



Inside the Den Newsletter

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

Issue #2
Friday, September 20, 2024



Principal's Message

Dear Gorton Family,

I want to take a moment to share how truly excited I am with everything I've seen so far this year. Our attendance is on the rise, and while it's not yet perfect, we're heading in the right direction. It's a clear indicator that

more of you are seeing the value in being here every day, and I appreciate the effort. Keep it up – let's continue striving for even better! There's also been a renewed sense of school spirit, which I am thrilled to see, especially with the full staff participation in our GORTON GREEN

FRIDAYS! It's a wonderful sight to see everyone coming together,

showcasing their pride in our school.

Additionally, during our learning walks, we've been so impressed with the level of student engagement. It's clear that many of you are taking ownership of your learning and making this place feel like home, which is exactly what we want to see.

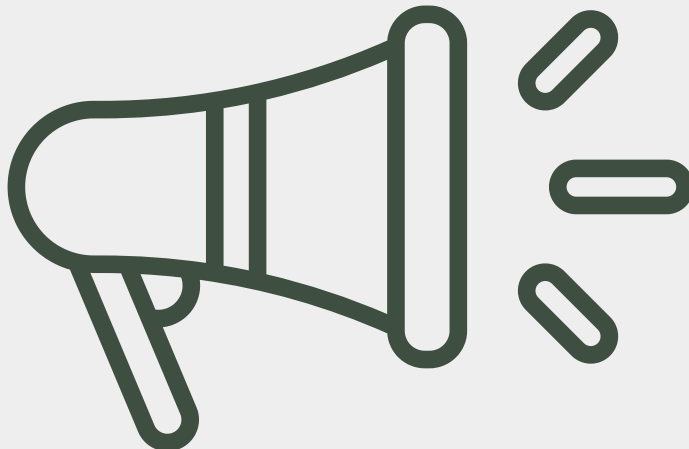
I'd also like to thank everyone for supporting our new initiatives, including the cell phone policy. From what I've heard from students, it's actually been pretty great. Many of you have shared that you no longer feel the need to constantly check your phones, which has helped you concentrate better in class – that's fantastic feedback!

Let's continue working together to make Gorton an amazing place for everyone. I couldn't be prouder to lead this incredible community. Here's to another great week, from your proud Wolf leading the pack!

Sincerely,
Principal Morales

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UPCOMING EVENTS



- Pretests - English 9/24-9/25
- September 21- Coffee with the Principal and 12th Grade Car Wash
- September 23 - 11th Grade Assembly
- September 24- MBK Kick-Off! After-school planning meeting for upcoming Centennial
- September 26- Open House
- September 27- Voter Registration Day!
- October 8- Centennial Celebration



CHALLENGES



Every student in school
every period every day

Continue to grow our
school community

Provide Dynamic
Instruction



Hispanic Heritage Month

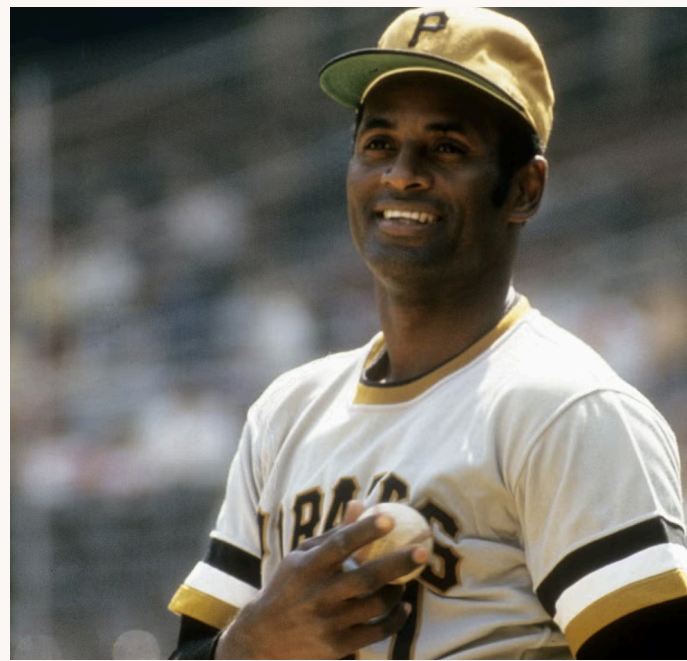
HISPANIC HERITAGE MONTH IS CELEBRATED IN THE UNITED STATES FROM SEPTEMBER 15 TO OCTOBER 15 EACH YEAR. IT HONORS HISPANIC AND LATINO AMERICANS' CONTRIBUTIONS, CULTURE, AND HISTORY.

