



Inside the Den Newsletter

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

Issue #7
Friday, October 25, 2024



Principal's Message

Dear Gorton Family

What a week it has been at Charles E. Gorton High School! We've just wrapped up an incredible Spirit Week that filled our halls with excitement, unity, and pride.

The energy was palpable as we celebrated our school spirit, culminating in a fantastic pep rally! Our pep rally was particularly special this year, as we officially welcomed our new 9th graders into the Wolfpack and honored our amazing student-athletes for their hard work and dedication. Seeing everyone come together in Gorton Green, cheering and celebrating, was a reminder of the strong community we've built here.

This week, we also had the honor of hosting Chancellor Lester Young. He spent time meeting with our teacher leaders, administration, and MSK/MBK students, engaging in thoughtful discussions about the success we're experiencing at GHS. Chancellor Young's visit was an important opportunity to showcase how we're contributing to the #YonkersMagic. Together, we explored our ongoing work in fostering academic achievement, building leadership, and empowering our students to succeed not just in school, but beyond.

In the spirit of fun and community, we also hosted our annual Fall-O-Ween event and Haunted Hallways. This event, which is always a favorite, brought out families from across the community to celebrate Halloween in a safe and spooky way.

Trick-or-treating through our decorated halls and the thrills of our haunted house made the evening an absolute hit! Thank you to all of our staff, students, and volunteers who helped make it another successful and memorable night.

As always, I am so proud of the commitment and school spirit that everyone continues to show. Let's keep the momentum going as we move through the fall season. I encourage everyone to stay focused, keep up the positive energy, and, of course, continue to represent the Wolfpack with pride.

Here's to another successful week at Gorton High School!

Warm regards,

Jamie Morales

#GortonPride #GortonGreen #YonkersMagic

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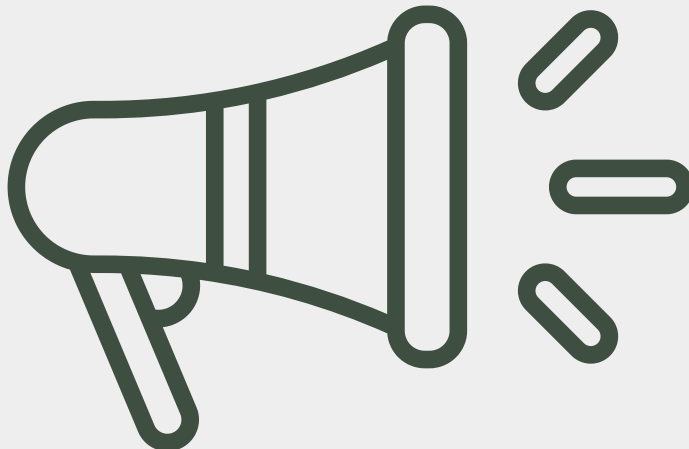
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UPCOMING EVENTS

11/2 - November S.A.T.s- sign up on College Board
(test NOT @ Gorton)

11/4-11/5 CUNY Applications free

(*Completing Applications in class 11/6 & 11/7)

11/7 - Parent Night

11/8 - End of 1st Marking Period

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



GHS Spirit Week

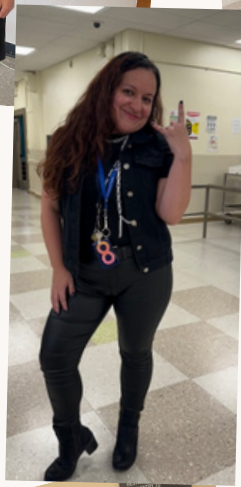
HIGH SCHOOL SPIRIT WEEK IS SUCH A FUN TRADITION! IT USUALLY INVOLVES A SERIES OF THEMED DAYS WHERE STUDENTS CAN DRESS UP AND PARTICIPATE IN ACTIVITIES TO SHOW THEIR SCHOOL PRIDE. THIS WEEK, THE GORTON WOLVES SHOWED PRIDE WITH THEIR UNIQUE TAKE ON EACH THEME.

GGHS Spirit Week

Students dress like teachers/Teachers dress like students



Rapper vs. Rocker



Dynamic Duo/Twin
Day

GHS Spirit Week

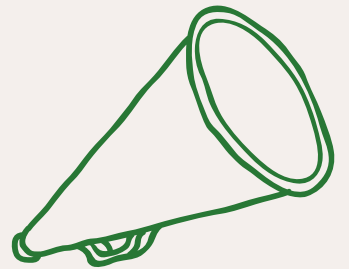


Throwback
Thursday



GHS Spirit Week

School Spirit Day





Breast Cancer Awareness month

By: FDA Office of Women's Health

October is Breast Cancer Awareness month! Our goal throughout the month is to increase awareness of the disease and stress the importance of mammograms as the best tool to screen for breast cancer, the second most common type of cancer among women. Approximately one in eight women in the United States will get breast cancer during their lifetime and each year, more than 40,000 women die from breast cancer.

