

ALL REGENTS PHYSICS STUDENTS & FAMILIES:

Welcome to Eastchester Regents Physics (“RePhy,” pronounced “refi”)! Mr. Berbit began teaching regents physics back in the early 2000’s in the Bronx. In 2008 Mr. Berbit headed to Eastchester where, under the tutelage of Mr. Gruber and Mr. Ross, the three spent the next 16 years developing the physics program. Now, in 2024, we begin a new chapter at EHS, bidding farewell to Mr. Gruber and Mr. Ross while welcoming Mr. Hatzfeld and Mr. Palant. As usual, a solid group of juniors and seniors annually works through and conquers one of the more challenging courses offered in high schools around the world. And, though the personnel change from year to year, the dedication of time, intensity of focus, and rigor of preparation do not. Each day, each student must reflect on their goals; only through *belief in* and *pursuit of noble goals* (of which more below) will the experience of RePhy truly blossom, leaving each student stronger and better than they were upon entry to the course.

Now, in the summer of 2024, as we begin to focus our minds on the job in front of us, it inspires a response: opportunity.

As with previous years, RePhy focuses on developing students that are thoughtfully driven human beings. The foundation from which each student will grow, and upon which the successes of the class will rest, is consistent commitment to the **RePhy Lifestyle**.

The **RePhy Lifestyle** demands that health and habits, both physical and mental, be reflected upon daily.

The **RePhy Lifestyle** demands that school, both academically and behaviorally, be taken seriously daily.

The **RePhy Lifestyle** demands that academic study be a vehicle through which students learn about discipline, patience, work ethic, support, and success daily.

YOU, the RePhy student, will seek to be fit, scholastic, considerate, and studious DAILY.

Your families, your teachers, your classmates, and your community expect it.

SPECIFIC TO STUDENTS:

Each of you is on a journey. Some are uncertain about the placement; some are confident in their path. Some of your journeys will end with the start of WISE; some of your journeys will end on the afternoon of June 24th, 2025. As part of RePhy you will learn to be a Thinker—you will think more in the spring than in fall; more in November than in September. If you choose to commit to the **RePhy Lifestyle**, daily, your journey will never truly end. You will become changed; you will become a lifelong Thinker. No challenge in life will be too great, and you will always persevere thoughtfully!

Throughout this school year you will experience many things. At the core of the **RePhy Lifestyle** are two mantras: “There is no crying in physics” and “Pursuit of Physics Perfection!” Team RePhy will live by these every day. As you attend class daily, think of ways to make RePhy something to love—

YOU ARE RePhy. RePhy IS GREAT WHEN YOU MAKE IT GREAT.

Get ready for an exciting and aggressive year of learning!

Zack Berbit, Teacher

“This is important. You can do it. I will never give up on you.”

Eastchester High School

Physics with Mr. Berbit

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EVERYONE THAT STAYS BEYOND WISE COMPLETES THE REGENTS EXAM!

“This is important. You can do it. I will never give up on you.”

Eastchester High School

Physics with Mr. Berbit

HEALTHY & PRODUCTIVE HABITS

The habits of Physics Students are of the utmost importance. Do these:

A. EATING Eat properly, which includes breakfast, lunch, and dinner. All of your meals should be balanced to include the different food groups. Snacks, meal bars, and shakes can come *between* meals. You will be thinking (in addition to other activities) every day, which equates to a significant drain on your body—you must refill it with something more substantial than Doritos and Celsius. You may prefer to shift your eating schedule around somewhat, however you still require a schedule. On test days you should eat carefully and do not overeat or sugar-up within a few hours of the assessment. Keep in mind class times: early classes require a moderate and balanced breakfast; late classes require a moderate and balanced lunch, perhaps supplemented with a snack.

B. DRINKING Drink properly, which means water. Plain, from the tap, water. If you don't like the taste of water, just get used to it, there is no substitute. Normally you should drink every time you pass a water fountain in school, and drink a lot. Purchase a large, reusable water bottle (32-48oz) and bring it to school (Mr. Berbit has a 64oz). Gatorade and "fruit juice" generally result in sugar-shock: you feel great and then you feel lousy. Beware, energy/cafeinated drinks stimulate your heart to pump faster and raise your body temperature, which interferes with proper eating habits and destroys sleep patterns (Mr. Berbit does not drink any of these).

