



APRIL 2024 | VOLUME 29

ATOMIC ARTICLES

THE ACCESS ACADEMY NEWSLETTER

MINDFULNESS PRACTICE WELCOMING RITUAL

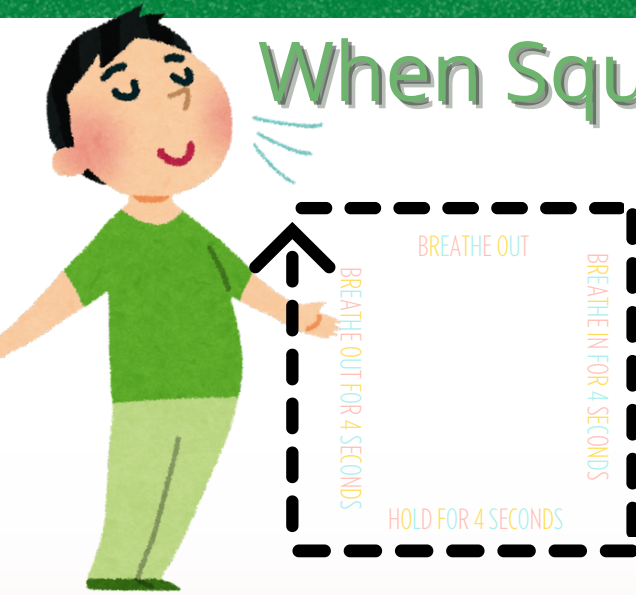
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Rhenium

When Squares Are Cool



Square or Box Breathing is a simple and effective mindfulness practice to reconnect your mind and body to the present moment. It is always good to connect with your breath.

- Begin by slowly exhaling all of your air out.
- Then, gently inhale through your nose to a slow count of 4.
- Hold at the top of the breath for a count of 4.
- Then gently exhale through your mouth for a count of 4.

Autism Acceptance Month on page 3!

Arab American Heritage Month

Books by Arab American Authors in the ACCESS Library!

[Farah Rocks](#)

[Summer Break](#) by

Susan Muaddi

Darraj

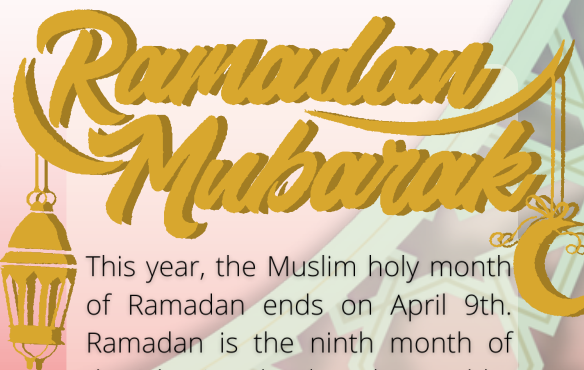
[Don't Read the](#)

[Comments](#) by Eric

Smith



[These Olive Trees](#) by
Aya Ghanameh



This year, the Muslim holy month of Ramadan ends on April 9th. Ramadan is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting, prayer, reflection, and community.





Carbon

HEALTH AND SAFETY

What is Sensory Processing?

Sensory processing is the process that organizes and distinguishes sensation from one's own body and the environment, thus making it possible to use the body effectively within the environment. It involves the collection, involves the collection, integration, and interpretation of information from multiple sensory systems, including touch, movement, joint position, visual, auditory, smell, and taste. And typically, our bodies can regulate these sensations with little difficulty.



However, some bodies can get really overwhelmed by all the sensory input. For example, when you accidentally touch a hot stove, you instinctively move away and need to treat the burn to help your body. To a person going through sensory overload, a loud room might cause them to need to leave that room with the same intensity that we feel when our hand is burned.



Tips for Sensory Seekers

Every person is different and will have different sensory needs, here are some tips to get you started!

Is the environment too loud or bright?

- Use noise reducing earphones
- Create a quiet space your child can go to
- Wear sunglasses



Do you need to push and shove?

- Offer deep pressure squeezes: ex. hugs
- Weighted blankets or compression body socks
- Move something heavy like cans or books



Don't know but SOMETHING is wrong?

- Use deep breathing exercises: Square Breathing!
- Count to 10
- Read a book
- Drink some water to reset



Do you just need to move?

