

MCGRAW MINUTES

Issue #7 October 9, 2026

A Note from Mrs. Shaw...

Dear McGraw Families,

The weather is changing with chillier mornings and warmer afternoons. We suggest layers each day with your child's name written inside and sneakers worn daily to support safe, active play at recess and PE.

We have some exciting fall events coming up: Jared Campbell concert, Apple Crunch Day, Book Character Day, and Parent Teacher Conferences. Please continue to tune into the McGraw Minutes for updates and important information.

Wishing all of our families a wonderful long weekend. Remember there is NO SCHOOL ON MONDAY, October 12. We will see you all back to school on Tuesday, October 13.



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

McGraw School Website

McGraw Facebook Page

McGraw Family Handbook 2026-2027

Upcoming Dates:

- 10/12 No School - Indigenous People's Day
- 10/13 Jared Campbell Concert
- 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



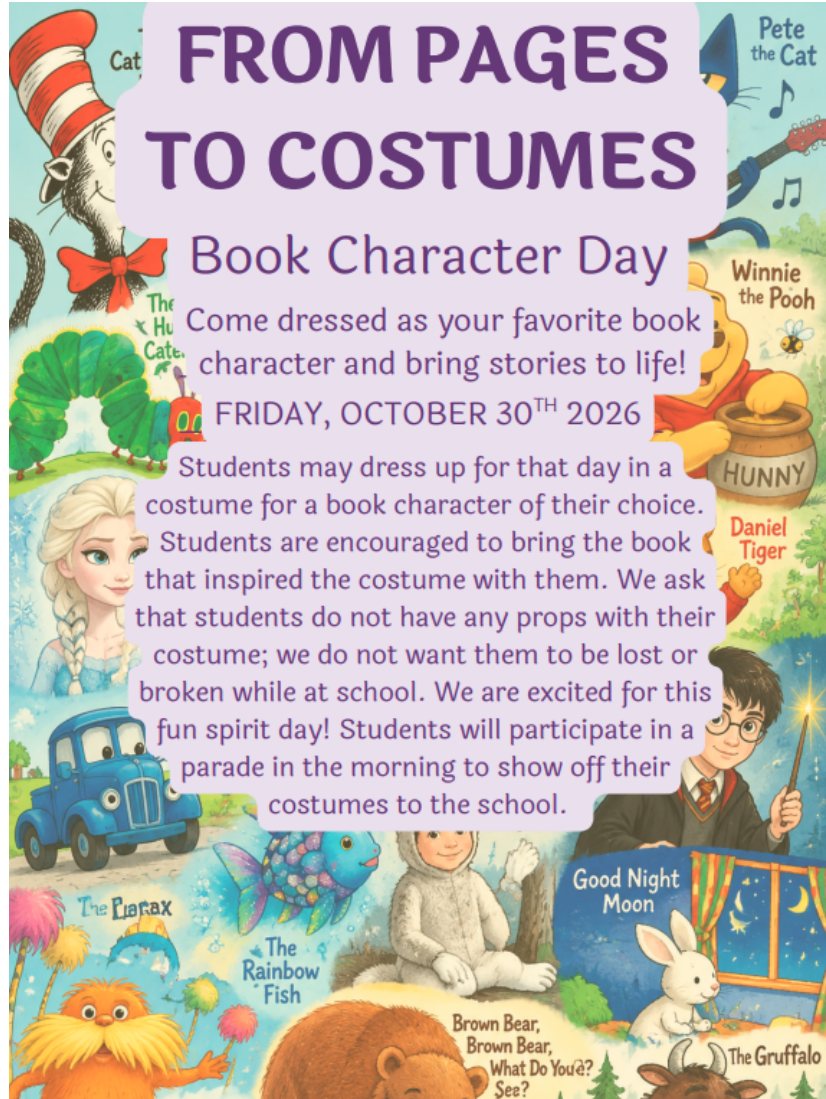
APPLE CRUNCH DAY

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



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/>

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	VACATIONS
LABOR DAY	THANKSGIVING
NO SCHOOL MONDAY, 9/7/26	EARLY DISMISSAL TUESDAY, 11/24/26
INDIGENOUS PEOPLE'S DAY	NO SCHOOL 11/25 - 11/27/26
EARLY DISMISSAL FRIDAY, 10/9/26	WINTER BREAK
NO SCHOOL MONDAY, 10/12/26	NO SCHOOL 12/23/26 - 1/1/27
VETERANS' DAY	FEBRUARY BREAK
NO SCHOOL WEDNESDAY, 11/11/26	EARLY DISMISSAL FRIDAY, 2/12/27
MARTIN LUTHER KING DAY	NO SCHOOL 2/15-2/19/27
NO SCHOOL MONDAY, 1/18/27	APRIL BREAK
IN-SERVICE DAY - NO SCHOOL FRIDAY, 3/12/26	EARLY DISMISSAL FRIDAY, 4/16/27
MEMORIAL DAY	NO SCHOOL 4/19-4/23/27
EARLY DISMISSAL FRIDAY, 5/28/27	EARLY DISMISSAL & TENTATIVE LAST DAY OF SCHOOL FRIDAY, 6/11/27
NO SCHOOL MONDAY, 5/31/27	