C. SLEEPING Sleep properly, which means going to bed early. Throughout your day you tax and damage your body. The process of healing leads to growth. Healing happens during sleep. Six hours is not enough. You cannot make up for short nights of sleep with long nights of sleep. If you find that you feel slightly sick in the mornings, similar to having a light cold, but then it goes away during the day, then you probably are not sleeping enough. Finally, SILENCE THE SCREEN (turn off the screen at night)! NOTE: *TWO* nights before a big event is actually the most important night of sleep.

D. GENERAL SCHOOL WORK Plan for schoolwork. In order to maintain A-C above (especially 3), you must be organized and prepared ahead of time. You must study more than 'the night before the test.' There will be an everyday tutoring session in Mr. Berbit's room (H303) after school. All students are invited, and for some it will be mandatory. You will NOT be excused from thinking and learning (let alone homework or tests!) because you "have to finish a project that's due tomorrow." Please know this: "I have an AP Stats test tomorrow" (or two or three), "I have two papers due," etc. are NOT valid excuses for missing any Physics work. The title "scholar" is respected *because* it is difficult. Plan ahead! Once again, SILENCE THE SCREEN (turn off the screen at night)!

E. STUDYING/HOMEWORK For "studying" to *actually* qualify as studying, it requires that you activate your memory. Loosely speaking, treat every assignment like it is a quiz: alone, no distractions (including phone, tv, music, etc.), at a reasonable hour (not 11PM), in an organized setting (cleared desk), with all materials. Homework done under these conditions is actually also studying; this should save you from the "night before the test" drudgery. Mr. Berbit can help you "learn how to study" after school (there are techniques). Hint: rereading/rewriting your notes is NOT studying!

F. GENERAL/MENTAL HEALTH Students will feel physically/mentally drained for extended periods of time during any day. This, by itself, is not dangerous. However, there are dangerous situations that can arise.

1. Trust your instincts—if something feels *wrong* for days/weeks, go back through items A-D above.
2. If you are still struggling and find that you are losing motivation, do not lie dormant! There are techniques for improvement. Talk to those that have been where you've been: your parents, your teachers, your counselors, etc.

"This is important. You can do it. I will never give up on you."

CLASS RULES & CONSEQUENCES**MR. BERBIT'S CLASS RULES***

1. BE AN ACTIVE LISTENER
2. BE POLITE AND RESPECTFUL TO EVERYONE
3. REMAIN HONEST IN YOUR WORK AND YOUR CHARACTER
4. OBEY SCHOOL RULES

*[Explication of these rules](#); Mr. Berbit's Class Rules are merely an instance of the [EHS Code of Conduct](#)

CONSEQUENCES

ADHERING TO CLASS RULES	VIOLATING CLASS RULES
You are better able to learn	You are unable to learn
Science becomes meaningful in your life	Another 40-80 minutes passes without purpose
Scores increase	Scores decrease
Individual & class rewards	"Why don't we do anything fun" syndrome
After school is free and clear	Disciplinary action

Question: Does the Manner in which you conduct yourself *really matter* for getting into college?

Answer: You don't need to take my word for it; here are the *sixteen dimensions* that the Common Application asks evaluators to consider:

Academic Achievement; Intellectual promise; Quality of Writing; Creative, original thought; Productive class discussion; Respect accorded by faculty; Disciplined work habits; Maturity; Motivation; Leadership; Integrity; Reaction to setbacks; Concern for others; Self-confidence; Initiative, independence; Overall

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CLASS POLICIES:**PURSUIT OF PERFECTION IN PHYSICS!**

All rules go into effect on Wednesday, 9/4/24

Assessment (Test) Attendance

- All assessments are mandatory. An unapproved assessment absence = zero grade.
- Unavoidable, non-emergency conflicts must be cleared a full week prior to the absence.
- An approved assessment absence for a non-emergency always carries an action plan.
 - “I have to study for my other classes,” “I was tired and slept in,” “I was up late last night and needed the rest,” etc. are *not* approved absence reasons.
 - In general, plan to make up an approved test absence *on the day of return to class*.

Class Attendance

- First Day of Official Class: Wednesday, September 4, 2024; all classes are mandatory.
- Unavoidable, non-emergency absences must be cleared prior to the week of the absence.
 - Do not walk in with, “Oh yeah, I had to go to the dentist yesterday.”
- Absences will always require that the work be made up promptly and on the student’s time.
 - Do not walk in the next day with the question, “What did I miss?”
 - Check all available resources (Google Classroom, etc.-- lessons are generally recorded)
- Absences due to vacation must be planned carefully and work must be completed throughout.
 - RePhy moves steadily; there is limited time for “catch-up” days.

