



MAY 2023 | VOLUME 20

ATOMIC ARTICLES

THE ACCESS ACADEMY NEWSLETTER

MINDFULNESS PRACTICE WELCOMING RITUAL

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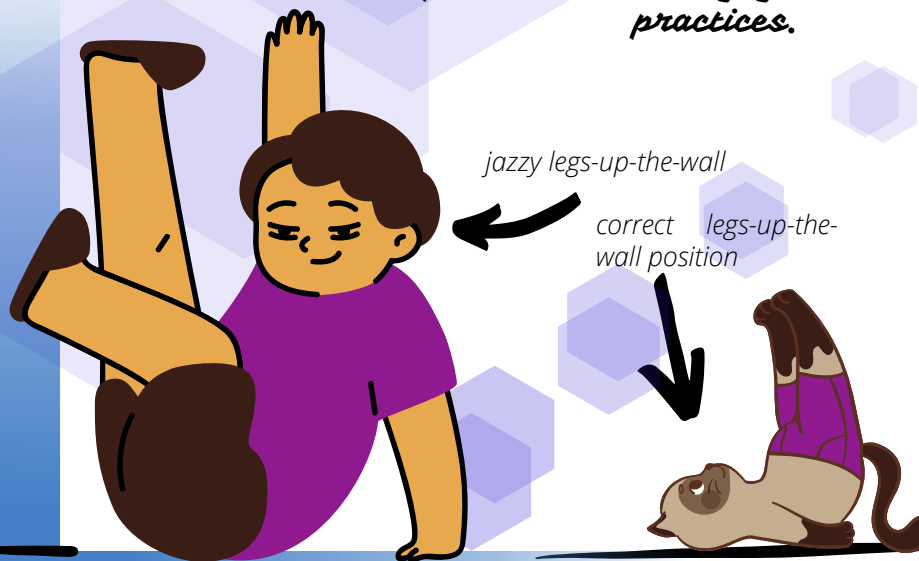


Loosen Up with Legs Up the Wall

May is the second-to-last month of the school year! There's a lot of anticipation leading into final assignments and summer time activities! With so much on the horizon, things can feel pretty tense. Let's take a moment to relax and just be.

Find a section of wall where you can sit comfortably and grab a blanket or a pillow to bring with you so you can adjust as necessary. Now lay on your back and scoot your bum up to the wall, letting your legs slide up the wall. Use your pillow and/or blanket to support the nape of your neck and the small of your back so that you feel comfortable. Now, you can let your body relax into the pose, letting the weight of your legs be held up by the wall. Breathe deeply while in this pose and enjoy this moment of support and rest.

Fun fact! This pose is called "Viparita Karani" in yoga practices.



ACCESS Celebrates



**ASIAN
AMERICAN,
PACIFIC
ISLANDER,
& NATIVE
HAWAIIAN
HERITAGE MONTH**



Why is AAPI Heritage Month celebrated in May?

In 1977 the U.S. Congress (spearheaded by Representative Frank Horton of New York and Senator Daniel Inouye of Hawai'i) chose the first ten days of May to commemorate the history and contributions of Asian American communities here in the U.S. The week's observance became a month, the very month in which the first Japanese immigrants came to the U.S. in 1843. We also commemorate the completion of the transcontinental railroad on May 10, 1869 as the majority of workers who laid those railroad tracks were Chinese immigrants. And that's why AAPI Heritage Month is in May.

[From PBS.org](https://www.pbs.org)

HEALTH AND SAFETY



Name or Gender Change Form

Did you know at PPS has a form to change your student's First Name,

Preferred Name, and/or Gender? And that this form can be filled out with or without legally changing their name?

Please note that this is not a legally binding document and exists to facilitate a more gender-affirming and inclusive educational environment for all our students. This form can be updated at any time and as many times as needed for your child. Please feel free to call or stop by the main office for a copy of this form. Our office staff can also assist with any questions you might have. From all of us here at ACCESS, thank you for living and sharing your authentic self with us!

