



OCTOBER 2023 | VOLUME 23

# ATOMIC ARTICLES

THE ACCESS ACADEMY NEWSLETTER

## MINDFULNESS PRACTICE WELCOMING RITUAL

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### Talkin' About Our Feelings

Welcome to October, Access Atoms. For our mindfulness practice this month, we wanted to discuss our feelings, specifically how we go about checking-in on one another. Often, we hear people ask "How are you?" When we ask someone 'how' they feel, the other person often will generalize their state of being to 'good', 'bad', or maybe 'so-so'. These are one-word responses that don't invite much follow up. The question 'how' is asked so often that we often have automatic responses at the ready and don't actually think about our feelings.

How?

What?

We would like to challenge you to ask "What are you feeling?" instead. So what's the difference? By reframing the question to name the emotions you are feeling, you have to give yourself time and identify them. When we name individual emotions, you give them (and by extension yourself), space to be seen. Take a moment to reflect on those emotions and breathe.

## Hispanic Heritage Month

Check out books from our library

& Filipino American History Month!  
Check page 3!

Real Human Stories from  
the Library of Congress

What the Jaguar  
Told Her by  
Alexandra V.  
Méndez



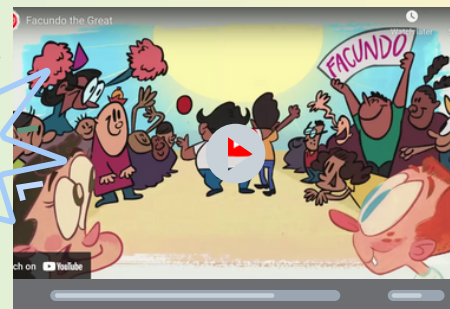
Iveliz Explains It  
All by Andrea  
Beatriz Arango



The Storm Runner  
by J. C. Cervantes



Check out 'Facundo  
the Great'



StoryCorps collects the real life stories of people throughout America for posterity. For Hispanic Heritage Month, they've highlighted the experiences of Latina/Latino people in the United States. [Check out their webpage for more stories!](#)





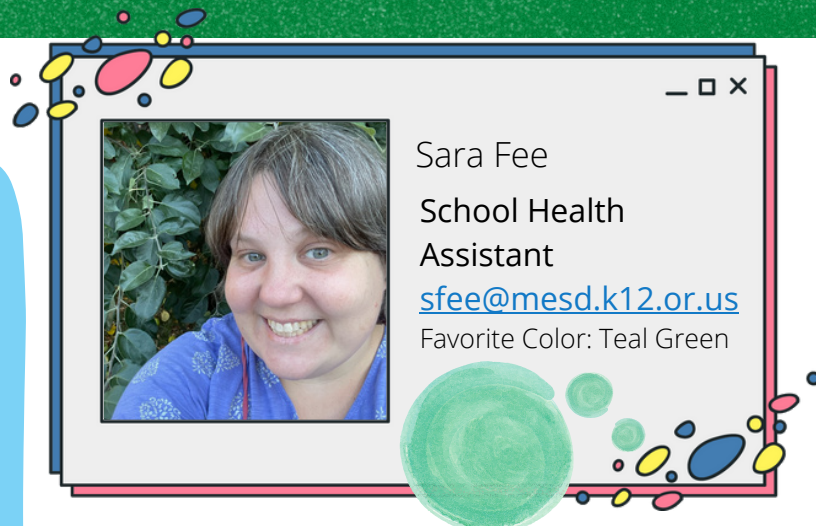
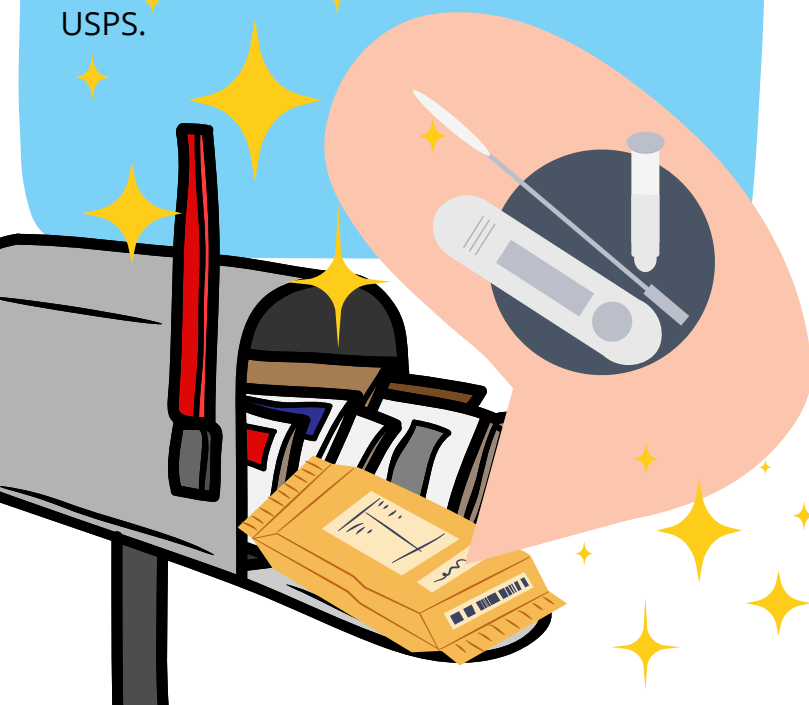
## Free At-Home Tests: @School & Your Mailbox



The PPS Health Services Team is partnering with OHA again to offer onsite diagnostic testing as well as a limited number of take home tests for students upon request. These testing options will be available in early October. [Families will need to be sure to complete the testing permission form which can be requested from the school office.](#)

In addition, [the U.S. government has resumed the Free At-Home test program: covid.gov/tests](#). The program stopped in May of 2023 when the pandemic was declared no longer a public health crisis by the government.

