

DECEMBER 2023 | VOLUME 25

ATOMIC ARTICLES

THE ACCESS ACADEMY NEWSLETTER

MINDFULNESS PRACTICE WELCOMING RITUAL

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Tungsten

Embracing Imperfection

Get a piece of paper and list four things you don't like about yourself; the things that bother you about yourself. For example: my smile, I'm not smart enough. Look at your list. Now imagine that your best friend came to you with this list and tells you, 'these are all the things I hate about myself.' What is your first gut reaction? Some of us would immediately reassure them that their smile is beautiful and that they are super smart! Another reaction would be to hug them.

This month we are asking our school community to Embrace Imperfection. The key to this is self-compassion and treating yourself like you would treat a beloved friend. Much like the above exercise, if we can extend grace to other people, then we can certainly extend it to ourselves. We can shift our perspectives and shift the lenses of how we perceive ourselves. We are whole beings, beings that are flawed but still worthy of abundance.



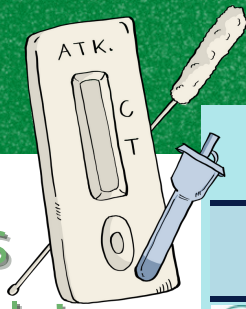
A Historic Welcome Back!

After 15 days of without classes, we are back! [PPS](#) ratified the contract with the [PAT](#) on Tuesday, November 28th.

A Message to our Families From PAT

Big huge thanks go out to all of the students and family members and friends who showed up to march with us and provide supplies and sustenance, and several very kind businesses in the neighborhood who offered up bathrooms or snacks, including Community Wine Bar on SW Dakota, Cafe Du Berry, Sweet CoCo G, Jen's Pastries, and Starbucks on Macadam. Community Wine Bar let us use their parking lot tent all month long, and Cafe Du Berry were especially kind, offering restrooms, coffee, as well as free hot chocolate to all of the kids. Please support them as they have supported us, if you can!





HEALTH AND SAFETY

Free COVID Tests Headed to Schools!






Schools nationwide can now order rapid tests from the federal stockpile to distribute as they see fit to their school population. With the winter months being notorious for colds, flu, and other upper respiratory viruses it's a good idea to test for Covid when you are experiencing symptoms. Rapid antigen tests are still detecting newer variants of the virus.

[NPR reports](#), "If you are negative, but you have symptoms or if you've been exposed to somebody that you know has SARS-CoV-2, test again 48 hours later," says Hafer. "Testing multiple times is really the best way to be most sure about whether or not that you were infected."

As a reminder, the ACCESS health room has masks of various styles and sizes if your student is feeling unwell and would like to provide extra protection to the community.

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.
Acting differently without a reason: unusually sleepy, grumpy, or confused.	*Symptom-free , which means return to normal behavior OR with orders from doctor to school nurse.
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.	*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.

Oregon Health Authority



OREGON DEPARTMENT OF EDUCATION



REMINDER



Drop Off & 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.



REMINDER

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!](#)



MULTNOMAH COUNTY
student
HEALTH CENTER

STUFF & THINGS

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ACCESS Spelling Bee



Starting in January of 2024 we will begin the preliminary homeroom spelling bees in preparation for the school-wide spelling bee in February. Study lists will be distributed to all homerooms 4th grade and up before the start of Winter Break. Look for details about the February Spelling Bee in next month's Atomic Articles!

Attendance Re: Winter Break

We understand that the decision to shorten Winter Break will be challenging for everyone. Rest assured that any student out the week of December 18th-22nd will not have those absences counted against them. Please let the front office know if you already have travel plans or if your child will be out during any of those days. We hope you and yours have a wonderful holiday season!

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EQUITY CENTER

OBOB Books by People of the Global Majority

[Flor and
Miranda Steal
the Show](#) by
Jennifer Torres



[Partly Cloudy](#) by
Tanita S. Davis



[The Girl and the
Ghost](#) by Hanna
Alkaf



[The Jumbies](#) by
Tracey Baptiste



[Barefoot Dreams
of Petra Luna](#) by
Alda P. Dobbs





Thorium

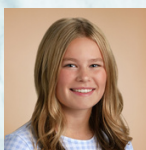
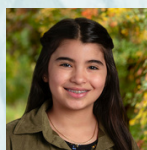
INFORMATIONAL UPDATES

Retake Picture Day!

Thursday, Dec. 7, 2023
Access Academy



Scan to order!
(Echa un vistazo para encargarte)



Pre-order today on mylifetouch.com
using your Student ID or Picture Day ID: EVT3KVVHNJ

WE NEED PARENT SUPPORT

[SIGN UP FORM HERE](#)

Chaperone: 6 - 8 PM

Setup: 4:30 - 6 PM

Cleanup: 8 - 8:30 PM



T'was the NIGHTMARE before Christmas

MIDDLE SCHOOL DANCE

FRIDAY, DEC 15TH 6-8PM

WHERE: ACCESS Cafeteria for Dancing, Library for socializing & board games

ADMISSION: FREE (optional \$5 donations accepted to recoup costs)

FOOD: Students should eat before arriving

ALL ARE WELCOME

No dress code - Come with a group or go solo

GAMES: Feel free to bring board games - no pressure to dance

Costume Contest for awesome prizes (OPTIONAL)! Wear your spooky best or ugly Winter Sweater!

Behavior expectations: Same as during the school day

OPTIMISTIC CLOSING

Virtual Coffee with Principal

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

Picture Day Retakes! Thursday, Dec. 7th

Middle School Dance Friday, Dec. 15th

PTA Meeting

Monday, Dec. 18th, 7:30pm: [Zoom Link](#)

ACCESS Foundation Meeting

Tuesday, Dec. 19th 7-8pm: [LINK](#)

No School Dec. 23rd- Jan. 1st: Winter Break

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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!