

# ATOMIC ARTICLES

THE ACCESS ACADEMY NEWSLETTER

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## MINDFULNESS PRACTICE WELCOMING RITUAL

## Emotional & Physical Benefits of H<sub>2</sub>O

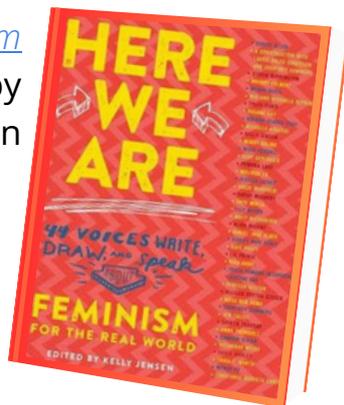
Considering that human beings are 60% water, perhaps it shouldn't be surprising that water can be so beneficial for us! Just drinking water can improve your mood. It can increase feelings of calmness, satisfaction, and positive emotions. Drinking water throughout the day can also lead to better sleep overall.

And there is also water play! Blowing bubbles, playing in a water sensory bin, taking a bath, or even water balloons can help anyone calm down and self-regulate. The gentle, repetitive motion of water and the sound of water moving is known to relax. So get some water and take a break!

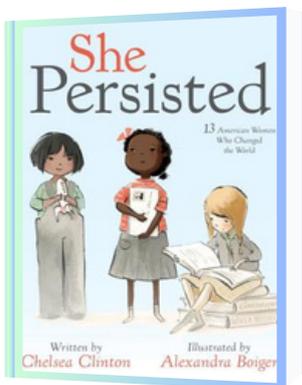
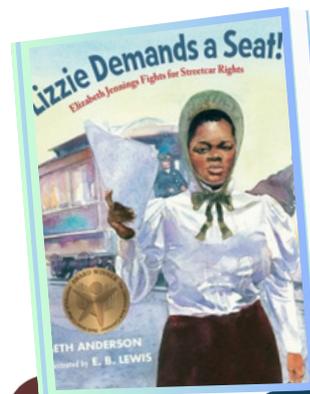
## Women's History Month

## Book Recommendations from ACCESS Library

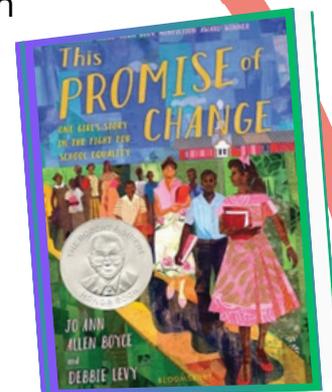
[Here We Are: Feminism for the Real World](#) by Kelly Jensen



[Lizzie Demands a Seat! Elizabeth Jennings Fights for Streetcar Rights](#) by Kelly Jensen



[She Persisted: 13 American Women Who Changed the World](#) by Chelsea Clinton



[This Promise of Change: One Girl's Story in the Fight for School Equality](#) by Kelly Jensen



# HEALTH AND SAFETY

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Sulfur

## Medications During Outdoor School

Bring all student medications with you and turn them in to your teacher before boarding the bus to Outdoor School. Rescue medication, such as inhaler or epipen may stay with the student, but still must be logged by the teacher. All other medications will be stored and administered by the nurse at the Outdoor School site.

- All medications must be in **original packaging** (Rx or OTC) with specific written instructions for use. we are unable to distribute unmarked medications to the student
- All medications must be listed with detailed instructions given on the Health History form prior to coming to Outdoor School
- Please send all prescription medications your child uses (including inhalers and treatments for allergic reactions).
- Vitamins/supplements (such as melatonin or daily vitamins) require a note from the health care provider



## Reminder: Sick at School

A reminder to families that if your child is ill, please keep them home. Here's a list of common symptoms and what to do.

Fever of 100.4°F or higher	Fever-free for <b>24 hours</b> w/out fever-reducing medicine
New cough illness OR New difficulty breathing	<i>Symptoms improving</i> for <b>24 hours</b> (no cough or cough is well-controlled)
Diarrhea	Symptom-free for <b>48 hours</b> OR with orders from doctor to school nurse.
Vomiting	Symptom-free for <b>48 hours</b> OR with orders from doctor to school nurse.



### @ACCESSAttend

When your child is absent from school please email [accessattend@pps.net](mailto:accessattend@pps.net) so that our admin team can update their attendance record. Please also note if your child is ill, on a trip, or participating in an athletic event. Thank you!





## Poison Prevention for Caregivers

A special presentation for caregivers, siblings, personal support workers, and others who care for children with special health needs



The Oregon Poison Center is **always open, is free to you** and has many services you might not be aware of! Join the ORF2FHIC and the Oregon Poison Center to learn more about keeping your children safe, *whether or not they experience disabilities or special health needs.*



Topics include:

- What types of things are poisonous to children
- Why children have greater risk
- How to protect children from common poisonings
- What to do in a poison emergency
- Q&A session



EMC'S CLASS PROVIDES STUDENTS WITH ACCESS TO THE LATEST IN MUSIC PRODUCTION TECHNOLOGY.

COMBINING PRODUCTION TECHNIQUES, SONCWRITING, AND MUSIC THEORY, CHILDREN ARE ABLE TO WRITE THEIR OWN SONGS, IN A STYLE OF MUSIC THEY LOVE.

