



# *Inside the Den* Newsletter

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

Issue #6  
Friday, October 18, 2024



## *Principal's Message*

Dear Gorton Family,

October has been a busy and rewarding month at Charles E. Gorton High School, filled with celebration, academic achievements, and exciting new initiatives.

We successfully wrapped up Hispanic Heritage Month with a vibrant Cultural Spirit Week, where students proudly showcased their diverse backgrounds and traditions. The energy was infectious, and it was incredible to see our school come together to honor and celebrate our cultural richness.

On the academic front, we smoothly administered both the SAT and PSAT exams, giving our juniors and seniors crucial opportunities for their futures.

Thank you to our staff for ensuring everything ran seamlessly, and to our students for their focus and dedication.

We also celebrated Unity Day, a moment where our school stood together against bullying, wearing orange to symbolize our commitment to kindness and inclusion. It was a powerful reminder of the positive and supportive community we are building.

This month, we extended our reach beyond Gorton's walls by visiting School 16 for a read-aloud event, led by our incredible AU-Some Crew. Watching our students connect with elementary school learners was heartwarming and a testament to the power of collaboration and community.

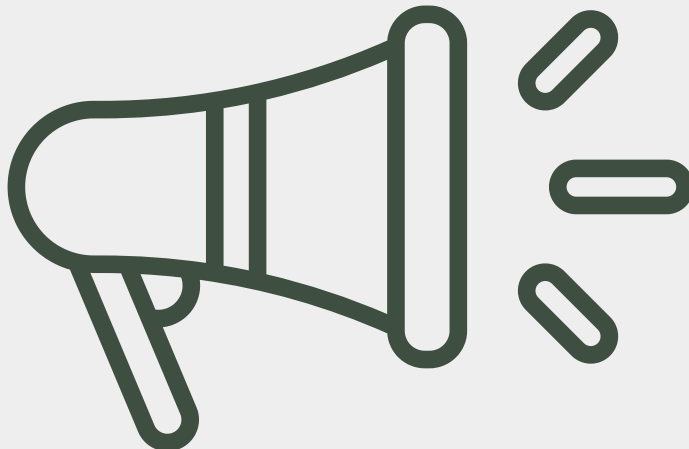
Finally, I'm excited to highlight the launch of the AU-Some Crew's Copy Cart! This student-led initiative is already providing invaluable support by assisting teachers with copy deliveries. It's been a great way for students to contribute and demonstrate leadership within our school.

As we move forward, I want to thank you all—students, staff, and families—for your continued commitment and passion. Together, we are making Gorton a place where everyone thrives.

Warm regards,  
Principal Jamie Morales

## In This Issue

Message from the Principal...	1
Upcoming Events & Reminders....	2
News Highlights.....	3-5
Health and Wellness .....	6-8
Yonker's Magic.....	9-12
Teacher's corner...	13
Student Spotlight .....	14
Classroom News.....	15
Announcements.....	16-17
Instructional Resource....	18
Feedback & Contact Information ....	19



## UPCOMING EVENTS



- October 18- Senior Car Wash
- October 21-25 - GHS SPIRIT WEEK!
- October 24- Fall-O-Ween/Haunted Hallways & Club Fair
- October 25- Pep Rally and 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.

HISPANIC HERITAGE MONTH CONCLUDED ON OCTOBER 15TH. TAKE A LOOK OF HOW WE CELEBRATED THE LAST WEEK OF HISPANIC HERITAGE MONTH

