



NOVEMBER 2023 | VOLUME 24

ATOMIC ARTICLES

THE ACCESS ACADEMY NEWSLETTER

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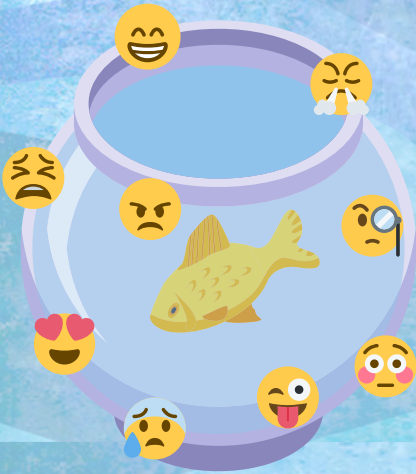
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MINDFULNESS PRACTICE WELCOMING RITUAL

Fishbowl Exercise: Reflection

We wanted to explore our emotions in this month's mindfulness practice! The Fishbowl Exercise needs three things, a container (like a fishbowl), slips of paper with various emotions written them, and yourself! Fold the slips of paper and mix them up in your fishbowl. Pull one slip of paper out at a time and try to recall a time that you felt that emotion. You can do this alone or with more people! Be sure to listen to the story the person is telling in reflection of this emotion. You can ask questions, like 'Where do you feel that emotion in your body when you tell that story?'. Telling stories that relate to emotions can help build emotional intelligence for yourself and for others!



Native American Heritage Month

Check out books from our library

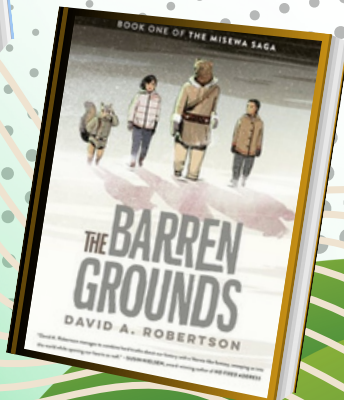


[Rez Dogs](#) by
Joseph Bruchac

[We Are Water](#)

[Protectors](#) by

Carole Lindstrom -
illustrated by
Michaela Goade



[The Barren Grounds:](#)
[The Misewa Saga Book](#)
[One](#) by David A
Robertson



Senate Bill 13: Tribal History/Shared History: the Oregon Department of Education partnered with the 9 federally recognized Tribes in Oregon to develop the Essential Understandings of Native Americans in Oregon. This statewide curriculum will address Native American experience in Oregon, including tribal history, tribal sovereignty, culture, treaty rights, government, socioeconomic experiences, and current events. [PPS LINK](#)

STRIKE INFORMATION

The Portland Association of Teachers is set to strike on November 1st

What is this strike about? What is the timeline?

Information about bargaining between the school district and the PAT union can be found on the [bargaining web pages](#).

Are students allowed to picket?

Yes, any member of the public is allowed to picket with the union.

If schools close, will the school year be extended?

There has been no decision yet about how school days will be made up. The District will provide students and families with additional information regarding any possible make up days.



We understand that this time will be hard on everyone. Parents, please feel free to reach out to me with questions.

-Anthony Bromberg

FAQ

[District Resource Page](#)

Student Supports

[Various services available to children during the strike.](#)

Services include:

Food pantry
Clothing center



Grab-and-Go Meals
Mental Health Services

McKinney-Vento Services
College application support



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Vaccine Clinics Open!

It's flu season! Multnomah County Student Health Center provides no-cost vaccines to all students grades K-12.



You don't need to attend the school where the clinic is located to book an appointment. [Please see their website for hours and locations!](#)



Drop Off and Pick Up from ACCESS

Pick up and drop off at school are very busy times of the day! Please remember that **supervision for students starts at 8:30am**. Your child(ren) will not be watched by an adult if you them off earlier.

In the afternoon if you need to change your afterschool bus or pick up plans, please inform the office staff by 2:30pm. This is the best way to ensure that all necessary parties are aware of the change of plans.

