



FEBRUARY 2024 | VOLUME 27

ATOMIC ARTICLES

THE ACCESS ACADEMY NEWSLETTER

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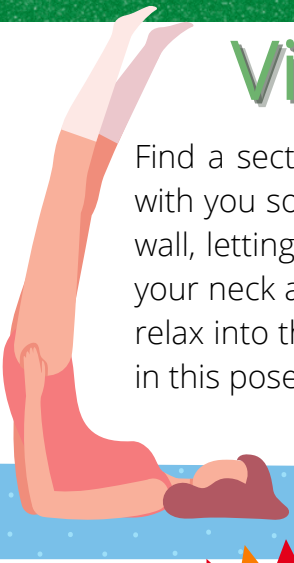
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MINDFULNESS PRACTICE WELCOMING RITUAL

Viparita Karani = Legs Up the Wall

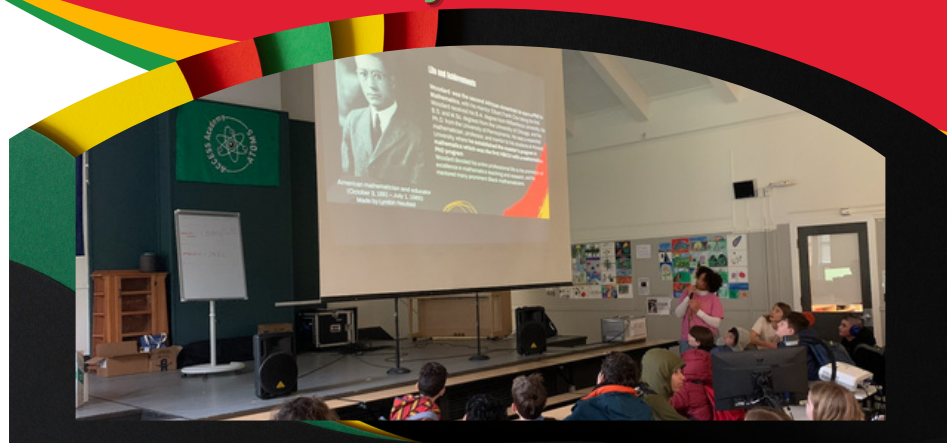
Find a section of wall where you can sit comfortably and grab a blanket or a pillow to bring with you so you can adjust as necessary. Now lay on your back and scoot your bum up to the wall, letting your legs slide up the wall. Use your pillow and/or blanket to support the nape of your neck and the small of your back so that you feel comfortable. Now, you can let your body relax into the pose, letting the weight of your legs be held up by the wall. Breathe deeply while in this pose and enjoy this moment of support and rest.

Poses like this will help loosen up the body during the winter months!



Black Protagonist Books in Our Library!

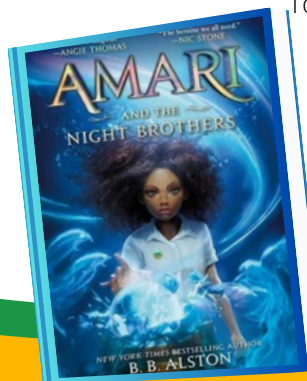
Black History Month @ ACCESS



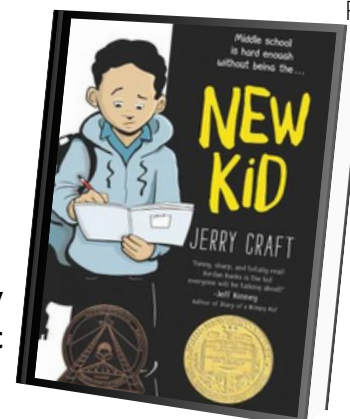
To get Black History Month started, members of our Middle School BIPOC group had a presentation during the beginning of advisory period on February 5th.



Tristan Strong Punches a Hole in the Sky by Kwame Mbalia



Amari and the Night Brothers by B.B. Alston



New Kid by Jerry Craft



HEALTH AND SAFETY

Clothing Closet

Did you know that the ACCESS Health room also houses a small clothing closet for our students? All these items have been donated by families to help out our students when they need some spare clothing. Thank you! We are asking for donations in more sizes than we currently have. The School Health Assistant has asked for the following:

- Youth pants/shorts
 - Sizes 8, 10, 12, 14, 16
 - Small adult sizes
- Youth leggings
 - Sizes 14 - Medium womens



Student Drop Off Reminder

Whenever an elementary aged child is running late for school, that child must have a guardian present to sign them in at the

Front Office. Your student will be considered late/tardy unexcused for class if they are dropped off without an adult present.

