



Inside the Den Newsletter

Charles E. Gorton High School / Homepage
(yonkerspublicschools.org)

Issue #1
Friday, September 13, 2024



Principal's Message

Dear Gorton Family,

As we embark on another exciting school year, I am filled with anticipation for all the incredible opportunities ahead.

Our dedicated staff has been hard at work preparing to deliver dynamic instruction that will inspire curiosity and creativity in our students. Together, we will continue to empower our learners with the skills and knowledge they need to thrive in a rapidly changing world.

This year, we are also placing a renewed emphasis on student attendance. Every day in school is a valuable step toward success, and we will work closely with families to support regular attendance, ensuring that all our students have access to the full spectrum of learning experiences.

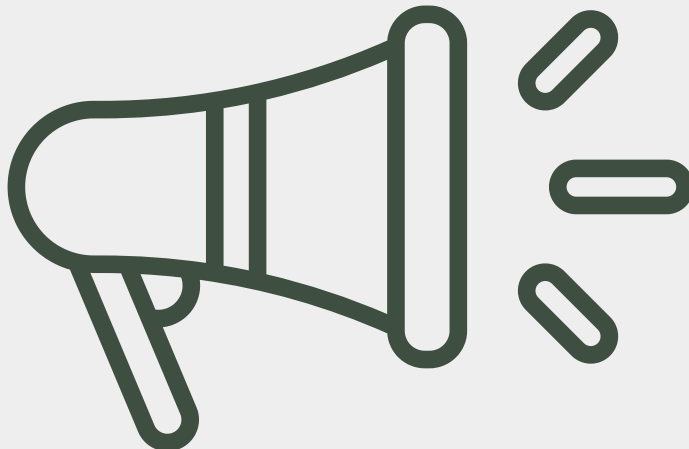
Lastly, I am committed to fostering a trusting and inclusive learning community. By strengthening the connections between our students, families, and staff, we can create an environment where every student feels supported and valued.

I look forward to partnering with you all in making this school year one of growth, achievement, and collaboration.

Warm regards,
Principal Morales
Charles E. Gorton High School

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UPCOMING EVENTS

- September 16- 9th, 10th and 12th Grade Assembly.
- Pretests - Science 17-18, Social Studies 19-20
- September 21- Coffee with the Principal and 12th Grade Car Wash
- September 23 - 11th Grade Assembly
- September 26- Open House
- September 27- Voter Registration Day!



CHALLENGES

Every student in school
every period every day

Continue to grow our
school community

Provide Dynamic
Instruction



A photograph showing several students in a classroom setting. They are sitting at desks, and some are holding and looking at their cell phones. The image is slightly blurred, focusing on the students' hands and phones.

Cell Phone Policy

AS PART OF OUR ONGOING EFFORTS TO ENHANCE THE LEARNING ENVIRONMENT AT CHARLES E. GORTON HIGH SCHOOL, WE ARE IMPLEMENTING A NEW CELL PHONE POLICY EFFECTIVE IMMEDIATELY. THIS POLICY AIMS TO MINIMIZE DISTRACTIONS AND PROMOTE A MORE FOCUSED EDUCATIONAL EXPERIENCE FOR OUR STUDENTS. BELOW ARE THE GUIDELINES FOR CELL PHONE USAGE WITHIN THE CLASSROOM:

1. COLLECTION OF CELL PHONES:

UPON STUDENT ENTRY INTO THE CLASSROOM, WE SUGGEST THAT TEACHERS COLLECT ALL CELL PHONES. EACH CLASSROOM WILL BE PROVIDED WITH A SECURE STORAGE SOLUTION FOR THIS PURPOSE. STUDENTS SHOULD PLACE THEIR PHONES IN THE DESIGNATED AREA AS THEY ENTER THE ROOM.

2. APPROPRIATE USE DURING LESSONS:

THE ONLY APPROPRIATE USE OF CELL PHONES DURING CLASS TIME IS WHEN THE DEVICE IS REQUIRED FOR AN INTERACTIVE LESSON. TEACHERS SHOULD CLEARLY COMMUNICATE WHEN AND HOW CELL PHONES WILL BE USED FOR EDUCATIONAL PURPOSES. ANY DEVIATION FROM THIS USE IS NOT PERMITTED.

