

Click Here For Wagner Website

Message From Mrs. Pratt

✅No Homework Club on Tuesday, November 17 Due to Parent/Teacher Conferences

➕There WILL Be Drama Rehearsal on Tuesday, November 17

Parent/Teacher Conferences

I can't believe that the first P/T Conferences will happen on Tuesday! If you have not signed up for a conference, it is not too late. Use the link below to schedule a time to meet with one or all of your child's teachers. We hope to see you all meeting with teachers either on Nov 17, Nov 23, or Nov 24th.

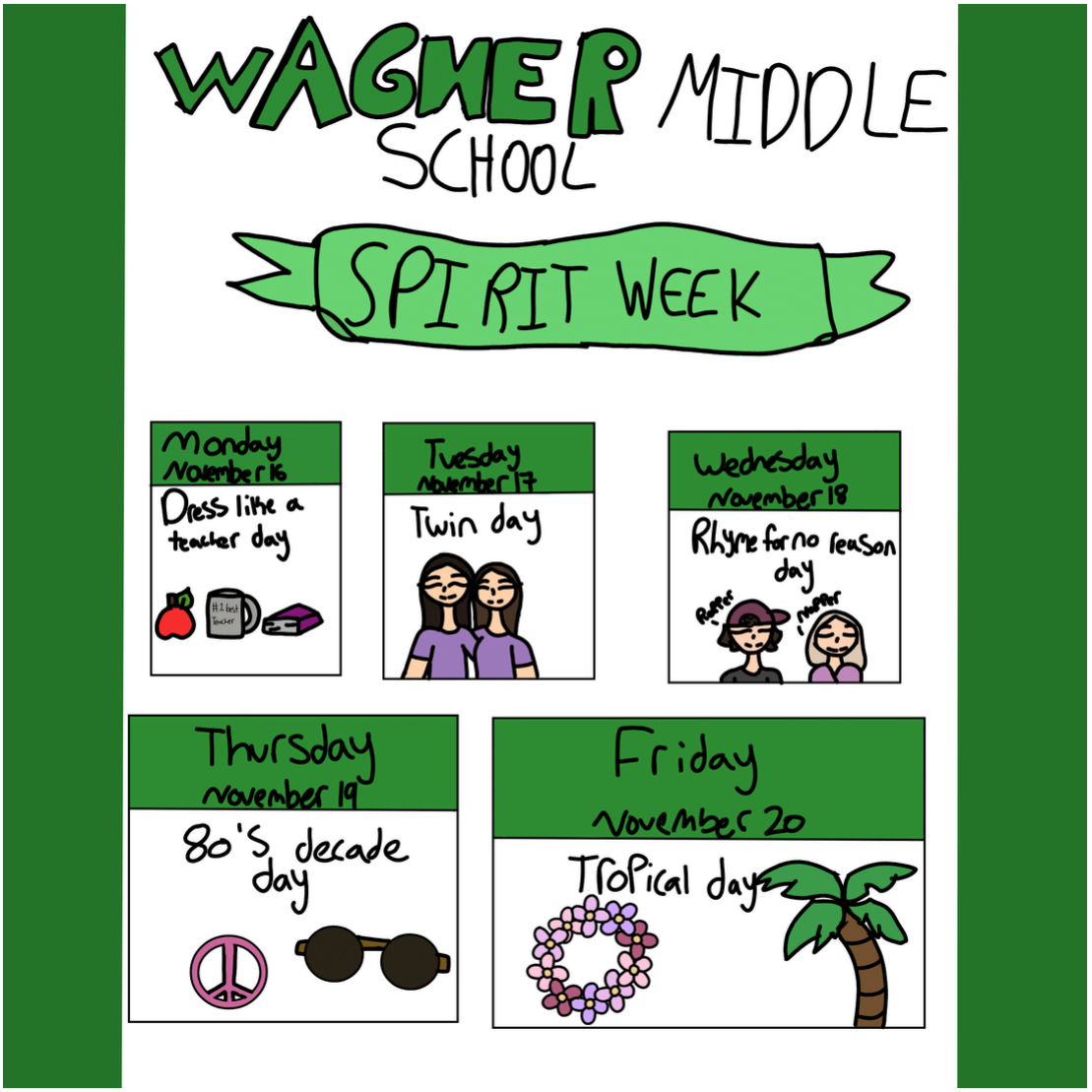
PTCFast.com

Welcome to the Samuel L. Wagner Middle School parent-teacher conference scheduling system. All teachers will meet with parents/guardians individually. Please select your student's teacher(s) with whom you would like to meet below:

ptcfast.com

This Coming Week is SPIRIT WEEK!

Check out the graphic below for details.



Round Two of Homework Club is underway and will continue through the December break!

Dear Families,

I**f you would like your child(ren) to participate, please register by emailing Betsy Murphy at bmurphy@rsu22.us or by printing and completing the form below.**

Students do not need to attend every session, but it is extremely helpful if you can let us know which dates you anticipate your child(ren) attending.

Although we have always welcomed walk-ins, participation has grown to the point where advance registration is becoming increasingly important. We have had days with as many as 27 students and just one adult supervising. While we are thrilled that so many students are taking advantage of this opportunity, we also want to ensure that Homework Club remains a productive environment where students can get the support they need.

Thank you in advance for helping us plan by registering your child(ren) who intend to attend. We appreciate your support!

. . . Wagner's Homework Club . . . .

Wagner Middle School students in grades 5, 6, 7, and 8 are invited to stay after school to attend Homework Club. This hour, monitored by Wagner staff, will be held on Tuesdays and Thursdays from 2:15 - 3:15. This is an opportunity for students to improve or maintain grades by completing assignments, making progress with long-term projects, studying for quizzes and tests, or simply reading independently. When Homework Club is done at 3:15, after school transportation is available or students may be picked up by a family member. The after school bus will leave Wagner at 3:30.

To participate, return the attached paper to the office or to Mrs. Murphy. Teachers may also invite students to stay and make arrangements by contacting home. If plans change and your student is not able to stay, then please let us know by calling Ms. Cleaves in the office (223-4309) or emailing Mrs. Murphy (bmurphy@rsu22.us).

Wagner Homework Club – Round TWO

November 9	November 10	November 11	November 12	November 13
2nd Quarter begins for grades 6,7,8	**Homework Club**	No School Veterans Day	**Homework Club**	
November 16	**November 17**	**November 18**	**November 19**	**November 20**
	Parent-Teacher Conferences		**Homework Club**	
November 23	**November 24**	**November 25**	**November 26**	**November 27**
Parent-Teacher Conferences	Early Dismissal *Parent-Teacher Conferences*	Happy Thanksgiving! *No School!*		
November 30	**December 1**	**December 2**	**December 3**	**December 4**
2nd Trimester begins for grade 5	**Homework Club**		**Homework Club**	
December 7	**December 8**	**December 9**	**December 10**	**December 11**
	Homework Club		**Homework Club**	
December 14	**December 15**	**December 16**	**December 17**	**December 18**
	Homework Club		**Homework Club**	**1st Quarter ends for grades 6,7,8**

.....Wagner's Homework Club.....

☐ YES! I would like my student to participate in the Wagner Homework Club.

My child will be attending on the following days:

☐ Tuesday, November 10	☐ Thursday, November 12
	☐ Thursday, November 19
☐ Tuesday, December 1	☐ Thursday, December 3
☐ Tuesday, December 8	☐ Thursday, December 10
☐ Tuesday, December 15	☐ Thursday, December 17

Student: _____

Grade: 5 6 7 8

❑ I will be picking up my child at 3:15.