Homework Completion

- Assignments are posted as well as due dates; know them and adhere to them.
- Homework generally requires *both* [electronic](#) (via Google Classroom) and physical submission (during review next day)– be ready for both. When absent, still submit via GC.
- *If* an assignment is undone, do not fake it last minute and attempt to copy from a peer.
 - See Mr. Berbit about what to do *on the day of the missed work*.

One-Class Work

- RePhy students may work on RePhy during the entirety of every class.
 - Work for any other class or activity, academic or otherwise, is not permitted and, if caught, earns an automatic detention.

Preparedness

- RePhy Students must bring all [required materials](#) to class every day.
- Students must arrive with proper rest, hydration, nutrition, and alertness every day.

Communications

- RePhy Students must read messages from/respond to Mr. Berbit promptly whether via email, Remind, phone call, or any other class-approved means of communication.
- YOU must notify Mr. Berbit yourself when issues arise (do not send a friend).
- Students must regularly check classroom, the website, and messages for updates.

Sickness

- RePhy Students that are sick must stay home; do not wreck your body, thinking will cease.
- If Students get sick during the school day, the individual must see/notify Mr. Berbit themselves.

“This is important. You can do it. I will never give up on you.”

CLASS PROCEDURES:

PURSUIT OF PERFECTION IN PHYSICS!

I need to Borrow a...

...pen, pencil, calculator, etc.

1. Pick it up on way into room
2. Leave Phone (off) in its place
3. Swap back at end of period

I need to Move to...

...sharpen a pencil, blow my nose, throw out my exploded pen, etc.

1. Wait for non-disruptive time
2. Stand
3. Complete Task Quietly

I need to Speak...

1. Raise hand
2. Wait*

I need to Go to...

...the bathroom, take a walk (up to 3/Quarter)

1. Wear your ID
2. Sign Out*
3. Leave Phone
4. Go*

CLASS MATERIALS (REQUIRED)

Every day you will need:

- Three-ring binder (1.5”-2” will do) with at least three dividers and some paper (lined or unlined)
- Graph-ruled composition notebook with *sewn in* pages
- Three P’s: Pen *and* Pencil (mechanical) *and* Protractor/Ruler (can leave protractor at home)
 - A protractor can be purchased at a discount (\$1) during the first week of school
- Four-color pen is excellent for notes (search “bic 4-color”). There are many varieties, though our notes will primarily be black-blue-red-green. Some models include pencil!
- Calculator – “graphing” recommended (e.g. TI-83 - TI-89– older models are fine)
- Computer/internet access with [required programs](#) downloaded/bookmarked

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OFFICIAL SCHOOL SCHEDULE: [EUFSD Website](#)

SEPTEMBER 19 School Days + 1				
M	T	W	Th	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

2 Labor Day
 3 Supt Conf Days
 4 First Day of School

14 Early Dismissal
 17-21 Winter Recess

FEBRUARY 15 School Days				
M	T	W	Th	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

OCTOBER 20 School Days				
M	T	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

3-4 Rosh Hashanah
 14 Columbus Day

13-14 Elementary P/T Conf
 31 Eid al-Fitr/Supt Conf Day

MARCH 20 School Days + 1				
M	T	W	Th	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

NOVEMBER 17 School Days + 1				
M	T	W	Th	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

5 Supt Conf Day
 11 Veterans Day
 27 Early Dismissal
 21-22 Elementary P/T Conf
 28-29 Thanksgiving Recess

11 Early Dismissal
 14-21 Passover/Easter Recess

APRIL 16 School Days				
M	T	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

DECEMBER 15 School Days				
M	T	W	Th	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

20 Early Dismissal
 23-31 Christmas/Holiday Recess

26 Memorial Day

MAY 21 School Days				
M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

JANUARY 18 School Days				
M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

1-3 New Year/Holiday Recess
 20 Martin L. King, Jr. Day
 21-24 Regents Exams
 29 Lunar New Year

4 Regents Exams Begin
 19 Juneteenth
 23-27 Early Dismissal Grades K-8
 27 Last Day of School

JUNE 19 School Days				
M	T	W	Th	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

The Physical Setting/Physics Regents Examination will be on Tuesday, June 24, 2025.

It is expected that all students will attend every class; there are no “days off.”

Please Note:

Academic, medical, or any other planned conflict must be discussed with Mr. Berbit one week *prior to* the conflict.