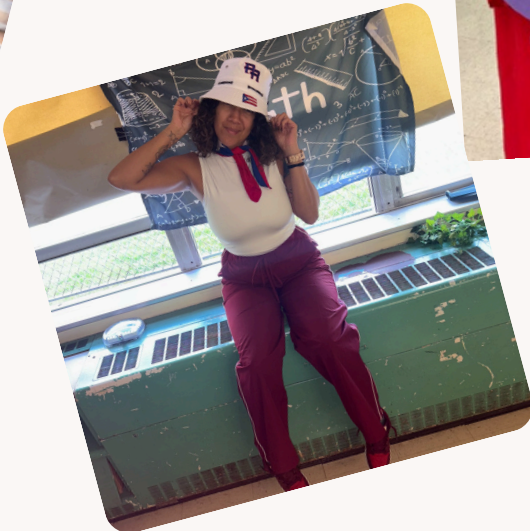


# Hispanic Heritage Month Spirit Week

Dress like your flag



Hat Day



Famous Hispanic



# Hispanic Heritage Month Spirit Week

Throwback Thursday



Cultural Day





CHARLES E. GORTON HIGH SCHOOL



# SPIRIT WEEK

OCTOBER 21-25 2024

**STUDENTS DRESS LIKE  
TEACHERS/TEACHERS  
DRESS LIKE STUDENTS**

**OCT  
21**

**OCT  
22**

**RAPPER VS ROCKER**

**\*DRESS AS YOUR FAVORITE  
RAPPER OR ROCKSTAR!**

**DYNAMIC DUO/  
TWIN DAY**

**OCT  
23**

**OCT  
24**

**THROWBACK THURSDAY**

**DRESS IN YOUR FAVORITE ATTIRE FROM THE  
1920S, 50S, 70S, 80S, 90S OR 2000S**

**SCHOOL SPIRIT DAY**

**SHOW YOUR SCHOOL PRIDE AND  
WEAR YOUR GORTON GREEN**

**OCT  
25**





# Mindfulness meditation: A research-proven way to reduce stress

By: J. David Creswell, PhD, and Bassam Khoury, PhD

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People have been meditating for thousands of years, often as part of a spiritual practice. But in more recent years, mindfulness has become a popular way to help people manage their stress and improve their overall well-being — and a wealth of research shows it's effective. Psychologists have found that mindfulness meditation changes our brain and biology in positive ways, improving mental and physical health.




## What is mindfulness meditation?

Meditation can be defined in many ways. But a simple way to think of it is training your attention to achieve a mental state of calm concentration and positive emotions.

Mindfulness is one of the most popular meditation techniques. It has two main parts: attention and acceptance.

The attention piece is about tuning into your experiences to focus on what's happening in the present moment. It typically involves directing your awareness to your breath, your thoughts, the physical sensations in your body and the feelings you are experiencing. The acceptance piece involves observing those feelings and sensations without judgment. Instead of responding or reacting to those thoughts or feelings, you aim to note them and let them go.

Much of the research on mindfulness has focused on two types of interventions:

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- Mindfulness-based stress reduction (MBSR) is a therapeutic intervention that involves weekly group classes and daily mindfulness exercises to practice at home, over an 8-week period. MBSR teaches people how to increase mindfulness through yoga and meditation.
  - Mindfulness-based cognitive therapy (MBCT) is a therapeutic intervention that combines elements of MBSR and cognitive behavioral therapy (CBT) to treat people with depression.


Researchers reviewed more than 200 studies of mindfulness among healthy people and found mindfulness-based therapy was especially effective for reducing stress, anxiety and depression. Mindfulness can also help treat people with specific problems including depression, pain, smoking and addiction. Some of the most promising research has looked at people with depression. Several studies have found, for example, that MBCT can significantly reduce relapse in people who have had previous episodes of major depression. What's more, mindfulness-based interventions can improve physical health, too. For example, mindfulness may reduce pain, fatigue and stress in people with chronic pain. Other studies have found preliminary evidence that mindfulness might boost the immune system and help people recover more quickly from cold or flu.

### How mindfulness works

How could simply tuning into your thoughts and feelings lead to so many positive outcomes throughout the body? Researchers believe the benefits of mindfulness are related to its ability to dial down the body's response to stress.

Chronic stress can impair the body's immune system and make many other health problems worse. By lowering the stress response, mindfulness may have downstream effects throughout the body.





Psychological scientists have found that mindfulness influences two different stress pathways in the brain, changing brain structures and activity in regions associated with attention and emotion regulation. Scientists are also beginning to understand which elements of mindfulness are responsible for its beneficial effects. In a review of meditation studies, psychology researchers found strong evidence that people who received MBCT were less likely to react with negative thoughts or unhelpful emotional reactions in times of stress. They also found moderate evidence that people who participated in MBCT or MBSR were better able to focus on the present and less likely to worry and to think about a negative thought or experience over and over.

