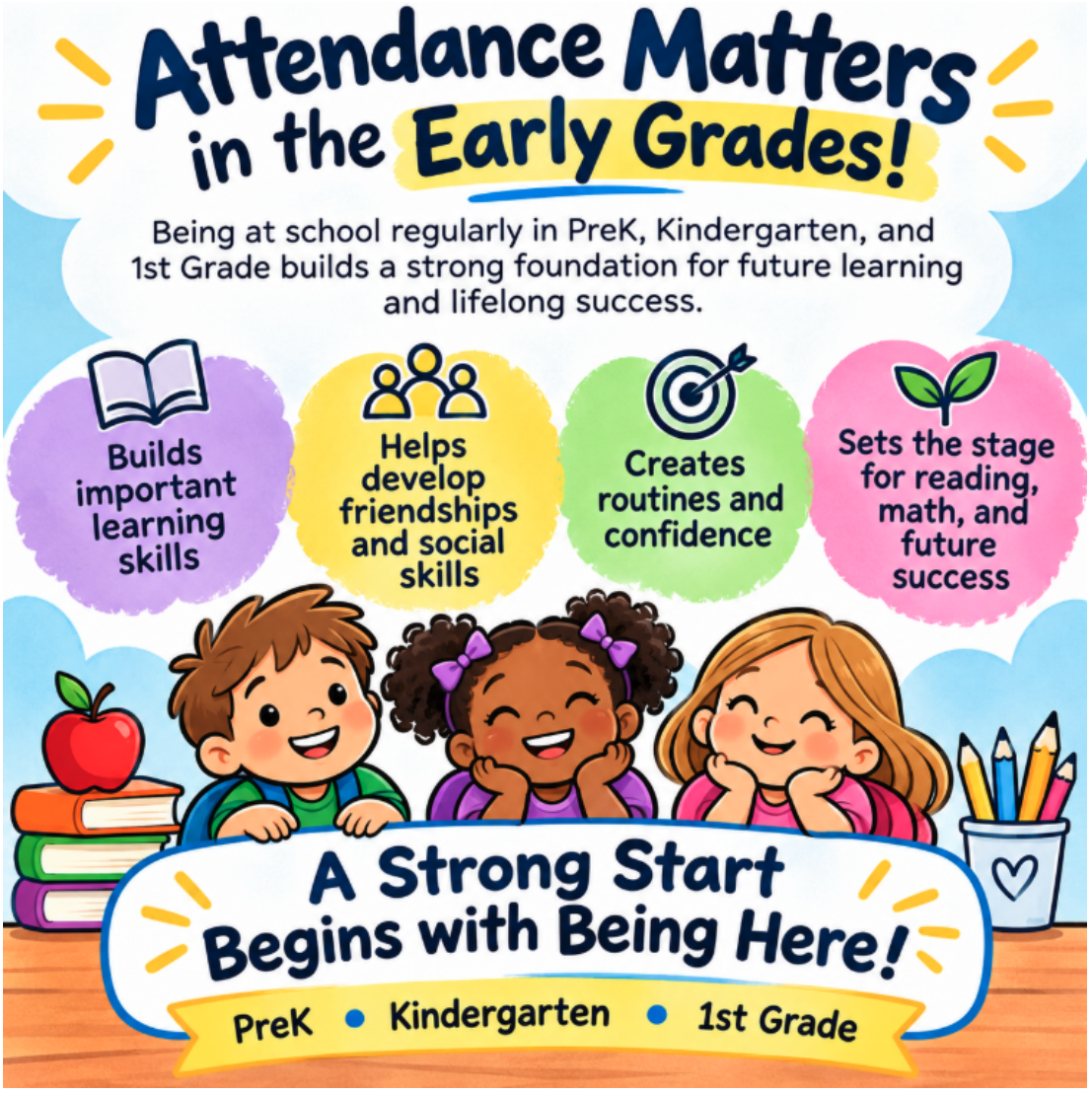
McGraw Minutes

Issue #11 November 6, 2026

A Note from Mrs. Shaw...



