



The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019

happy
new year

Our New Year's resolutions are very important to us and they help us set plans for the following year. New Year's resolutions can be small goals that can help us set a path for our futures. But, they don't have to be lengthy to the point where we know we can't fulfill such goals. Such goals can help us be kind and helpful to others, including ourselves. That's where the SEAL Team comes in, for the following month we suggest that you plan out what your new year's resolution will be.

Such resolutions do not have to be lengthy goals that you know you cannot keep for the year. Many of our fellow family members, classmates and neighbors can think of resolutions that they may keep for less than a week and those goals will not be remembered after the first week. These people that we know can often set goals for themselves that are unhealthy for both their physical self and mental health. Making such goals can destroy your reason to keep them because once we do this you will not have the urge to follow your New year's resolutions and goals in the following year. Many people can make New Year's resolutions based on unhealthy beauty standards and even based on what others say to them, because they can sometimes make you want to make your New Year's resolutions unhealthy for your mental health because they think you need to do something to look like everyone else. Some examples of unhealthy goals are, eating healthy all the time, waking up at 5 in the morning every day, or trying to look like someone else.

These common resolutions can destroy your already healthy life and can even destroy your self confidence.

On the other hand, there are healthy resolutions that you can make to help yourself live a healthy life and you won't have to torture yourself on a daily basis. Some goals can be trying something new every week. This can be recipes for baking and cooking or they can also be going to a new park, going to a new restaurant you get the point. Another New Year's resolution is to read more books, by doing so you help yourself expand what you would read on a daily basis and find new books you are interested in. You can also join a new club to find some new interests and people that share those same interests. Something similar to these things are learning a new skill that you will need in the future and trying a new look for yourself. These are some examples of New Year's resolutions that can help you do better for yourself and help you persevere through the following New Year.

New Year's resolutions are important to set for the following new year to help us be more productive and get a head start on our new healthy lives. Yes, others may make unhealthy goals that were mentioned in the passage, but we can prevent that from happening in the future by making healthy New Year's Resolutions that can change our New Year.

-Jessica Ndregjoni

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New Year
2022



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Saying the words thank you, isn't the only way you can show this kind of gratitude towards the person. You can express thankfulness in so many different ways. For example, you could gift someone a tray of food. Cookies are the first thing that come to mind. They are warm and soft just like the meaning behind these words. It comes out gently. You can never scream out the words thank you and actually mean it. It has to be calm, warm, and soothing for it to actually mean something to the person. Another way of expressing thankfulness is helping out that person in any way you can. If they need you to do chores around their house, mow their lawn, take care of their pet while they're out of town, so be it. You want to say thank you to this person, and helping out with their work that they might need assistance in is super beneficial to them and makes you feel better about yourself too. Thank you is a very empowering word and has so many layers to it. Be sure to be thankful and use the words thank you as much as you can especially during this month!

-Jessica Mesiha

International Thank You Month. How cool is it that there's a whole month dedicated on saying the simple words thank you. There's deep meaning behind these two words and put together makes this wonderful phrase that just expresses so much good. You say thank you, when someone opens the door for you. You say thank you when someone gets you a gift for your birthday. You say thank you when someone offers you a piece of gum that you might really like. But, do we actually mean it? Do we go through the stages of appreciation towards that certain act? It's very important to know, so that if you don't you can fix this right away and make sure you feel these emotions. Let's search up the word thank. According to google thank is a word to express gratitude to someone, or in other words expressing kindness or being grateful for something. When you thank someone you express gratitude towards that person and the words that you say are thank you.



*"The roots of all goodness lie in the soil of appreciation for goodness."
-The Dalai Lama*



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Online, cancel culture is prevalent, especially in social media content. Certain Content Creators have been targeted for mistakes they've made, and depending on audience perception, it could've just been something minor and not worth fretting over. Regardless, there will always be controversy around anything a creator makes.

On social media platforms, it is common for self-proclaimed influencers to be criticized for their actions. However, some of said actions are generally harmless to any community, especially if their audience is well aware of how their online persona is.

Unfortunately, if a creator involves themselves with other creators, for lack of a better word, more sensitive audience members, they could get involved in controversy as the jokes they make are different from what the viewers expect. This could also directly affect the creator with the more sensitive audience, since assumptions will be made based on who a creator is friends with.

