



MAY 2024 | VOLUME 30

# ATOMIC ARTICLES

THE ACCESS ACADEMY NEWSLETTER

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## MINDFULNESS PRACTICE WELCOMING RITUAL

### POP Go the Bubbles

Welcome to May! It's the last full month of the school year, and that can bring up some anxiety. We would like to invite everyone to just blow any and all worries away!

You will need: yourself and your concerns, bubble solution, and a bubble wand. Think about something that is causing you stress. Slowly blow out the worries as you blow through the bubble wand. Watch the worry bubbles float away and POP. As the bubbles pop, imagine you worries, similarly, going away.

## Asian American, Pacific Islander & Native Hawaiian Month

We wanted to share lots of books because this month honors so many cultures! Check out these books in the ACCESS Library!



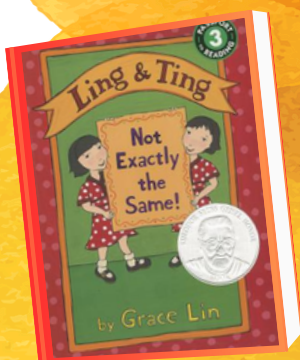
[Rise Up and Write It!](#) by  
Nandini Ahuja



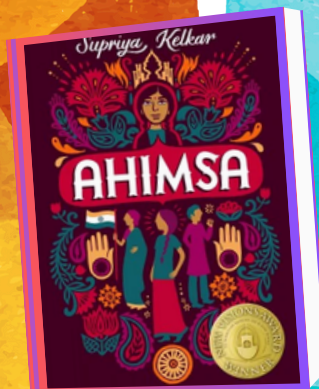
[A Pho Love Story](#) by  
Loan Le



[Ohana Means Family](#) by  
Ilimas Loomis



[Ling & Ting: Not exactly  
the Same!](#) by Grace Lin



[Ahimsa](#) by Supriya  
Kelkar



[Three Keys and Means  
Family](#) by Kelly Yang



[Magic Ramen: The  
Story of Monofuku  
Ando](#) by Andrea Wang



# HEALTH AND SAFETY

## Transitions: Raising a Transgender Child

This workshop for parents and caregivers will focus on sharing evidence-based resources on affirming care models, and effective ways to navigate the experience of transition you share with your child.

Saturday & Sunday  
June 29 & 30, 2024  
9 a.m.-12 p.m., Online

TransActive  
Gender Project

REGISTER NOW

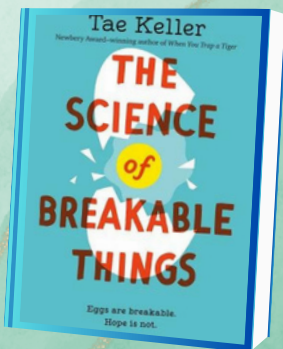
## May is Mental Health Awareness Month!

Tips For Starting the Conversation [From Mental Health America](#)

- **Start With A Text If A Face-To-Face Talk Is Too Intimidating**
  - It could be a plain old text message with a note that says, "I have some important things on my mind and need to make time to talk to you about them."
- **Find & Share Info**
  - Find important information online that might help you explain what you're going through. Print it and bring it with you when you're ready to talk.
- **Take The Youth Screen At [Mhascreening.Org](#)**

This website also has a pre-written letter that you can fill in the blanks for those who are struggling to find their words. Please check it out their numerous resources!

Books that center characters working though mental health challenges!

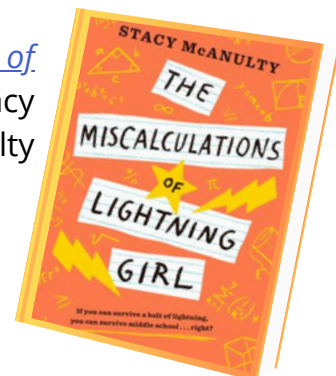


[The Science of Breakable Things](#) by Tae Keller



[Superpowered: Transform Anxiety Into Courage, Confidence, and Resilience](#) by Renee Jain and Dr. Shefali Tsabary

[The Miscalculations of Lightning Girl](#) by Stacy McAnulty



[Lily and Dunkin'](#) by Donna Gephart

## Reminder

Tony Shoukas is here to talk to any student for any concern! You can stop by the library or [send him an email!](#)

Mr. Harkness is currently out on leave! We look forward to seeing him next school year!