Dear McGraw Families,
I hope this message finds you well. As we progress through the school year, I want to highlight the significant benefits of regular and consistent attendance for your child's education. Attending school daily helps build a strong foundation of knowledge and skills, leading to better academic performance and social development. By being present, students engage more fully in classroom activities and form meaningful connections with peers and teachers.
To support good attendance, I encourage you to set a regular bedtime and morning routine to ensure your child is well-rested and ready for school. Communicate the importance of school to your child and schedule appointments or family trips outside school hours whenever possible. If challenges arise, please feel free to reach out to us for support. Your partnership is crucial in helping your child reach their full potential.


Attendance Matters in the Early Grades!
Being at school regularly in PreK, Kindergarten, and 1st Grade builds a strong foundation for future learning and lifelong success.
Builds important learning skills
Helps develop friendships and social skills
Creates routines and confidence
Sets the stage for reading, math, and future success
A Strong Start Begins with Being Here!
PreK • Kindergarten • 1st Grade


No School
Wednesday, November 11
in observance of
Veteran's Day

It's Parent/Teacher Conference Time!

We value our connections with families in our joint mission to support your student's growth. A key component of a successful year is participation in parent/teacher conferences. We will be holding conferences on the following dates:
Tuesday, November 17
Monday, November 23
Tuesday, November 24
Please use the link below to sign up for a time slot to meet with your child's teacher on one of these three days. If you're unable to sign up online, please reach out to your child's teacher or our main office, and we will be happy to assist you in scheduling a conference.

Sign Up for Parent/ Teacher Conferences Here

October Leaders Among Us Award Winner: Mrs. Palmer

Congratulations to Mrs. Palmer for earning the October Leaders Among Us Award for McGraw. She was nominated by her colleagues based on her dedication and leadership at McGraw.



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:

- 11/11 No School - Veterans' Day
- 11/13 Wear Blue for Diabetes Awareness
- 11/17, 11/23/11/24 Parent/Teacher Conferences (see link above)
- 11/24 Early Release day @ 12:05p
- 11/25-11/27 No School - Thanksgiving Holiday
- 12/23-1/1 No School - Winter Break
- 1/4 School Resumes





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

RSU 22 - 2026-2027 School Calendar

August

M	T	W	Th	F	
17	18	19	20 Sped NT	21 NT	
24 NT	25 Ed Techs TP	26 M	27 I	28 I	4 0
31 Gr 1-9					1 1 / 5 1

September

M	T	W	Th	F	
	1 Gr 1-12 UTC	2	3	4	4 4
7 H	8 (Pre-K - K 1st day)	9	10	11	4 4
14	15	16	17	18	5 5
21	22	23	24	25	5 5
28	29	30			3 3 / 21 21 (20,22)

October

M	T	W	Th	F	
			1	2	2 2
5	6	7	8	9 ED	5 5
12 H	13	14	15	16	4 4
19	20	21	22	23	5 5
26	27	28	29	30	5 5 / 21 21 (47,43)

November

M	T	W	Th	F	
2	3	4	5	6	5 5 Q
9	10	11 H	12	13	4 4
16	17	18	19	20	5 5
23	24 ED	25 C	26 H	27 V	3 2 T
30					1 1 / 18 17 (65,60)

December

M	T	W	Th	F	
	1	2	3	4	4 4
7	8	9	10	11	5 5
14	15	16	17	18	5 5
21	22	23 V	24 V	25 H	2 2
28 V	29 V	30 V	31 V		16 16 (81,76)

January

M	T	W	Th	F	
				1 H	0 0
4	5	6	7	8	5 5
11	12	13	14	15	5 5
18 H	19	20	21	22	4 4 Q
25	26	27	28	29	5 5 / 19 19 (100,95)

February

M	T	W	Th	F	
1	2	3	4	5	5 5
8	9	10	11	12 ED	5 5
15 H	16 V	17 V	18 V	19 V	0 0
22	23	24	25	26	5 5 / 15 15 (115,110)

March

M	T	W	Th	F	
1	2	3	4	5	5 5
8	9	10	11	12 I	5 4 T
15	16	17	18	19	5 5
22	23	24	25	26	5 5
29	30	31			3 3 / 23 22 (138,132)

April

M	T	W	Th	F	
			1	2	2 2 Q
5	6	7	8	9	5 5
12	13	14	15	16 ED	5 5
19 H	20 V	21 V	22 V	23 V	0 0
26	27	28	29	30	5 5 / 17 17 (155,149)