### How to get started

Ready to give it a try? Learning mindfulness is easier than ever. Mindfulness classes and interventions are widely available in settings including yoga centers, athletic clubs, hospitals and clinics, though the classes can vary in their approach. Find a therapist trained in MBSR or MBCT — interventions that have the most evidence of benefits.

A number of mindfulness-based interventions are now available online or through smartphone apps as well, although more long-term research is needed to explore how they affect the body and the brain. Still, early studies have found that online mindfulness-based interventions can have a positive effect on mental health.

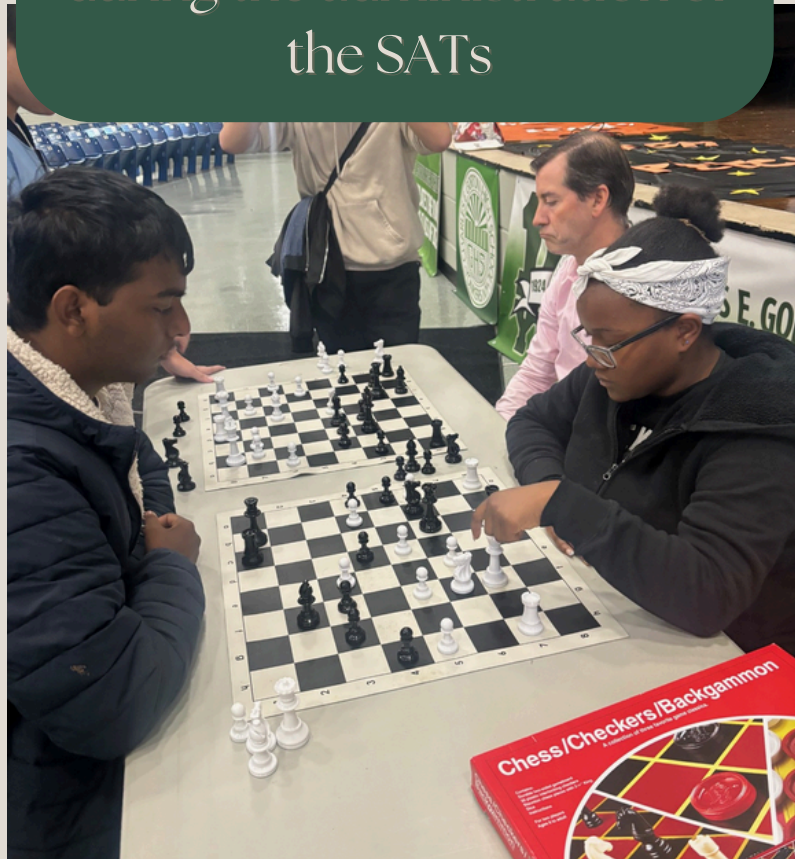
It can take a little while for mindfulness meditation to feel natural and to become a part of your regular routine. But with practice, you may discover a powerful tool for relieving stress and improving well-being.

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

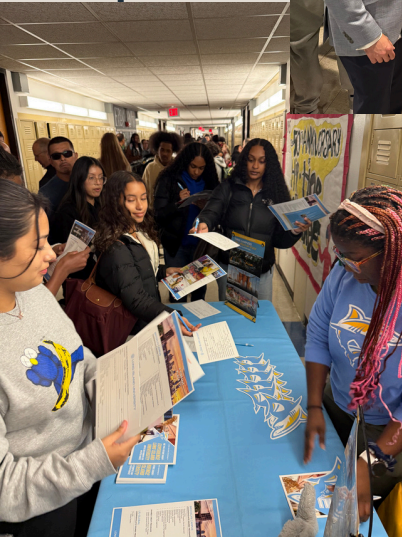


#YonkersMagic

10th Grade students playing chess with Mr. Galland during the administration of the SATs