Signs and Symptoms of Breast Cancer

Different people have different symptoms of breast cancer, while some do not have any signs or symptoms at all. It is important to know how your breasts normally look and feel to be able to recognize any changes that may occur. While knowing what to look for is important, regular mammograms and clinical breast exams are crucial, as these tests can help detect breast cancer before symptoms show.

Signs of breast cancer may include:

- Lump in the breast or underarm (armpit)
- Swelling or thickening of all or part of the breast
- Dimpling or skin irritation of breast skin
- Redness, scaliness or thickening of the nipple or breast skin
- Nipple discharge (other than breast milk)
- Any change in the size or shape of the breast
- Pain in any area of the breast



Get Screened

A mammogram is a low-dose x-ray picture of the breast. Early detection of breast cancer can improve a woman's chance of survival and mammograms are the best tool to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Women should ask their healthcare provider if and when a mammogram is right for them.

Follow these tips to help you prepare for a mammogram

Digital Mammography FAQ's

How Can I Lower My Risk?

There are many factors that can influence your breast cancer risk such as family history and getting older. There is no sure way to prevent breast cancer, but lifestyle changes can help lower your risk of breast cancer such as:

- Keep a healthy weight and exercise regularly.
- Choose not to drink alcohol, or drink alcohol in moderation.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
- Breastfeed your children, if possible.
- If you have a family history of breast cancer, be sure to talk to your doctor about ways to lower your risk.

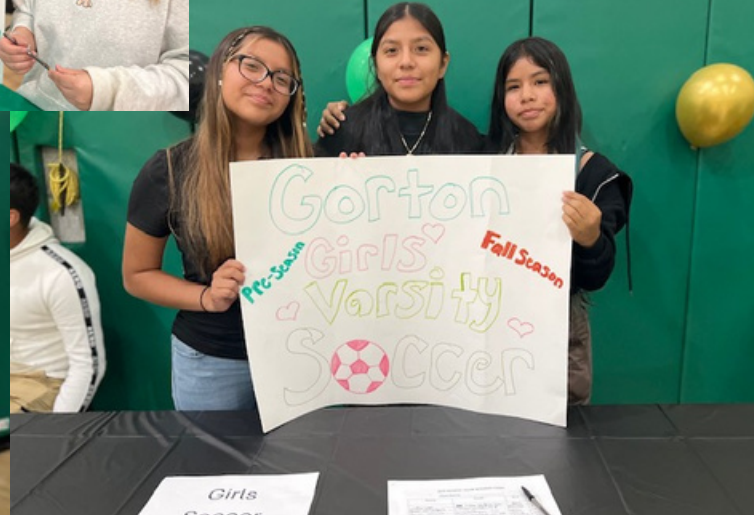
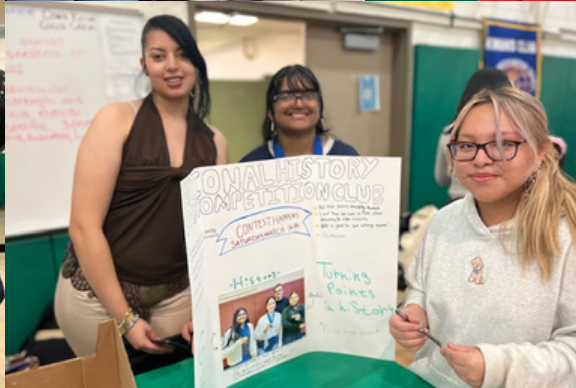
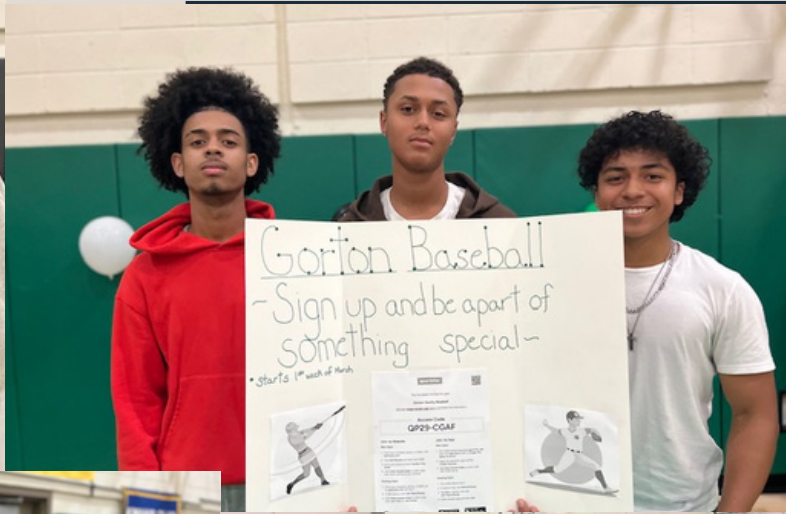
Learn more about [breast cancer](#), its [symptoms](#), [risk factors](#), [mammograms](#), [diagnosis](#), and [treatment](#) for breast cancer.