Cancel culture can also be known as call-out culture. Due to the nature of it, though, it is less recognized as such. Rather than calling a creator out, both people who like or dislike the person would insult the creator and pressure them into an apology. The issue with the apology, however, is that after an apology, the community could still not accept it, and decide that the creator is a bad person no matter how much good they've done.



When people assume a minority group is affected, that could also be a cause of issue. Online, people who claim they "cannot accept an apology" as they were not part of the group who were insulted, whether from just a minor joke or something genuinely serious could be the same people who started by making a big deal of the situation. Cancel culture can cause creators to act too guarded when filming, to the point where humor for a lot of audience members are limited to only really a few things.

When being cancelled, if the joke is found to not have any ill intention or otherwise, the best option would simply to not give into the pressure of feeling though you did something wrong. If you are certain that you are doing the right thing, then there's no worries of what some people will think of the action.

-Tiffany Dong





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College Awareness

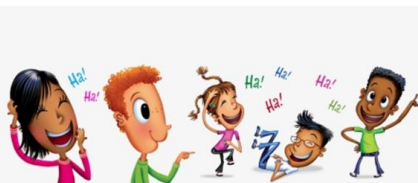
College is a very big step in someone's life. It sets you up for life and determines your future. To get the best education possible it's important to go to college and study something you are truly interested in. Colleges have many courses that can help you to learn and help you grow as a person. In New York State there are schools known as CUNY and SUNY schools. CUNY stands for City University of New York and is New York's Public University system and is the largest urban university system in the United States. SUNY stands for State University of New York and is a system of public colleges and universities in New York State. It is the largest comprehensive system of universities, colleges, and Community colleges in the United States. They both are just as good and both have many schools to help you learn and achieve your goals in life. Although it might seem stressful, colleges have amazing ways to help their students and still make sure they finish their studies. An example is that some people might drop out early and still be able to come back whenever they are ready to keep going with their studies. Most colleges also have guidance offices where you can get help if needed. It's always good to come up with a plan before going to college so you know what you are doing and so you aren't wasting your time on something don't want to pursue anymore. If that does happen colleges make it easy to switch to something you do like. In conclusion, college is very important and helps build your career. **-Zoey Kotsek**



This January, on the 2nd to the 8th, we will be celebrating the national week of laughing about something to start the year off on a happy note. Laughing is a way to make us stay positive and spread happiness. Based on scientific research, laughter benefits us by releasing tension and “psychic energy.” Additionally, laughter decreases stress hormones and increases immune cells, which decreases disease. Laughing releases endorphins, the body’s natural feel good chemical. With the healing nature of laughing, our mood, stress, and pain is directed into a positive light rather than a negative light.

“Someday, everything will make perfect sense. So for now, laugh at the confusion, smile through the tears, be strong and keep reminding yourself that everything happens for a reason.” quotes John Mayer. This exactly shows the benefits of laughter. Things may not all be reasonable, but with laughter and positivity, we know that it must happen for a reason. This quote helps us persevere when life takes a negative toll and reminds us that laughing can help. Keeping strong, smiling, and laughing are ways to stay positive, so it helps us release endorphins and helps us mentally, as stated in the previous paragraph. This week, remember to keep these key points in mind and laugh!

-Audrianna Mei





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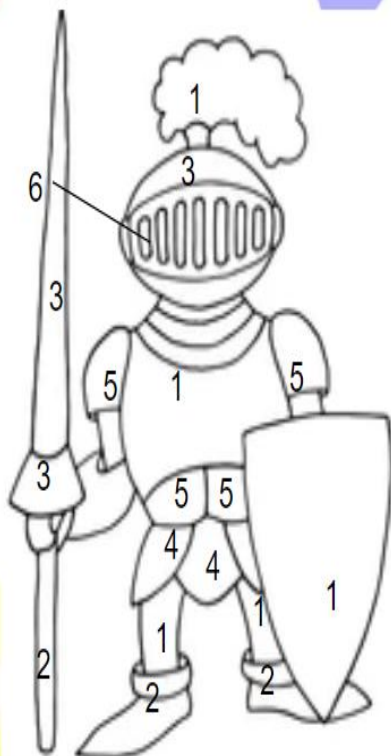


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Color By Number



- Color any 1 red
- Color any 2 brown
- Color any 3 gray
- Color any 4 black
- Color any 5 yellow
- Color 6 orange



Kindness is Key !!!

Puzzle created by: Giacomo Sapio and Anthony Camerllri

Product of the **S.E.A.L.** Team Dyker Heights

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