



Inside the Den Newsletter

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

Issue #9
November 8, 2024



Principal's Message

Dear Gorton Families, Staff, and Students,

It's been a fantastic week here at Charles E. Gorton High School, full of growth, engagement, and achievement!

I'm thrilled to share that we saw a notable increase in our attendance this week! Overall, attendance rose by 2%, with an impressive 7% increase among our seniors. Our 9th graders also showed outstanding dedication with a weekly attendance rate over 91%! This commitment to showing up every day is essential to student success, and I'm incredibly proud of everyone for making it a priority. Let's keep up this momentum as we move forward together.

In academics, our PTECH students got hands-on in their studies by dissecting chicken wings as part of their exploration into anatomy and physiology. It was a valuable learning experience, helping students gain insights into the structure and function of muscles and tissues.

Our My Sister's Keeper students engaged in a powerful exercise that emphasized self-reflection. Through a "mirror exercise," they explored their own strengths and vulnerabilities, fostering self-awareness and confidence. I am proud of their commitment to personal growth and unity, which shines through in all they do.

Looking ahead, we're adding some excitement with a bit of friendly competition! Next week, we'll challenge the Yonkers Police Department to a volleyball game. This event is all about building community connections, having fun, and engaging with our local heroes in a spirited match.

As we approach Veterans Day, I want to extend my heartfelt gratitude to all veterans in our Gorton family and the wider community. Thank you for your service, courage, and dedication to our country. We are incredibly grateful for your sacrifices, and we honor you this Veterans Day.

Thank you to all of our students, families, and staff for another successful week. I look forward to seeing you at next week's events and watching us continue to grow, learn, and celebrate together.

With pride and gratitude,
Jamie Morales

Principal, Charles E. Gorton High School

#GortonPride #AttendanceMatters #BuildingConnections #ThankYouVeterans

In This Issue

Message from the Principal...1

Upcoming Events &
Reminders....2

Health and Wellness3-4

Yonker's Magic.....5

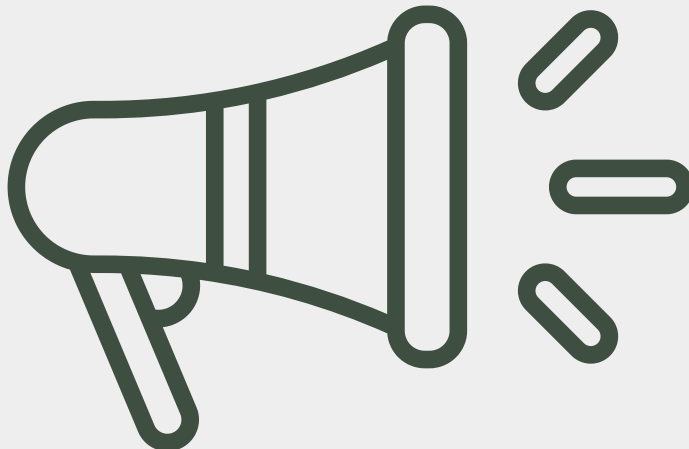
My Sister's Keeper.....6

Classroom News ...7-9

Teacher's Corner...10

Student Spotlight11

Feedback & Contact Information ...12



UPCOMING EVENTS

11/11 - NO SCHOOL Veterans Day
11/13 - GHS Blood Drive w/NY Blood Center
11/13 & 11/14 - FSA ID Creation Event
(Items needed for FSA ID creation: SSN & Personal Email)
11/13-11/15 - Makeup Yearbook Pics (remember payment)
11/20 - Gorton Fall College Fair
11/21 - Senior Assembly



CHALLENGES

Every student in school
every period every day

Continue to grow our
school community

Provide Dynamic
Instruction



Election anxiety doesn't need to win: science backed strategies to rein in the stress

By: Shannon Sauer-Zavala

Uncertainty about the election getting to you? Is anxiety the dominant feature of your emotional landscape, maybe with a small sprinkling of impending doom?

You are not alone. A recent survey found 69% of American adults are seriously stressed about the 2024 presidential election.

