on:

 Behavioral Health Professionals

 Mental Health Providers

 Case Management

 Guardianship

 Vocational Rehabilitation

 Adult Services

FREE All families & students welcome!

Questions? Contact the
Office of Special Services • 862-2774

S

Principal Shaw

Principal Shaw is using Smore to create beautiful newsletters