❑ I would like my child to ride the bus to the following address:
The afterschool bus will leave Wagner at 3:30pm.

_____
Please include Winterport or Frankfort.

Parent/Guardian Name	
Contact #	
email	
Parent/Guardian Signature	

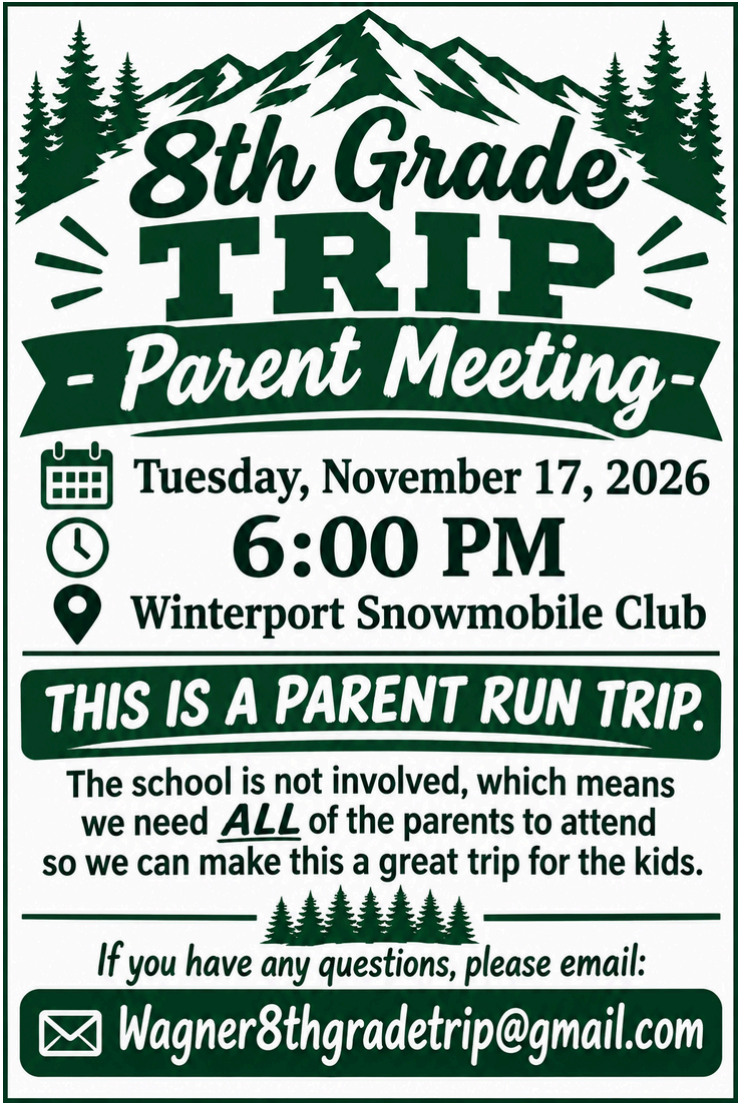
Dismissing Your Child Early

Families,
Please give the office some advanced notice that you will be dismissing your child(ren) early and the reason for the dismissal so that we can properly code things. We know that sometimes dismissal are spur of the moment, but for those times when you know in advance, please let us know either by calling at 223-4309 or emailing @ wagneroffice@rsu22.us

Thank you!

Upcoming Events

November 17 @ the Winterport Snowmobile Club



Nov 17: 8:45-10:25 Grade 8 Tours UTC
Nov 24: Early Dismissal @ 11:40
Nov 25-27 NO School: Thanksgiving Break
Nov 27: Grades close for grade 5

Dec 7: **Wagner Winter Sports Photos after school**

December 3rd, 4:00-8:00pm



Dec 15: Grade 7 goes to the Penobscot Theater to see The Grinch

MANY thanks to the Winterport Open Stage who has made a GENEROUS donation $500 towards the trip to see the Penobscot Theater holiday show.



Help Make the Holidays Brighter!

The holiday season is approaching, and we are once again partnering with **Waldo CAP** to support local families who may need a little extra help providing holiday gifts for their children.
We are looking for parents, community members, and local businesses who may be interested in donating items or sponsoring a family by purchasing gifts for children this holiday season.
If you are interested in helping, please reach out to Emily Armour, earmour@rsu22.us
I will connect with you or your business directly to share requested items, as well as each child's likes, interests, and needs.
No donation is too small, and every act of kindness makes a difference. Together, we can help make the holidays a little brighter for families in our community!

Holiday Food Boxes & Christmas Gifts for Children

Waldo Community Action Partners
WCAP
we care about people

Registration is available online by scanning the QR code on the flyer or visiting waldocap.org.

Need a paper application? Paper copies are available in the Wagner Middle School office. Please stop by if you need one!
For questions or assistance with the application process, contact Waldo Community Action Partners' Neighbor for Neighbor line at **(207) 338-4944** or email **N4N@waldocap.org**.



Student Success

Personal Electronic Devices Policy

Read the RSU22 PED policy

Busted Slip Winners

All week, staff are on the lookout for students who are "busted" showing Wagner PRIDE (see the matrix at the bottom of this newsletter) and give these students Busted Slips. All of these slips go in grade level buckets and winners are drawn at lunch. Winners then choose a prize from the treasure chest.



Attendance

Our focus on attendance continues! This is because we know that students who are in attendance every day, are more engaged, feel a greater sense of connection and continue to grow academically. Keep looking here for those attendance averages ✅



This week, we once again had a daily average of 96% of our students in attendance. We EXCEEDED our goal of 95% this week!

Quarter One Wagner Cup

🏆And the winning homeroom goes to Ms Asay! The homeroom attendance award for the first quarter is a game time. The students in Ms. Asay's homeroom will each get to pick one friend and will get to play a game of their choice in the gym for 20 minutes. Way to go Ms. Asay's Homeroom!



Missed the Bus??

🚌 If your child misses the bus and you are unable to transport them to school, call us! We will happily make arrangements to help with this!

Attendance Works

Keep Your Student on Track in Middle and High School

Pay Attention to Attendance



Showing up for school has a huge impact on a student's social and academic development. Even as children grow more independent, **families play a key role** in making sure students get to school and understand how attendance benefits their health and success in school and beyond.

Did you know?

- Students should miss no more than 9 days of school each year to stay engaged and on track to graduation.
- Frequent absences can be a sign that a student is **losing interest** in school, **dealing with a bully** or facing some other difficulty.
- By **6th grade**, chronic absence (missing 10%, or 2 days each month) is one of **three signs that a student may drop out** of high school.
- By **9th grade**, attendance is a **better predictor of graduation** rates than 8th grade test scores.

What you can do

Make school attendance a priority

- **Talk about** the **opportunities** available when your teen or preteen shows up to school every day.
- Help your middle and high schoolers maintain **daily routines**, such as finishing homework and getting enough sleep.
- Consider **limiting** use of **devices** if they interfere with sleep.
- Try not to schedule **nonurgent medical appointments** during the school day.
- Help your student to stay **healthy**.
- If your children must stay home because they are **sick**, make sure they have **asked teachers for materials** to make up for the missed learning time in the classroom.