2026

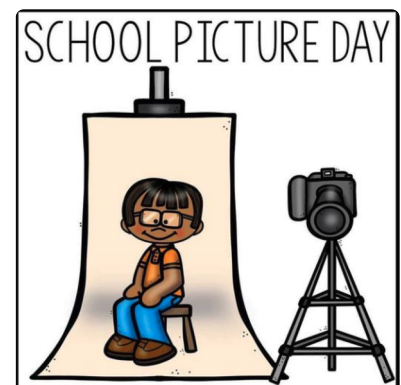
OCTOBER

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 <i>Crispy chicken on a whole grain bun with toppings</i> Smiley Fries	2 Pizza Cheese or Pepperoni 	
5	6	7	8	9	
Cheesy Breadstick Dippers <i>Savory baked whole grain sticks with Tomato Marinara Dipping Sauce</i>	Chicken Nuggets <i>with Dipping Sauces</i> Goldfish Crackers	Hamburger <i>USDA Beef Patty on a whole grain bun with choice of American Cheese and toppings</i> French Fries	Grilled Cheese <i>Savory sandwich with American Cheese on whole wheat bread</i> Tomato Soup	Early Dismissal Snack Pack <i>Muffin, Cheese Stick, Apple Baby Carrots, Milk & a special treat</i>	
12	13	APPLE CRUNCH DAY	15	16	
INDIGENOUS PEOPLES DAY  NO SCHOOL	Vanilla Yogurt Parfait <i>with Maine Blueberries, Strawberries, & Granola</i> Cereal	Hot Dog <i>Steamed frankfurter in a toasted bun</i> Roasted Potatoes	Nachos <i>Crispy tortilla chips topped with seasoned beef, cheese, and choice of south border toppings</i>	Pizza Cheese or Pepperoni 	
19	20	21	22	23	
Marinara Meatballs <i>Italian meatballs in tomato marinara sauce</i> Mozzarella Cheese Garlic Breadstick	Crispy Chicken Drumstick <i>Seasoned and roasted</i> Emoji Waffles Maple Syrup	Macaroni & Cheese <i>Classic 3 cheese pasta</i> Dinner Roll	Cheesy Flatbread <i>with Chicken Caesar Salad</i> 	Pizza Cheese or Pepperoni 	
26	27	28	29	30	
Popcorn Chicken <i>with Dipping Sauces</i> BLT Pasta Salad	French Toast Sticks <i>Baked whole grain french toast served with syrup, Maine Blueberries, and Sausage</i>	Walking Tacos <i>Served with seasoned beef, cheese, salsa, and toppings</i>	Cheesy Pasta Bake <i>with Italian cheese, tomato marinara sauce, herbs, and spices</i> Garlic Knot	Pizza Cheese or Pepperoni Halloween Treat	
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

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>

McGraw PTO Happenings

WHAT'S NEXT FOR THE MCGRAW PTO



JOIN OUR FACEBOOK
TO STAY INFORMED!

**OCT
29**

SCHOLASTIC BOOK FAIR 5-7PM

OUR FALL SCHOLASTIC BOOK FAIR WILL BE OPEN BEFORE AND AFTER OUR FAMILY EVENT THIS YEAR TO HELP REDUCE THE LINES!

**OCT 23-
NOV 13**

MEADOW FARMS FUNDRAISER

SHOP THE CATALOG FILLED WITH LOTS OF GREAT PRODUCTS! EVERY PURCHASE HELPS SUPPORT OUR SCHOOL AND CAN EARN PRIZES!

**NOV
9**

NOVEMBER PTO MEETING 6-7PM IN THE LIBRARY

WE WILL CHAT ABOUT THE FUN EVENTS AND ACTIVITIES WE HAVE PLANNED FOR THE WINTER AND SPRING! COME SEE HOW YOU CAN HELP.

**DEC
14**

DECEMBER PTO MEETING 6-7PM IN THE LIBRARY

HELP US FINALIZE PLANS FOR EVENTS LIKE THE NIGHT AT THE MUSEUM! CHILDCARE IS PROVIDED!

**JAN
15**

NIGHT AT THE MUSEUM 5:30-7:30PM

WE HAVE RENTED THE BANGOR CHILDREN'S MUSEUM SO FAMILIES CAN COME PLAY FOR FREE! MARK YOUR CALENDARS NOW.



MARATHONER SPONSORS

- BPS Trucking
- Jennifer Kuhn--
Travelmation Travel Agent
- H&M Line
- Top Hat 2 Dance Studio
- Sunrise Glass
- Boulter Brothers Welding
- PtouchDirect.com
- Marsh Island
- First National Bank--
Wealth Management
- Maine Savings Federal
Credit Union

SPRINTER SPONSORS

- Relevé Dance Center
- Healthy Habits Nutrition
and Wellness
- Amaris Pedersen
Occupational Therapy
- Harvest Moon Deli
- Champions
- Grover Investment Group
- Lucky Duck Ice Cream Truck

JOGGER SPONSORS

- Ambah's Stuff N' Things



TOGETHER WE RAISED CLOSE TO

=\$3500=

TO SUPPORT OUR STUDENTS,
TEACHERS, FIELD TRIPS AND
SCHOOL EVENTS.



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!

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