*Yonkers College Fair*



*GHS Celebrates Unity Day*

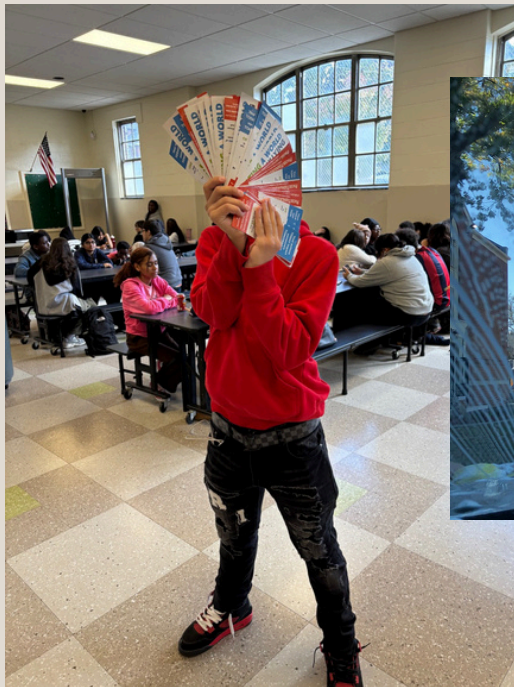
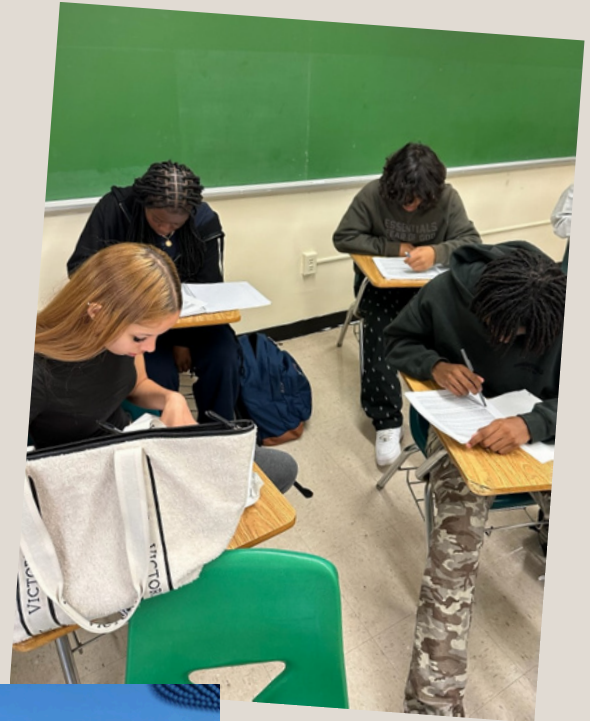
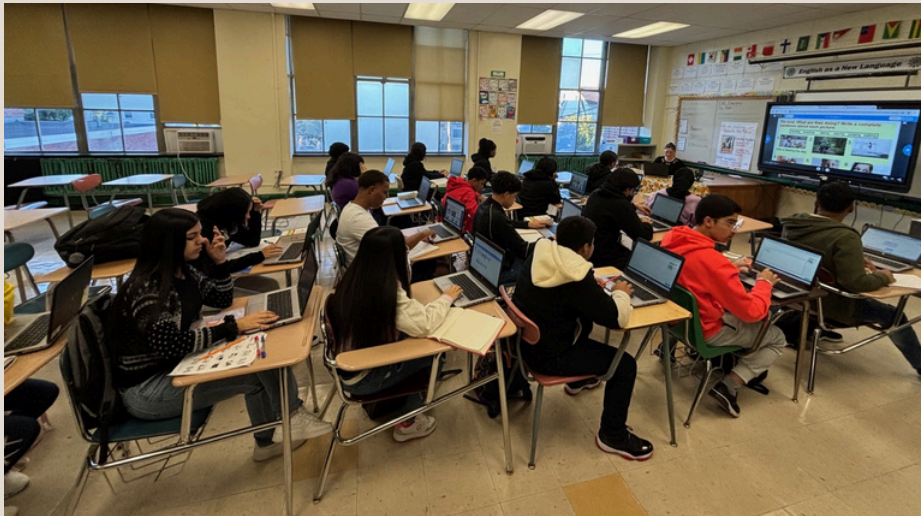


*AU-Some Crew "Copy Cart"*





# #YonkersMagic



Anti-Bullying Month!