Help your student stay engaged

- **Find out** if your children **feel engaged** by their classes and whether they **feel safe** from bullies and other threats.
- Make sure your students are not missing class because of challenges with **behavioral issues** or **school discipline policies**. If any of these are problems, contact the school and work with them to find a solution.
- **Monitor** your child's academic progress and seek help from teachers, school counselors or tutors when necessary. Provide teachers with your **contact information**.
- Stay on top of your child's **social contacts**. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage your child to join meaningful **after-school activities**, including sports and clubs.
- **If** you notice signs of **anxiety**, support your middle and high schoolers, and if needed, **seek advice** from your school or health-care provider.

Communicate with the school

- **Know** the school's **attendance policies** both incentives and penalties.
- **Check** on your preteen/teen's **attendance** to make sure absences are not adding up.
- **Seek help** from school staff, other parents or community agencies if you need resources and support.

October 2025

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

📝When your child(ren) will be missing 3+ school days for a pre-planned absence, please notify the office by submitting a pre-approved absence form. The form can be found here: https://wagner.rsu22.us/for-parents/forms

Remember, ALL absences are counted towards the student's overall absences when we report attendance to the state. Back at Wagner, we keep working while you are away, so be sure your child is ready to make up all that work 📚

All School Assembly

Our Student Council designed and led an All School Assembly that focused on both our Core Values (PRIDE Matrix) and friendly competition between staff and students. It was filled with high energy and lots of excitement! Many thanks to our Student Council members and their advisor, Mr. Leonard.

Core Values Game



Good ol' friendly competition between staff and students! Three rounds with three different groups of students. Poor staff had to muster the energy to play all three rounds 😓


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Accredited Member
New England Association
of
Schools & Colleges
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Grade Level Competitions: Musical Chairs





Athletics

Families,
Please note that there is no late bus provided for students participating in extra curricular activities. These include all sports and chess.



Wagner Athletic Director: McKenzie(Mack) Madden (mmadden@rsu22.us)

Please Remember...

Students who are absent from school on the day of an after-school athletic event, concert, dance, or special event are ineligible to attend these events. Special circumstances may arise and will be



considered by the building principal to enable students to participate.

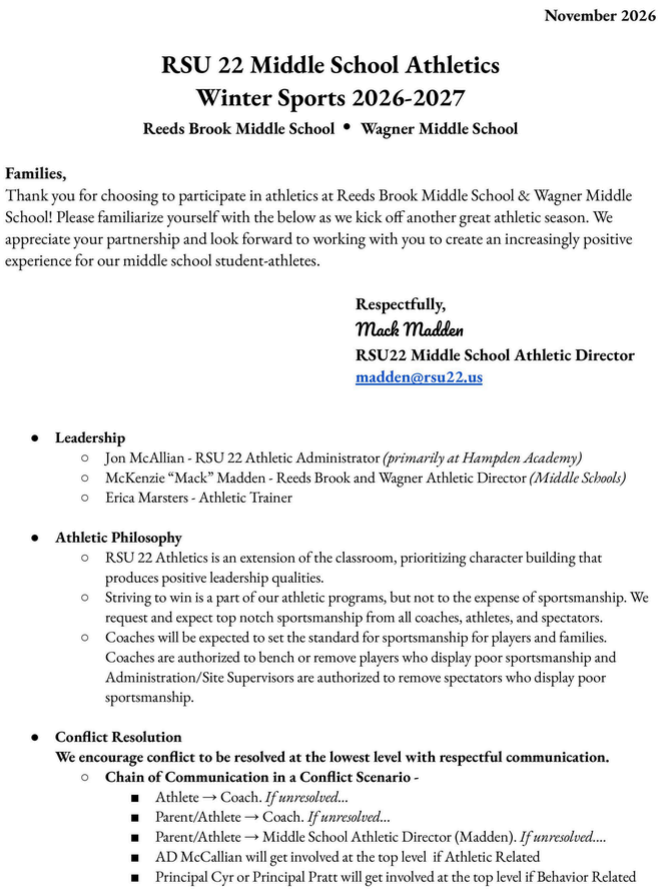
Tardiness: Students will be considered tardy if they arrive in their homeroom later than 7:40 AM for the start of school. Students who are tardy need to report to the office to update attendance and lunch count information. Students need to bring a written excuse signed by a parent/guardian or parents should call the office stating the reason for the tardiness. Excessive unexcused tardiness may result in disciplinary consequences. In the event your child is involved in a co-curricular or extra-curricular activity they must be at school by 7:40AM of that day in order to participate.

Grade Checks will be bi-weekly Fridays

Process if failing:

Athletes will be placed on warning.
They will have two weeks to improve their grades. If they show sincere effort/grade improvement after week 1 they will be released from warning.
If they are still struggling, they will have one more week to show improvement.
After the two weeks, if they have not improved academically, they will be removed from your teams.

A Message From AD Madden



November 2026

RSU 22 Middle School Athletics
Winter Sports 2026-2027
Reeds Brook Middle School • Wagner Middle School

Families,
Thank you for choosing to participate in athletics at Reeds Brook Middle School & Wagner Middle School! Please familiarize yourself with the below as we kick off another great athletic season. We appreciate your partnership and look forward to working with you to create an increasingly positive experience for our middle school student-athletes.

Respectfully,
Mack Madden
RSU22 Middle School Athletic Director
madden@rsu22.us

- **Leadership**
  - Jon McAllian - RSU 22 Athletic Administrator *(primarily at Hampden Academy)*
  - McKenzie "Mack" Madden - Reeds Brook and Wagner Athletic Director *(Middle Schools)*
  - Erica Marsters - Athletic Trainer
- **Athletic Philosophy**
  - RSU 22 Athletics is an extension of the classroom, prioritizing character building that produces positive leadership qualities.
  - Striving to win is a part of our athletic programs, but not to the expense of sportsmanship. We request and expect top notch sportsmanship from all coaches, athletes, and spectators.
  - Coaches will be expected to set the standard for sportsmanship for players and families. Coaches are authorized to bench or remove players who display poor sportsmanship and Administration/Site Supervisors are authorized to remove spectators who display poor sportsmanship.
- **Conflict Resolution**
  We encourage conflict to be resolved at the lowest level with respectful communication.
  - **Chain of Communication in a Conflict Scenario -**
    - Athlete → Coach. *If unresolved...*
    - Parent/Athlete → Coach. *If unresolved...*
    - Parent/Athlete → Middle School Athletic Director (Madden). *If unresolved....*
    - AD McCallian will get involved at the top level if Athletic Related
    - Principal Cyr or Principal Pratt will get involved at the top level if Behavior Related

- **"24 Hour Rule" in a Conflict Scenario -**
  - We ask all Athletes, Coaches, and Parents to allow 24 hours following a conflict scenario before addressing the issue, when possible. This encourages an intentional pause, reflection, and mindful communication increasing the odds of a more positive resolution.
- **Coaches will not discuss any other student-athlete with different guardians.**

- **Attendance**
  - **Punctuality**
    - Students need to be at school on time and complete a full day to participate in athletics.
    - Excused absences or tardies such as appointments or other situationally appropriate scenarios need to be communicated to and approved by the office or athletic director to allow for participation in any practices or games.
  - **Practice Attendance Policy**
    - School sports are expected to come first over outside commitments. It's important to build that culture now before high school MPA rules come into effect.
    - Students may not participate in practices, games, or after-school activities on a day they have a school detention.
    - Continued inappropriate behavior may result in loss of that day's after-school activity. Cyberbullying, which often happens outside school hours, can affect a student's privilege to participate in athletic or after-school events. Continued violations may result in dismissal from all extracurricular activities for the remainder of the year, with written notice of the reasons.
    - Coaches are authorized to handle practice attendance and punctuality issues with athletes at their discretion.