Student Name and/or Gender Change Form

Change of Legal First Name
If requested by the student and approved by a parent/guardian, a student may change their first name in the student information system. The first name field will contain the preferred name, and the legal first name will be moved to a separate field. For students who have legally changed their name, presentation of the name change document will automatically be required by the school, in or through, the student portal when the same is due.

Change of Preferred Name
If the student does not have approval by a parent/guardian, they do not want to change the legal first name field, the student may request that their preferred name be entered in the "preferred name" field. Currently, preferred name field does not show up on reports or documents. If the student's preferred name is not entered in this field, the legal first name will show up on reports or documents.

Change of Gender
If requested by the student and approved by a parent/guardian, schools that change the student's gender in the student information system. Current options include female, male, or nonbinary. This action requires a completed sufficient documentation. Students/families should be aware that gender categories are not confidential and can be viewed by school staff.

Confidentiality
If the student has chosen to keep their name or gender confidential from a parent/guardian, the school cannot change the official information in the student information system. However, the school support staff should serve as a resource for ensuring preferred names and pronouns are honored throughout the school day.

| SSID | Date of Birth |
|--|---|
| Student Current Full Name as Synonym (First, Last) | Grade Level |
| Student wishes to Change Gender Marker? | |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| Current Gender Marker in Synonym | Change To: M F X |
| <input type="checkbox"/> M <input type="checkbox"/> F <input type="checkbox"/> X | Synonym to: |
| Student wishes to Change Legal First Name? | |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| Student wishes to Change Preferred Name | Synonym to: |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| Student signature | Date: |
| Parent/Guardian signature (if required) | Date: |
| Changing first name and/or gender marker requires parent/guardian approval | |
| Form completed by (staff/parent) | Date: |
| Information System (Synonym) updates completed by | <input type="checkbox"/> The Administrative Director has been reviewed by staff |

PPS GENDER DIVERSITY SUPPORT GUIDE
Revised August 2019

STUFF AND THINGS

teachers Appreciation Week!

We kick off May the right way with School Principal's Day, on May 1st. Thank you Mr. Bromberg for ALL YOU DO! Soon after, May 8th - 12th, is Teacher Appreciation Week!

Thank you ACCESS Teachers and Staff!!

MackInnon Farmer's Market

As she finishes off her 18th year with the ACCESS program, Ms. MacKinnon is looking forward to spending every summer Saturday she can attending the Rocky Butte Farmers Market. She started volunteering with them last summer and joined the board as well. She enjoys seeing Ms. McBride volunteer there as does a former ACCESS teacher, Ms. Clarke. If you want a fun thing to do this summer, come up to 92nd and Fremont and check out the market! There is tons of space for new volunteers and they are also accepting applications for new vendors. If you own a business, they are always looking for new partnerships and have a sponsorship program. Or, consider donating directly if you're looking to increase your charitable giving for the 2023 tax year.

STUDENT HIGHLIGHT

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Magnesium



ACCESS Chess Success

ACCESS sent three teams to the OSCF K12 School Team State Championship and two teams advanced to the podium. Annika L. (5th grade) got 3rd place in the K5 Division, winning the Board Award on Board 1. ACCESS also won 3rd place in the K8 Division. At the OSCF State Championship, several ACCESS students won awards:

Middle School Platinum: Pace L., 5th Place

Middle School Silver: Ben G., Plus Score Award

Middle School Silver: Joseph B., Plus Score Award

Middle School Copper: Rowan S., 1st Place

Middle School Zinc: Teddy H., 5th Place

Elementary School Silver: Lyndon N., Even Score Award

Excellent work, Atoms!



From left to right: Pace L., Joseph B., Rowan S., Teddy H., & Ben G.

OBOB Update

The ACCESS Academy OBOB team, the Academics competed at the State Tournament on April 15th! 6th graders, Gabby K. and Nolan R. along with 7th graders, Yuma N. and Grady W. worked hard and represented the very best ACCESS had to offer! Thank you, Atoms!

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EQUITY CENTER

Recommendations from the ACCESS Library

In Celebration of AAPI Month!



