



The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019



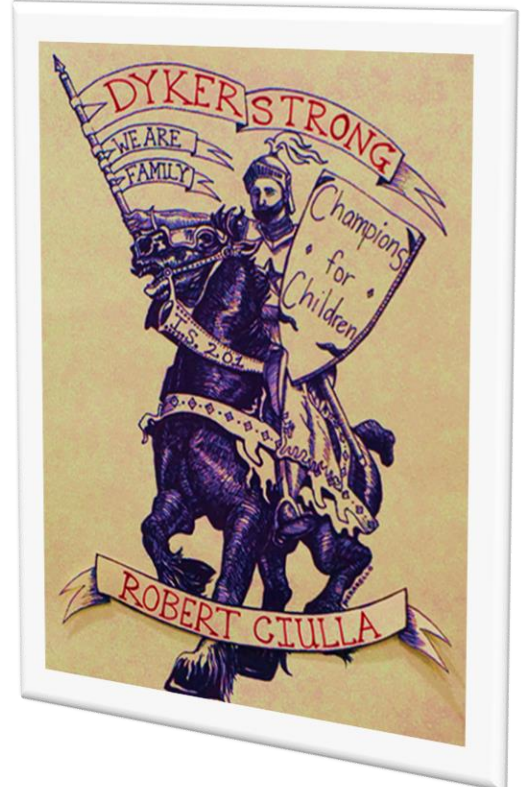
I can't do this... I'm not good enough... I give up. Does this sound like you? This is what one calls a fixed mindset. In this mindset, one believes that their growth is settled and cannot improve any further. This type of mindset means bad news. A fixed mindset can lead one to avoid challenges, give up easily, and be intimidated by others' success. Ultimately, a fixed mindset is negative thinking. To avoid this mindset, you can spring into a new mindset.

A growth mindset is when one believes that intelligence and talents can be improved by using effort and training.



Some quotes to represent this are “If you don't succeed, you try and try again,” “Persistence is the key to success,” and “Nothing is impossible.” Studies have shown that the benefits of a growth mindset are being more open to new environments, being able to do anything, and stop seeking approval. A growth mindset can also help you enjoy your life more and believe in yourself. One should always aim for a growth mindset. Once again, spring into a new mindset this spring and keep growing.

-Audrianna Mei



“Champions keep playing until they get it right.”

- Billie Jean King



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Happy Teacher's Appreciation Week from the Dyker S.E.A.L. Team! Our hardworking teachers in Dyker 201 and around the world do an abundant amount for us every day. Teachers ultimately prepare us for the world outside of the classroom. A teacher's job is extremely important in our modern society.

Without our teachers, us students wouldn't have a proper education. Teachers stay determined and make sure that we memorize and complete the tasks that we are assigned in their classes. Along with educating us, they also help us find our interests and passions through the many different subjects we take each school day. For example, I found my passion for writing through ELA classes and fictional literature. Another person may find their passion for American history in a Social Studies class. Along with helping us find our interests, teachers teach us basic morals such as kindness, discipline, and respect with the positive feedback that circulates around their classrooms.

Becoming a teacher is not at all easy and could take extremely long amounts of time. Teachers have to earn degrees and certificates before becoming professionals. Earning these numerous degrees and certificates can take years, and sometimes even decades! After receiving everything you need to officially become a teacher, you will then have to find a school where you can work. Teachers go through all of this, just to make sure we receive a proper education in our lives.

In conclusion, teachers are a big part of our early lives and their impacts can last a lifetime. Go ahead and say thank you to all of your teachers for being so amazing and helping you and your peers out everyday. Happy Teachers Appreciation Week!

Thank you to our very special principal Mr. Ciulla for running our amazing school and keeping everything in order. With care and kindness, Mr. Ciulla gets the job done.