- **Academic Eligibility**
  - **Grade Checks will be handled by Dean of Students - Sandi Bellerose.**
    - Athletes must have a minimum grade of 70 in ALL subjects prior to the start of the season.
    - Grade checks will take place regularly, and student-athletes are expected to maintain a 70 average in ALL classes
    - If a student has been identified as having a grade below a 70 during a grade check, they will be notified & moved to academic probation.
    - Academic probation means they are eligible to practice, but are ineligible to play in games until the probation period is over; this is at least one week and maximum of two weeks.
    - Administration will check in with any athletes placed on probation, one week following the probation placement. If the grade(s) improved, the athlete may be cleared from probation and may be able to return to game play. Otherwise, the athlete will remain in practice only participation, and given one more week to improve.
    - The student needs to either increase the grade to 70 or above, or the student needs to show significant effort in doing so by the end of the two week probation period.
    - If the student has not done so within the two week probationary period, they will be dismissed from the team

- **Schedule Communication**
  - **Master Athletic Schedules are available online through a Google Link**
    - The master schedule found on our website and provided at the start of the season is subject to regular changes & updates, which will be notated.
    - The master schedule is a live link, so whenever you go back to click it it will be the most recent schedule and show the most recent edit date.
  - **Cancellation Announcements**
    - AD's will decide on weather cancellations
    - We will always try to make the cancellation by noon time - there are exceptions and we apologize for that in advance!
    - Cancellations will be communicated by Administration & Coaching Staff using Team Apps and E-Mail and/or Arbiter ("Family ID").
  - **Regular Communication from Coaches**
    - Email & Team Apps such as team reach or team snap will be used for team specific information/details/reminders.
    - Personal phone number communication is discouraged between coaches, athletes, & guardians.
    - Coaches may also choose to provide sports specific schedules in addition to the Master Athletic Schedules.
  - **Weekly School Newsletters**
    - To allow a simpler "snapshot" of each week **Rebel & Clipper Athletic Updates** will be emailed out with the School Newsletters on Fridays.

- **Bussing To and From Games...**
  - Parents are allowed to drive athletes home from games but absolutely must sign their child out on the roster sign out form with the coach prior to leaving the athletic event.
  - Other plans such as athletes leaving with another parent need to be communicated to the coach and approved prior to the game day.

- **Locker Room Use for Athletes During School Hours**
  - Student athletes will be able to drop their items off in the morning and shouldn't expect to access the locker room until after school. The message will continue to be that they need to utilize their school lockers for anything they need during the day. This is meant to reduce interruptions and wandering during academic hours!

- **Other Policy Items**
  - **School & Athletic Administration reserves the full authority to handle all athletic scenarios involving programs and athletes at their discretion as we work to establish a formal and consistent Middle School Athletic Handbook. All decisions will be made in consideration for what is best and most appropriate for all student-athletes involved, in accordance with the expectations of the Middle School Leagues we participate in**
    Reeds Brook - Eastern Maine Middle School League
    Wagner - Penobscot Valley Middle School League
  - Dual Sports are not allowed within RSU22 Athletics. Meaning, athletes may not participate in more than one scholastic sport at an RSU22 school in the same season. *Volleyball & Unified Basketball are the only partial exceptions to this rule, as there may be a one week overlap between the two seasons.*
  - Please treat Uniforms well and make sure they are not lost and are handed back in. Nobody is authorized to keep their uniform at the conclusion of your season *(including 8th graders).*
  - Physicals remain valid for 2 years following the date of the physical. Doctors notes used in place of a physical may be asked to be renewed or replaced with an actual Sports Physical sooner.

ATHLETIC STAFF CONTACT DIRECTORY

MIDDLE SCHOOL ATHLETIC DIRECTOR - MACK MADDEN - mmadden@rsu22.us
ATHLETIC TRAINER - ERIKA MARSTERS - emarsters@northernlight.org
RSU 22ATHLETIC ADMINISTRATOR - JON MCALLIAN- jmcallian@rsu22.us

REEDS BROOK WINTER COACHES

CHEERLEADING - COACH TRINITY GRANT - trinity.grant@maine.edu
A GIRLS BASKETBALL - COACH DARYL COUILLARD - couillardfarming@gmail.com
B GIRLS BASKETBALL - COACH MELISSA BACON - MelissaBFit823@outlook.com
A BOYS BASKETBALL - LUIS MARTINEZ- lmartinez@rsu22.us
B BOYS BASKETBALL - HAROLD WILLIAMS- hwilliams@rsu22.us

WAGNER WINTER COACHES

CHEERLEADING - COACH MARA LARBY - mlarby@rsu22.us
A GIRLS BASKETBALL - COACH RHONDA LOVEJOY - rlovejoy@rsu22.us
B GIRLS BASKETBALL - COACH KEITH SIMPSON - simpsonkeith9@yahoo.com
A BOYS BASKETBALL - STEPHANIE FISKE - sfiske@rsu22.us
B BOYS BASKETBALL - STACY KNIGHT- stacylknight46@gmail.com

Wagner Middle School
Chess Practice and Meet Schedule
November and December
2026

Monday	Tuesday	Wednesday	Thrursday	Friday
November 9 Practice 2:15 pm - 3:15 pm	10 Practice 2:15 pm - 3:15 pm	11 VETERANS' DAY NO SCHOOL	12 Practice 2:15 pm - 3:15 pm	13 NO PRACTICE
16 Practice 2:15 pm - 3:15 pm	17 **Caravel** **@ Wagner**	18 Glenburn @ Glenburn	19 No Practice	20 NO PRACTICE
23 Practice 2:15 pm - 3:15 pm	24 Early Dismissal	25 No Practice	26 Holiday No Practice	27 NO PRACTICE
30 Practice 2:15 pm - 3:15 pm	**December 1** Lewis Libby @ Milford	2\ Practice 2:15 pm - 3:15 pm	3 **Orono** **@ Wagner** **TBD?**	4 NO PRACTICE
7 Practice 2:15 pm - 3:15 pm	8 Holbrook @ Holbrook	9 Practice 2:15 pm - 3:15 pm	10 No Practice	11 NO PRACTICE
14 Practice 2:15 pm - 3:15 pm	15 **Glenburn** **@ Wagner**	16 Bucksport @ Bucksport	17 **Orono** **@ Wagner** **TBD?**	18 NO PRACTICE
21 Practice 2:15 pm - 3:15 pm	22 No Practice	23 Vacation	24 Vacation	25 Holiday
28 Vacation	29 Vacation	30 Vacation	31 Vacation	11.03.26/ab

Schedule is subject to revisions due to weather events, schedule conflicts, and unforeseen circumstances.



Master Schedule

https://docs.google.com/document/d/1WiyEbZKiMJ2ES4KrvqQGutx80EyUeb_XyOEgmX3D73s/edit?usp=sharing



CLUBS

Jazz Band: Monday and Wednesdays @ 7am
Show Choir: Tuesdays and Thursdays @ 7am



Drama Club

Monday through Friday this week from 2:15-3:15

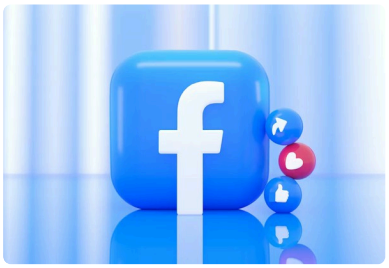


Homework Club



Thursday from 2:15-3:30 (Late bus is available)

Pride Pack



Please follow us on Facebook at
https://www.facebook.com/share/1AKCWggX8q/

Meet our Pride Pack Officers for the 2026-2027 school year!

