



SEPTEMBER 2023 | VOLUME 22

ATOMIC ARTICLES

THE ACCESS ACADEMY NEWSLETTER

MINDFULNESS PRACTICE WELCOMING RITUAL

It's the Final Countdown... ... 'til the start of the school year

Welcome back to ACCESS! Let's take a moment to count down- mindfully!

We're going to follow our senses and count down from 5 to 1.

Start with 5 things you can see: your feet, the sky. Then 4 things you can feel: your hands on your legs, a pencil. Move on to 3 things you can hear: the wind blowing, a car driving by. Try to identify 2 things you can smell: the scent of flowers outside, the bagel in the toaster. Finally, find one thing you can taste: for this, you can take a sip of water or just taste the air as you take a deep breath.

Grounding yourself in the present can really help embrace the school year to come!

Back to School Quick Links

Here's a list of frequently requested links to start the year on the right foot!



Need to check your student's bus route? Need to request a new stop? Contact [Transportation](#) for more information.

GET IT ON
Google Play

CLICK HERE
Download on the
App Store

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.



Add funds for [school supplies](#) via School Pay

Get your student's [lunch money](#) ready for the school year on the Nutrition Services webpage

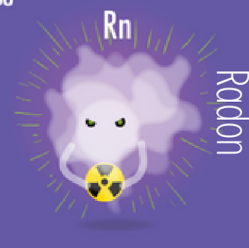


New school hours for ACCESS this year! Check the [Daily Schedule](#) here!



HEALTH AND SAFETY

86



Hello parents,

I hope everyone has had a great summer! In preparation for the school year, please make sure you fill out the medical paperwork for your student, if needed, and return to school. [You can access these forms here.](#) These forms have also been mailed to you.

If your student needs medication to be stored at school, please bring the medication to the health room and fill out the required consent forms. All medication stored at school must be unexpired, in the original container, and FDA approved. If it is a prescription, it must also have the prescription label on it. Remember that students are not allowed to self carry their own medications, unless it is an emergency medication and consent has been signed and turned in to the nurse. Thank you and please reach out if you have any questions!

From, your school nurse

Weekly OHSU COVID-19 tests Discontinued

After two years of weekly COVID-19 screenings, saliva test kits will no longer be collected at PPS schools.

After the [Biden administration ended the national COVID-19 emergency in May of 2023](#), many testing sites have closed. Vaccines are still the best protection from COVID-19 so be sure to get a [booster when it is offered!](#)

[Multnomah County offers some COVID-19 Testing. check their webpage for more information.](#)



PLEASE KEEP ILL STUDENTS OUT OF SCHOOL

The list below gives school instructions, not medical advice. Please contact your health care provider with health concerns.

SYMPTOMS OF ILLNESS	THE STUDENT MAY RETURN AFTER...
 Fever: temperature of 100.4°F (38°C) or greater	*The list below tells the shortest time to stay home. A student may need to stay home longer for some illnesses. *Fever-free for 24 hours without taking fever-reducing medicine AND per guidance for primary COVID-19 symptoms.
 New cough illness OR New difficulty breathing	* Symptoms improving for 24 hours (no cough or cough is well-controlled) AND per guidance for primary COVID-19 symptoms. If diagnosed with pertussis (whooping cough), the student must take 5 days of prescribed antibiotics before returning.
 Headache with stiff neck or with fever	*Symptom-free OR with orders from doctor to school nurse. Follow fever instructions if fever is present.
 Diarrhea: 3 loose or watery stools in a day OR not able to control bowel movements	*Symptom-free for 48 hours OR with orders from doctor to school nurse.
 Vomiting: one or more episode that is unexplained	*Symptom-free for 48 hours OR with orders from doctor to school nurse.
Skin rash or open sores	*Symptom free , which means rash is gone OR sores are dry or can be completely covered by a bandage OR with orders from doctor to school nurse.
Red eyes with eye discharge: yellow or brown drainage from the eyes	*Symptom-free , which means redness and discharge are gone OR with orders from doctor to school nurse.
Jaundice: new yellow color in eyes or skin	*After the school has orders from doctor or local public health authority to school nurse. *Symptom-free , which means return to normal behavior OR with orders from doctor to school nurse.
Acting differently without a reason: unusually sleepy, grumpy, or confused.	*After the school has orders from doctor to school nurse AND after measures are in place for the student's safety. Please work with school staff to address special health-care needs so the student may attend safely.
Major health event , like an illness lasting 2 or more weeks OR a hospital stay, OR health condition requires more care than school staff can safely provide.	

Oregon
Health
Authority



OREGON
DEPARTMENT OF
EDUCATION

WELCOME TO THE ATOMIC FAMILY

60



Hazel Boutin

Restorative Justice
Student Success
Advocate

hboutin@pps.net

Favorite Insect: Tarantula



Cori Longstreet

Spanish Instructor

clongstr@pps.net

Favorite Animal: el
perezoso (sloths!)



