



JANUARY 2024 | VOLUME 26

# ATOMIC ARTICLES

THE ACCESS ACADEMY NEWSLETTER



24



Chromium



## MINDFULNESS PRACTICE WELCOMING RITUAL

### Heartbeat Practice

Welcome to 2024! The start of a new year is filled with so much to do; the excitement anticipation for what is to come! Let's take a moment to check in with ourselves and ground ourselves in our own internal rhythm - our heartbeat! Take about 30 seconds and be active with your body: jump up and down, or maybe jog in place. Now place your hand on your chest. Pay special attention to how your heartbeat and breath feel. Now take a slow, deep breath in the nose and out the mouth. Notice how the slow inhale might be difficult at first because our bodies were just so active, but with intentional breath, the heartbeat follows and returns to a steady rhythm. Likewise, no matter what is going on with us on the outside, we can always tune into the inner self and be true to ourselves!

## Parent - Teacher Conferences

Take 2!

If you have any questions, please feel free to reach out to [Mr. Bromberg](#) & [Ms. Fung](#) directly.

**Conferences: January 9th, 11th,  
16th, and 18th**

- \* Tuesday conferences can be in person or virtual; Thursday conferences are all virtual.
- \* 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 a Tuesday 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](#)  
[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](#)  
[Ms. Webb](#)










# HEALTH AND SAFETY

## 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...
 <b>Fever:</b> 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.  * <b>Fever-free for 24 hours</b> without taking fever-reducing medicine <b>AND per guidance for primary COVID-19 symptoms.</b>
 <b>New cough illness OR New difficulty breathing</b>	* <b>Symptoms improving for 24 hours (no cough or cough is well-controlled) AND per guidance for primary COVID-19 symptoms.</b> If diagnosed with pertussis (whooping cough), the student must take 5 days of prescribed antibiotics before returning.
 <b>Headache</b> with stiff neck or with fever	* <b>Symptom-free OR</b> with orders from doctor to school nurse. Follow fever instructions if fever is present.
 <b>Diarrhea:</b> 3 loose or watery stools in a day <b>OR</b> not able to control bowel movements	* <b>Symptom-free for 48 hours OR</b> with orders from doctor to school nurse.
 <b>Vomiting:</b> one or more episode that is unexplained	* <b>Symptom-free for 48 hours OR</b> with orders from doctor to school nurse.
<b>Skin rash or open sores</b>	* <b>Symptom free</b> , which means rash is gone OR sores are dry or can be completely covered by a bandage <b>OR</b> with orders from doctor to school nurse.
<b>Red eyes with eye discharge:</b> yellow or brown drainage from the eyes	* <b>Symptom-free</b> , which means redness and discharge are gone <b>OR</b> with orders from doctor to school nurse.
<b>Jaundice:</b> new yellow color in eyes or skin	* <b>After the school has orders</b> from doctor or local public health authority to school nurse. * <b>Symptom-free</b> , which means return to normal behavior <b>OR</b> with orders from doctor to school nurse.
<b>Acting differently without a reason:</b> unusually sleepy, grumpy, or confused.	* <b>After the school has orders</b> from doctor to school nurse <b>AND</b> 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.
<b>Major health event</b> , like an illness lasting 2 or more weeks <b>OR</b> a hospital stay, <b>OR</b> health condition requires more care than school staff can safely provide.	

Oregon  
Health  
Authority



OREGON  
DEPARTMENT OF  
EDUCATION



## Lost & Found

Please pick up your missing items as soon as possible!

[Check out the ACCESS Lost & Found Google Album!](#)

Last updated on November 28, 2023

We urge parents to come and check out the ACCESS Lost & Found at their earliest convenience. Due to strike in November, we have delayed clearing out the Lost & Found until Thursday, February 1st, 2024. Reminders will be sent out weekly to parent to come check the items in the Lost & Found.

Any items remaining on February 2nd will be donated to charity. Thank you all for your patience and understanding.

## Campus Safety Reminders

### Propping Open Entrances

No door or entrance to the school can be left propped open and unattended. Be sure to close all doors behind you as they automatically lock. If you are locked out of the building, please ring the main office.

ACCESS will be conducting monthly Fire Drills and regular Earthquake drills, Lockdown drills, Secure The Perimeter Drills, and Team Response drills. Please see the [Emergency Management webpage](#) for more information.