President: Megan Blake
Vice President: Lindsay Levesque
Secretary: Shilo Burnham
Treasurer: Jess Shibles

Next Meeting

November 18 @ 6pm in the Wagner Library

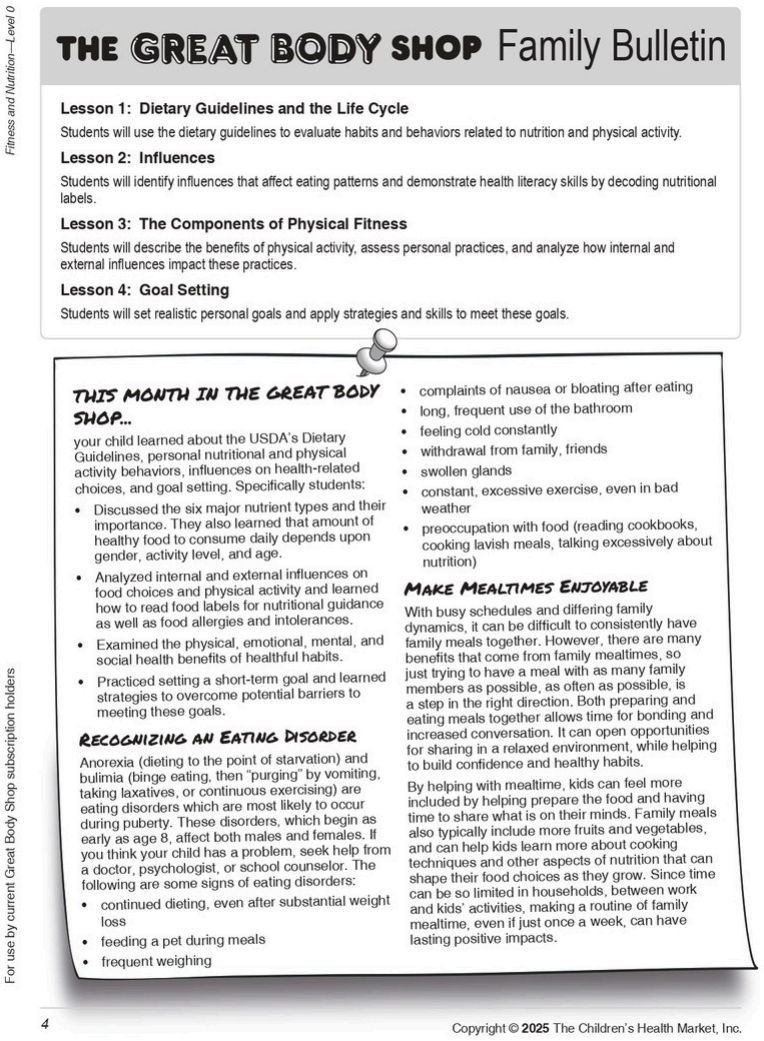
Student Support

Counselor: Emily Armour earmour@rsu22.us
Social Worker: Lisa Melendez lmelendez@rsu22.us
For more information on our website, click here

Grade 5 Character Strong

Grades 6-8 Character Strong focus for November

Grade 6



Fitness and Nutrition—Level 0

THE GREAT BODY SHOP Family Bulletin

Lesson 1: Dietary Guidelines and the Life Cycle

Students will use the dietary guidelines to evaluate habits and behaviors related to nutrition and physical activity.

Lesson 2: Influences

Students will identify influences that affect eating patterns and demonstrate health literacy skills by decoding nutritional labels.

Lesson 3: The Components of Physical Fitness

Students will describe the benefits of physical activity, assess personal practices, and analyze how internal and external influences impact these practices.

Lesson 4: Goal Setting

Students will set realistic personal goals and apply strategies and skills to meet these goals.

THIS MONTH IN THE GREAT BODY SHOP...

your child learned about the USDA's Dietary Guidelines, personal nutritional and physical activity behaviors, influences on health-related choices, and goal setting. Specifically students:

- Discussed the six major nutrient types and their importance. They also learned that amount of healthy food to consume daily depends upon gender, activity level, and age.
- Analyzed internal and external influences on food choices and physical activity and learned how to read food labels for nutritional guidance as well as food allergies and intolerances.
- Examined the physical, emotional, mental, and social health benefits of healthful habits.
- Practiced setting a short-term goal and learned strategies to overcome potential barriers to meeting these goals.

RECOGNIZING AN EATING DISORDER

Anorexia (dieting to the point of starvation) and bulimia (binge eating, then "purging" by vomiting, taking laxatives, or continuous exercising) are eating disorders which are most likely to occur during puberty. These disorders, which begin as early as age 8, affect both males and females. If you think your child has a problem, seek help from a doctor, psychologist, or school counselor. The following are some signs of eating disorders:

- continued dieting, even after substantial weight loss
- feeding a pet during meals
- frequent weighing
- complaints of nausea or bloating after eating
- long, frequent use of the bathroom
- feeling cold constantly
- withdrawal from family, friends
- swollen glands
- constant, excessive exercise, even in bad weather
- preoccupation with food (reading cookbooks, cooking lavish meals, talking excessively about nutrition)

MAKE MEALTIMES ENJOYABLE

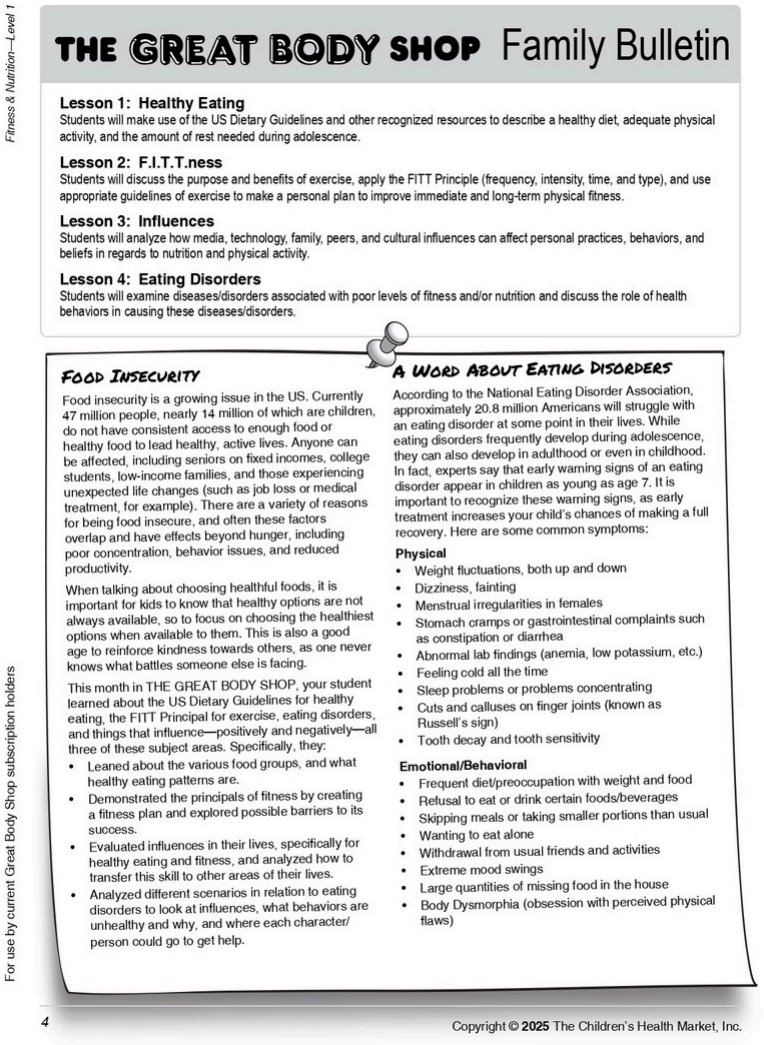
With busy schedules and differing family dynamics, it can be difficult to consistently have family meals together. However, there are many benefits that come from family mealtimes, so just trying to have a meal with as many family members as possible, as often as possible, is a step in the right direction. Both preparing and eating meals together allows time for bonding and increased conversation. It can open opportunities for sharing in a relaxed environment, while helping to build confidence and healthy habits.