-Nicolas Ferrera





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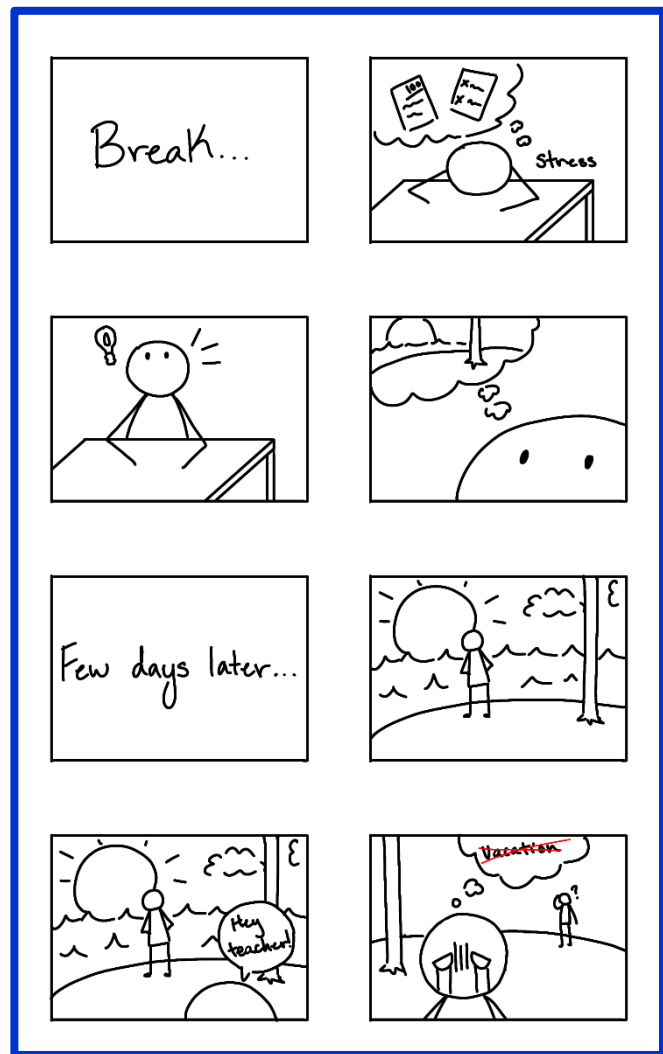
Teachers create engaging lesson plans, educate students, and help their students develop their interests.

Teachers are great at their job and hold a special place in their students' hearts. But have you ever wondered what you could do to show your appreciation for your teacher? Teacher Appreciation Week is celebrated in the first week of May every year. This year, it is celebrated from the second to the sixth day of May. During this week, students give their teachers thoughtful gifts made from themselves showing how much they thank their teacher for teaching them.

Wondering what to do on Teacher Appreciation Week? Have no fear. A great idea is to get your teacher a gift card. This gift card can be from any shop- Target, Dunkin Donuts, and Amazon just to name a few! Low on budget? You can write a thank you card, make a personalized pencil, or even make them a lanyard. In the end, there are many ways to show your appreciation to your teacher. This week, make sure to get something for your teacher! They will sure be happy!

-Audrianna Mei

A Teacher's Vacation



Created by: Cho Kiu Situ



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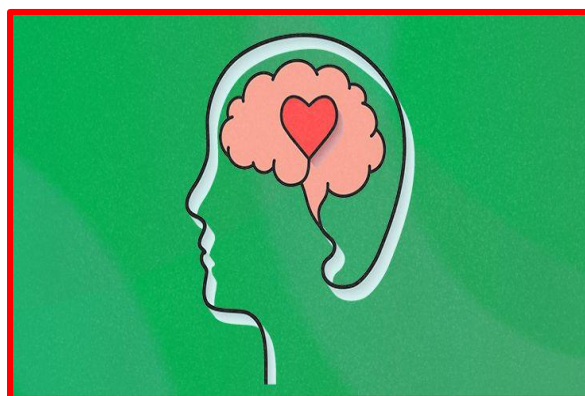
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At this current time period, mental health is a serious issue that is found in both adults and children. Simplified, mental health is a state of well being. It includes all aspects of welfare such as emotional, psychological, and/or social. It affects how we think, feel, and even act. It also helps determine how we handle stress, relate to others, and make choices. Mental health has such a huge role in people's lives and it's so important to bring awareness and to teach people how to deal with it. If someone experiences mental health problems, unfortunately that person's thinking, mood, and behaviors could alter. This is very common though so help is always available to those who ask. First let's get into some of the warning signs of someone who might have a mental health problem. Eating/sleeping way too much or way too little is definitely one example of a warning sign. So is pulling away from people you love and activities you used to enjoy. Feeling like nothing matters and wanting to give up all day every day is also one very common sign. All these signs show us that this person could be struggling with a mental health issue and need help immediately. With the right help, people can learn to live with this problem instead of dwelling in it.