#YonkersMagic

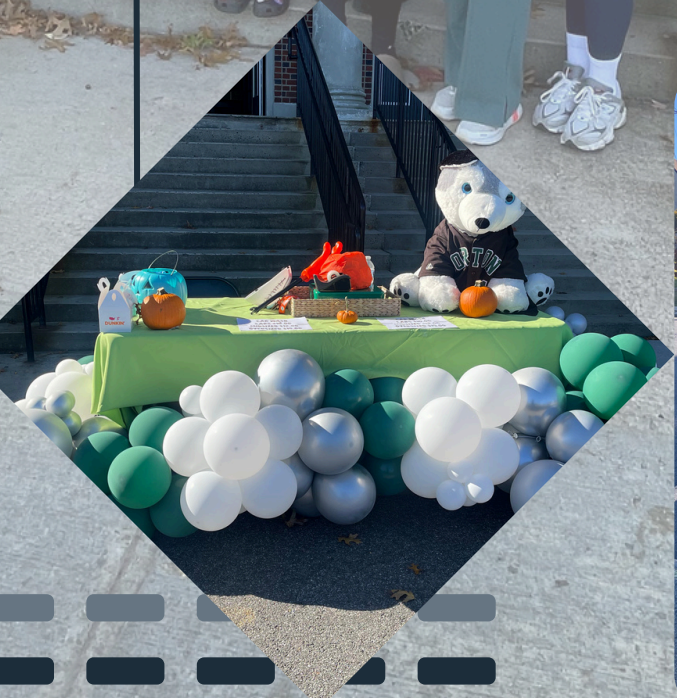
## School 16 Read Aloud!





# 11TH GRADE CARWASH

THANK  
YOU





# Teacher's Corner



## COMMUNITY OPPORTUNITY

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



"Remember, communication and perseverance are key to success. If you face setbacks, don't hesitate to reach out to your support system—teachers, counselors, and administrators. Together, we can overcome obstacles and achieve our goals." -Math Teacher, Ms. Wiley