- If it's safe to do so, jump up and down or spin
- Use fidget toys to get some energy out

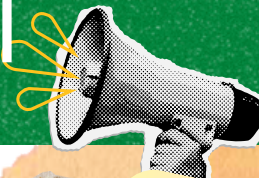


STUDENT HIGHLIGHT

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Cl

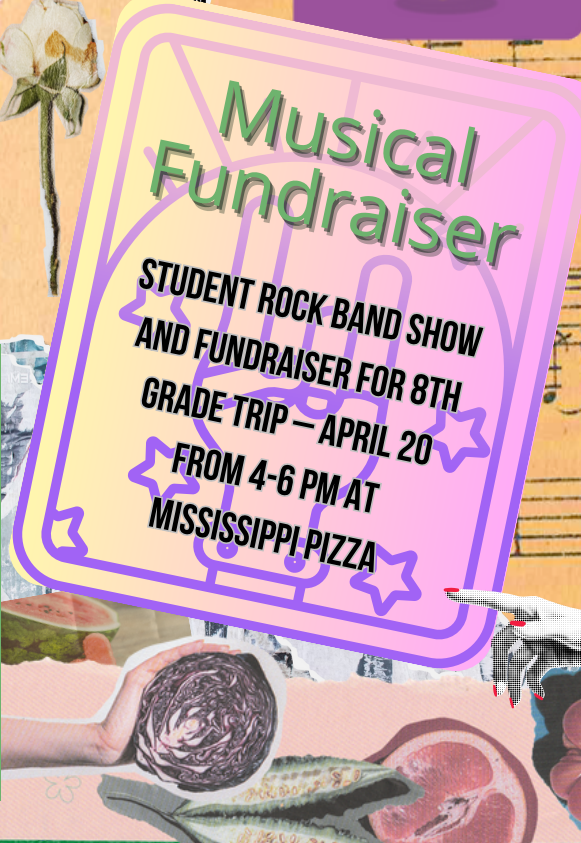
Chlorine



Grady W., Nolan R.

Clara W., Gabby K.

Congratulations to the ACCESS Academics who went to OBOB Regionals and won on March 16th! This is a veteran team established in 2023, made up of 8th grader Grady W., 7th graders Gabby K. and Nolan R., and (new member) 6th grader Clara W. that earned the same accolade in Regionals last year! The Academics move onto the OBOB State Tournament on April 13th at Chemeketa Community College in Salem! Good luck, Atoms!



Academics@State

EQUITY CENTER

Autism Acceptance Month

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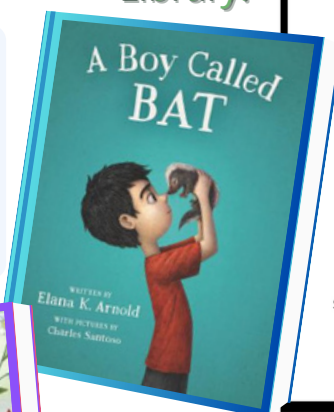
Promethium



Books by Autistic Authors in the ACCESS Library!



[A Boy Called Bat](#) by Elana K. Arnold



Did you know the creator of Pokemon is Autistic?



Satoshi Tajiri has attributed his creativity, passion, relentless focus and drive to being autistic

www.neurodiversityweek.com

"To be different is not a weakness. It's a strength in many ways, because you stand out from the crowd"



- Greta Thunberg on why her autism is a strength

www.neurodiversityweek.com



[How to Build a Hug: Temple Grandin and Her Amazing Squeeze Machine](#) by Jacqueline Tourville



[Anything But Typical](#) by Nora Raleigh Baskin

INFORMATIONAL UPDATES

Show Your Talent

ACCESS Talent Show Auditions

IMPORTANT SUBMISSION DATES:
APRIL 5TH: SIGN UP DEADLINE
APRIL 19TH: AUDITION VIDEOS DUE

CLICK HERE

To Sign Up!

CLICK HERE

To Upload Your Audition

(Videos can be a maximum of 3 minutes long)



WE'RE CLOSED

ACCESS will be closed Friday, April 5th. Regular classes resume Monday, April 8th

OPTIMISTIC CLOSING

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



No School Friday, April 5th

ACCESS Foundation Meeting
Tuesday, Apr. 9th 7-8pm: [LINK](#)
Thursday, Apr. 18th 7-8pm: [LINK](#)
PTA Meeting
Tuesday, Apr. 16th, 7:30pm: [Zoom Link](#)

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

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Oxygen

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Cobalt