When getting help you always want a support system there for you. Someone dealing with mental health might want help in all kinds of different ways. These include talking to someone about it and opening up about everything they're going through (therapy), maybe even just staying as positive as you can, which can sound difficult at first, but when you keep trying it really isn't. Another way in getting help, is helping others. By helping others you may find the help you were looking for. Focusing on mental health care can increase productivity, enhance self-image, and improve relationships which are all crucial to a healthy and balanced life. It's tough actually admitting you have a problem at first, but that only means that you'll find a solution eventually and that's the whole point of Mental Health Awareness Month. Being aware that mental health is a real thing and teaching everyone who can listen to take care and learn to be attentive when anyone needs a hand.

-Jessica Mesiha



"I am bent, but not broken. I am scarred, but not disfigured. I am sad, but not hopeless. I am tired, but not powerless. I am angry, but not bitter. I am depressed, but not giving up." — Unknown



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Memorial Day, one of the most famous American traditions, will be celebrated on May 30th. While many see this as a free day off from school or a random national holiday to push aside with the same importance as groundhog day, it holds a much greater significance. Memorial day is to honor those who passed serving our country. If it were not for the patriotic sacrifices of the soldiers who put their lives on the line and died for our country, we would not be where we are today. If it was not for the approximate 416,800 American soldiers that passed during World War 2, the Nazis may have prevailed. If it was not for the 6,800 brave patriots who died fighting for our freedom in the Revolutionary War, we would never have been free for Britain. We should use this day not only to appreciate and reflect, but should also use this day to inform ourselves. Memorial day was founded on May 30th, 1868. It was originally known as "Decoration Day", at the time people would adorn the graves of fallen soldiers with flowers, a fairly common tradition still practiced to this day.

The Civil War ended with the most American Army deaths in war ever to be recorded, which makes sense as to why this brought so much tragedy upon the nation, so much so that we created a national holiday to honor all those fallen soldiers that have fought for our country.

With this in mind, on Memorial Day this year, take some time out of your day to remember and thank the brave souls in our military. AT 3:00pm local time, every Memorial Day, there is a national moment of remembrance for late patriots, so I urge you to take part in that moment of silence. If you find that is not enough to show your appreciation, consider donating to funds dedicated to helping the families of fallen soldiers, or attending Memorial Day events. Whatever you may decide to do, please do it knowing we have to thank our perished military for protecting our country, families, and rights.

-Madeleine Bonello





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Thank You



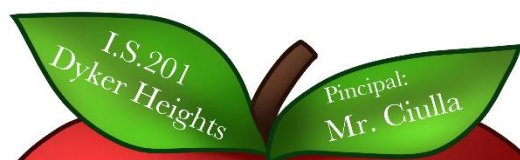
Veeramah Masry Guerrin Flessas
Botte Lizzi Rossetti Myrtezaj Zogby
Seiler Moshkovich Bogdanowicz
Gargiulo Monte Ward Mautschke
Schulman Najar Alexander Bartoloni
Cianci Ashton S.McCauley D'Acquisto
DiMitrid Fontana Iallonardo Katararos
Mohammed Neri Nunziata
O'Mahoney-Schwartz St.John
Stanisis Farag

Teachers!



Tardugno DeAngelis Pignataro
Gross Cen Scognamillo J.Porcario
Calise Colasuonno Mitis Redzematovic
Salvago Coohill Estevez Oglou Wong
Andrews Morioka Albino Remmen
Puglionisi Garrison Guido Solano
DeLuca Amodeo Carbonaro Declara
DiDonato Gianni Koutsopetras
Laraichi Markovich Pilato
D.Porcario Profera Shan
Sopasoudakis Swigert
Typrowicz T.Franzese
Saponaro

Apples created by: Cho Kiu Situ



Lombardo Fierro Sanchez Tgonou
Balanikas Santos DeLiso Mathew
Bizzarro J.McCauley Stathakos
Nogueras Johnson Cartagena Cusick
M.Franzese Lo Russo McLeer Arne
Carcione Howe Jiang Indelicato
Blufshiteyn DeFeo DeRosa Kim
Koukoulis Panepinto Pasciuta
Pizzarello Walters Shan
Polivoda

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

Madeleine Bonello, Anthony Camilleri, Anna Chen, Tiffany Dong, Alara Eris, Katherine Fava,
Nicolas Ferrera, Sarah Jiang, Jessica Ndrejoni, Athena Mai, Audrianna Mei, Jessica Mesiha, Christina Minasyan,
Evangeline Muia, Giacomo Sapio, Cho Kiu Situ, Hannah Wen, David Xie, Robinson Zhang