By helping with mealtime, kids can feel more included by helping prepare the food and having time to share what is on their minds. Family meals also typically include more fruits and vegetables, and can help kids learn more about cooking techniques and other aspects of nutrition that can shape their food choices as they grow. Since time can be so limited in households, between work and kids' activities, making a routine of family mealtime, even if just once a week, can have lasting positive impacts.

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Grade 7



Fitness & Nutrition—Level 1

THE GREAT BODY SHOP Family Bulletin

Lesson 1: Healthy Eating
Students will make use of the US Dietary Guidelines and other recognized resources to describe a healthy diet, adequate physical activity, and the amount of rest needed during adolescence.

Lesson 2: F.I.T.T.ness
Students will discuss the purpose and benefits of exercise, apply the FITT Principle (frequency, intensity, time, and type), and use appropriate guidelines of exercise to make a personal plan to improve immediate and long-term physical fitness.

Lesson 3: Influences
Students will analyze how media, technology, family, peers, and cultural influences can affect personal practices, behaviors, and beliefs in regards to nutrition and physical activity.

Lesson 4: Eating Disorders
Students will examine diseases/disorders associated with poor levels of fitness and/or nutrition and discuss the role of health behaviors in causing these diseases/disorders.

Food Insecurity

Food insecurity is a growing issue in the US. Currently 47 million people, nearly 14 million of which are children, do not have consistent access to enough food or healthy food to lead healthy, active lives. Anyone can be affected, including seniors on fixed incomes, college students, low-income families, and those experiencing unexpected life changes (such as job loss or medical treatment, for example). There are a variety of reasons for being food insecure, and often these factors overlap and have effects beyond hunger, including poor concentration, behavior issues, and reduced productivity.

When talking about choosing healthful foods, it is important for kids to know that healthy options are not always available, so to focus on choosing the healthiest options when available to them. This is also a good age to reinforce kindness towards others, as one never knows what battles someone else is facing.

This month in THE GREAT BODY SHOP, your student learned about the US Dietary Guidelines for healthy eating, the FITT Principal for exercise, eating disorders, and things that influence—positively and negatively—all three of these subject areas. Specifically, they:

- Leaned about the various food groups, and what healthy eating patterns are.
- Demonstrated the principals of fitness by creating a fitness plan and explored possible barriers to its success.
- Evaluated influences in their lives, specifically for healthy eating and fitness, and analyzed how to transfer this skill to other areas of their lives.
- Analyzed different scenarios in relation to eating disorders to look at influences, what behaviors are unhealthy and why, and where each character/person could go to get help.

A Word About Eating Disorders

According to the National Eating Disorder Association, approximately 20.8 million Americans will struggle with an eating disorder at some point in their lives. While eating disorders frequently develop during adolescence, they can also develop in adulthood or even in childhood. In fact, experts say that early warning signs of an eating disorder appear in children as young as age 7. It is important to recognize these warning signs, as early treatment increases your child's chances of making a full recovery. Here are some common symptoms:

Physical

- Weight fluctuations, both up and down
- Dizziness, fainting
- Menstrual irregularities in females
- Stomach cramps or gastrointestinal complaints such as constipation or diarrhea
- Abnormal lab findings (anemia, low potassium, etc.)
- Feeling cold all the time
- Sleep problems or problems concentrating
- Cuts and calluses on finger joints (known as Russell's sign)
- Tooth decay and tooth sensitivity

Emotional/Behavioral

- Frequent diet/preoccupation with weight and food
- Refusal to eat or drink certain foods/beverages
- Skipping meals or taking smaller portions than usual
- Wanting to eat alone
- Withdrawal from usual friends and activities
- Extreme mood swings
- Large quantities of missing food in the house
- Body Dysmorphia (obsession with perceived physical flaws)

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Grade 8

THE GREAT BODY SHOP Family Bulletin

Lesson 1: Dine Healthy

Students will assess their personal nutritional needs, analyze dietary intake, and make healthy meal plans. They will also learn about setting a budget and using unit pricing to determine the most economical food purchases. Finally, while working with families they will prepare one meal while also demonstrating safe food preparation techniques.

Lesson 2: Fitness Plan

In this lesson students will learn how to create and modify fitness plans for varying needs and abilities.

Lesson 3: Overcoming Barriers

The class will explore barriers to maintaining healthy eating practices and attaining personal goals in physical fitness. Then, students will set goals to overcome those barriers.

Get Your Family Moving!

According to the Centers for Disease Control and Prevention (CDC), "...children and adolescents aged 6 to 17 years should have 60 minutes or more of physical activity each day." Benefits of regular physical activity include: better cardiorespiratory fitness, stronger bones and muscles, weight control, and fewer symptoms related to depression and anxiety. Regular physical activity also reduces your child's risk of developing many health conditions as an adult, such as heart disease, cancer, type 2 diabetes, and osteoporosis.



ChooseMyPlate.gov

Parent Portal

Want more tips on how to improve your family's overall health? The CDC has a Parent Portal which addresses a myriad of health issues including obesity, nutrition, physical activity, and eating disorders. To learn more visit: **www.cdc.gov/parents/**

Key Facts From the CDC

Childhood obesity has more than tripled in the past 30 years. The prevalence of obesity among children and adolescents (ages 2 to 19), is nearly 1 in 5. According to the CDC, "Overweight is defined as a BMI at or above the 85th percentile and lower than the 95th percentile for children of the same age and sex. Obesity is defined as a BMI at or above the 95th percentile for children of the same age and sex." Healthy lifestyle habits, including healthy eating and physical activity, can lower your child's risk of becoming obese and developing certain health conditions.

Find ideas to help your child maintain a healthy weight here: **cdc.gov/healthy-weight-growth/tips-parents-caregivers/**

Question: Why should we focus so much on childhood obesity? Aren't obesity-related health conditions only found in adults?

Answer: Health professionals have known for years that obesity is related to chronic diseases such as type 2 diabetes, hypertension, heart disease, and certain types of cancer. Historically, these were considered to be primarily "adult-only" conditions by the lay community and medical community alike. However, as the rate of childhood obesity has skyrocketed, so has the prevalence of obesity-related chronic diseases in young people. In fact, today's youth are considered to be one of the unhealthiest generations of all time. This is largely due to poor dietary habits and inactivity, which have directly contributed to the increase of childhood obesity. If the current trend continues, our country can expect higher healthcare costs, a rise in premature death, loss of job productivity, and a host of other problems! Even small changes, like reducing screen time or limiting sugar-sweetened beverages, can help your child achieve and/or maintain a healthy weight.