Use the link above to order 4 free at-home tests per residence delivered to you by USPS.



## Medications during Outdoor School

Bring all student medications with you and turn them in to your teacher before boarding the bus to Outdoor School. Rescue medication, such as inhaler or epipen may stay with the student, but still must be logged by the teacher. All other medications will be stored and administered by the nurse at the Outdoor School site.

- All medications must be in **original packaging** (Rx or OTC) with specific written instructions for use. we are unable to distribute unmarked medications to the student
- All medications must be listed with detailed instructions given on the Health History form prior to coming to Outdoor School
- Please send all prescription medications your child uses (including inhalers and treatments for allergic reactions).
- Vitamins/supplements (such as melatonin or daily vitamins) require a note from the health care provider



# REMINDERS

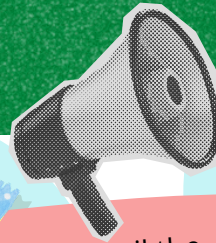
## You're Invited!

### ACCESS Harvest Fest

The Annual ACCESS Harvest Festival will take place on October 27th from 5:30-7:30pm. You can expect many activities at this fundraiser, including:

- The Cookie Walk
- Costume Exchange
- Face Painting
- Games
- Haunted Classroom
- [Apple & Pear Sale](#)
- Food

see you THERE



Call or email the front office when your child is sick, needs a mental health day, or your family is on vacation  
[accessattend@pps.net](mailto:accessattend@pps.net)

2 Hour Delayed Start  
**Wednesday, October 4th**  
School starts @ 10:45AM  
School still ends @ 3:15PM!



**NO School**

State-wide Teacher In-Service  
**Friday, October 13th**



**SALE!**

72411 GOOD TIMES 72411



## EQUITY CENTER

## Fillipino American History Month



Check out books from our library



The House That Lou Built by Mae Respicio

Patron Saints of Nothing by Randy Ribay



## Stumptown, A History

ACCESS 3rd grade teacher, Stephanie Millis, has written a piece about her time updating the 3rd grade social studies curriculum.

Thank you, Ms Millis for helping to bring marginalized perspectives into the forefront of education.

"In 2021, PPS, the Oregon Historical Society, and a Teacher Advisory Group began working to update the school district's third grade reader, "Portland, Our Community," originally published in 1992. Now available in local third grade PPS classrooms, the revised reader provides students with engaging material about Portland's diverse history from a variety of perspectives."



# INFORMATIONAL UPDATES

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Lifetouch

## PICTURE DAY IS COMING!

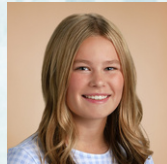
¡YA LLEGA EL DÍA DE LA FOTO!

Friday, October 06, 2023

Access Academy



Scan to order!  
¡Echa un vistazo para encargarte!



### How it Works:



Pre-order today on  
[mylifetouch.com](https://mylifetouch.com)  
using your Student ID or  
Picture Day ID:  
EVTX63VKJ



Students are  
photographed on  
Picture Day



Orders will be sent home  
with your student after  
Picture Day

Cómo funciona: Encarga de manera anticipada en [mylifetouch.com](https://mylifetouch.com) usando tu ID de estudiante o la ID del Día de la Foto.  
Los estudiantes son fotografiados el Día de la Foto. Los pedidos serán enviados a tu casa con tu estudiante después del Día de la Foto.

Questions? Contact our Help Center at [lifetouch.com/support-us](https://lifetouch.com/support-us). Select K-12 School Photography for assistance.  
¿Preguntas? Comunícate con nuestro Centro de Ayuda en [lifetouch.com/support-us](https://lifetouch.com/support-us). Selecciona Fotografía Escolar K-12 para recibir asistencia.

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## Outdoor School FAQ

ACCESS Academy 6th graders will be attending [Outdoor School](#) the last week of October! Here's some answers to common questions:

Where is Outdoor School taking place?

We are attending [Camp Collins](#) and [Namanu](#)

When do we leave?

Departure time is **Sunday, the 29th at 3:00pm** with the bus arriving 30 minutes early to load

When do we get back?

Return time is **1:30pm on Friday, the 3rd** at

ACCESS

Contact [outdoorschool@mesd.k12.or.us](mailto:outdoorschool@mesd.k12.or.us) for any questions!

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## OPTIMISTIC CLOSING



**School Picture Day! Friday, Oct. 6th**



**No School Friday, Oct. 13th : In-Service**

### Virtual Coffee with Principal

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

### PTA Meeting

October 17th, 7:30am: [Zoom Link](#)

### ACCESS Foundation Meeting

Weekly, Thursdays 7-8pm: [LINK](#)



**Harvest Festival: Oct. 27th 5:30-7:30PM**



**Outdoor School: Oct. 29th-Nov. 3rd**

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