## Teacher Shout out

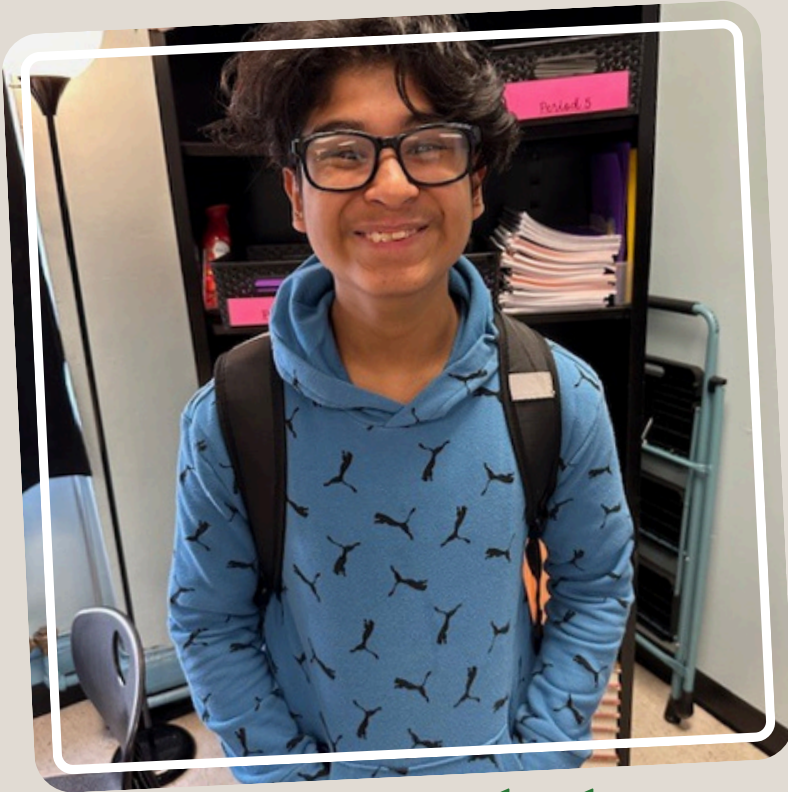


A big shout-out to Ms. Moreta and Ms. Soto for their outstanding school spirit and dedication during Heritage Week! Their passion for celebrating diversity and cultural heritage was evident in every detail of the event they meticulously planned. Together, they created an engaging and vibrant atmosphere that encouraged students and staff to participate and appreciate the rich variety of cultures within the school community.





# STUDENT SPOTLIGHT



## Joel Flores , Grade 10

Joel is a 10th grade student known for his quick wit and dedication to his studies. His intelligence shines through in his academic pursuits, where he consistently puts in hard work to achieve his goals. Outside of school, Joel has a passion for drawing, often expressing his creativity through his art. He values his friendships and enjoys spending time with his friends, sharing laughs and creating lasting memories together.



# Classroom News

Ms. DeMatteo

11th Grade Juniors engaging in accountable talk after a close read of "The Story of an Hour", by Kate Chopin. The students worked in groups and together they read, annotated, made inquiries, in order to make predictions. They identified the various choices the author made in her writing, as well as discussed how these choices were directly impacted by the nineteenth century setting.

Ms. Bayon-Jimenez

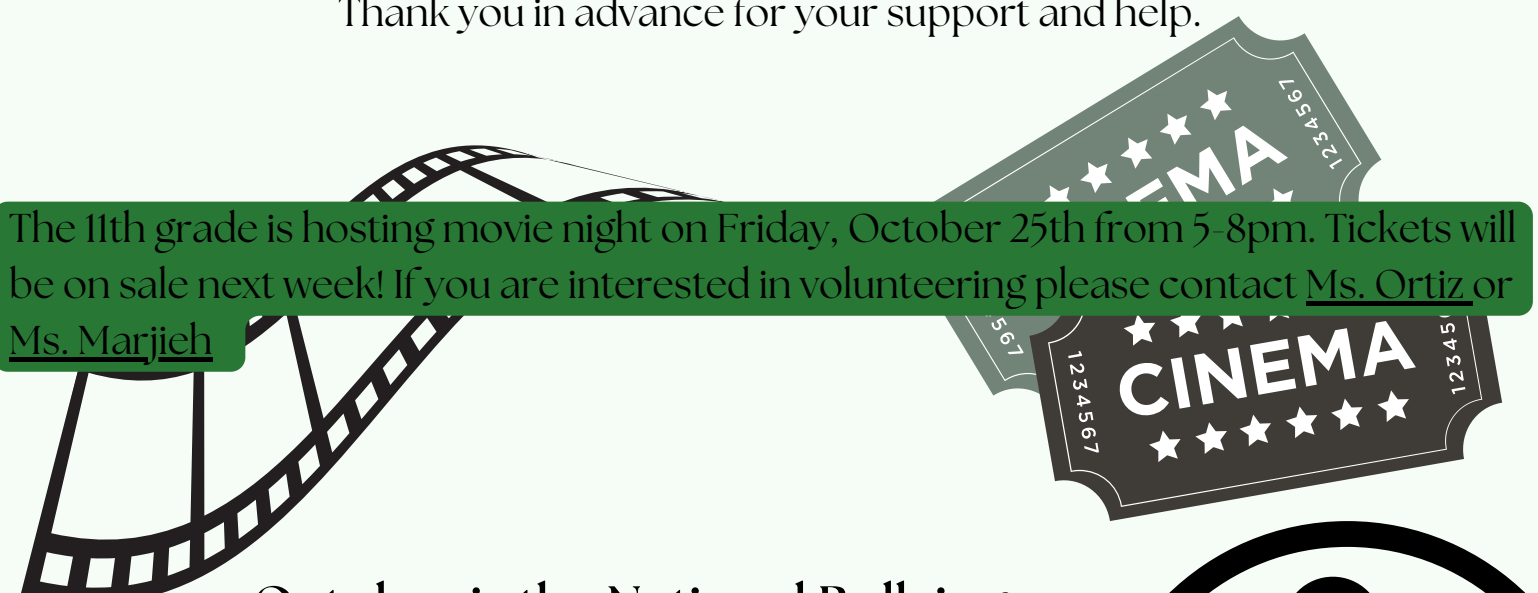
ENL students using technology to develop their English vocabulary and conversation skills. Using a word bank, students were asked to write a complete sentence about each picture displayed.