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Physics with Mr. Berbit

TENTATIVE SUMMATIVE ASSESSMENT (TEST) SCHEDULE* (Last updated August, 2024) →**THIS SCHEDULE WILL BE UPDATED!!!***Please take the dates to be somewhat approximate; the nearer the date, the more certainty it carries.*

DATE	DAY	DIVISION	UNIT	ASSESSMENT	FORMAT
9/20	Fri	Math	Math	Graphing, estimating, units	MCQ: ~20, FRQ: ~9
10/11	Fri	Mechanics	Kinematics	1D Horizontal & Vertical	MCQ: ~20, FRQ: ~9
11/1	Fri	Mechanics	Kinematics	2D Projectile & Circular	MCQ: ~20, FRQ: ~9
11/19	Tue	Mechanics	Dynamics	Forces: Gravity, g, Friction, Normal, Spring	MCQ: ~20, FRQ: ~9
12/13	Fri	Mechanics	Dynamics	Newton's Laws, Free Body Diagrams, Momentum	MCQ: ~20, FRQ: ~9
1/10	Fri	Mechanics	Work, Energy, Power	Work, Energy, Power	MCQ: ~20, FRQ: ~9
1/24	Fri	Electricity & Magnetism	Electrostatics	Electrostatics (F_e , q , E)	MCQ: ~20, FRQ: ~9
2/13	Thu	Electricity & Magnetism	Electrodynamics	V, I, Circuits	MCQ: ~20, FRQ: ~9
3/20	Thu	Electricity & Magnetism	Electrodynamics	Magnetic Field	MCQ: ~20, FRQ: ~9
4/17	Thu	Waves	Waves	Characteristics	MCQ: ~20, FRQ: ~9
5/8	Thu	Waves	Waves	Phenomena	MCQ: ~20, FRQ: ~9
5/22	Thu	Waves	Waves	Sound & Light	MCQ: ~20, FRQ: ~9
6/5	Thu	Modern	Modern	Standard Model, Wave-Particle	MCQ: ~20, FRQ: ~9
6/24	Tue	Regents Exam	Course	All	MCQ: ~50, FRQ: ~25 (35 pts)

ALL STUDENTS COMPLETE ALL ASSESSMENTS ON THE DATES LISTED.

**In addition to the summative (major) assessments listed above, formative (minor) assessments will occur throughout the year.*

“This is important. You can do it. I will never give up on you.”

SCORING

PURSUIT OF PERFECTION IN PHYSICS!

“Officially:”

- Assessments (summative + formative) = 70%
- Homework, Lab Reports, Projects = 30%

“Unofficially:”

- Attendance = contributes to “Officially” percentages
- Timeliness = contributes to “Officially” percentages
- Focus = contributes to “Officially” percentages
- Participation = contributes to “Officially” percentages
- Organization = contributes to “Officially” percentages
- Neatness = contributes to “Officially” percentages
- Completeness = contributes to “Officially” percentages
- Consistency = contributes to “Officially” percentages

NOBLE GOALS

Mr. Berbit’s Noble Goals for Teaching include, but are not limited to:

- To help you meet the standards of the [NYS Physical Setting/Physics Curriculum](#)
- To help you become a smarter American citizen
- To help you develop the scientific lens through which you look at the world
- To further awaken in you a sense of natural beauty and appreciation through scientific understanding
- To engender both confidence and humility in your thought process
- To build in you a recognition that internal freedom emerges naturally when responsibility for challenging work is assumed consistently
- To train reasonable thought patterns into those that are building the world for my children

In summary, Mr. Berbit’s Noble Goals for Teaching boil down to you, the Student, *actualizing* that all of the qualities required to create a good life and a good world already exist *in you*, the Student.

What are YOUR Noble Goals?

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EXPLICATIONS OF CLASS RULES**1) WHAT IS ACTIVE LISTENING AND WHY DO IT?**

Active Listening is...

- i) Facing, looking, and listening carefully
- ii) Trying to understand, *NOT* thinking of a response
- iii) Asking questions to clarify what you don't understand

Active Listening gets you...

- i) The truest message, and helps avoid conflict
- ii) The greatest memory of what was said
- iii) Trust and respect

2) R-E-S-P-E-C-T, FIND OUT WHAT IT MEANS TO MR. B

The table provides examples of Respect and is not exhaustive; note, RESPECT is context-dependent!