It's difficult not to be worked up about politics in today's polarized climate. Regardless of which side of the political aisle you sit on, you may find yourself glued to your browser or TV, gobbling up every tiny tidbit of news and feeling your stress levels skyrocket.

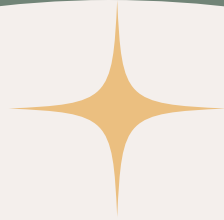
I'm a psychologist who develops and tests strategies for combating anxiety. As I constantly tell my stressed-out clients, when it comes to election news, there's a fine line between being well informed and being oversaturated with information.

If you're ready to short-circuit your stress spiral, here are three science-backed strategies for coping with anxiety in times of uncertainty.

Approach your emotions with mindfulness

Being mindful refers to the quality of awareness you bring to your experiences – specifically, nonjudgmental attention focused on what's happening right now.

Mindfulness practices originated in Eastern spiritual traditions, including Buddhism. Over the past several decades, mindfulness has gained popularity as a powerful tool for managing anxiety. For instance, meditation apps such as Headspace and Calm incorporate it. Even if meditation isn't your thing, though, you can still apply nonjudgmental awareness, focused on the present, to election-related anxiety.



Be present. Anxiety can draw you into an [uncomfortable spiral of “what-ifs”](#) about the future. When you make a point to be present, you remind yourself what is actually happening right now, rather than letting hypothetical fears take over.

Although you may have serious concerns about the fate of the nation, those outcomes have not yet come to bear. As I tell my patients, “We’ll cross that bridge if we come to it. For now, focus on the step right in front of you.”

If you notice yourself getting carried away by thoughts of the future, you can pull yourself back to the present by bringing awareness to simple sensations – the feel of your feet on the floor, the rhythm of your breath, or the sounds around you – and remind yourself that you are safe in the current moment.

Pay nonjudgmental attention. Many people are hard on themselves for feeling strong emotions. This critical mindset might look like telling yourself that you’re overreacting, or that it’s weak to let others see that you’re upset. You might even view that uncomfortable feeling in the pit of your stomach as evidence that negative outcomes are right around the corner.

Making judgments about your emotions only serves to make you feel worse. In fact, researchers find that pushing away emotions or beating yourself up for having them [leads to more frequent and stronger anxiety](#).

Instead, try giving yourself a break. Tell yourself, “This election is high stakes, so it makes sense I’m anxious.” Then, notice if your anxiety is driven by a fear about the future, and bring yourself back to the present.

Get flexible with your thinking

[Cognitive flexibility](#) is the ability to shift away from rigid, all-or-nothing thinking about the future.

When people are anxious, they tend to focus on the worst-case scenario. For example, you might be telling yourself, “With this candidate in office, things will be terrible and I won’t be able to cope.”

[Click here for the full article](#)

Chicken Wing Dissection Workshop with 9th Grade Ptech Students



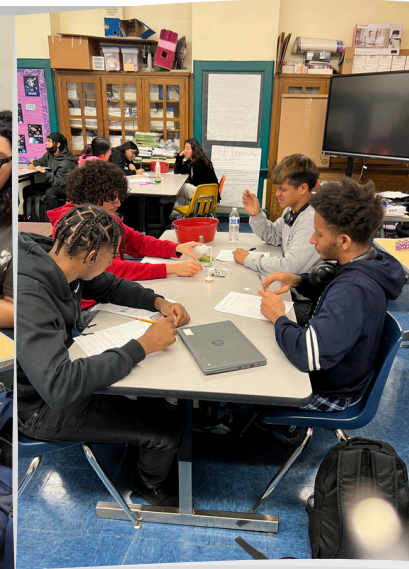
#My Sisters Keeper ♡ ♡

The MSK sisterhood meeting focused on fostering connection and understanding among members through a unique mirror exercise, where participants reflected on their strengths and vulnerabilities. This was complemented by affirmations that reinforced positive self-image and support.