# STUDENT HIGHLIGHTS

## ACCESS @ the Northwest Science Expo

On Friday, April 5th, many of our Middle School Atoms won awards at the Northwest Science Expo!

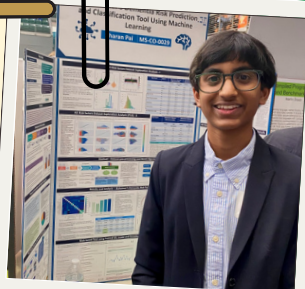
### Category Awards

Shara C. (8th grade) received an Honorable Mention in the Animal Science and Microbiology Category for her project "Better When I'm Dancing"

Martin S. (8th grade) received an Honorable Mention in the Computer Science and Robotics Category for his project "Creating a Compiled Programming Language and Benchmarking It"

Sharan P. (8th grade) placed 2nd in the Computer Science and Robotics Category for his project "An Alzheimer's Dementia Risk Prediction and Classification Tool Using Machine Learning"

Cooper S. (8th grade) received an Honorable Mention in the Engineering Category for his project "Breaking Point"  
Alder S. and Zoli T. (8th grade) received an Honorable Mention in the Physics Category for their project "A Study Concerning the Electrostatic Properties of Van De Graaff Generator Belt Materials"

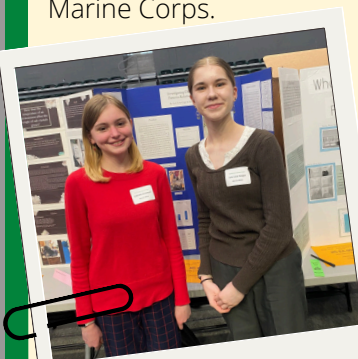


Sharan P.

### Special Awards

Gabby K. and Lyric L.G. (7th grade) received the Outstanding Geoscience Project, an award given by the Association of Women Geoscientists for their project "Investigating Dirt Drainage Patterns Relative to Rivers"

Sharan P. also received the Tom Owen Award for Excellence in Statistics sponsored by the Oregon Chapter of the American Statistical Association and the Naval Excellence in Science and Engineering Award sponsored by the Office of Naval Research, US Navy and Marine Corps.



Gabby K. & Lyric L.G.

Martin S. also received the Naval Excellence in Science and Engineering Award sponsored by the Office of Naval Research, US Navy and Marine Corps

Sharan P. was nominated to the National Thermo Fisher Scientific Junior Innovators Challenge

## Day of Silence at ACCESS

Friday, April 12th was the annual Day of Silence. The Day of Silence is a nationally-recognized student-led demonstration where LGBTQ+ students and allies all around the country, and the world, protest the harmful

effects of harassment and discrimination of LGBTQ+ people in schools organized by [GLSEN](#).

ACCESS' S.A.G.A. club organized our Day of Silence, providing information and statistics around LGBTQ+ issues as well as pride stickers and pins for the entire campus! In the library, a selection of LGBTQ+ books were on display.



6th graders, Sterling B., Oden B., Jeanne L., Marleau M., and Quinn M. introduce to ACCESS what the Day of Silence is



# SCHOOL EVENTS

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## Author Visit, Making History Come Alive

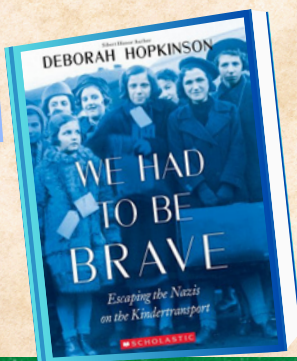
On April 9th, [award-winning author Deborah Hopkinson](#) visited ACCESS! Hopkinson read along to the ACCESS elementary students, took questions and was able to sign books! Thank you so much Ms Hopkinson!

### Books by Deborah Hopkinson



[Thanks to Frances Perkins: Fighter for Workers' Rights](#)

[We Had to Be Brave: Escaping the Nazis on the Kindertransport](#)



[Apples to Oregon: Being the \(Slightly\) True Narrative of How a Brave Pioneer Father Brought Apples, Peaches, Pears, Plums, Grapes, and Cherries \(and Children\) Across the Plains](#)



Ms Hopkinson signing books for ACCESS 3rd graders

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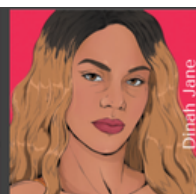


