



MARCH 2023 | VOLUME 18

# ATOMIC ARTICLES

THE ACCESS ACADEMY NEWSLETTER

## MINDFULNESS PRACTICE WELCOMING RITUAL



## Quadrilateral Respiratory Procedure

Also known as Square Breathing! Square or Box Breathing is a simple and effective mindfulness practice to reconnect your mind and body to the present moment. The image to the right helps illustrate the steps out for you.

- Begin by slowly exhaling all of your air out.
- Then, gently inhale through your nose to a slow count of 4.
- Hold at the top of the breath for a count of 4.
- Then gently exhale through your mouth for a count of 4.

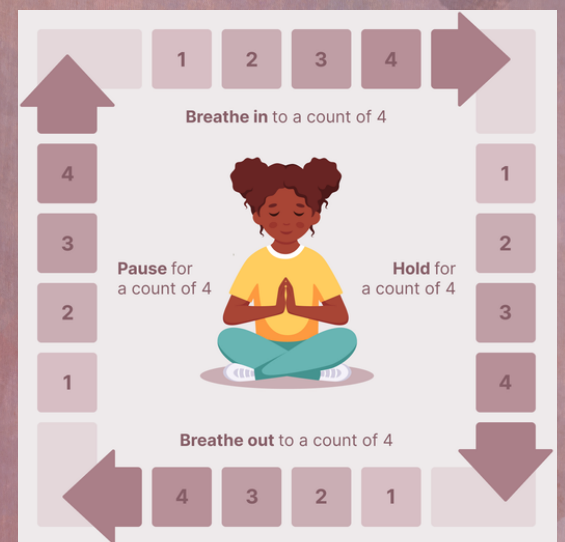


image from clamerry.com

## March is Women's History Month

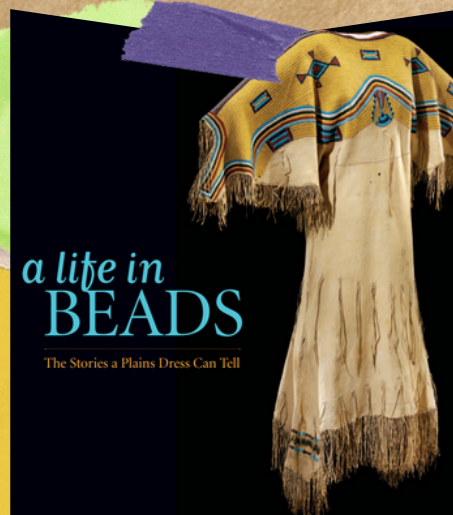
### TALKING ABOUT CULTURAL TOUCHSTONES



"This video from our Girlhood (It's complicated) exhibition looks at how in classrooms, on the playground, at lunch, and even in the bathroom, girls learn how to behave, what to wear, what to say, and what to study. [...] Like anyone being 'schooled,' girls talk back."

### WEAVING IN HISTORY

"Students will explore the traditional art of dressmaking and dress decoration among Native American women from the Great Plains region."



"Learn about the inspirational life of Celia Cruz, an Afro-Cuban singer whose talent and charisma helped to popularize salsa music in the United States."



# HEALTH AND SAFETY

## iHealth At Home Tests Extension

iHealth®  
COVID-19  
Antigen Rapid Test

5 TESTS

**Self-Test  
At Home  
Results In  
15 Mins**



PPS schools have received notice from the Oregon Health Authority regarding the iHealth COVID-19 Antigen Rapid Tests. [According to this notice](#), these tests' expiration dates have been extended by the FDA. ACCESS currently has a case of iHealth tests for students to take home and use, just stop by the office and pick some up!

## Dirt is Good For You!

[According to the National Library of Medicine](#), "There is increasing evidence that exposure to plants and green space, and particularly to gardening, is beneficial to mental and physical health, and so could reduce the pressure on NHS services."

"Why does gardening seem to be so beneficial to health? It combines physical activity with social interaction and exposure to nature and sunlight. Sunlight lowers blood pressure as well as increasing vitamin D levels in the summer, and the fruit and vegetables that are produced have a positive impact on the diet."

Portland organizations like [Growing Gardens](#) can help provide more insight and information on starting your own garden!

# WELCOME STAFF

Michael Stierle

PE Extended Substitute

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Favorite color: Green





# STUDENT HIGHLIGHT

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## Art Night @JoLa Cafe

We are excited to announce our first community partnership with a local business [Jola Cafe](#), located at 5915 S Corbett Ave., will host Bloom!, our ACCESS student art show for the month of March. We expect to show the work of more than 200 students across all grade levels.