Ms. Byas
Science Teacher



Ms. Byas engaged students in the Forensics of Fibers lab. They examined six different types- wool, acrylic, polyester, polyester, nylon, cotton, and acetate. They observed each fiber's physical and chemical properties by participating in burn tests and dye analysis.

Name: _____ Date: _____ Period: _____ Mrs. Petraccone
Falling in love with TWO STEP EQUATIONS
SPEED DATING

Directions: Partner 1 and Partner 2 solve their equations separately. Next, they check to see if they are a match by comparing answers. If the answers match, write MATCH in the heart. If the answers do not match write not a match in the heart. If you are unsure or get different answers look for the hint on how to solve.

Card # 1	Heart	Card # 2

Card # 3	Heart	Card # 4

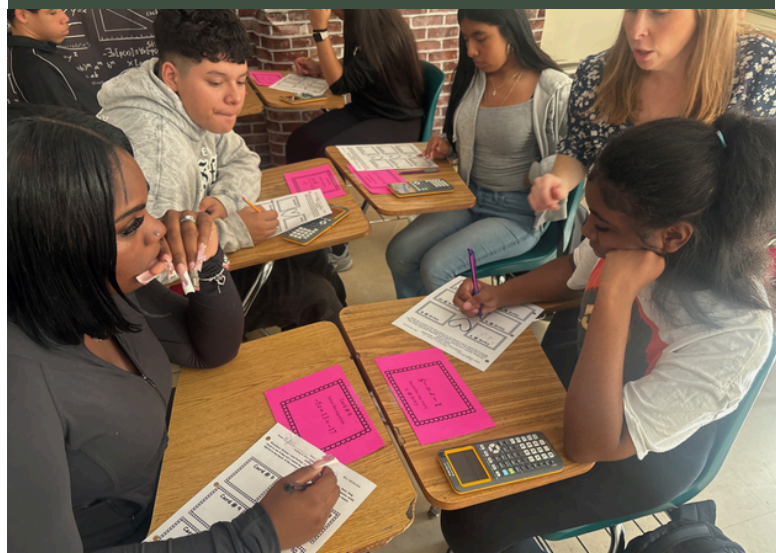
Card # 5	Heart	Card # 6



Ms. Petraccone
Math Teacher

Speed-dating Game

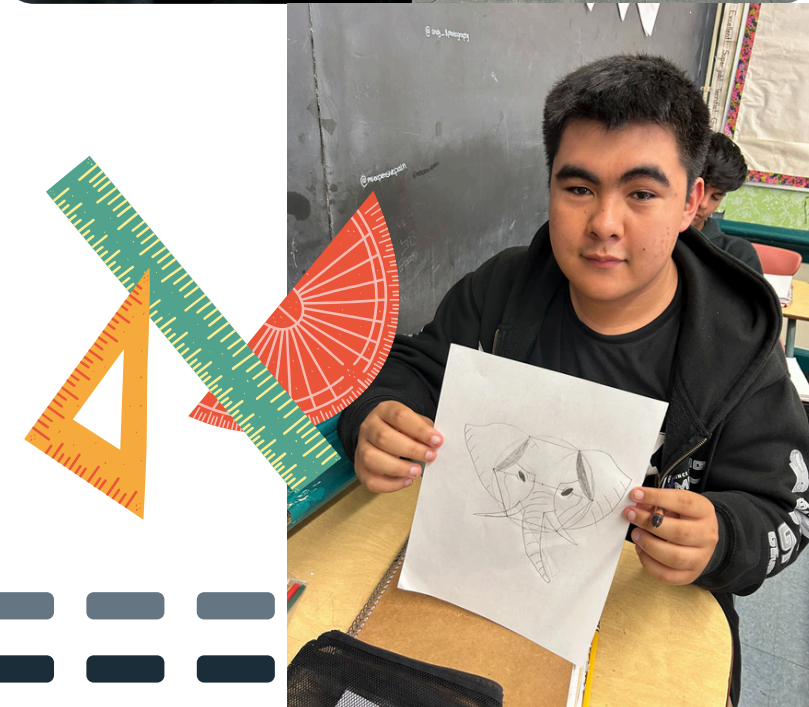
Students solved equations to see if their answers a "match" or "fall in love."

