



Inside the Den Newsletter

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Issue #3
Friday, September 27, 2024



Principal's Message

Dear Gorton Family,

What a wonderful week it has been here at Charles E. Gorton High School. I am filled with optimism and pride as we continue to strengthen our school community, especially in our efforts to make our parents true partners in the education of their children. This week's Open House was a tremendous success, and it was heartwarming to see so many parents actively engaged and invested in their child's academic journey. This sunny outlook for our parent involvement is just the beginning of what promises to be an incredible year.

Academically, we had a fantastic week filled with dynamic instruction and inspiring student engagement. It's clear that our students are committed to achieving great things, and I thank our staff for their continued dedication to creating such a positive and challenging learning environment.

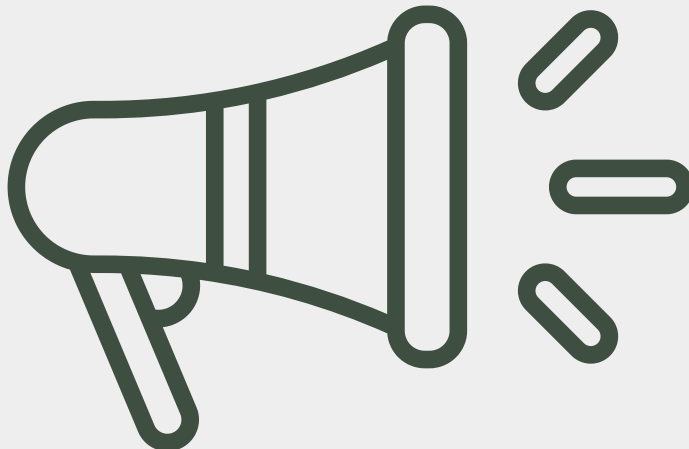
Looking ahead, we are excited to celebrate the 100th birthday of Charles E. Gorton High School on October 8th. This milestone marks a century of academic excellence, community spirit, and tradition. We will be hosting a special assembly for select classes and alumni to honor this momentous occasion. More details will be shared soon, but rest assured, it will be an event to remember!

Thank you all for your support and commitment to making Gorton a place where students thrive. Let's continue this journey together with enthusiasm and pride!

Warm regards,
Principal Morales

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UPCOMING EVENTS

- September 30- "Save A Life Tour" w/ Ms. Reis
- Social Studies Liaison District Dep Rep Mtg.
- October 3/4- No School in observance of Rosh Hashanah . Shanah tovah!
- October 8- Centennial Celebration
- October 12- Junior Car Wash
- October 18- Senior Car Wash
- October 19th- Community Day
- October 25- Fright Fall Friday Film Night



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.

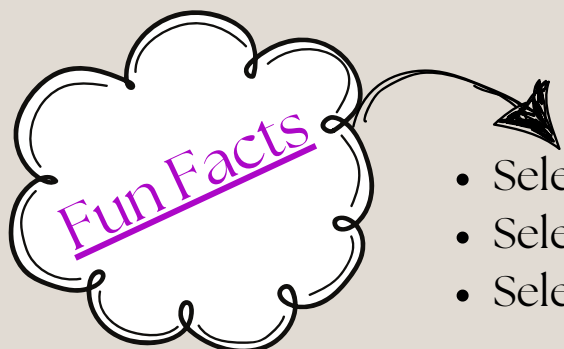
THROUGHOUT THE MONTH, VARIOUS EVENTS, EDUCATIONAL PROGRAMS, AND CELEBRATIONS HIGHLIGHT HISPANIC AND LATINO COMMUNITIES' DIVERSE CULTURES, TRADITIONS, AND ACHIEVEMENTS.

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!



Born on April 16, 1971, in Texas, the artist known as 'Selena' was a pop superstar who brought Mexican Tejano music to the masses. She's one of the most influential Latin artists of all time, winning a Grammy award in 1993 and a gold record in 1994 with *Amor Prohibido*.

Selena, along with Rita Moreno and Gloria Estefan, was one of the few Latin pop stars who crossed over into the mainstream. She was tipped to be the next Madonna, but tragically her career was cut short when she was shot by the president of her fan club over a dispute over the latter's embezzlement of Selena's company money. On the posthumous release of her last album, a nation mourned the death of this lost talent.



- Selena designed all of her stage outfits.
- Selena Gomez was named after 'Selena'.
- Selena's favorite pizza topping was mushrooms.