THE START DATE, SEPTEMBER 15, IS SIGNIFICANT BECAUSE IT MARKS THE ANNIVERSARY OF INDEPENDENCE FOR SEVERAL LATIN AMERICAN COUNTRIES, INCLUDING COSTA RICA, EL SALVADOR, GUATEMALA, HONDURAS, AND NICARAGUA.

THROUGHOUT THE MONTH, VARIOUS EVENTS, EDUCATIONAL PROGRAMS, AND CELEBRATIONS HIGHLIGHT HISPANIC AND LATINO COMMUNITIES' DIVERSE CULTURES, TRADITIONS, AND ACHIEVEMENTS.

IT'S A GREAT TIME TO LEARN MORE ABOUT INFLUENTIAL FIGURES, ART, MUSIC, AND LITERATURE FROM THESE CULTURES! IN HONOR OF HISPANIC HERITAGE MONTH, WE WILL HIGHLIGHT AN INFLUENTIAL FIGURE IN OUR WEEKLY NEWSLETTER!

Roberto Clemente



Roberto Clemente was a legendary Puerto Rican baseball player, widely regarded as one of the greatest outfielders in MLB history. He was born on August 18, 1934, in Carolina, Puerto Rico, and played his entire 18-season career with the Pittsburgh Pirates from 1955 to 1972. Clemente was known for his incredible batting ability, powerful arm, and exceptional defensive skills.

He was a 15-time All-Star and won 12 Gold Glove Awards, showcasing his defensive prowess. Clemente achieved a career batting average of .317 and collected over 3,000 hits. He was also a two-time World Series champion, earning the World Series MVP award in 1971.

Off the field, Clemente was deeply involved in humanitarian efforts, particularly helping those affected by poverty and natural disasters in Latin America. Tragically, he died in a plane crash on December 31, 1972, while delivering aid to earthquake victims in Nicaragua. In his honor, MLB established the Roberto Clemente Award, which is given annually to recognize players who demonstrate outstanding community service.

Clemente's legacy continues to inspire athletes and fans worldwide, not just for his achievements in baseball but also for his dedication to helping others.



How to Quiet a Racing Mind to Get Better Sleep

By: Karent Asp

What to Do When You Can't Fall Asleep

Whether you're stressed, excited, or simply replaying your day, use these tips to help quiet your racing mind — before thinking too much at bedtime becomes a habit that's too intense to stop on your own

1. Ditch the Devices

Sleep doctors have been telling you for years to stop using smartphones, laptops, and tablets right before bed — for good reason. Not only does the light from electronic screens mess up your melatonin production but smart devices can also heighten anxiety and worry if you're reading stressful news.[2]

This habit makes the cycle of ruminating about bothersome or unpleasant news that much worse, Dr. Chan says.

The apps, websites, and news you're reading on such devices are actually designed to keep you and your brain engaged, he adds. "The internet is designed to capture attention so that you spend more eye time on screens, which can be a detriment to sleep," says Chan.

To protect your shut-eye, switch off your devices at least one hour before bed. Experts also recommend keeping screens and devices out of the bedroom. [3]



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2. Schedule Some ‘Worry Time’

Just as you schedule time to see friends or get a massage, you can do the same with your worries. Schedule 15 to 30 minutes a day, at least one to two hours before bed, to write down those worries. In addition, create at least one action item you can do to help deal with the issue. Thinking through those potential stressors earlier in the day should help ease how much you worry about them when your head hits the pillow, Chan says. “Ideal sleep depends on creating routines and schedules, and this is no different,” he says.