### Adult Identification

All adults in the building during the school day are to wear ID tags in a highly visible spot in the chest area at all times during the school day. Visitors will need to present government ID and get a badge from the office. Adults without ID tags are to be escorted to the office by staff members.

safety  
first

### Emergency Drills





# STUDENT HIGHLIGHT

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## ACCESS Team Wins Robot Performance Award



Congrats to the ACCESS Lego Robotics team! They won the Robot Performance Award yesterday by designing and programming a robot that scored the highest number of points at the competition.

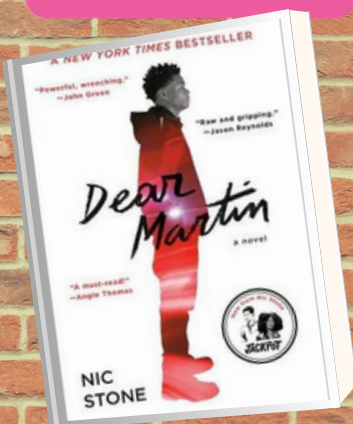
This team exhibited great teamwork in spite of time away during the strike. They put together not only a great robot for the competition field, but also invented a cool drawing robot for their innovation project. A huge thanks to coaches Daniel DeLashmutter and Joe Ruscio for all of the guidance and coordination to make this happen!!



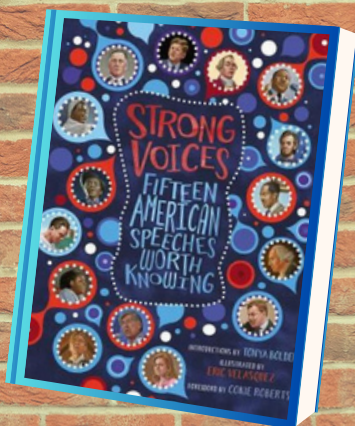
Carbon

## EQUITY CENTER

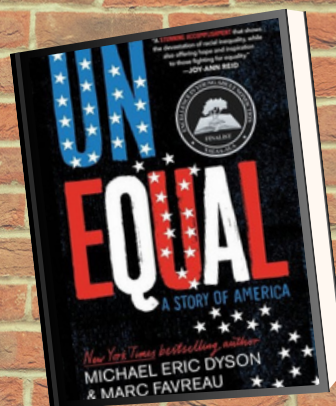
### Martin Luther King Jr Day Re:Books from Our Library



[Dear Martin](#) by Nic Stone



[Strong Voices: Fifteen American Speeches Worth Knowing](#) by Tonya Bolden & Cokie Roberts



[Unequal: A Story of America](#)  
by Michael Eric Dyson & Marc Favreau



[She Persisted: Coretta Scott King](#)  
by Kelly Starling Lyons & Chelsea Clinton



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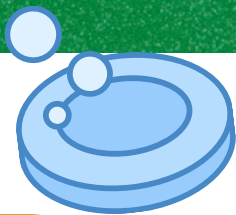
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## REMINDER

2 Hour  
Delayed/Late  
Start on  
Thursday,  
January 25th

Arrive at 10:45AM -  
Regular Dismissal at  
3:15PM

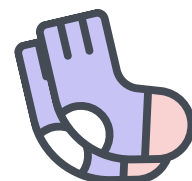


## Leadership Teams up with Portland Rescue Mission

Hello, ACCESS families! We hope the new year is going well for you so far. The Student Leadership Team is doing a service project to donate goods to the Portland Rescue Mission. If you're able to help, we would greatly appreciate it. Any donations should be in original packaging for hygienic purposes.

Some examples of things that you should donate are:

- Socks
- Menstrual products
- Soap
- Shampoo/Conditioner
- Toothpaste/Floss
- Toothbrushes
- New Undergarments
- Deodorant



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## OPTIMISTIC CLOSING

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



**No School Jan. 1st: New Year's Day!**

### Virtual Coffee with Principal

Wednesday, Jan. 3rd 9-10am: Monthly meeting to connect with Mr. Bromberg. [LINK](#)

### ACCESS Foundation Meeting

Thursday, Jan. 11th 7-8pm: [LINK](#)



**Conferences: Jan. 9th, 11th, 16th, 18th**



**No School Jan. 15th: Martin Luther King Day**

### PTA Meeting

Thursday, Jan. 18th, 7:30pm: [Zoom Link](#)



**2 Hour Late Start: Jan. 25th**