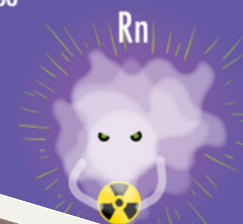
Middle school aged children are allowed to sign themselves into school after 8:45AM. All students must be signed out by a guardian or adult on their emergency contact list if they are leaving school before 3:15PM.



STUDENT HIGHLIGHT

ACCESS At the Bowl

On Saturday, Feb. 3rd, ACCESS Academy competed in the BPA Regional Science Bowl. Dr. Garcia Arriola accompanied 6th grader Melody Y. and 7th graders Rosalind D.H., Remi L., Isaac P., and Nolan R. to the Bowl. Our team won 2 matches and lost two matches. Unfortunately, ACCESS did not advance to the double elimination round. Thank you Atoms for all your hard work!!



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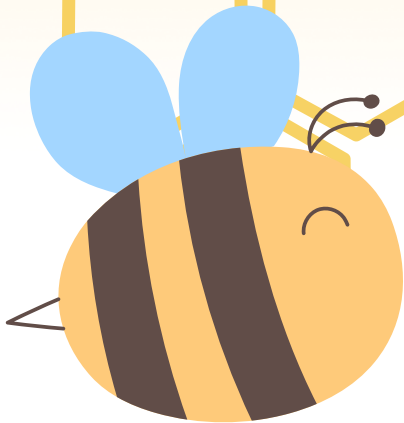
Gallium

STUDENT HIGHLIGHT CONTINUED

ACCESS Spelling Bee

Congratulations to the following students who will advance to the ACCESS Spelling Bee on Friday, February 9 at 9 am! Space is limited for spectators, but organizers could use a couple more volunteers to help herd spellers. Spellers should check in with their teacher and then head directly to the cafetorium for instructions and to start the bee. Spellers can study from the same list that they used for the classroom bee. Words that were used in the classroom bee will not reappear in the school bee.

4th:	5th:	6th:	7th:	8th:
Allison H.	Calvin D.	Avery R.	Alejandro B.	Ceriya S.
Anna B.	Emmett J.	Clara W.	Alyssa S.	Emily D.
Ellie C.	Leander S.	Dionisis F.K.	Axel W.	Emma L.
Everett L.	Macklen O.	Ezra M.	Calla W.	Lucas S.
Mazzy B.	Maud F.V.	Isla W.	Dahlia C.	Rowan S.
Molly K.	Summit F.	Lyndon N.	Evelyn N.G.	Shara C.
Owen C.	Vivian L.	Marleau M.	Ivor W.	
Owen K.	Wesley B.	Severin S.	Leo F.	
Vera F.		Shane E.	Lucy R.	
Wesley S.		Vaughn K.S.	Sydney C.	




EQUITY CENTER

Year of the Dragon



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Neodymium

The Lunar New Year begins February 10th this year and it marks the start of the Year of the Dragon!

Previous years of the Dragon include: 1976, 1988, 2000 and 2012. Those born in the Year of the Dragon are believed to be **ambitious**, **energetic**, and **charismatic**, often **inspiring** others with their **passion** and **enthusiasm**. Many Asian cultures observe the Lunar New Year, each with their own traditions and celebrations!

Check Out These Books From Our Library!



[Mindy Kim and the Lunar New Year Parade](#) by Lyla Lee



[Bringing in the New Year](#) by Grace Lin



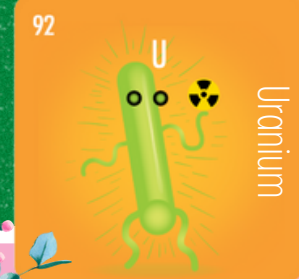
INFORMATIONAL UPDATES



Happy Counselor
Appreciation Week

Tony Shoukas
Devin Harkness
Dr. Glen Leonard

Feb 12th-16th



Flowers Fundraiser

Join us in making dreams come true for Access Academy's 8th-grade students by supporting our fantastic Valentine's Day fundraiser by ordering from our valentines bouquet selection and/ or donating on the site. This fundraiser not only allows you to express your love and appreciation but also helps these students embark on an unforgettable field trip!

All purchases may be collected by your student with permission, picked up at the school Valentine's week or limited delivery upon request.

www.penthousepetals.com

ACCESS ACADEMY TRIVIA NIGHT & AUCTION

MARDI GRAS | 02 24 2024

[CLICK ME!](#)

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!

ACCESS Foundation Meeting

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

Virtual Coffee with Principal

Wednesday, Feb. 14th 9-10am: Monthly meeting to connect with Mr. Bromberg. [LINK](#)



MS Valentine's Dance, Feb. 16. 6-8pm



School in Session President's Day, Feb. 19th

PTA Meeting

Tuesday, Feb. 20th, 7:30pm: [Zoom Link](#)