May

M	T	W	Th	F	
3	4	5	6	7	5 5
10	11	12	13	14	5 5
17	18	19	20	21	5 5
24	25	26	27	28 ED	5 5
31 H					0 0 / 20 20 (175,169)

June

M	T	W	Th	F	
	1	2	3	4	4 4
7	8	9	10	11 ED	5 5 Q T
14 I	15	16	17	18	1 0 / 10 9 185/178 T S

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 — Fall Sports
August 20, 21, 24 — Teacher Orientation (8/20 Sped only)
August 25 — Educational Technicians start date
August 25 — Teacher Prep
August 26 — Management Day
August 27, 28 — Staff Inservice day
August 31 — Partial Attendance (Gr 1-9 students)
September 1 — Partial Attendance (Gr 1-12 students)
September 1 — UTC First Day
September 8 — Full Attendance (Pre-K - K First Day)
November 25 — Teacher Comp Time (no school)
10/9, 11/24, 2/12, 4/16, 5/28, 6/11 — Early Dismissal
8/26, 8/27, 8/28, 3/12, 6/14 — Inservice - No school
June 6 — Hampden Academy Graduation
June 11 — Last Student and Educational Technicians Day
June 14 — Last Teacher Day

Quarters Q		Trimesters T	
1	48 days	8/31/26-11/24/26	59 days
2	42 days	11/30/26-3/11/27	60 days
3	44 days	3/15/27-6/11/27	59 days
4	44 days		178
	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