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Health and Wellness

NOVEMBER	SAMUEL WAGNER			2026
BREAKFAST *Includes Juice, Milk, Cereal, Fruit, Grains, & More. Each day of the week has a feature that rotates monthly.*				
Cini Mini's	**Fresh Baked Muffins**	**Breakfast Sandwich**	**Bagels**	**Breakfast Pizza**
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
Grilled Cheese *Savory sandwich with American Cheese on whole wheat bread* Tomato Soup	**Walking Tacos** *Served with seasoned beef, cheese, salsa, and toppings* Mexican Street Corn	**Chicken Carnita Bowl** *Seasoned Chicken with Salsa, Green Onions, Black Beans Sour Cream, & Cilantro Lime Rice*	**Chicken Tenders** *Crispy white chicken with choice of sauces* French Fries	**Pizza** Cheese, Pepperoni, & Special 
9	10	11	12	13
McWagner Sandwich *Croissant Sandwich loaded with Egg, Ham, & Cheese* Hashbrown Potato	**Crispy Chicken Drumstick** *served with BLT Pasta Salad*	**VETERANS DAY** 	**Popcorn Chicken** *Crispy white chicken baked golden brown with choice of sauces* Tater Tots Dinner Roll	**Pizza** Cheese, Pepperoni, & Special 
16	17	18	19	20
Pancakes *Fluffy whole grain pancakes served with syrup, Blueberries, and Sausage* Roasted Potatoes	**Ramen Noodle Bowl** *Sliced chicken with Asian sauce & veggies with Ramen Noodles* Fortune Cookie	**Meatball Sub** *Italian style meatballs with tomato marinara sauce & cheese in a sub roll*	**THANKSGIVING MEAL** *Roast Turkey, Carrots Mashed Potato & Gravy Dinner Roll* Pumpkin Pie Cookie	**Pizza** Cheese, Pepperoni, & Special 
23	24	25	26	27
Cheesy Breadstick Dippers *Savory baked whole grain sticks with Tomato Marinara Dipping Sauce*	**SNACK PACK TO GO** Early Dismissal	*NO SCHOOL* 	**HAPPY THANKSGIVING** 	*NO SCHOOL* 
30				
French Toast Sticks *Baked whole grain french toast served with syrup, Blueberries, and Sausage*				**SALAD & FRUIT BAR** Offered at Lunch Every Day 
Menu Subject to Change. This institution is and equal opportunity provider.				

No Outside Food to Share



Families,
Please remember that no outside food can be brought in to share with a class. This is extremely thoughtful of you to do, but with food allergies, we can't allow students to hand out treats to their class. Thank you for helping us with this.



Cologne, Perfume, Aftershave

Parents, please be sure your child heads out the door without any cologne, perfume or aftershave applied.

Bottle Drive!

We now have a permanent structure at Wagner for year-round bottle and can collection. Please bring your bottles to the collection bin in the parking lot at Wagner or bring them to RaceShop Redemption at 5 Staples Road in Winterport and let them know they are for the 2026 8th grade trip account.



Safety Protocols

STANDARD RESPONSE PROTOCOL

INFORMATION FOR PARENTS AND GUARDIANS

Our school has adopted The "I Love U Guys" Foundation's Standard Response Protocol (SRP). Students and staff will be training, practicing, and drilling the protocol.

COMMON LANGUAGE

The Standard Response Protocol (SRP) is based on an all-hazards approach as opposed to individual scenarios. Like the Incident Command System (ICS), SRP utilizes clear common language while allowing for flexibility in protocol.

The premise is simple - there are five specific actions that can be performed during an incident. When communicating these, the action is labeled with a "Term of Art" and is then followed by a "Directive." Execution of the action is performed by active participants, including students, staff, teachers and first responders. The SRP is based on the following actions: Hold, Secure, Lockdown, Evacuate, and Shelter.

HOLD
"In Your Classroom or Area"

Students are trained to:
- Clear the hallways and remain in their area or room until the "All Clear" is announced
- Do business as usual

Adults and staff are trained to:
- Close and lock the door
- Account for students and adults
- Do business as usual

SECURE
"Get Inside. Lock outside doors"

Students are trained to:
- Return to inside of building
- Do business as usual

Adults and staff are trained to:
- Bring everyone indoors
- Lock the outside doors
- Increase situational awareness
- Account for students and adults
- Do business as usual

LOCKDOWN
"Locks, Lights, Out of Sight"

Students are trained to:
- Move away from sight
- Maintain silence
- Do not open the door

Adults and staff are trained to:
- Recover students from hallway if possible
- Lock the classroom door
- Turn out the lights
- Move away from sight
- Maintain silence
- Do not open the door
- Prepare to evade or defend

EVACUATE
"To a Location"

Students are trained to:
- Leave stuff behind if required to
- If possible, bring their phone
- Follow instructions

Adults and staff are trained to:
- Bring roll sheet and Go Bag (unless instructed not to bring anything with them, dependent on reason for evacuation.)
- Lead students to Evacuation location
- Account for students and adults
- Report injuries or problems using Red Card/Green Card method.

SHELTER
"State Hazard and Safety Strategy"

Hazards might include:
- Tornado
- Hazmat
- Earthquake
- Tsunami

Safety Strategies might include:
- Evacuate to shelter area
- Seal the room
- Drop, cover and hold
- Get to high ground

Students are trained in:
- Appropriate Hazards and Safety Strategies

Adults and staff are trained in:
- Appropriate Hazards and Safety Strategies
- Accounting for students and adults
- Report injuries or problems using Red Card/Green Card method.

STANDARD RESPONSE PROTOCOL

PARENT GUIDANCE

In the event of a live incident, parents may have questions about their role.

SECURE

"Get Inside. Lock outside doors"

Secure is called when there is something dangerous outside of the building. Students and staff are brought into the building and the outside doors will be locked. The school might display the Building is Secured poster on entry doors or nearby windows. Inside, it will be business as usual.

SHOULD PARENTS COME TO THE SCHOOL DURING A SECURE EVENT?

Probably not. Every effort is made to conduct classes as normal during a secure event. Additionally, parents may be asked to stay outside during a Secure event.



WHAT IF PARENTS NEED TO PICK UP THEIR STUDENT?

Depending on the situation, it may not be safe to release the student. As the situation evolves, Secure might change to a Monitored Entry and/or Controlled Release.

WILL PARENTS BE NOTIFIED WHEN A SCHOOL GOES INTO SECURE?

When a secure event is brief or the hazard is non-violent, like a wild animal on the playground, there may not be a need to notify parents while the Secure is in place.

With longer or more dangerous events, the school should notify parents that the school has increased their security.

LOCKDOWN

"Locks, Lights, Out of Sight"

A Lockdown is called when there is something dangerous inside of the building. Students and staff are trained to enter or remain in a room that can be locked, and maintain silence.

A Lockdown is only initiated when there is an active threat inside or very close to the building.

SHOULD PARENTS COME TO THE SCHOOL DURING A LOCKDOWN?

The natural inclination for parents is to go to the school during a Lockdown. Understandable, but perhaps problematic. If there is a threat inside the building, law enforcement will be responding. It is unlikely that parents will be granted access to the building or even the campus. If parents are already in the school, they will be instructed to Lockdown as well.

SHOULD PARENTS TEXT THEIR STUDENTS?