Eyes that Speak to the Stars

by Joanna Ho

The Magic Fish by Trung Le Nguyen

The Astonishing Color of After

by Emily XR Pan

Where the Mountain Meets the Moon by Grace Lin



Amina's Voice by Hena Khan

They Called Us Enemy by George Takei



A NOTE FOR FUTURE FRANKLIN HIGH FAMILIES

The Franklin High School PTSA would love to invite YOU to our final meeting of the year on Thursday, May 11th at 6:30pm at FHS.

We will be welcoming all five of the candidates for the PPS School Board for a Q&A. This is about two weeks before the district-wide election, and we would love to include your questions so the whole community can get a clear view of each candidate. For planning purposes, [please RSVP here](#) to let us know if you can attend, and to submit a question or two ahead of time.

At that meeting we will also be voting in our 2023-2024 Board and if your student is heading to Franklin in the fall, we would love to add your name to the ballot. Being a part of the PTSA (on the board or as a member) is the best way to stay up-to-date with everything going on at the school. Our principal typically attends each meeting and is always eager to engage with parents. We have open board positions that do not require a lot of time (anywhere from 3-12 hours per month) and we would love to include your voice and your ideas in our work. If you would like to talk with a current board member about joining our team, please email presfhsptsa@gmail.com.

Thank you, and we hope to see you soon! Go Lightning!

BUILDING IMPROVEMENTS

Front Lawn Restoration

As you have probably noticed, the front lawn can get very muddy and wet when it rains. Our Facilities Department wants to fix this by hydroseeding the front lawn. Hydroseeding is a mix of seeds and mulch that is often used as an erosion control technique and will grow a nice, lush lawn in the front of the school that will be more resilient to Portland rainy weather.

However, this process will take a long time to settle in the ground. Starting May 2nd, the front lawn at ACCESS will be fenced off and the seeding process will begin. This means children will not be able to eat in the front lawn for the remainder of the school year. The green space in the back of the school will remain open for children who want to eat outside and enjoy the sunny weather. Thank you for your patience during this process!

INFORMATIONAL UPDATES

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NW CyberCamp

For 8th Grade Students Going into High School Fall 2023

[NW CyberCamp](#) is a cybersecurity day-camp taking place July 24-28. **It's free of charge for students** and includes a strong focus on both technical and career topics. I believe it is important that our students learn more about cybersecurity in Oregon and this camp is a great opportunity for students who want to pursue this career. Camp registration is now open and closes June 16th. It is for high school students including incoming 9th graders for 2023-24. Find out more at nwcyber.camp

Art4Life Returning to ACCESS



Art4Life's enrollment info for the 23-24 school year is available now at Art4Life.net

Enrollment is determined by a lottery system. To be included in that lottery please submit your completed registration form no later than June 14. All families interested in care for next year must complete and return a 23-24 enrollment form-even families that are currently enrolled!

Access Academy
TRIVIA NIGHT & auction
MAY 13, 2023
6:30-9:30 PM
MJCC | 6651 SW Capitol Highway

ARE YOU SMARTER THAN YOUR ACCESS STUDENT?
Find out by joining us for a fun night without kids benefitting the ACCESS Foundation to fund staffing shortages at school

TICKETS
\$45/person: must be pre-purchased
Scholarships available: contact Mr. Harkness

TRIVIA
Questions written by ACCESS students and emceed by our counselors, fun prizes for winning teams

AUCTION
Silent auction of a wide range of amazing items, live auction of class art projects

FOOD & DRINK
Free food and soft drinks, beer and wine available for purchase

MORE INFO

PURCHASE TICKETS

OPTIMISTIC CLOSING

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



8th Grade Field Trip, May 5th & 6th

Virtual Coffee with Principal

Wednesday, May 3rd 9-10am: Monthly meeting to connect with Mr. Bromberg. [LINK](#)

Site Council

Monday, May 8th 3:45-4:45pm, 2nd Monday of each month, 3:45-4:45PM: [Google Meet Link](#)



Trivia Night & Auction, May 13th

PTA Meeting

Tuesday, May 16th 7:30-8:45pm: [Zoom Link](#)



Memorial Day, No School - May 29th