There are several ways ACCESS families can support our partnership with Jola Cafe.

1. We need volunteers to help install art at Jola, 4-5PM, Thursday, March 2nd. Email [dharkness@pps.net](mailto:dharkness@pps.net) if you are interested.
2. Join us for our Bloom! Opening Gala 5-7PM, Thursday, March 9th.
3. Patronize Jola Cafe throughout March & compliment our student's artwork.

## Science Bowl

ACCESS Academy Science Bowl Teams competed in person with over 40 middle school teams from Oregon and Washington. The teams included: Nolan R., Rosalind D. H., Shawn C., Alyssa S., Lily D. H., Joseph B., and Keina G. and Ash R.. We hope our 8th graders will find a high school team to join in next year and will miss their leadership and enthusiasm. The team prepared during weekly practices, and found their strength in math as well as a wide variety of science topics. Advice from the team for next year: Read books about science, listen to what people are saying, gain a deep understanding of math and figure stuff out.

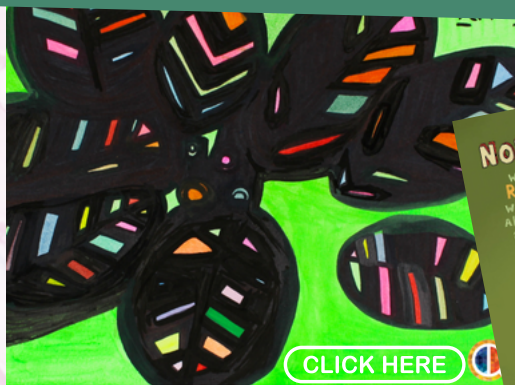


## EQUITY CENTER



On February 28th, Student Leadership facilitated an all-middle school presentation about the Intersectionality of oppressed groups as well as Black Excellence and elevating Black voices. Amazing work, Atoms!

## Developmental Disabilities Awareness Month



**Developmental Disabilities Awareness Month 2023**

*Beyond the Conversation*

#DDAM2023

**BOOKS FROM OUR LIBRARY**

[El Deafo](#) - by Cece Bell  
[Not So Different](#) - by Shane Burcaw  
[The Art of Miss Chew](#) - by Patricia Polacco







# INFORMATIONAL UPDATES



## Get Updates on SchoolMessenger

### JOIN US AT A VIRTUAL OPEN HOUSE:

Meeting links can be found at:  
[www.pps.net/Page/13346](http://www.pps.net/Page/13346)

#### DAYTIME OPEN HOUSE HOURS

Thursday, Feb 23rd, 9-10am  
 Thursday, Mar 2nd, 1-2pm  
 Monday, Mar 13th, 9-10am

#### EVENING OPEN HOUSE HOURS

Wednesday, Feb 15th, 7-8pm  
 Wednesday, Feb 22nd, 6-7pm  
 → with District TAG Office  
 Tuesday, Mar 7th, 7-8pm

[Virtual Open House Flyer](#)  
[Español](#) | [Tiếng Việt](#) | [中文](#) | [Soomaali](#) | [Русский](#)

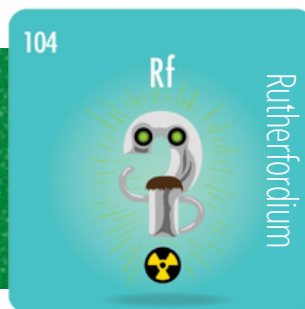
If family or guardians need to edit the district's automatic robo-calls or inclement weather notices you can edit how those notifications come to your phone. PPS uses a program called SchoolMessenger to get these notifications out.

It works with both IOS and Android devices and if you prefer not to download the app you can instead sign up on your preferred web browser. Please be sure to sign up with an email that you have registered with the district!

SchoolMessenger also has two videos you can watch about [what the app is](#) and [how to change your notification preferences](#).



## OPTIMISTIC CLOSING



### Virtual Coffee with Principal

Wednesday, Mar. 1st 9-10am: Monthly meeting to connect with Mr. Bromberg. [LINK](#)



### Bloom! Art Show Thursday, Mar 9th 5-7pm

### Site Council

Monday, Mar. 13th 3:45-4:45pm, 2nd Monday of each month, 3:45-4:45PM: [Google Meet Link](#)

### PTA Meeting

Tuesday, Mar. 14th 7:30-8:45pm: [Zoom Link](#)



### Spring Break! No School Mar. 27th-31st

Thanks for reading and being an amazing Atom! Look for another Atomic Articles next month! In the meantime, join us for the opportunities!