



The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019



After a difficult year of blended learning and online school, we have returned to being full time students. Being back in the building is very different from working from home. At times, it can become overwhelming. It is important to relieve your stress in order to help you focus more throughout the day. Treat yourself to a day of relaxation. Read a book, take a walk or simply take a deep breath.

School can become stressful from time to time, so it is important to give yourself a break. For many students, reading a book helps take their mind off of school. This method not only helps take their mind off of school, but it also helps improve their reading skills.

Another way you could relax is by taking a walk in the park. When taking a walk, you get your body moving and cleanse your mind while taking in the wonderful sights of nature. The simplest of the three methods to relieving stress is taking a breath of fresh air. Students can be very busy at times and this is a quick and effective way of relieving their stress.

Overall, there are no limitations to the ways you could relieve your stress. It is important to remember to treat yourself from time to time in order to help relieve stress and clear your mind. Take a break from your everyday routine and treat yourself to a day of relaxation.

-Eudoxia Protopsaltis



"Calm mind brings inner strength and self-confidence, so that's very important for good health." –Dalai Lama



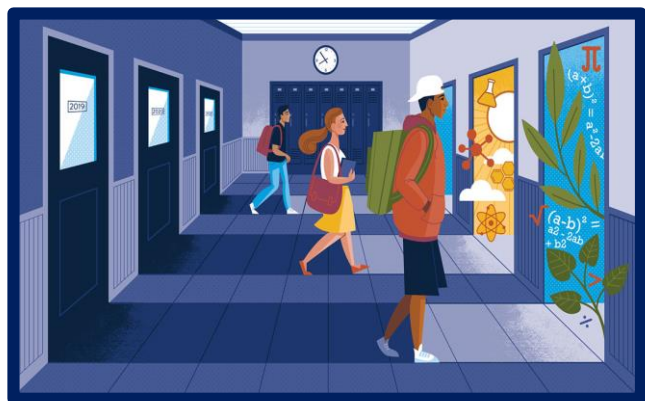
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Let's start from the beginning. March 13th 2020. It was a normal Friday and I was getting home from school when I heard on the news about this strange thing called the coronavirus. I didn't think much of it at the time but with my dad being a doctor he came to me and explained that it was way worse than anyone would have imagined. The following two weeks we had off. I didn't think much of it because why would I? We were getting a two week break! But, those two weeks turned into the rest of the year. Which turned into 18 months of virtual learning at home. I did not know something like that was possible but it was and I had to live through it like everyone else.

Coming back to school this September made me feel a lot of emotions. I didn't realize how much I missed school until I actually went in the building and experienced the layout of a normal day. It was crazy and very surreal. I didn't know it was real life for a couple of days. I missed going from class to class when the bell rung. I missed actual interaction with my classmates. I missed going up to the teacher when I didn't know a question and having her explain it to me. I didn't realize I missed all these things until I was back on September 13th 2021. As I reflect back I can say - we're heroes! If you told me a couple years ago that we would be learning through a computer, I would have laughed. But, we did it and we did it well. But, now we are back and I am grateful and thankful for every minute of it. I love my Dyker family and I wish all our knights a great school year filled with memories to last a lifetime.

-Jessica Mesiha

I ♥ MY
SCHOOL!

"To raise a child who is comfortable enough to leave you means you've done your job. They are not ours to keep, but to teach how to soar on their own." — Unknown



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School is back now, and for many people including myself, it is a big change. I have been out of the classroom for almost 18 months, so coming back into the building took some getting used to. Now, I actually have to walk to get from one class to another! Being back in the building is a big improvement though. Getting to see all your friends and teachers when you haven't seen them in over a year is a great feeling. Finally getting to interact with my peers again and working together in class is something I've missed during remote learning.

My first day was a little scary since I had to get used to the building all over again. I had to remember all the times that the periods start and end, where all the classrooms are located, and to walk on the right side of the hallways. It was a bit overwhelming at first, but I have already gotten used to it. These minor downsides are nothing compared to all the great things about being back in school.

All in all, coming back to the school building and getting out of the house was something everyone, including myself, really needed. I can't wait for a bright year filled with amazing friends and academic success

-Anthony Camilleri



We are ready to have a great year!





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Breast cancer is a disease in which cancer cells (also called malignant cells) form in the tissues of the breast region. This causes the breast cells to grow abnormally and divide more rapidly than healthy cells and form a lump or mass. The symptoms are breast lumps or thickenings that feel different from the surrounding tissue, change the appearance of a breast, changes to the skin over the breast, a newly inverted nipple, flaking of the pigmented area of skin surrounding the nipple (areola) or breast skin, and/or redness or pitting of the skin over a breast. That being said, according to the World Health Organization, breast cancer more common in women, men can get it though it is rare. It has taken the lives of hundreds of thousands of people across the globe. To help these individuals with breast cancer, we need to spread awareness and give people we know with breast cancer our full support.

