



JUNE 2024 | VOLUME 31

ATOMIC ARTICLES

THE ACCESS ACADEMY NEWSLETTER

MINDFULNESS PRACTICE WELCOMING RITUAL

Dragon Breath

It's the last month of the school year and there's a lot going on! Breathing deeply is a powerful tool to reset our bodies and minds when we are stressed. Also, dragons are awesome. Let's combine the two!

Step 1: Take a deep breath, filling your belly and chest

Step 2: "Breathe out your fire" with a long, slow exhale

Step 3: Be awesome(r)

Repeat as necessary.

Pro Tip! Open your mouth up wide so your teeth are bared- it feels pretty cool!

29

Cu



Copper

PRIDEPRIDEPRIDEPRIDEPRIDE

While the ACCESS Library is closed for the year, we still wanted to highlight some of the LGBTQIA+ books in our collection. Find them at your local library over the summer! And if not, they will be here for you in the fall!

[Almost Flying](#) by
Jake Maia Arlow



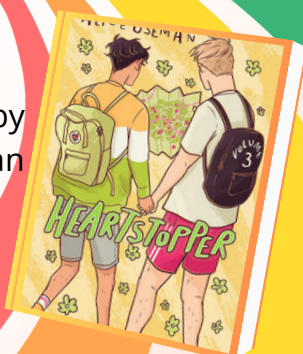
[The Princess
and the
Grilled
Cheese
Sandwich](#) by
Deya Muniz



[Heather Has Two
Mommies](#) by Leslea
Newman

[Other Ever Afters](#)
by Melanie
Gillman

[Heartstopper](#) by
Alice Oseman



[Be Gay, Do
Comics](#) by Matt
Lubchansky,
Matt Bors, Eleri
Harris, and Sarah
Mirk



HEALTH AND SAFETY

Learn More About Concussions

Our School Health Assistant and School Nurse hopes everyone has a fun and safe summer! They advise everyone to be familiar with common injuries like concussions and what to do when one happens.

[Please check out this oregon.gov webpage for more information!](https://www.oregon.gov/health/OSHPD/Pages/concussion.aspx)

Observable Signs of a Concussion

- Can't recall events prior to or after a hit or fall.
- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.

Reported Symptoms of Concussion

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down".

[Information from CDC.gov](https://www.cdc.gov/concussion/)

Medication Pick Up Deadline: Friday, June 14th!

DON'T FORGET

Please note that any family with medications in the ACCESS Health Room by 3:15PM on Friday, June 14th. Any medication left after this date will be disposed of.

When Picking Up Medications

- Prescription medications **CANNOT** be picked up by a student
- Prescription medications **MUST BE PICKED UP** by either a parent or an 18 years or older adult on that student's approved pick up list
- Students may pick up their over the counter medications from the health room





STUDENT HIGHLIGHTS

ACCESS @ Oregon History Day



Congratulations to all 8th graders for completing a National History Day project this year! A record 35 students participated in Oregon History Day at Willamette University in Salem Oregon on April 13th. Students had an interview with judges to share their research and project in five categories: Exhibit, Paper, Documentary, Website, or Performance. They all did amazing, and we had 13 students qualify for National History Day on June 9-13th at University of Maryland, College Park where they will compete with 3,000 students from across the United States.

Congratulations to: Esme C., Grady W., Nora C., Sierra R., Marabel T., Ben G., Lucas S., Martin S., Cooper S., Auryn

V., Margo I., Acadia H., and Sharan P. for qualifying for National History Day! Additionally, two ACCESS groups won special awards at State History Day. Congratulations to: Sam L. and Max R. who won the Black History in Oregon Award and Ben G. and Lucas S. who won the Maritime History Award.

Congratulations ACCESS Atoms! Join us on May 8th for the STEAM night to view students' projects!

Oregon Game Project Challenge Wins!

On May 18th, several of our ACCESS Atoms won at the Oregon Game Project Challenge (OGPC)! The OGPC is a state-wide event, sort of a science fair for 6th-12th grade video game makers. This year, we had 12 students participating as 3 separate teams, with Liam S. joining the Epimetheus team; Kai B., Xavier J., Sequoia H., and Oscar J. as Flying Goose Games, and 6th graders Olive M., Allen E., and Preston T. as team UnOriginal Personal Computer Group. UnOriginal PErsonal Computer Group submitted [Squib adventures](#). Epimetheus Games won Best in Show for their game [Project Prometheus](#), and Flying Goose Games won Programming, Peoples' Choice for their game [Dunebound](#). Congratulations, Atoms!!