APPROVED 4.15.26 - Amended 7.9.26

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



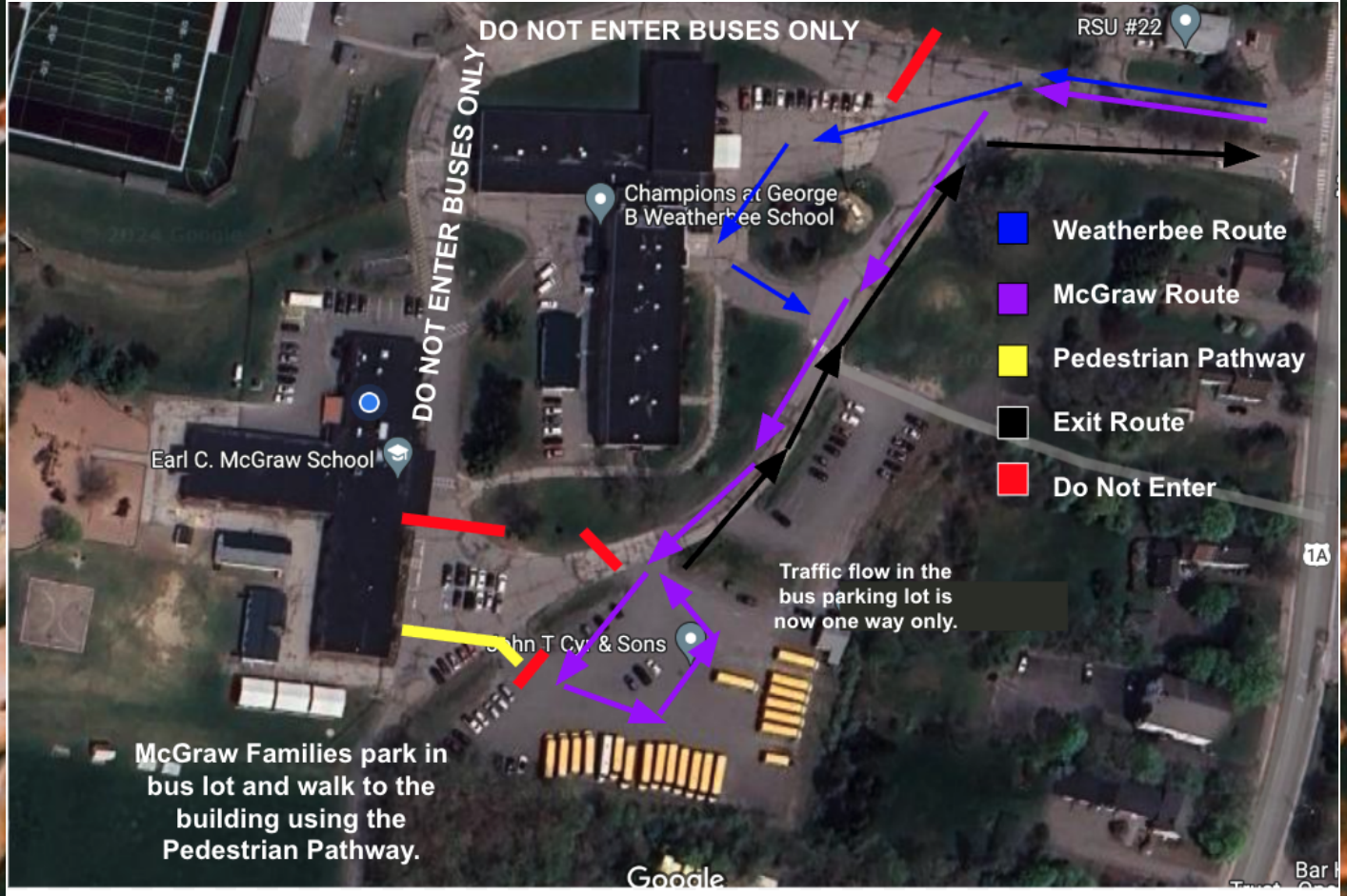
NOVEMBER	EARL McGRAW - GEO. WEATHERBEE			2026
BREAKFAST *Includes Juice, Milk, Cereal, Fruit, Grains, & More. Each day of the week has a feature that rotates monthly.*				
Cini Minis	**Fresh Baked Muffins**	**Breakfast Sandwich**	**Bagels & Cream Cheese**	**Cinnamon Rolls**
Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH *Includes Milk, Fruit, and Salad Bar each day. Check the cafeteria menu board for Chef's Specials and Peanut Butter & Jelly Meal.*				
2	3	4	5	6
Cheesy Breadstick Dippers *Savory baked whole grain sticks with Tomato Marinara Dipping Sauce*	**Crispy Chicken Drumstick** *Seasoned and roasted* Emoji Waffles Maple Syrup	**Grilled Cheese** *Savory sandwich with American Cheese on whole wheat bread* Tomato Soup	**Chicken Burger** *Crispy chicken on a whole grain bun with toppings* Smiley Fries	**Pizza** Cheese or Pepperoni 
9	10	11	12	13
Chicken Nuggets *with Dipping Sauces* Whole Grain Crackers	**Vanilla Yogurt Parfait** *with Maine Blueberries, Strawberries, & Granola* Cereal	**VETERANS DAY** 	**Nachos** *Crispy tortilla chips topped with seasoned beef, cheese, and choice of south border toppings*	**Pizza** Cheese or Pepperoni 
16	17	18	19	20
Marinara Meatballs *Italian meatballs in tomato marinara sauce* *Mozzarella Cheese* Garlic Breadstick	**Breakfast Sandwich** *Croissant Sandwich loaded with Egg, Sausage, & Cheese* Hashbrown Potato	**Hamburger** *USDA Beef Patty on a whole grain bun with choice of American Cheese and toppings* French Fries	**THANKSGIVING MEAL** *Roast Turkey & Gravy* *Mashed Potato* *Dinner Roll* *Apple Crisp*	**Pizza** Cheese or Pepperoni 
23	24	25	26	27
Pasta & Meat Sauce *Our sauce is made in house with herbs, spices, and ground beef* Dinner Roll	**Early Dismissal** **Snack Pack** *Muffin, Cheese Stick, Fruit Veggies, Milk & a special treat*	*NO SCHOOL* 	**HAPPY THANKSGIVING** 	*NO SCHOOL* 
30				
Chicken Tenders *with Dipping Sauces* BLT Pasta Salad				**SALAD & FRUIT BAR** Offered at Lunch Every Day 
Menu Subject to Change. This institution is and 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



Health Tips and Information from Nurse Adams



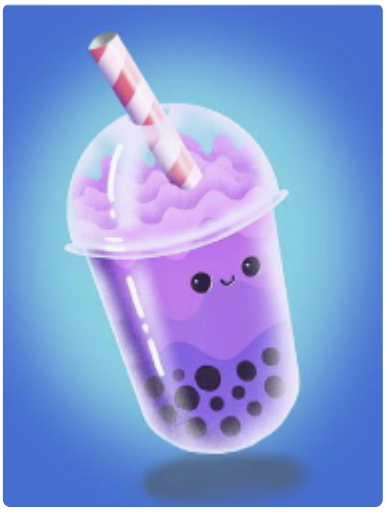
If you have any health related questions or concerns please feel free to reach out to me via phone at (207) 862-3830 or by email at nadams@rsu22.us. We appreciate your assistance in maintaining a healthy and safe learning environment!