Exercise: 7 benefits of regular physical activity

By: Mayo Clinic Staff

Want to feel better, have more energy and even add years to your life? Just exercise.

The health benefits of regular exercise and physical activity are hard to ignore. Everyone benefits from exercise, no matter their age, sex or physical ability.

Need more convincing to get moving? Check out these seven ways that exercise can lead to a happier, healthier you.



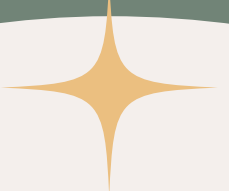
1. Exercise controls weight

Exercise can help prevent excess weight gain or help you keep off lost weight. When you take part in physical activity, you burn calories. The more intense the activity, the more calories you burn.

Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none. To gain the benefits of exercise, just get more active throughout your day. For example, take the stairs instead of the elevator or rev up your household chores. Consistency is key.

2. Exercise combats health conditions and diseases

Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight is, being active boosts high-density lipoprotein (HDL) cholesterol, the "good" cholesterol, and it decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which lowers your risk of heart and blood vessel, called cardiovascular, diseases.



Regular exercise helps prevent or manage many health problems and concerns, including:

- Stroke.
- Metabolic syndrome.
- High blood pressure.
- Type 2 diabetes.
- Depression.
- Anxiety.
- Many types of cancer.
- Arthritis.
- Falls.

It also can help improve cognitive function and helps lower the risk of death from all causes.

3. Exercise improves mood

Need an emotional lift? Or need to lower stress after a stressful day? A gym session or brisk walk can help. Physical activity stimulates many brain chemicals that may leave you feeling happier, more relaxed and less anxious.

You also may feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

4. Exercise boosts energy

Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance.

Exercise sends oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.



5. Exercise promotes better sleep

Struggling to snooze? Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to go to sleep.

6. Exercise puts the spark back into your sex life

Do you feel too tired or too out of shape to enjoy physical intimacy? Regular physical activity can improve energy levels and give you more confidence about your physical appearance, which may boost your sex life.

But there's even more to it than that. Regular physical activity may enhance arousal for women. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise.

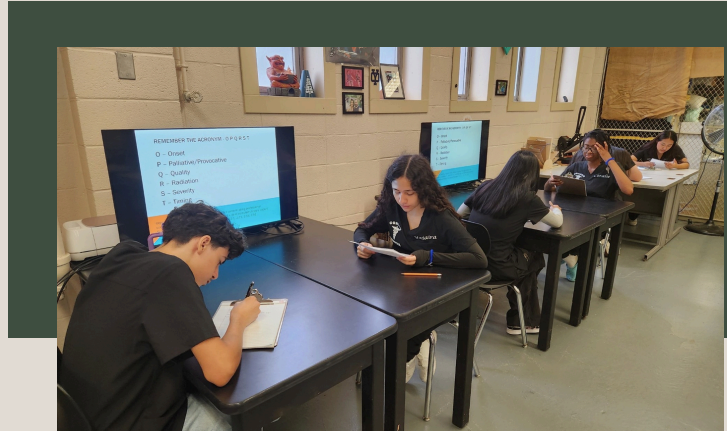
7. Exercise can be fun — and social!

Exercise and physical activity can be fun. They give you a chance to unwind, enjoy the outdoors or simply do activities that make you happy. Physical activity also can help you connect with family or friends in a fun social setting.

So take a dance class, hit the hiking trails or join a soccer team. Find a physical activity you enjoy, and just do it. Bored? Try something new, or do something with friends or family.

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

#YonkersMagic



Medical students interviewing patients and recoding chief complaints on Clinical Fridays



Examples of
Dynamic Instruction



Medical Students presenting to classmates about different forms of alternative healthcare



STUDENT SPOTLIGHT



Pablo Santana, Grade 12

Pablo is a twelfth grade student here at Gorton High School, and had attended School 30 when he arrived to the USA from Brazil on March 13, 2020. Pablo taught himself English with the help of Duolingo and books in the four months prior to beginning school here in the USA. He is the middle child with two sisters and he enjoys his therapeutic walks in green areas while listening to some of his favorite music: Beyonce (“of course”), Anitta, Sza, and Charliexcx. This past summer he spent nine days at a leadership conference at American University where he further solidified his plans to become a psychologist. Pablo would like to thank Ms. Arefieg, Ms. Soto, and Ms. DeMatteo for their support and exposure to challenging and interesting material. Pablo believes that if people put effort into what they want and trust in themselves, anything is possible.