Megan Cleary

Language Arts/Social
Sciences

mcleary@pps.net

Favorite Color:



Christina Cone

6th Grade Science

ccone1@pps.net

Favorite Food:
Tomatoes



WELCOME BACK

Maggie Byrkit

5th Grade

mbyrkit@pps.net

Favorite Animal: Ferrets

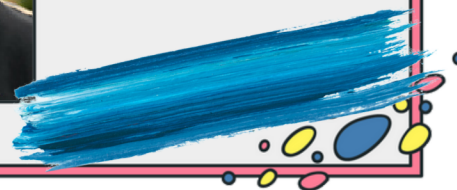


Alfonso Garcia Arriola

7/8 Science

agarcia@pps.net

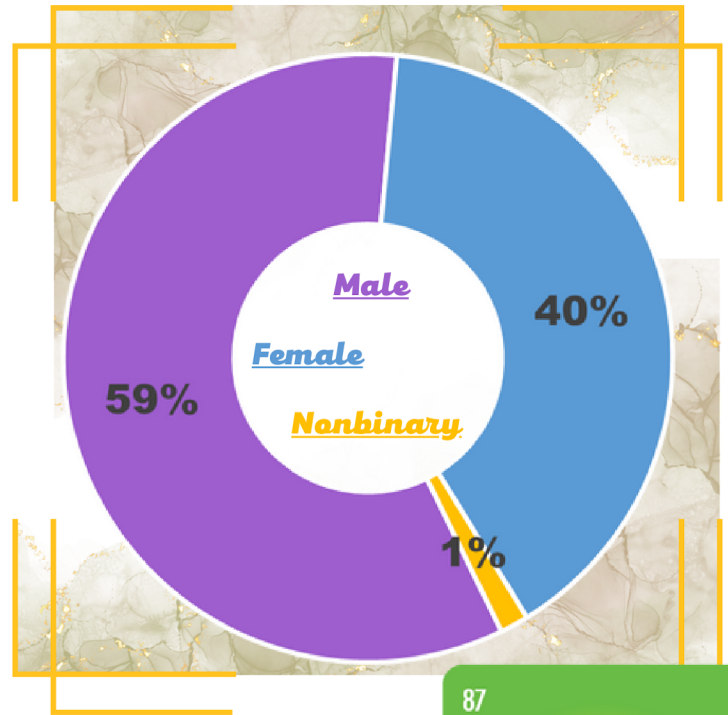
Favorite Color: Blue





STUDENT HIGHLIGHT

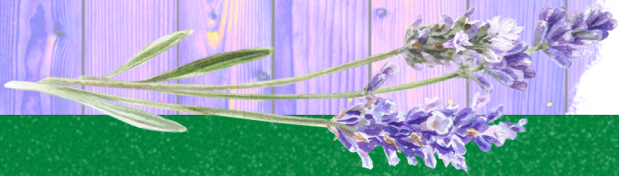
Gender at ACCESS



ACCESS Student Wins Special Prize at NHD

Fern P., an ACCESS 8th grader last school year, won Special Prize for Equality in History at the National History Day Contest at the University of Maryland this past June.

Fern wrote: *Lavender Menace: Crossing the Gay—Feminist Divide*. Her paper was recognized by the National Endowment for the Humanities and is a significant achievement. Excellent work, Fern!



EQUITY CENTER



Healthcare is a Human Right

ENROLLING IN HEALTH INSURANCE

- PPS families who need help in getting health insurance can get [free help](#) in many languages to apply for Oregon Health Plan (OHP) or other coverage.
- You may now qualify for OHP, even if you didn't previously. As of July 1, 2023, [Healthier Oregon](#) allows people of any age or immigration status who meet income and other criteria to qualify for [full OHP benefits](#).

RENEWING OREGON HEALTH PLAN (OHP) COVERAGE

- Keep your [address up-to-date](#).
- Keep checking the mail for your renewal letters.
- Get [free help](#) in many languages.

**MULTNOMAH COUNTY FREE
COMMUNITY VACCINATION CLINIC**



Tuesdays, Thursday, and Fridays. By appointment only. [Click here for more information](#).

25

Mn

Manganese



Volunteers needed

Chop Wood, Carry Water (CW²)

CW2 is the collection of volunteers who provide direct support to the staff and students on a routine (usually weekly) schedule. This is a great way to get to know the students, provide predictable support for staff, and practice the ACCESS core values of Service and Community. Please contact access.pta.dei@gmail.com with questions. Sign up for one of the CW2 opportunities at [this](https://docs.google.com/spreadsheets/d/1FXpZ9sAVZOFSpWb-0Zlv-poBqfRWLnMEc8SGm-FYfNo/edit?usp=sharing) link: <https://docs.google.com/spreadsheets/d/1FXpZ9sAVZOFSpWb-0Zlv-poBqfRWLnMEc8SGm-FYfNo/edit?usp=sharing>



INFORMATIONAL UPDATES

After School Spanish

Access Academy
K-3rd grade

By Portland Early Learning Project

Dates

Mondays, September 18th - May 20th

Time

3:15-4:15 pm

Register!

¡HOLA!

Register Online Today!
portlandearlylearning.com

If you have any questions, please contact
Kathi@PortlandEarlyLearning.com

OPTIMISTIC CLOSING

! Ice Cream Social @ ACCESS, Aug 25th 3-5pm

! First Day of School Tuesday, Aug 29th

! No School Labor Day Monday, Sep 4th

Virtual Coffee with Principal

Wednesday, Sep. 6th 9-10am: Monthly meeting to connect with Mr. Bromberg. [LINK](#)

PTA Meeting

Mid-to-Late September: [Zoom Link](#)

Site Council

To Be Announced

71

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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!