

## ATOMIC ARTICLES

THE ACCESS ACADEMY NEWSLETTER



# MINDFULNESS PRACTICE WELCOMING RITUAL

## A Study In Seriet COLORS

Rainbows! Rainbows! Rainbows! Summer is bright and full of color, so let's ground ourselves with a Color-Finding/Color Detective activity that centers on visual mindfulness.

Take a moment and close your eyes. Think of your favorite color and then open your eyes. Without moving, count how many objects around you are your favorite color. Pause again and think of another color. How many items around you are that new color? Did you even realize that you had objects around you that were those colors?

When we take moments like this to focus in on one, singular thing, like a color, it can quiet our busy brains and bring us back to a sense of calm.

# ACCESS Celebrates 1 1 (1 Limonth

To Night Owl from Dogfish by Meg Wolitzer and Holly Goldberg Sloan



here are some book recommendations from our library.

<u>Like A Love Story</u> <u>by Abdi Nazemian</u>



<u>Julián Is a Mermaid</u> <u>by Jessica Love</u>

Jessica Love



<u>Heartstopper</u> by <u>Alice Oseman</u>



## **HEALTH AND SAFETY**

### **School Safety**

A primary role of Portland Public Schools is to provide a safe learning environment for students, staff, and visitors. The welfare and safety of students, staff, and visitors is never more threatened than during disasters or emergency situations. The goal of emergency management is to ensure that Prevention, Protection, Mitigation, Response, and Recovery actions exist so that the welfare and safety of District students and staff is preserved.



We invite you to sign up for <u>PublicAlerts</u> for notifications about emergencies in the Portland area. Please see the <u>PPS Emergency Management web page</u> for more information.

## The Trevor Project:

#### 2022 Survey

The Trevor Project released their 2022 Nation Survey on LGBTQ Youth Mental Health which overwhlemingly showed that support from parents and caregivers of LGBTQ youth can significantly reduce depression, anxiety and suicidal ideation. Please see their website for Crisis Services as well as Peer Support resources for LGBTQ youth. You can talk to an online counselor or meet friends "just like you". Please head over to their website for more information.

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## STUFF AND THINGS



**ESS Renaissance Faire** 

Hear ye! Hear ye! ACCESS Academy welcomes all young scholars to the annual Renaissance Faire upon the 8th of June. Festivities begin at 8:30am and continue until 1:45pm. There will be scenes from Shakespearean plays, stalls with fun facts, and plenty of people in period garb! Please note that this is a student-specific event, no parent volunteers needed!



June 13th will be the ACCESS Academy End-of-Year Field Day! Please be sure to dress your student in warm-weather clothes! **We need parent volunteers for this day!** Elementary volunteers from 8-10am and Middle School volunteers from 12:30-2:30pm! Contact the office for more info!



Parents! Is your child missing a lunchbox?

Coat? Water bottle? Please check the Lost & Found before Wednesday, June 14th!

Urban Office Share

ACCESS parents may be interested in utilizing a local co-working spot just down the street from the ACCESS campus. <u>Urban Office</u> is an independent, female-owned-and-operated co-working space. "It's particularly nice on longer days when he has afterschool activities like Chess or Lego Robotics," says ACCESS parent, Joseph R.



SO much excellence! SO little space to tell it!

## STUDENT HIGHLIGHT

## Game Day (STIHHT

Suspense



In April we announced a Cliffhanger Writing Contest for elementary grade students, and now we have our results! Tessa W., Bea Y., River S., and Lyndon N. wrote wonderfully thrilling tales and now you get to read them too on the ACCESS Library webpage. Congratulations, Suspense Masters!

Saturday, May 20th, an ACCESS team won the Best In Show in award in the Middle School division at the <u>Oregon Game Project Challenge</u>.

Carson B., Alejandro B., Elouan G. Noah J.G, and Ranier S. started work on prject *Eye Sore* back in November of 2022, planning, coding, making art, and music for their game. You can check out their trailer here! Excellent teamwork, Atoms!



Carson B., Alejandro B., Elouan G. Noah J.G, and Ranier S.

## Oregon History Day



Charlie D., Harriet L., Isaac N., Zan O., Marleigh P., Fern P., Eleanor P., Perry S., Maddy T., and Martin V.

Charlie D., Harriet L., Isaac N., Zan O., Marleigh P., Fern P., Eleanor P., Perry S., Maddy T., and Martin V. all participated in Oregon History Day and secured a place to move onto nationals! These students will compete in National History Day at the University of Maryland on June 10th-15th. Good luck, Atoms!

## **EQUITY CENTER**

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In 2021, President Biden signed into law that Juneteenth, June 19th, would be recognized as a Federal Holiday. PBS.org notes, "Although the Emancipation Proclamation freed the slaves in the South in 1863, it could not be enforced in many places until after the end of the Civil War in 1865." There will be several events to celebrate Juneteenth throughout PDX, please check out Travel Oregon for more information!

TRANSRIGHTS ARE HUMAN RIGHTS

In recent months, the nation as seen an influx of anti-trans rhetoric in the news and statehouses. This can feel overwhelming at times and those feelings are valid. Make no mistake, ACCESS Academy stands in solidarity with our Trans community. We are here for you.

We invite everyone in the LGBTQ2SIA+ community to attend the PPS Youth Advocacy Summit. Free to attend, registration required.