The school recognizes the importance of communication between parents and students during a Lockdown event. Parents should be aware though, during the initial period of a Lockdown, it may not be safe for students to text their parents. As the situation resolves, students may be asked to update their parents on a regular basis.

In some cases, students may be evacuated and transported off-site for a student-parent reunification.

WHAT ABOUT UNANNOUNCED DRILLS?

The school may conduct unscheduled drills, however it is highly discouraged to conduct one without announcing that it as a drill. That's called an unannounced drill and can cause undue concern and stress.



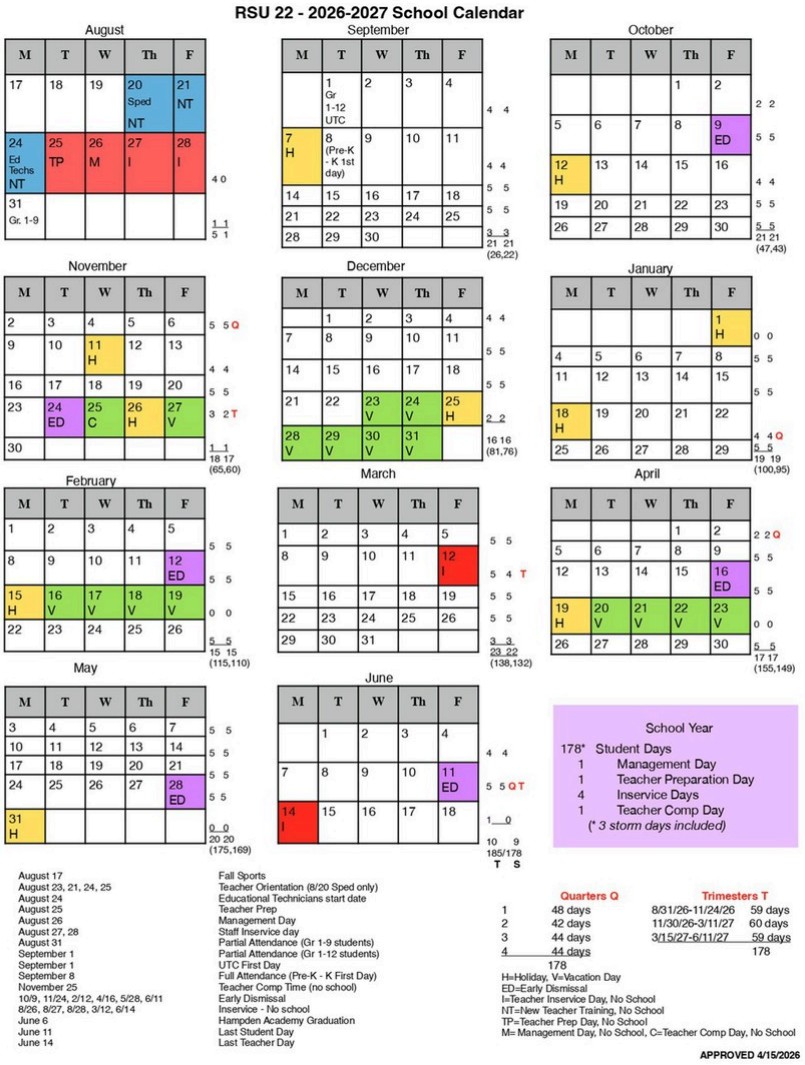
Parents should recognize that the school will always inform students that it is a drill during the initial announcement.

It's important to differentiate between a **drill** and an exercise. A drill is used to create the "Muscle Memory" associated with a practiced action. There is no simulation of an event; this is simply performing the action. An exercise simulates an actual event to test the capacity of personnel and equipment.

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K12 2021 STANDARD RESPONSE PROTOCOL

2026-2027 School Calendar



RSU 22 - 2026-2027 School Calendar

August

M	T	W	Th	F	
17	18	19	20 Sped NT	21 NT	
24 Ed Techs NT	25 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 / 5 5
14	15	16	17	18	5 5
21	22	23	24	25	3 3 / 21 21 (26,22)
28	29	30			

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
August 23, 21, 24, 25
August 24
August 25
August 26
August 27, 28
August 31
September 1
September 1
September 8
November 25
10/9, 11/24, 2/12, 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 1-9 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
Hampden Academy Graduation
Last Student Day
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 4/15/2026

District Calendar

This calendar is continually being updated as events are added. This is a great calendar to always check!

RSU22 State Assessment Information



No matter where you go, you can always show that you have WAGNER PRIDE!

	P Prepared	R Respectful	I Inclusive	D Determined	E Engaged
Hallways	• Have everything you need for where you are going.	• Walk. • Be quiet and stay on the right.	• Invite others to walk with you.	• Know where you need to go and get there safely.	• Pay attention to others. • Watch where you are going.
Restrooms	• Ask permission.	• Give others their privacy. • Wash your hands.	• Let an adult know when something is needed.	• Be quick. • Return to your learning as soon as possible.	• Understand the expectations. • Save socializing for breaks or lunch.
Classrooms	• Bring all materials and supplies. • Be prepared to work and ready to learn.	• Enter quietly. • Have kind conversations. • Keep hands to yourself. • Treat others the way you want to be treated. • Listen when someone else is talking. • Clean up your space before you leave.	• Invite and involve other people. • Respect the ideas of classmates. • Ask for help. • Help others if they have trouble.	• Motivate others through your own actions. • Keep going; keep trying if it's hard. • Try to do your best work.	• Be involved; participate. • Show your process or work. • Stay on task. • Listen to your teacher. • Focus on the speakers.
Bus	• Have your belongings ready. • Be on time.	• Follow the driver's rules. • Stay in your seat. • Report bullying to the driver.	• Invite others to sit with you. • Help people find a seat, or help with their belongings if they need it.	• Keep your belongings out of the aisle. • Get ready for your stop.	• Be aware of when your stop is coming, either the school or your home.
Outside Activities	• Wear appropriate clothing and make sure you have all of your belongings.	• Be aware of others' personal space and keep your hands to yourself.	• Include others by letting everyone play.	• Follow instructions. • Be a good sport and try your best.	• Pay attention, participate, and have fun.
Cafeteria	• Bring your lunch. • Have your account up to date. • Remember your lunch choice.	• Wait patiently. • Use a quiet voice (inside voice). • Listen to the teacher on duty. • Clean up your mess. • Use polite table manners. • Throw away your trash. • No touching other people's food.	• Talk quietly to someone while you wait. • Let people or invite people to sit at your table. • Don't ignore people if they try to talk to you. • Sit with someone new.	• Make sure you get your food eaten in time. • Get your food and sit down. • Keep your space clean.	• Talk quietly and eat. • Listen to the lunch monitor when they are talking.
Technology	• Know your login information and keep your technology charged and safe. • Keep your personal technology off and away.	• Keep your technology away from food and drink. • Use your technology for academic purposes only.	• Help someone else with their technology if they need it. • Share technology if necessary when it is appropriate.	• Problem solve on your own and then ask a teacher for help if you need it.	• Focus on your task and do the right thing.
ExtraCurricular Activities	• Have the needed equipment ready. • Have a positive attitude ready.	• Display good sportsmanship. • Listen to the adult giving the directions.	• Share with others. • Invite others to join the activity. • Help others.	• Work hard. • Follow rules.	• Get involved. • Stay committed.



Click Here For Student Handbook

Click here for Community Events

This link contains events happening in the Bangor area that you may want to participate in.

Angela Pratt
Angela is using Smore to create beautiful newsletters