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## EQUITY CENTER



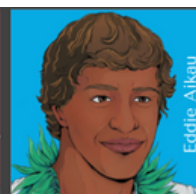
Craig Santos Perez



Dinah Jane



Dwayne Johnson



Eddie Aikau



Etel Adnan



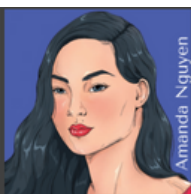
Grace Lee Boggs

ASIAN  
PACIFIC  
AMERICAN  
CENTER  
Smithsonian

### Activities at the Smithsonian Learning Lab

Based on the book, [We Are Here](#), these 30 Learning Lab collections will introduce visitors to Asian American and Pacific Islander artists, activists, scientists, writers, and more. Each Lab includes access to objects, works of art, videos, archival materials, and websites that expand each person's biography in We Are Here.

— [Smithsonian Learning Lab](#)



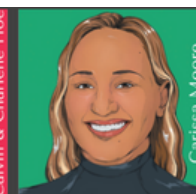
Amanda Nguyen



Bruno Mars



Calvin & Charlene Hoe



Carissa Moore



Chanayla Khemwongse



Chien-Shiung Wu



Lydia X. Z. Brown



Manny Crisostomo



# INFORMATIONAL UPDATES

## Food Festival: Celebrating BIPOC Eats!



The ACCESS BIPOC Group is hosting a food festival during school on May 31st! You can look forward to yummy foods like jollof rice, Jamaican patties, jumbalaya, & more!

Our BIPOC Group is in need of some supplies! If you are able to lend/donate, they need:



**Canopies**

**Folding Tables**

**Tablecloths (black or white)**

**Drink Dispensers/Pitchers**

**Paper Plates/Utensils**

**Paper Napkins**

We appreciate anything y'all can do to support us.

Please reach out to Tony Shoukas with any questions you may have! [tshoukas@pps.net](mailto:tshoukas@pps.net)

Thanks for your time and support!



## A Night In Paris

*5th-8th graders are welcome to attend the last dance of the school year.*

*May 10th+ 6-8PM*

*Parent volunteers needed from 4-6PM and until 8:30PM.*

*Contact [Amy McBride](#) for more information.*



## GOT PLANTS?



Saturday, May 11th there will be a plant sale on the ACCESS front lawn. Buy veggies, fruits, flowers, starts, and perennials starting at just \$5!

Reserve early for the best selection! [Buy online and then pick up day-of.](#) All proceeds go to staffing at ACCESS Academy. See you there!



## From Far Away: Tian-Mu Visits ACCESS



ACCESS Academy had a special visit from Taipei Municipal Tian-Mu Junior High School on April 24th! Much like ACCESS, Tian-Mu students hail from a Math and Science Gifted Program. These students traveled from Taiwan to Seattle and made their way to Portland just to meet our students and exchange experiences! The Tian-Mu staff and students held a tea ceremony and toured the campus with our students. Thank you for the visit, Tian-Mu!





# INFORMATIONAL UPDATES CONT.

## Family Bingo Night Fundraiser



Mark your calendars!  
The [ACCESS Foundation](#) will hold a Family Bingo Night on Friday, May 31st 6-8PM In the ACCESS cafetorium

**SAVE THE DATE**

**ACCESS TALENT SHOW  
JUNE 10TH @LINCOLN HS**



The 8th grade two-day farewell trip will be May 24th-26th. 8th graders will leave Friday at 9AM and return on Sunday at 12PM.

**8th Grade Trip**  
**Renaissance Faire**  
The annual ACCESS Ren Faire will be all day on May 23rd!

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*National Teacher Appreciation Week: May 6-10*

*National Teacher Day: May 7*  
*Principal Appreciation Day: May 1*

*Thank you ACCESS teachers for all you do!*

**TEACHING IS A  
WORK OF HEART**

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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!

### REGULARLY SCHEDULED MEETINGS

#### Virtual Coffee with Principal

Wednesday, May 8th 9-10am: Monthly meeting to connect with Mr. Bromberg. 9-10am: Monthly meeting to connect with Mr. Bromberg. [LINK](#)

#### ACCESS Foundation Meeting

Monday, May 13th 7-8pm: [LINK](#)

#### PTA Meeting

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

### EVENTS IN MAY



**Night in Paris Dance May 10th, 6-8PM**



**Got Plants? May 11th 10AM-1PM**



**ACCESS Ren Faire May 23rd**



**No School Memorial Day, May 27th**



**BIPOC Food Festival, May 31st**



**Family Bingo Night, May 31st, 6-8PM**