



ATOMIC ARTICLES

THE ACCESS ACADEMY NEWSLETTER

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MINDFULNESS PRACTICE WELCOMING RITUAL

Bubble, Bubble, Toil, & Mindfulness

Welcome to April, everyone! As we approach the final marking period of the school year, we would like to invite everyone to just blow any and all worries away!

you
NEED

- ☒ yourself
- ☒ concerns
- ☒ bubble solution
- ☐ bubble wand
- ☐



Think about something that is causing you worries. Slowly blow out the worries as you blow through the bubble wand. Watch the worry bubbles float away and pop. As the bubbles pop, imagine your worries similarly going away.



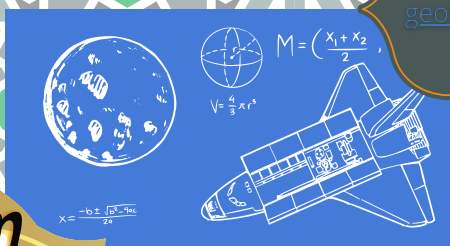
Arab American Heritage Month

ARAB AMERICANS HAVE BEEN HERE SINCE THE BEGINNING



Nathan Badeen [served in the American Revolution.](#)

Farouk El-Baz is a [space scientist & geologist who worked on the Apollo moon landing project.](#)



RAMADAN

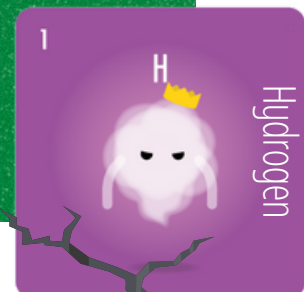
Each year, around the month of April, many Arab Americans celebrate Ramadan - a month of fasting, prayer, reflection and community.

Rashida Tlaib currently serves as [congresswoman to Michigan's 12th District.](#)

Check out the Equity Center for Autism Acceptance Month!



HEALTH AND SAFETY



Volunteers Sign In

An important reminder to all volunteers! Please sign in at the front desk when you arrive to volunteer for your club or activity.

If you would like to register as a volunteer or need to renew your status, please go to the [PPS Security Services Volunteer](#) page!

Haircuts for All

The [Gender Free Haircut Club](#) is a part of the Dress Code Project and offers gender affirming haircuts of LGBTQ2S+ young at no cost! You can sign up for appointments or just show up. Check their [website](#) for details.



Earthquake Preparedness

Ernest Jones, a member of the Portland Bureau of Emergency Management (PBEM), has been visiting ACCESS to get our building up to snuff emergency-wise. "People should know that earthquake preparedness is not a race, there's no 'finish line'," said Jones. "Take baby steps." "We spend a third of our lives in bed," so Jones recommends keeping a pair of closed-toes sneakers and a pair of garden gloves under your bed to protect yourself from possible earthquake debris.

[Please visit the PBEM website for more information!](#)



STUFF AND THINGS

Cliffhanger Writing Contest

As we prepare for the Mac Barnett author visit, ACCESS Academy Elementary students (Grades 2-5) are invited to participate in a Cliffhanger Writing Contest, inspired by a video prompt from Mac himself!

This is designed as an at-home activity, but a few teachers are planning to spend class-time on it

as well. If a student ends up writing more than one cliffhanger story, they can choose their favorite to submit or go ahead and submit both! Please see the 2-page flyer for all the details about prizes and how to participate! Submissions due April 19th by 2:30 PM. Winners announced May 10.



Ben Dandeneau
Nutrition Services
bdandeneau@pps.net
Favorite Animal: Dog



Todd Farris
Leadership Teacher
tfarris@pps.net
Fun Fact: I speak an African Language called Hausa



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STUDENT HIGHLIGHT

ACCESS at OBOB State Tournament

On March 4th, ACCESS Academy students competed in the OBOB Regionals! Together, the Academics, made up of 6th Graders Gabby K. and Nolan R., and 7th Graders Yuma N. and Grady W. progressed to the semifinals. The OBOB State Tournament will be held on April 15th at Chemeketa Community College in Salem OR. Good luck, Atoms!

</> Coding Kid

5th grader, David M., was highlighted on the [Coding with Kids](#) website for his exemplary skills in the craft of algorithms.

David said, "Helping my classmates is one of the ways I learn and I like coding so I like sharing my knowledge."



From left to right: Nolan R., Gabby K., Grady W., Yuma N.



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EQUITY CENTER

Autism Acceptance Month

Black, Hispanic and Asian or Pacific Islander children were more likely to be identified with ASD than White children for the first time in ADDM.

Black	29.3
Hispanic	31.6
A/PI	33.4
White	24.3

Values indicate prevalence per 1,000 children

Why 'Awareness' is out!

"Many self-advocates for autism spectrum disorders view their neurology as a difference in thinking, not something that needs to be cured. Self-advocates ask for acceptance and support, not isolation. Like everyone, those with autism want acceptance for both their strengths and weaknesses." - [WeAreTeachers.com](#)

An Increase in Autism Diagnosis Rates

The Centers for Disease Control released the Autism and Developmental Disabilities Monitoring (ADDM) has updated the prevalence of ASD. [1 in 36 children has been identified with autism spectrum disorder \(ASD\).](#)

In March, [The Autistic Self Advocacy Network \(ASAN\)](#) released a statement, "The ADDM report indicates that our diagnosis practices are starting to reflect the diversity of the autistic community. While the challenges posed by COVID remind us that we will continue to need to work to improve access, it is good news that many autistic people who have been overlooked in the past can increasingly get the recognition and support they need."

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INFORMATIONAL UPDATES

ACCESS Inquirer

Spring is here and so is the Spring Edition of the [ACCESS Inquirer](#). Please enjoy the literary works of our talented students!

spring dance

april 21st | ACCESS
5-8pm | cafetorium

Playground Completion



SOON!
(we're waiting on bark chips)
((to be delivered April 10th))

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Rubidium

OPTIMISTIC CLOSING



No School Monday, April 10th

Virtual Coffee with Principal

Wednesday, Apr. 12th 9-10am: Monthly meeting to connect with Mr. Bromberg. [LINK](#)

Site Council

Monday, Apr. 10th 3:45-4:45pm, 2nd Monday of each month, 3:45-4:45PM: [Google Meet Link](#)

PTA Meeting

Thursday, Apr. 20th 7:30-8:45pm: [Zoom Link](#)



Spring Middle School Dance April 21st 5-8pm

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