3. Create a Routine to Power Down Your Brain

Most people assume that sleep is like breathing: Your body will just do it. Not true. Modern-day living has created so much stimulation during the day that brains now operate at warp speed. If you don’t give yours time to rest, it’ll continue going at that speed at bedtime, says David Brodner, MD, founder of and principal physician at the Center for Sinus, Allergy, and Sleep Wellness in Boynton Beach, Florida.

At least 30 minutes before you go to bed, start your preparations and then do something relaxing like listening to music or reading. Keep it consistent, and you’ll train your body to expect sleep after that relaxation period.[4]

4. Keep a Gratitude List

Now that you’ve dumped your worries, replace the void where those negative thoughts once lived with positive ones by starting a gratitude journal, Dr. Breus suggests. Studies show that keeping a gratitude journal has a positive impact on perceived stress, which is sure to help you sleep better at night.[5]

The impact of those positive thoughts is greater when you write them down. So try spending a few minutes each night listing three to five things you’re grateful for.



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5. Practice 4-7-8 Breathing

You've heard how deep breathing can help combat stress, but it can also help you fall asleep. In order to sleep, your heart rate needs to slow down, Breus says, and breathing techniques are one of the most effective ways to achieve that goal.

One of Breus's favorites is 4-7-8 breathing. Start by inhaling for a count of four, hold for seven, and then blow out for eight. Do this at least five to seven times to slow your heart rate.

You could also try mindfulness meditation, which helps you let go of negative and racing thoughts so you can go to sleep or get back to sleep, according to the Sleep Foundation.[6]

There are several apps that may be able to help you get started.

6. Try Progressive Muscle Relaxation

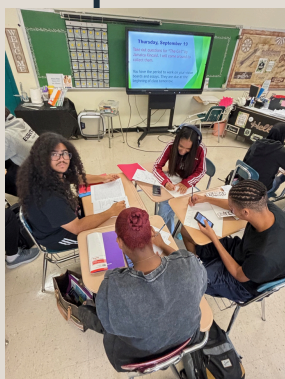
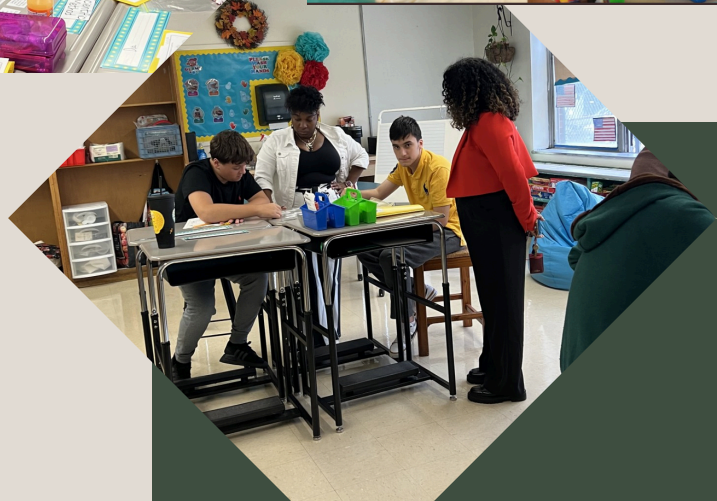
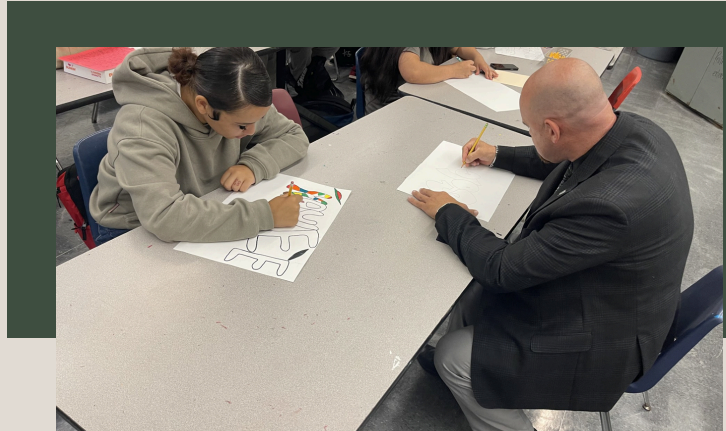
As you lie in bed, tense and relax all of your muscles one by one, starting at your toes and ending at your head. Not only is this incredibly relaxing, as the name implies, but it also forces you to think about the physical parts of your body. Doing so will direct your attention away from whatever thoughts or stressors you're fixating on, Breus says.