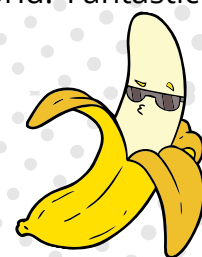
STUDENT HIGHLIGHTS CONT.



ACCESS BIPOC Club Dishes Out Delicious Eats!

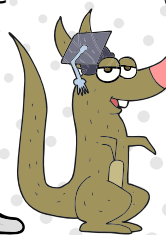
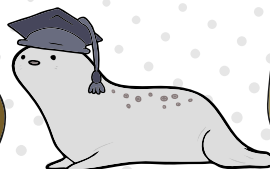


On May 31st our BIPOC Club held their first Ethnic Food Festival! Lead by 8th grader Ceriya S., 7th grader Kéloé C., 6th grader Sevi S., and 4th graders James C.Z. and Lewis F., the event took place during school lunch periods so that the entire student body could enjoy all the delicious cuisine from around the world! Fantastic work, Atoms!



5th Grade Promotion

Our 5th grade class will have their Promotion Ceremony at 10am in the ACCESS cafetorium. All 5th grade parents and guardians are welcome to attend. Please remember to check in at the Front Office before proceeding to the cafetorium.



EQUITY CENTER



The First Pride Was a Riot!

Read more about how Pride Month started with these books!



[The Stonewall Riots: Coming Out in the Streets](#)
by Gayle E. Pitman

[Sylvia and Marsha Start a Revolution!: The Story of the Trans Women of Color Who Made LGBTQ+ History](#)
by Joy Ellison



SCHOOL EVENTS

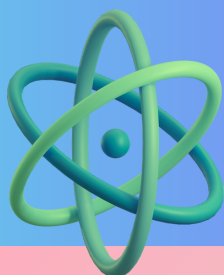
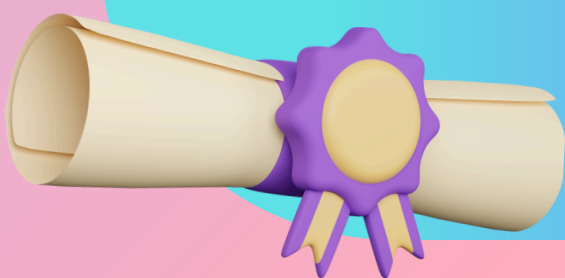
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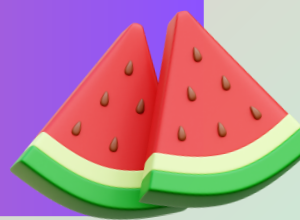
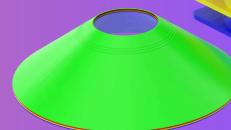
8th Grade Promotion

On June 6th we'll be celebrating our graduating 8th grade class! The 8th Grade Promotion will be held at the Lincoln High School auditorium (1750 SW Salmon St) from 6-8pm. Congratulations Atoms!!



Field Day

Wednesday, June 12th will be the ACCESS Field Day! Send your child to school ready to spend a day of fun in the sun! Wear sunblock, bring water, wear a sunhat and sunglasses!



Talent Show

June 10th will be celebrating the ACCESS Academy Talent Show! Come check out the variety of fabulous performances and marvelous displays at the Lincoln High School auditorium (1750 SW Salmon St) from 6-8pm. See you there!





INFORMATIONAL UPDATES

Goodbyes and Thank Yous

Everyone at ACCESS would like to offer a heartfelt goodbye and good luck to those staff members who will not be returning on staff next year. Thank you Hazel Boutin, Dr. Glen Leonard, and Alexandra Roden. You will be missed!



ACCESS Library Closed For the Year

The ACCESS Library is closed for the remainder of the school year. Please be sure to check your student's backpacks and rooms for any books with a barcode labeled "ACCESS Academy Library" and have them returned before the end of the school year! Thanks so much for your help in keeping our library collection intact!

OPTIMISTIC CLOSING



Thanks for reading
and being an
amazing Atom! See
you next year!

! 8th Grade Promotion at Lincoln HS, June 6th

! 8th Grade Oaks Park Trip, June 7th

! Talent Show at Lincoln HS, June 10th

! ACCESS Field Day, Wed. June 12th

ACCESS Foundation Meeting

Thursday, Jun., 13th 7-8pm: [LINK](#)

! 5th Grade Promotion at ACCESS, June 14th

! Last Day of School, Fri. June 14th