My grandmother is a breast cancer survivor. She went through the emotional and physical turmoil of this disease twice, and beat it twice. The first time, she went for an annual check-up and found a lump on her breast. She received chemotherapy, and beat it. She was in remission until, five years later, it unexpectedly came back. This resulted in a mastectomy, which is a surgery that removes the entire breast. If she did not have this procedure, the cancer cells would spread to other parts of her body and would have eventually killed her. Even though she survived, the physical and emotional toll will stay with her forever. So please, spread the awareness of breast cancer and help people with breast cancer out! Remember to always get your yearly checkups, it saved my grandmother's life and it could save your love ones too.

-Audrianna Mei



"It's about focusing on the fight and not the fright."

Robin Roberts





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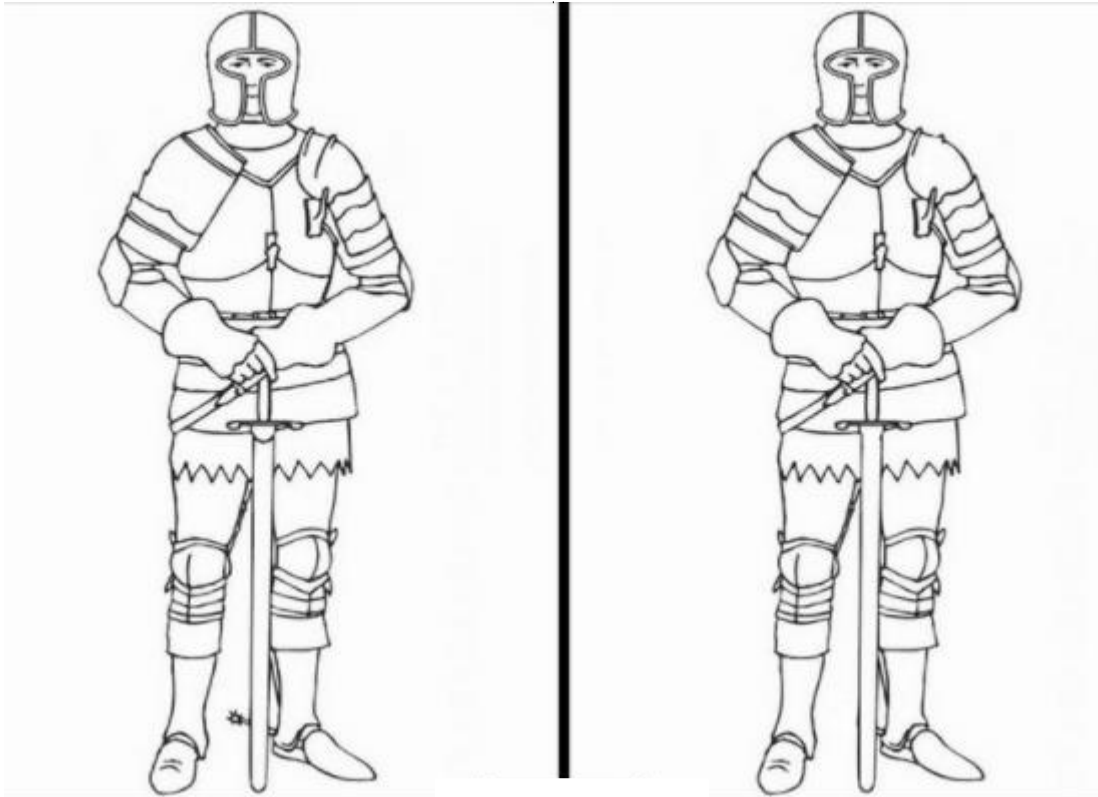


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Spot the Difference on the Knight



*"We are all different, which is great because we are all unique.
Without diversity life would be very boring."
- Catherine Pulsifer, Writer*

Product of the **S.E.A.L.** Team Dyker Heights
Introducing the new **S.E.A.L.** Team Members:

Mario Belliu, Joseph Buffa, Anthony Camilleri, Elaine Chen, Tiffany Dong, Kenz Elsherbini, Mark Fallah, Katherine Fava, Chloe Gao, Sarah Jiang, Kayle Kam, Zoey Kotsek, Olivia Leung, Athena Mai, Audrianna Mei, Jessica Mesiha, Jessica Ndrejoni, Eudoxia Protopsaltis, Giacomo Sapio, Yong Yi Wang, Shen Xin Zhang, Carol Zhang, Robinson Zhang