[Click here for the full article](#)

Meeting with the Chancellor













Student's Corner



My Sister's Keeper Meeting with Yonkers City Council President Lakisha Collins-Bellamy



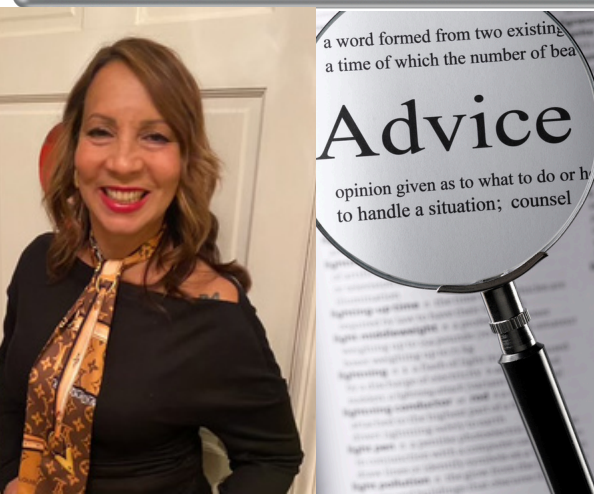
A creative section will be added to our newsletter soon. Thank you to Dellaya Tyler for her artistry and Ms. Edwards for spearheading this idea

Teacher's Corner



COMMUNITY OPPORTUNITY

IF YOU ARE INTERESTED IN JOINING THE BEAUTIFICATION COMMITTEE, PLEASE REACH OUT TO AP MCCLARY OR AP ORTIZ



“Be kind to yourself when things don’t go as planned. Everyone makes mistakes; it’s part of the journey to success.” - Ms. Camacho, CFL English Teacher

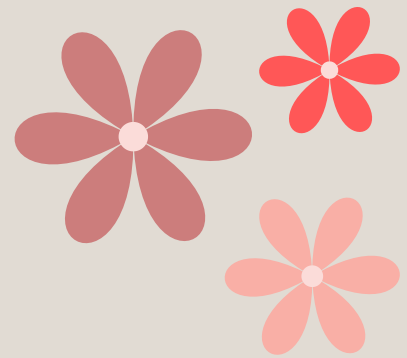
Teacher Shout out



A huge shoutout to Ms. Merna, Ms. Santos and Ms. Lashley for an amazing Fallween and Haunted Hallways event! Your hard work and creativity made the experience unforgettable for everyone. Thank you for bringing such joy and excitement to our school community.



STUDENT SPOTLIGHT



Yaeliz Paula

Yaeliz Paula was a bright light and one of our beloved students in our 9th grade class at Gorton High School. Her battle with Leukemia showcased her incredible bravery, and she faced each day with kindness that inspired those around her. We will miss her deeply and her memory will forever remain a part of our school community, reminding us of the light to brought into our lives.

Announcements

October is the National Bullying prevention Month.



It is also the
Substance use
Prevention Month





Non- Emergency Phone List	
Yonkers Police Department	
Non-Emergency	914-377- 7900
YPD Direct Emergency Line	914-377-7777
1st Precinct 735 East Grassy Spain Road	914-377-7477
2nd Precinct 441 Central Park Ave	914-377-7452
3rd Precinct 435 Riverdale Ave	914-377-7427
4th Precinct 53 Shonnard Place	914-377-7402
Detective Division	914-377-7724
Records Division/ Police Reports	914-377-7237
Community Affairs	914-377-7375
Missing Person	914-377-7293
Adult Wellness Check	914-377-7900
Yonkers Courts	
Family Court	914-831-6555
Civil Court/ Landlord-tenant matters	914-831-6920
Yonkers City Agencies	
Mayor Help Line	914-377- HELP (4357)
City Hall Switchboard	914-377-6000
Office for the Aging	914-377-6823
Yonkers Public Schools	
Board of Education	914-376-8600
YPS Registration	914-376-8050
YPS Transportation	914-376-8015
McKinney-Vento (Homeless YPS)	914-376-8074
Yonkers Pathways to Success Adult Education Program	914-376-8600
Victims Hotlines and Assistance	
My Sister's Place(Domestic Violence Shelter)	800-298-7233
Rape Hotline	855-827-2255
NYS Domestic Violence	800- 942-6906
NYS Office Victims Services	800-247-8035
Yonkers Victims Assistance	914-965-0217
Child Abuse Hotline	800-342-3720
Child Protective Services	914-995-6028
Poison Control	800-222-1222 or 800-336-6997
Red Cross Emergency Communications Specialist	877-272-7337.
Protective Services for Adults Intake	914-995-2259
DSS Emergency Services	914-995-2099
Runaway/Homeless Youth	914-997-1583
Community Mental Health	914-995-5220



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