Natasha Adams, BSN, RN, NCSN

McGraw School Nurse



STUDENT BEVERAGE POLICY REMINDER



In order to help support the health, wellness, and safety of all students, please be reminded that specialty beverages are not permitted to be consumed by students in school during the school day. This is in accordance with the RSU 22 District Wellness Policy JL.

These beverages include, but are not limited to:

- Soda
- Energy drinks
- Sports drinks
- Refreshers
- Specialty coffee drinks (such as Dunkin' beverages)

Water is highly encouraged!

Please plan accordingly: Students may not bring these beverages into the building to consume during the school day. Any beverage against policy must be finished prior to entering the school building or it will be discarded.

Thank you for your cooperation and for helping us maintain a healthy school environment for all students!

November Health Topics

Kindergarten



THE GREAT BODY SHOP Family Bulletin

My Body Is Special!

This month in THE GREAT BODY SHOP your child learned that every person is special. This unit was accompanied by the song "My Body Is Special" found in THE GREAT BODY SHOP Family Portal.

Lesson 1: All Bodies Are Different
Lesson 2: I Am Special
Lesson 3: Taking Care of My Body
Lesson 4: Safe Touches, Unsafe Touches

On the Cover

Talk about the picture on the cover with your child. Can your child identify the three GREAT BODY SHOP kids? (Betsy, Suzy, and Tito)

Ask your child to tell you some of the ways they are similar and different from each other. Remind your child that we are all unique and special.

Listening

You build your child's self-esteem when you show you are interested in what he or she has to say. Be an active listener; that is, show your child you are listening. Here are some suggestions:

- Ask specific questions. "Tell me about the best part of your day." "Who are your favorite friends at school?" "Why are they special to you?" Open-ended questions will get the conversation started.
- Now and then, look up from whatever you're doing so you can meet your child's eyes.
- Comments such as, "Then what happened?" or "I am sure you were mad!" show you are listening.

Helping Around the House

Learning to help around the house gives children a sense of responsibility. Ask your child to draw a picture of his or her job in the family. Talk about why the job is important. Tell your child about your job too.

Read All About It

What I Like About Me!

by Alla Zobel-Nolan

What makes the other kids in your class different? What makes them like you? This fun book about everyone being one of a kind reminds children that they, too, are special.

"Private" Means It's Just for Me!

An important part of this unit addresses the concept of safe, unsafe, and confusing touches. Children learned that things that are "private" are just for them. They also learned the difference between touches that make them feel safe and cared for, like a hug from a friend or family member, and touches that make them feel upset or frightened. Students were taught to say "NO!" then GO, and TELL a trusted adult if someone touches their body in a way that makes them feel bad, unsafe, or uncomfortable.

Research shows that approximately 90% of all child sexual abuse occurs with someone the child knows. Sadly, this can include family members who live in the same home as the child, other relatives, neighbors, caregivers, and close family friends.

Talk to your child about when it is okay to say "NO!" to an adult and how it keeps them safe.

You can reinforce concepts at home by using the word "private" and practicing the NO, GO, TELL steps your child learned in class.

Critical Thinking Poster

Remind your child that there is always someone who can help if he or she has been touched in an unsafe way, and that it is not their fault. Practice having your child name three trusted adults he or she can go to for help.