7. Maintain a Consistent Sleep Schedule

Going to bed and waking up at the same time each day is one of the pillars of good sleep hygiene — those guidelines sleep docs recommend for ensuring a good night's sleep. It helps the mind too. "If you try to go to bed early, when your brain's not ready to sleep, it will focus on other things," Breus says, which keeps the brain excited and awake. A steady sleep schedule has also been linked to less adverse health conditions.[7]

[Click here for the full article.](#)

#YonkersMagic



Examples of Dynamic Instruction



Teacher's Corner



COMMUNITY OPPORTUNITY

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



"We have a lot of 9-12th grade students in the wolf pack. Welcome to GHS! I know this is a new environment for you. Give yourself time to adjust. If anything comes up, contact your grade level counselor and administrator." -Ms. Gonzales-10th Grade Counselor

Ms. Hartnett: I'd like to thank Ms. Mercurio in Room 7. I popped in there this morning, and she was busy putting together a hands-on activity for her world history overview class regarding learning about archeological digs. She made a substance out of the sand, plaster of Paris, and water. She hid dinosaurs/shells/rocks in the substance and let it harden. She then divided up the trays with a cord so each student had a dedicated section to dig (like a real archeological dig). Once the substance had dried, the students had to break the surface and "dig" to find out what was under the "ground."

Ms. Mercurio rocks!



STUDENT SPOTLIGHT



Brandon Quezada, Grade 9

Brandon is a ninth grade student here at Gorton High School, and had attended Ella Fitzgerald Academy since kindergarten. Brandon lives at home with his parents and is a big brother to a sister and brother. His favorite activities are playing video games, watching movies (Interstellar is his favorite!), and eating his favorite food, pozole. Brandon is enjoying Gorton High School so far, and remarks that the teachers are kind. He is enjoying getting to know new students in his classes, and one day he'd like to be a surgeon.

Classroom News

Ms. Clausz

We are doing Monday's breakfast all day long. First 10 -15 minutes. Feel free to come have community time and breakfast with us. Have a great day!

Ms. Marinello

In Research and Writing, we are beginning college essays and resumes. Students are beginning to ask staff for letters of recommendation.

The Class of 2025 will be creating another edition of The Wolves Pen. Please submit your poems, artwork, or short stories. Everyone is encouraged to participate and share their work!

Ms. Santos

I have my 11th-grade P-Tech students presenting their creative writing assignments. They had to choose a picture and create a short story using the elements of a story with an additional five literary devices based on their chosen picture.

Ms. Cantone

Career class made 3-year plan and 5-year plan posters. They are beginning their portfolios.

Announcements

The Falloween and Haunted Committee is looking for volunteers to chaperone and help out at the Falloween and Haunted Hallway Show. We need staff to help with tickets, food, keeping the guest safe in the scary hallway and with the babies upstairs. Please email Mrs. Merna if you want to help the Kiddy side, email Ms. Lashley if you want to help the scary side. Also, we would love any donations that you can give. We need pumpkins, and candy, cases of water for the Falloween kiddy side, for the scary side we need fake blood, cobwebs, cases of water, costume make-up.