# 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.

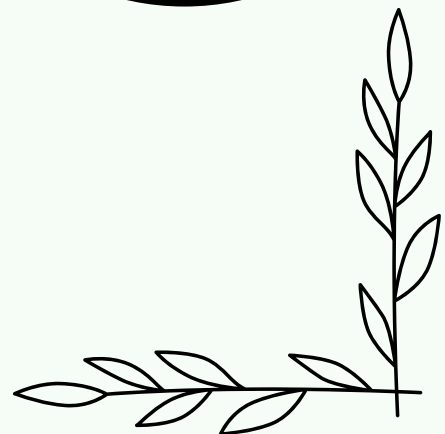
A graphic for movie night featuring a film strip on the left, two movie tickets in the center, and a green text box on the right. The tickets are labeled 'CINEMA' and have the number '1234567' on them. The green text box contains the announcement.

The 11th grade is hosting movie night on Friday, October 25th from 5-8pm. Tickets will be on sale next week! If you are interested in volunteering please contact Ms. Ortiz or Ms. Marjieh

October is the National Bullying prevention Month.

A white thought bubble with a black outline, containing text about Substance use Prevention Month. It has three small circles leading to a larger circle that connects to a prohibition sign.

It is also the  
Substance use  
Prevention Month



Ms. Bayon-Jimenez and Jackie are raising money for Breast Cancer awareness month. Please use the QR codes below and spread the love

Bayon-Jimenez



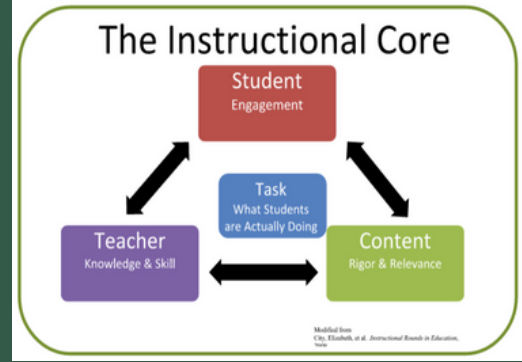
Jackie Blackwell





# Instructional Core

## Principle 2



The second principle follows from the first. So, for example, if your improvement strategy begins with a curriculum solution- then you have to invest in the new knowledge and skill required of teachers to teach that curriculum if you expect it to contribute to new student learning. A failure to address teachers' knowledge and skill as part of a curriculum-based improvement strategy typically produces low-level teaching of high-level content, a situation we see with considerable frequency in American classrooms.

If you raise the level of content and the knowledge and skill of teachers without changing the role of the student in the instructional process, you get another common situation in American classrooms: Teachers are doing all, or most, of the work, exercising considerable flair and control in the classroom, and students are sitting passively, watching the teacher perform. A common student question in these classrooms is, "teacher, should I write this down?" If you raise the level of teachers' knowledge and skill in general pedagogy without anchoring it in content, you get high-level practice disconnected from a clear understanding of what students are actually learning, and from the specific issues that students have with specific cognitive tasks.

If you invest in higher-level content and teacher knowledge and skill, but you neglect the role of the student in the instructional process, you get students (and parents) who don't understand the new roles and demands that they are expected to meet. This is one big difference between American schools and schools in other countries. Here we spend a great deal of time worrying about what we're teaching and how it is being taught. In other places, people also spend a great deal of time worrying about whether students are actually interested in, actively engaged in, and able to explain how they the students think about what adults are trying to teach them.



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