# MAKE YOUR MUSIC YOUR WAY



WHO: 2ND-5TH GRADE RECOMMENDED  
 DAY: WEDNESDAYS  
 COST: \$250  
 DATES: 4.3.24 - 6.5.24  
 TIME: 3:15 - 4:15PM  
 WHERE: ACCESS ACADEMY

SIGN UP AT [ELECTRONICMUSICCLUB.NET/ACCESS](http://ELECTRONICMUSICCLUB.NET/ACCESS)

- EMC PROVIDES ALL COMPUTERS, KEYBOARDS, AND HEADPHONES\*
- TAUGHT BY LOCAL MUSIC PROFESSIONAL WITH 15 YEARS TEACHING EXPERIENCE
- PERFECT FOR STUDENTS OF ALL MUSIC ABILITIES, FROM COMPLETE BEGINNER TO ADVANCED
- COMBINING MUSIC AND TECHNOLOGY MAKE FOR THE PERFECT STEAM CLASS

### RESEARCH SHOWS CHILDREN IN MUSIC CLASSES:

- SHOW IMPROVED LANGUAGE SKILLS AND BRAIN COGNITION
- DEMONSTRATE INCREASED MEMORY AND CONCENTRATION
- SCORE HICHER ON THE SATS

\*According to The College Board's report, Arts at the Core: Recommendations for advancing the state of arts education in the 21st century



TEL: 503-789-5491 • [ELECTRONICMUSICCLUBINFO@CMAIL.COM](mailto:ELECTRONICMUSICCLUBINFO@CMAIL.COM)

**Thurs., March 21, 2024**  
 6:30 pm - 7:30 pm

[Register here](http://tinyurl.com/ycy63n4p)  
<http://tinyurl.com/ycy63n4p>

You will receive a Zoom link via email



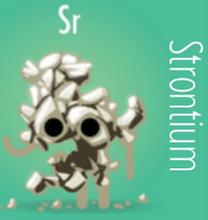
**Cost: Free**  
**Plus** – all attendees will be mailed a free poison prevention packet, and the first 20 to register and attend the entire session will receive a medicine locking bag!

Spanish interpretation will be provided.

[Request interpretation](#) in other languages by March 7, 2024.



Presented by:  
 Jennifer Eskridge, MPH,  
 MCHES®  
 Community Outreach Educator



# STUDENT HIGHLIGHT

## Dragons at OBOB Regionals

Congratulations to The Silver Dragons, who represented ACCESS at the 3rd-5th Division OBOB Regionals this past Saturday! They put up an amazing fight and made it all the way to the Final 4 and placed second overall at the tournament. That's the second year in a row that ACCESS has placed second at Regionals in the elementary division. Go ACCESS!! Thank you to everyone who participated in and/or helped with OBOB this season!



The Academics: 8th grader Grady W., and 7th graders Gabby K., and Nolan R., and 6th grader Clara W.



The Silver Dragons, 4th graders: Ellie S., Molly K., Shiloh W., and Ellie C.

### Musical Fundraiser

STUDENT ROCK BAND SHOW AND FUNDRAISER FOR 8TH GRADE TRIP — APRIL 20 FROM 4-6 PM AT MISSISSIPPI PIZZA

Our middle school team, The Academics, are going to Regionals later in March! Good luck, Atoms!

## EQUITY CENTER

### Chess Beacons Lit: Championship Upcoming!

**ACCESS calls for aid!**

ACCESS is sending a team to the Co-Ed Team State Championship on March 16! And we need YOUR daughter or nonbinary

child's help! In order to compete as a Co-Ed Team, we need at least two female or non-binary students in our starting five or each team.

If you have a student who fits into either of these groups, email Chad Lykins: [chad@rosecitychess.com](mailto:chad@rosecitychess.com).

The chess team will cover the entry fee so that everyone gets a chance to compete! Your student doesn't need to be good at chess. This is a fun event focused on bringing folks together. Beginners welcome!

[Here is the page showing all current registrants.](#)



# INFORMATIONAL UPDATES

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## Outdoor School FAQ

ACCESS Academy 6th graders will be attending [Outdoor School](#) (FOR REAL THIS TIME) in March! Here's some answers to common questions:

Where is Outdoor School taking place?

We are attending [Angelos](#) and [Camp Collins](#)

When do we leave?

Departure time is **Sunday the 17th at 3:00pm** with the bus arriving 30 minutes early to load

When do we get back?

Return time is **1:30pm on Friday, the 22nd** at ACCESS  
 Contact [outdoorschool@mesd.k12.or.us](mailto:outdoorschool@mesd.k12.or.us) for any questions!

# Spirit Week

MARCH 18TH-22ND

**MONDAY**  **PAJAMA DAY**

**TUESDAY**  **DECADES DAY**  
 DRESS IN YOUR VINTAGE FAVORITE DECADE

**WEDNESDAY**  **CHARACTER DAY**  
 DRESS LIKE YOUR FAVORITE CHARACTER

**THURSDAY** **DRESS AS A TEACHER DAY**

**FRIDAY**  **PAJAMA DAY**  
 (YES AGAIN!)

## OPTIMISTIC CLOSING

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### Virtual Coffee with Principal

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

### ACCESS Foundation Meeting

Thursday, Mar. 12th 7-8pm: [LINK](#)

### PTA Meeting

Thursday, Mar. 14th, 7:30pm: [Zoom Link](#)

**6th Grade Outdoor School March 17th-22nd**

**Spring Break - March 25th-29th!**

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