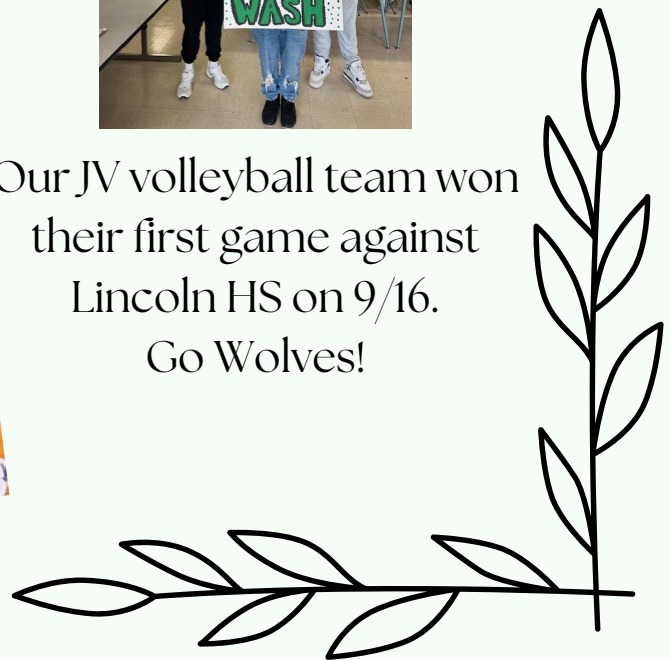
Thank you in advance for your support and help.

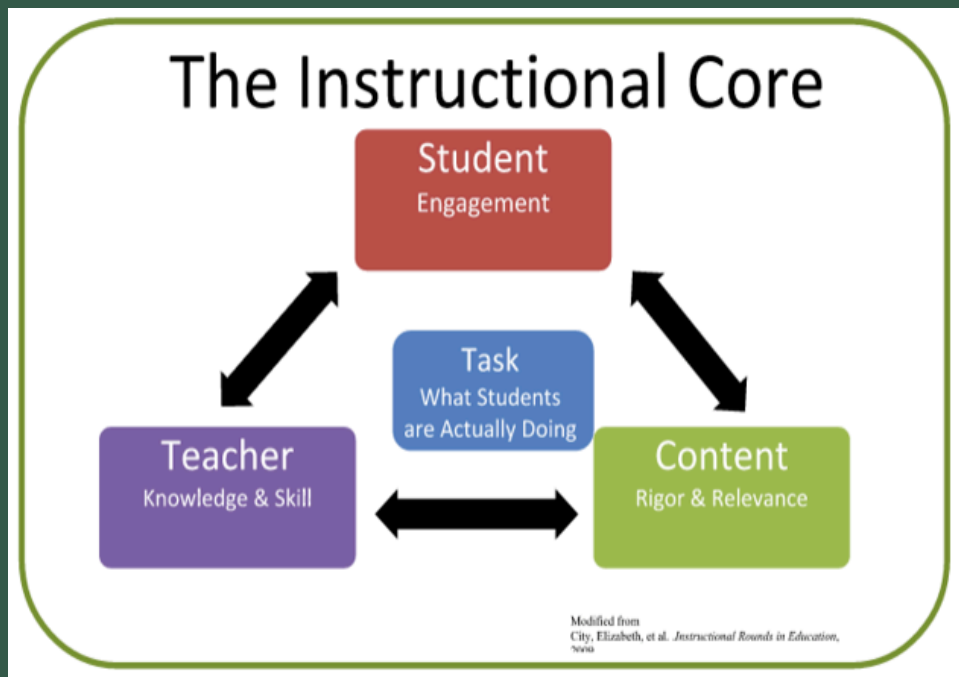
Student Government will be hosting another Club and Sports fair in October. Stay tuned!

If anyone is interested in Student Government, please have students reach out to Ms. Mazahreh or their other social studies teachers.



Our JV volleyball team won their first game against Lincoln HS on 9/16.
Go Wolves!





7 Principles of the Instructional Core

1. Increases in student learning occur only as a consequence of improvements in the level of content, teachers' knowledge and skill, and student engagement.
2. If you change any single element of the instructional core, you have to change the other two.
3. If you can't see it in the core, it's not there.
4. Task predicts performance.
5. The real accountability system is in the tasks that students are asked to do.
6. We learn to do the work by doing the work, not by telling other people to do the work, not by having done the work at some time in the past, and not by hiring experts who can act as proxies for our knowledge about how to do the work.
7. Description before analysis, analysis before prediction, prediction before evaluation.



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