DISRESPECTFUL	RESPECTFUL
1a) Unapproved phone use of any sort/earbuds	1b) Phone turned off and put away/lesson focus
3a) Side conversations during lecture	3b) Active listening during lecture
4a) Calling out/interrupting	4b) Raising hand and waiting
5a) Laughing at comments before considering	5b) Active listening before disqualifying
6a) Entering/beginning work late, packing early	6a) Working immediately and completely
7a) Convenient use of the bell	7b) Being mentally "present"
8a) Personal grooming	8b) Active listening
9a) Slouching/laying head	9b) Active listening/taking a "breather"
10a) Non-class materials on desk	10b) Bags on floor, etc.
11a) Eating a meal (unless approved no lunch)	11b) Small, neat snack only
12a) Creating/stepping over trash	12b) Throw it out/Bend-and-scoop
13a) Hats/lewd clothing/too much skin/underwear	13b) Follow the dress code
14a) Lying/cheating	14b) Honesty
15a) Killing insects	15b) Respect for existence

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3) WHAT IS HONEST WORK? WHAT IS HONEST CHARACTER?

The table provides examples of Honest Work & Character and is not exhaustive.

WHAT IS HONEST WORK?	
DISHONEST	HONEST
1a) Just writing anything for answer/"IDK"	1b) Engage the problem-solving protocols
2a) Ignoring notes/work/assignments	2b) Engaging notes/work/assignments on time
3a) Copying/allowing others to copy	3b) Do your own work/allow others to do theirs
4a) Claiming others' work as your own	4b) Claim only your work
5a) Using disallowed materials	5b) Using allowed materials only
6a) Allowing others to do group/lab work	6b) Contributing to the group/lab
7a) Pretending you get it when you don't	7b) Attending tutoring

WHAT IS HONEST CHARACTER?	
DISHONEST	HONEST
1a) Giving up immediately	1b) Making an effort to follow problem protocols
2a) Ignoring cheating	2b) Encouraging peers to do honest work
3a) False absence excuses	3b) Take responsibility for actions/inactions
4a) Pretending you are forced to be here	4b) Committing to your choice to walk into 303
5a) Agreeing with things that you do not	5b) Respectfully disagreeing and seek resolution

4) WHAT ARE THE SCHOOL RULES

Listed are a few of the more commonly "accessed" rules. For a complete list, see the [Student Handbook](#)

Attendance: >24 = loss of credit for year; cutting = zero credit

Dress: still exists including headgear, footwear, messages on clothes, what clothes cover, etc.

Electronics (Phone): only permitted in cafeteria/during lunch, no earbuds in hallways

Food: cafeteria only

Leaving Campus: juniors & seniors during lunch or a free period

Privacy: lockers are school property and can be searched; reasonable suspicion students can be searched

Online: computer/internet usage contract always; harassment includes social media and off-campus

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CONTACT & SUBSCRIPTIONS

Mr. Berbit	<i>See footer on every page; do NOT use the published EHS extension!</i>	
School Nurse	914-793-6130 x4246	Fax: 914-793-0098
Attendance Office	914-793-6130 x4228 or x4224	Fax: 914-793-1753
RePhy Google Classroom	Period 2/3: Join (required): link (you are automatically enrolled already) Period 3/4: Join (required): link (you are automatically enrolled already)	
RePhy Google Meet	Period 2/3: Bookmark/Save for Absence (required): link Period 3/4: Bookmark/Save for Absence (required): link	
Remind App	Period 2/3: Join (required) text @2425RePhy2 to 81010 (or use app with 2425RePhy2) or simply link Period 3/4: Join (required) text @2425RePhy4 to 81010 (or use app with 2425RePhy4) or simply link	
Class Website	Bookmark (required): Physics Report	
Class Youtube	Subscribe (required): Physteach	

Communication Scenarios:

Parent → Mr.B	Email: zberbit@eufsdk12.org
Send pictures/links to Mr.B	Email: zberbit@eufsdk12.org Depending on context, upload to Classroom Stream
Questions for Mr.B	Email: zberbit@eufsdk12.org Message to Remind
Class/Test Updates from Mr.B (absence, test schedule adjustment, etc.)	Immediate: Posted to Classroom Stream, Remind Long-term: Posted to Class Website and/or Classroom
Basic Class Information (policies, reviews, schedule, etc.)	Immediate: Posted to Classroom Stream, Remind Long-term: Posted to Class Website and/or Classroom

REQUIRED PROGRAMS

List to be updated, most likely during class. Check back for updates.

Phone	Google Apps: Drive, classroom, sheets, docs Data Collection Apps: Coach My Video, Measure App (comes with phone) Desmos.com graphing calculator Using the Notes App to submit online homework
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