



# The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019



To my fellow classmates and teachers of Dyker Heights, we are all proud to say that we will be leaving this school today with the wealth of knowledge that we will always cherish for the many years to follow. We would like to congratulate our fellow students and classmates on another successful school year that will ultimately pave the way for the future classmen for the year to come. This past year has held a multitude of important events that changed our middle school experience, whether good or bad they all have happened for reasons that have helped us get to this day and have paved the way for our future.

While our journey in middle school comes to an end, we are glad to say that we have gained all the knowledge possible to help us as we enter High School the following year. Even though we have made mistakes throughout our school years, the faculty has been our greatest supporters who showed their trust in us throughout those times.

They let us know that mistakes are meant to be learnt from, and even though this quite cliché it is true and I myself have learnt from those mistakes. Even if you might not get the test scores you wanted, we can all learn from these mistakes and try to get a better score next time. Plus one test score will not be the end of the world

Or if you didn't get into the High School of your choice that just means that maybe you weren't meant to go there and there is always a possibility for a better outcome at another school. From our years at Dyker Heights we learnt that we will be reassured by the teachers we trust and our feelings and thoughts always mattered.

To my classmates here at Dyker Heights you have all made our middle school years here in Dyker Heights quite memorable. All of our wonderful classmates have made our double period classes feel as if they went by within the span of five minutes.



*So long as the memory of certain beloved friends lives in my heart, I shall say that life is good -Helen Keller*



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Throughout all of our school events our classmates have made these events so much better. With our outdoor movie nights, pizza parties, bake sales and much more our classmates have made it all possible. With their support we were able to get all of these activities. While we will all be attending different schools next year we will all make sure to cherish the friendships we have made here.

We will also be leaving the students of the sixth and seventh grade and wishing them the best of luck for the remainder of their school years here, and to the incoming students all I would like to say is good luck because middle school was not what they have been imagining, it is so much more adventurous and the years that we will be going to distinguish ourselves from everyone else. With the multitude of clubs and activities to join you could never say that there is nothing to do.

Now that we've reached the end, at Dyker Heights we have learned valuable life lessons that will help us be successful to achieve our goals for the future, with the help of the faculty members. We have also gained friendships that we hope will last many years to come. We have also gotten a better understanding of who we are and our strengths. Here at Dyker Heights even though we were faced with a multitude of challenges, we have learnt how to face them and solve them with our best effort. I wish the best of luck to my fellow classmates, upcoming seniors and teachers for the many years to come. It is my pleasure saying that I am graduating from Dyker Heights with all the knowledge and memories that I will cherish for the rest of my life.

-Jessica Ndrejoni





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Juneteenth is a federal holiday in America celebrated on June 19. It celebrates the emancipation of African American slaves in our country. The federal holiday originated in Galveston, Texas, and is now celebrated throughout the United States and other countries and towns including Mexico. Juneteenth is an extremely important holiday because it represents the growth in American culture and how our generations have evolved over time.

The Emancipation Proclamation was issued by former President Abraham Lincoln on January 1, 1863. Lincoln established that all enslaved people in Confederate states in rebellion against the Union “shall be then, thenceforward, and forever free.” The only problem was the Emancipation Proclamation did not instantaneously free slaves.

After the Civil War nearly ended in the Spring of 1865, General Granger who was a career U.S. Army officer and a Union general during the American Civil War, arrived in Galveston ordering that all slaves were to be freed in June

Although this was not the case for all slaves, most slaves were freed in that time period representing a day of growth. That December, slavery in America was formally abolished with the ratification of the 13<sup>th</sup> Amendment. The year after 1865, freedmen( slaves that gained their freedom) in Texas organized the first of what became the annual celebration of "Jubilee Day" on June 19. This also helped advance culture for the African American community as African Americans celebrated their freedom with featured music, barbecues, prayer services, and other activities, which created a higher population for African Americans as they would travel to Texas to celebrate their freedom.

In 1979, Texas became the first state to announce Juneteenth as an official holiday. Today, 49 states and the District of Columbia recognize Juneteenth as a holiday and in June 2021, a resolution was passed by the President on June 17, 2021, making Juneteenth a national holiday; to law



— Giacomo Sapio  
*“Juneteenth has never been a celebration of victory or an acceptance of the way things are. It’s a celebration of progress. It’s an affirmation that despite the most painful parts of our history, change is possible—and there is still so much work to do.” — Barack Obama*



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The month of June represents the LGBTQ+ Community. This means that no matter your sexual or gender orientation, you are accepted. Starting with the acronym, LGBTQIA, the words mean lesbian, gay, bisexual, transgender, queer, intersex, and asexual or aromantic.

Sexuality is fluid, and there are labels for all types of people. The community represents people who don't fit into the mode of either being interested in the opposite sex, or people who were not born into the right body, essentially.

To start, LG is lesbian and gay respectively. The two terms refer to your attraction to a gender. The word "lesbian" directly means non-men who are exclusively attracted to non-men. This term is phrased in this manner because it includes those who are not gender conforming. The word gay, on the other hand, is a general term that can refer to anyone who is not exclusively straight. However, there is the term "gay male", that reference men who like men.

Bisexuality is another term, referring to interest in any gender. It is important to mention, though, that this word does not have the same meaning as pansexuality. Being bisexual involves a preference, where as being pansexual doesn't. Some may assume the two are the same, but in truth, there is a difference. Overall, though, you don't have to force a label on yourself if you are questioning your sexuality.

Jumping to a different topic temporarily, T shows the transgender people of the community. Transgender regards your gender identity, specifically if your gender identity, is not the one you had where you were born. For example, a transgender male is a man who was born in a female body, and the opposite for transgender female, who are girls that were born in a male body. Adding on, there are also gender identities such as being nonbinary, agender, genderfluid, or genderqueer. Nonbinary individuals are those who identify as genders that aren't male or female. Some of these individuals use the label of being transgender, but others don't, so please note to be respectful.