Classroom News

Ms. Ametrano

Students are creating Cubism art in honor of Hispanic Heritage Month.



Ms. Mercurio

Students are learning about archaeology and conducting a dig!



Ms. Petraccone

Students are writing Math biographies:

“I love the process of solving mathematical equations, each exercise is a challenge and a new thing to learn. When i start a mathematical problem, I feel excitement and curiosity. The satisfaction of finding the answer to the problem is great. However, I am not always successful. There are times when I find myself stuck, not knowing how to move forward. In these moments, I feel frustrated, but it is also an opportunity to learn. Each obstacle pushes me to research more, consult resources and seek help. Through each math problem i continue to grow and learn more.”



Ms. DeMatteo

11th graders researching the early 1900's-1940's United States, covering various topics, such as the economy, societal norms, the role of women, and the value of a dollar across the decades. This mini-group research activity culminated with the small groups sharing out to the larger groups. This was in preparation for a critical thinking activity and fictional short story writing unit.

Announcements



The first Class of 2028 Planning Committee meeting was a huge success. Ready to sell some popcorn!

“Once you can accept the universe as matter expanding into nothing that is something, wearing stripes with plaid comes easy.”

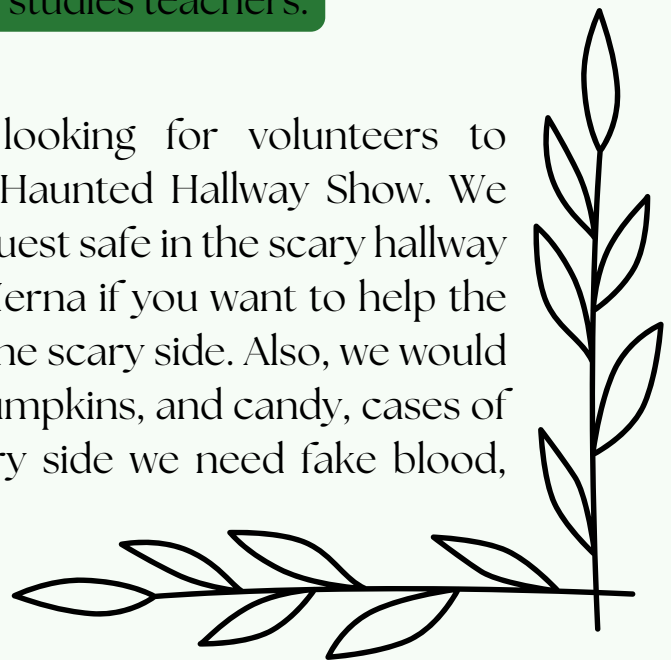


Thanks, Einstein.

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.

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.



The Instructional Core

from, Instructional Rounds In Education: A Network Approach to Improving Teaching and Learning by Elizabeth A. City, Richard F. Elmore, Sarah E. Fiarman and Lee Teitel

First Principle: Increases in student learning occur only as a consequence of improvements in the level of content, teachers' knowledge and skill, and student engagement.

There are only three ways to improve student learning at scale. The first is to increase the level of knowledge and skill that the teacher brings to the instructional process. The second is to increase the level and complexity of the content that students are asked to learn. And the third is to change the role of the student in the instructional process. That's it. If you are not doing one of those three things, you are not improving instruction and learning. Everything else is instrumental. That is, everything that's not in the instructional core can only affect student learning and performance by somehow influencing what goes on inside the core.

When educators think about “changing” instruction, they typically focus not on the instructional core, but on the various structures and processes that surround the core. They might choose, for example, to group students in a particular way because of a theory about how grouping will affect the relationship of the student and the teacher in the presence of content. But it is not the grouping practice that produces student learning. Rather, it is the change in the knowledge and skill that teachers bring to the practice, the type of content to which students gain access, and the role that students play in their own learning that determine what students will know and be able to do. If changes in grouping practices don't alter the core, then the likelihood they will affect student learning is remote.

What about content and performance standards? Standards only operate by influencing the level of content that's actually being taught. Their effect in actual classrooms depends on whether there are materials that reflect the standards, whether teachers know how to teach what the materials and standards require, and whether students find the work that they are being asked to do worthwhile and engaging.



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