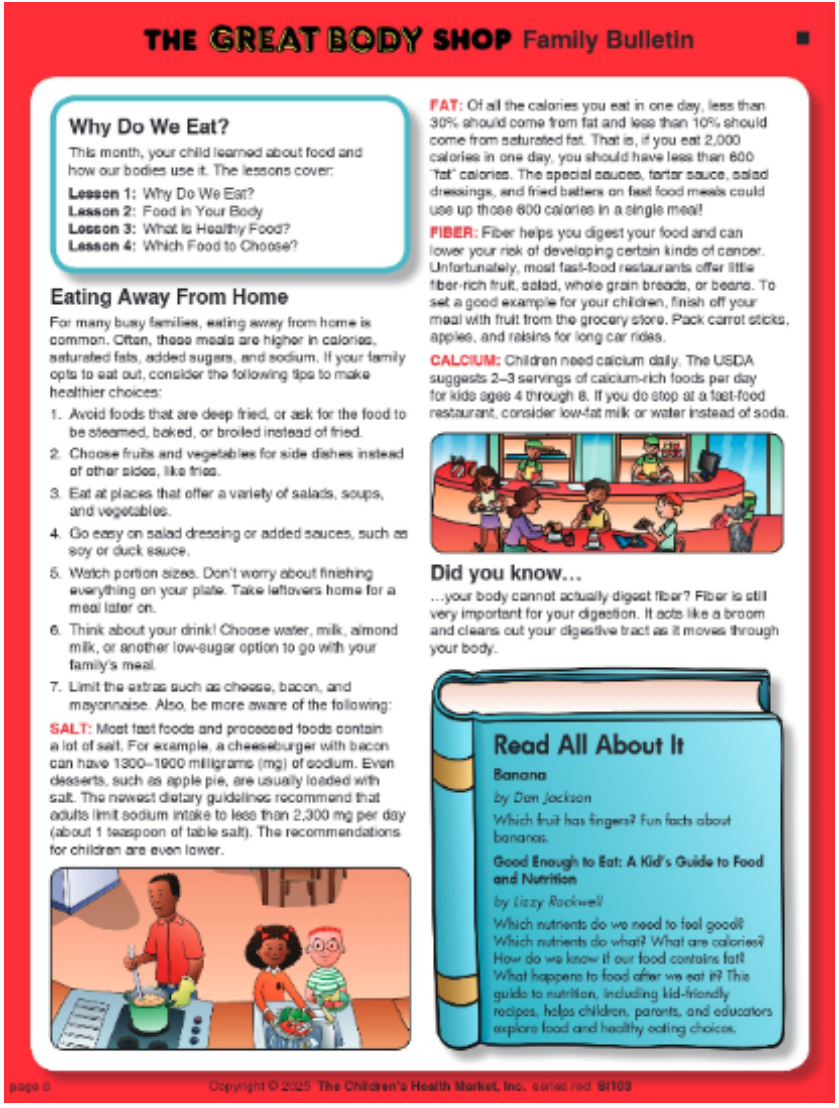
Word Wise

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.

special **respect** **trust**
private **daily habits**

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First Grade



THE GREAT BODY SHOP Family Bulletin

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 Food 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 1300–1900 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). The recommendations for children are even lower.

FAT: Of all the calories you eat in one day, less than 30% should come from fat and less than 10% should come from saturated fat. That is, if you eat 2,000 calories in one day, you should have less than 600 "fat" calories. The special sauces, tartar sauce, salad dressings, and fried batters on fast food meals could use up those 600 calories in a single meal!

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 USDA suggests 2–3 servings of calcium-rich foods per day for kids ages 4 through 8. If you do stop at a fast-food restaurant, consider low-fat milk or water instead of soda.

Did you know...

...your body cannot actually digest fiber? Fiber is still very important for your digestion. It acts like a broom and cleans out your digestive tract as it moves through your body.

Read All About It

Banana
by Dan Jackson
Which fruit has fingers? Fun facts about bananas.

Good Enough to Eat: A Kid's Guide to Food and Nutrition
by Lizzy Rockwell
Which nutrients do we need to feel good? Which nutrients do what? What are calories? How do we know if our food contains fat? What happens to food after we eat it? This guide to nutrition, including kid-friendly recipes, helps children, parents, and educators explore food and healthy eating choices.

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November is All About Gratitude

Gratitude Sing-Along



Pre-K Newsletter

Kindergarten Newsletter

First Grade Newsletter

Community Corner



McGraw PTO Happenings

Are you an approved volunteer? Can you help at lunch time? Sign up here...

https://signup.com/go/gLORDAC

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!

WHAT'S NEXT FOR THE MCGRAW PTO

JOIN OUR FACEBOOK TO STAY INFORMED!

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 ACTIVITES 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 11
JANUARY PTO MEETING 6-7PM IN THE LIBRARY
WE LOVE FRESH IDEAS AND HOPE YOU CAN JOIN US TO THINK OF NEW THINGS WE CAN DO! 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.



S

Principal Shaw

Principal Shaw is using Smore to create beautiful newsletters