Now, a lesser recognized sexuality, or rather, two, is asexual and aromantic. Asexual describes not having any sexual attraction to another person, while aromatic describes not feeling any romantic interest in others. Neither of these terms mean that a person cannot or does not feel love. In actuality, they can still experience platonic and familial love, and in the case of asexuality, can feel romantic attraction.

Through the years, acceptance of the LGBTQ+ community has been more common, even if it is not accepted in all cultures or places. It is significant for everyone to be more aware of those around them, including being more accepting of minor differences that cannot be controlled. Throughout everything, even if we're all different, we all are part of one species. For us to thrive, it is a necessity to learn and understand each other. As a family in Dyker Heights, our differences make us more unique. Everyone is different in some way, but as both students and a family, we should be accepting of each other.

-Tiffany Dong





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It is nearing the end of the school year and for most students, that only means one thing: summer break is about to begin! Many of us use summer break as a time to relax and recharge after a long school year. Whether you have plans for vacation, day camp, tutoring, or are just going to stay home, summer provides a well needed pause from the rapidness of school life. However, many kids do not realize how important it is to prepare for the school year ahead. Immersed in all of these fun activities during summer break, preparing for school might be the last thing that crosses your mind. Although it may seem like a real let down to have to do “work” during all of your free time, preparing yourself for a new school year can be easy and even fun! Here are some ways to stimulate your brain and get ready for the school year to come:

## Read

Reading, especially during the summer time, is a great way to keep your brain active and alert. It is probably one of the most important and beneficial ways to prepare your brain for the school year ahead. Many students suffer from something called “the Summer Slide” which is defined as “the tendency for students, especially those from low-income families, to lose some of the achievement gains they made during the previous school year”. Reading is a great way to overcome the Summer Slide and maintain your current level.

## Engage in Educational Activities

Summer break is a great time to go on educational field trips and learn new things online. Going to places like museums or zoos increases your knowledge in different topics and you may find yourself showing off new facts you learn. Similarly, going onto educational websites like Khan Academy can simulate a school experience and help you study.

## Practice Good/Healthy Habits

One final way to prepare your brain for September during the summer is to build healthy habits so you can continue them when school comes around. Things like journaling, exercise and meditation can help you have a more open mind when you come back to school as well as increase your writing skills and focus, which are useful to have during class.

Doing all these things and more can help keep your brain in shape when the school year comes around again. Though it may not seem very exciting, preparing yourself for the next school year can actually be fun! And it's not work, it's fun right? Plus, when school approaches, your brain will thank you for all that you have done to keep it healthy during the summer!

**-Olivia Pizzulli (631- new member)**



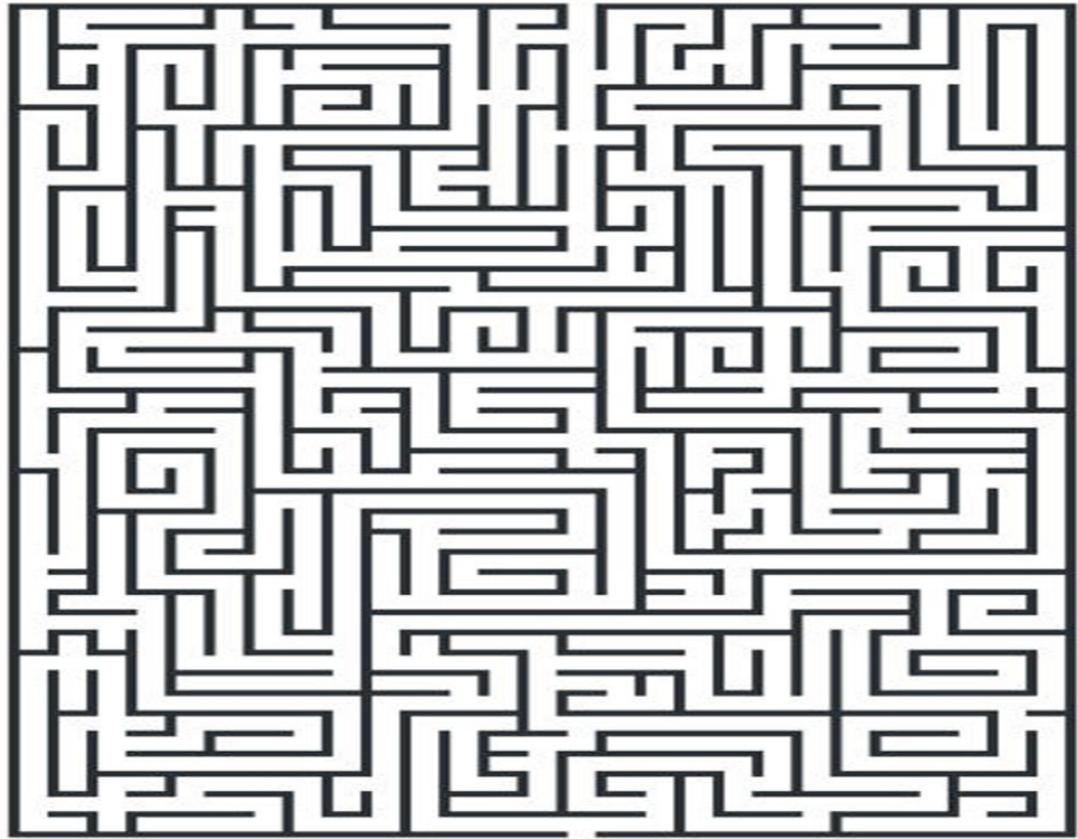


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## We Did It!



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

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