PARENT/TEACHER CONFERENCES

Conferences are Monday, Nov. 20
& Tuesday, Nov. 21

- * Monday conferences can be in person or virtual; Tuesday conferences are all virtual.
- * We ask that if you are planning on signing up for virtual conferences & your schedule allows to please sign up for them on Tuesday as that is the all virtual day.
- * Sign up for the conferences with the teachers/staff members you want to connect with; there is no requirement for a certain number of conferences.

When you sign up PLEASE make sure to include the following info in the Description Box of the calendar response:

- * Your Student's Name
- * Your Name
- * If you are signing up on Monday please indicate whether you are attending Virtual or In-person

This is to sign up on the calendar, and does not have the virtual links yet. Mr. Bromberg will send those out the week before the conferences.

Ms. Cleary
Ms. Cone
Dr. Garcia Arriola
Mr. Harkness
Ms. Longstreet
Ms. MacKinnon
Ms. McBride
Ms. Pan
Mr. Shoukas
Ms. Szok

Ms. Vosler
Ms. Wrobel
Ms. Williams
Ms. D'Aurora
Ms. Byrkit
Mr. Sedita
Ms. McShane
Ms. Salem
Ms. Millis (TBA)
Ms. Webb

If you have any questions, please feel free to reach out to Mr. Bromberg & Ms. Fung directly.

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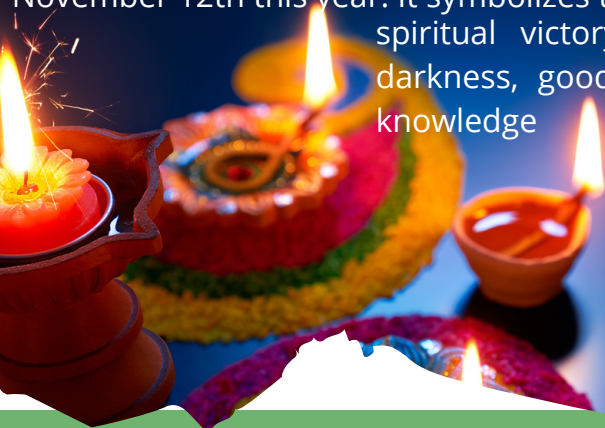
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EQUITY CENTER

We Are On Native Land

November is [Native American Heritage Month](#). The land that ACCESS Academy is built on is the ancestral land of the [Cowlitz Indian Tribe](#) and throughout Oregon, people live on the stolen lands of the [Confederated Tribes of Grand Ronde](#), the [Confederated Tribes of Siletz Indians](#), the [Confederated Tribes of Warm Springs](#), the [Klamath Tribes](#), among others.

Diwali, the Hindu festival of lights, will be on November 12th this year. It symbolizes the spiritual victory of light over darkness, good over evil, and knowledge over ignorance.



Map from
[Native Land](#)
[Digital](#)



INFORMATIONAL UPDATES

ACCESS BottleDrop

Help raise money for ACCESS and be a friend to the environment! Get your BottleDrop Bag in the main office!

BottleDrop has a 20% matching program coming up! If you have the space, please hold onto your bags to turn in during the matching period (Nov 15 - Dec 2).



Middle School Dance

There will be a Middle School only dance on Thursday, Nov. 16th from 6-8pm.



Free entry! Feel free to wear a costume! Music, games, and fun to be had at the ACCESS Phantom Festival!

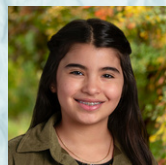


Retake Picture Day!

Thursday, Nov. 16, 2023
Access Academy



Scan to order!
(Echa un vistazo para encargarte)



How it Works:



Pre-order today on
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

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OPTIMISTIC CLOSING



No School Friday, Nov. 3rd: In-Service



No School Friday, Nov. 10th: Veteran's Day

Virtual Coffee with Principal

Wednesday, Nov. 1st 10-11am: Monthly meeting to connect with Mr. Bromberg. [LINK](#)



Picture Day Retakes! Thursday, Nov. 16th



Middle School Dance Thursday, Nov. 16th

PTA Meeting

Thursday, Nov. 16th, 7:30pm: [Zoom Link](#)

ACCESS Foundation Meeting

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



1st Quarter Conferences: Nov 20th-21st



No School Nov. 20th-24th: Fall Break

Thanks for reading and
being an amazing Atom!

Look for another Atomic
Articles next month!

In the meantime, join us
for the opportunities!