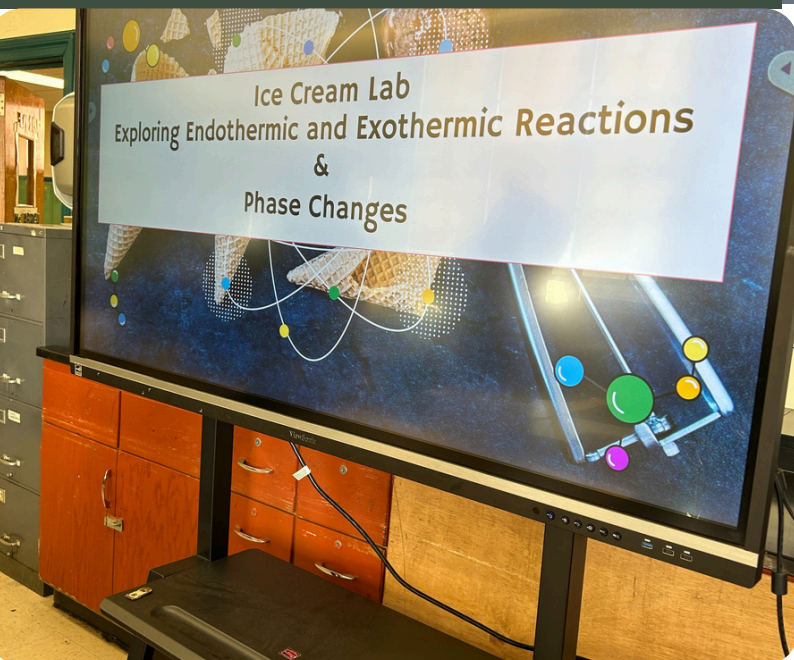




Construction Challenge

Students will construct geometric figures such as an equilateral triangle or square or regular hexagon all inscribed in a circle. They will construct it using only a compass and straight edge and add artistic elements to their constructions.





Ms. Abreu
&
Ms. Bayon-Jimenez



“Not only did students learn about endothermic and exothermic reactions, but they were able to socialize and understand how to make ice cream! Fun lab! Kudos to Ms. Abreu for making it fun for the students!” – Ms. Bayon-Jimenez



Teacher's Corner

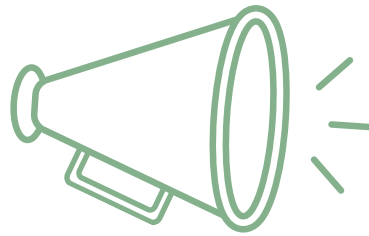
Advice

opinion given as to what to do or how to handle a situation; counsel

"Together as a wolf pack, we are united and support each other through every challenge." Ms. Pope, TA



Teacher Shout Out!



Ms. Moran, as a new member of our school community, has been an instant supporter of our WOLFPACK! School spirit is STRONG with this one!



9th Grade for reaching 91% attendance this week



STUDENT SPOTLIGHT



Daniel Salguero, 9th Grade

Daniel was nominated this week by his teacher, Ms. Clausz, who describes him as “a student who is on time daily, is caring , helpful and kind. He studies for tests, attends extra-help as needed, and is always eager to suggestions on ways to improve his work.” Daniel is sixteen years old and previously attended Eugenio Maria de Hostos MicroSociety School. His passion is writing and singing music, and he looks forward to developing that talent while here at Gorton High School. So far, Daniel has enjoyed many activities (Haunted Hallways was a favorite!) and particularly likes the core group of friends that he’s found in the ninth grade. Daniel believes that everyone should work hard to achieve their dreams.



Thank you for reading our ninth issue. Please contact Assistant Principal Ortiz (lortiz3@yonkerspublicschools.org) and Assistant Principal Cassano (ccassano@yonkerspublicschools.org) for feedback on next week's issue.