3. MONITORING AND REPORTING EXCESSIVE USE:

EXCESSIVE CELL PHONE USE THAT DISRUPTS THE LEARNING ENVIRONMENT SHOULD BE ADDRESSED PROMPTLY. TEACHERS ARE EXPECTED TO MONITOR STUDENT CELL PHONE USAGE CLOSELY. IF A STUDENT REPEATEDLY FAILS TO ADHERE TO THE CELL PHONE POLICY, THE TEACHER SHOULD FIRST COMMUNICATE WITH THE STUDENT'S PARENTS VIA PHONE. THIS PROACTIVE APPROACH AIMS TO RESOLVE THE ISSUE COLLABORATIVELY BEFORE ESCALATING IT TO THE ADMINISTRATION.

4. REFERRAL TO ADMINISTRATION:

IF THE ISSUE PERSISTS AFTER PARENTAL COMMUNICATION, TEACHERS MAY THEN REFER THE MATTER TO SCHOOL ADMINISTRATION FOR FURTHER ACTION. REFERRALS SHOULD INCLUDE DOCUMENTATION OF PRIOR COMMUNICATIONS WITH THE STUDENT AND THEIR PARENTS.

BY ADHERING TO THIS POLICY, WE CAN WORK TOGETHER TO CREATE A MORE CONDUCIVE LEARNING ENVIRONMENT FOR ALL STUDENTS. YOUR COOPERATION AND COMMITMENT TO ENFORCING THESE GUIDELINES ARE GREATLY APPRECIATED.

In memory of 9/11



Our Gorton students wrote personalized notes on the American flag stripes to honor our first responders. One of the flags was gifted to our local fire department, and the second flag to our local police department. Thanks to Ms. Mazahreh and Mr. Awwad for spearheading this special event and the entire Social Studies Department for participating in shaping this experience for students.





MINDFULNESS



The Power of Intention Setting for a Mindful School Year

By: Holly Duckworth

At the beginning of every school year your desk is buried in the to-do list, the goals, everything that you want your students to achieve. All of these are very important. However, there is one key aspect to planning the year that most teachers and school leaders miss: Intention setting.

It takes just a few moments, and is the most powerful way to set in motion a successful school year.

Intention setting is about how you want to be as you are caught up in all the doing.

As a mindful educator, I invite you to step back from the doing/goals and pause long enough to think through your intention for this school year. Intention in mindfulness practice means focusing our energy on our highest values. By setting an intention, you invite your mindfulness to support your doingness.

To set your intention this year:

1. Set aside 5 minutes in the silence of your classroom or workspace to look around and feel the energy and excitement you have created.



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2. Ask yourself, “What is my intention for this year?”

3. Listen to that still small voice inside you that will whisper to you the answer. If it doesn’t come right away, give yourself space for the right word to show up. You will feel it when it is right.

For example, my client Mary was feeling anxious about working with a new special needs student. After thinking about the types of challenges she and her student might face, she decided the most important quality to cultivate would be patience. Mary was delighted to discover that seeing her word “patience” would remind her to gently take a breath and not rush herself or her student.

Other intentions to consider might be:

- Kind
- Compassionate
- Caring
- Calm
- Warm
- Welcoming
- Loving
- Passionate

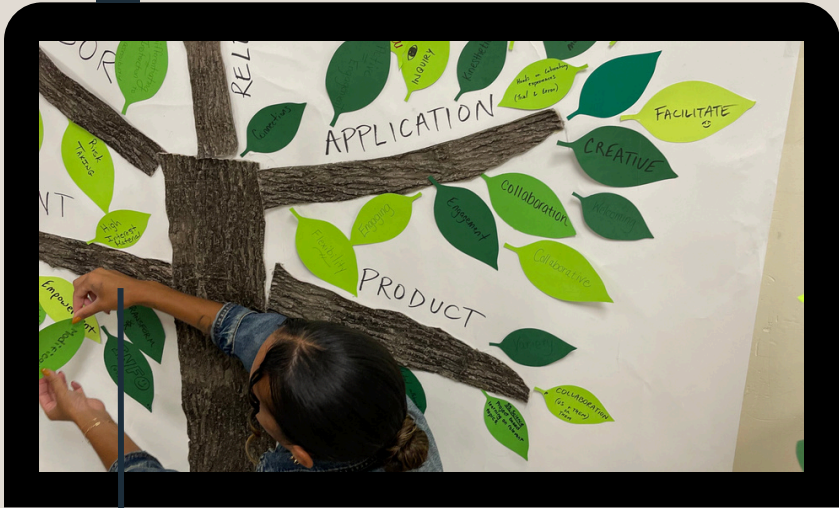
Once you have your word for the year, place it in locations where you will be reminded of your intention often. On a tough day, just seeing that word “kind” or “calm” can help you remember your intention and set your positive energy in motion, so you can be mindful in your response to whatever challenge you're facing

#YonkersMagic

Wednesday, September 4th, was Yonkers Public Schools’ first Convocation. Superintendent Anibal Soler, Jr. Led this initiative and spoke about Yonkers magic as the “heartbeat of our city, our State, the pulse that drives us forward every single day.” Seeing the pride and celebration pulsating from our GHS staff was beautiful. We were graced with performances by our educators, Gina Mazahreh and Dean Vasquez, and a speech from a former alum, Imhotep Qaadar.



Top: Superintendent Soler, Jr.
Bottom: Dr. Baez



“Be open to change as change brings growth and opportunities. Join a club, a sports team, and get to know your peers and teachers.”- Ms. Alvarado





Let's Welcome our New Staff



Ms. Tawil



Ms. Rodriguez-Lugo



Ms. Campos



11th Grade
Assistant
Principal-
Ms. Ortiz



Ms. Moran



Mr. Galland



Mr. Waltzer



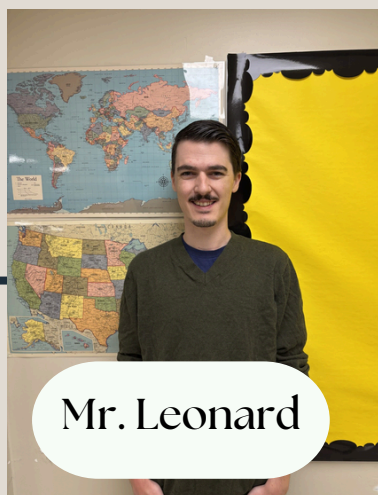
Ms. Abreu



Ms. Alexander



Ms. Radcliff



Mr. Leonard



Ms. Nepal



STUDENT SPOTLIGHT



JOEL OMAR GONZALEZ, 11TH GRADE

Joel Gonzalez is a Junior at Charles E. Gorton High School. Joel is always looking to help and volunteers in our main office and on the Junior Committee. We highlight Joel this week, as he delivered a heartfelt speech that reflected our appreciation for first responders on September 11th 2001 and now. His words expressed the courage and resilience of our YPD and YFD and our gratitude for their efforts in ensuring public safety for Yonkers, and in particular, Shonnard Place. Joel is also a junior cadet and future law enforcement officer. BIG HOWL to Joel Gonzalez!



5 Ways to Help Your Child Through School Transitions

By: Christine Korol, Ph. D.

How reducing your stress and anxiety can empower your child to thrive.

- Acknowledge your anxiety—it's normal but doesn't predict your child's outcomes.
 - Focus on what could go right, reminding yourself of your child's past resilience and successes.
 - Embrace challenges as growth opportunities for your child, building their independence and confidence.
 - Prioritize your mental health to model calmness and support your child through school transitions.
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Thank you for reading our first Issue. Please contact Assistant Principal Ortiz (lortiz3@yonkerspublicschools.org) and Assistant Principal Cassano (ccassano@yonkerspublicschools.org) for feedback on next week's issue.