



The Knight's Table



April is National Stress Awareness Month and has been recognized as it since 1992. It is important to learn how to manage stress and to find healthy ways to deal with it. It can go a long way to living a very positive life filled with happiness and enjoyment. Firstly, I want to define the definition of stress. Stress is a feeling of emotional or physical tension that can come at any moment making you feel different emotions like frustration, anger, being nervous, claustrophobic, and maybe not even being able to breathe sometimes. All these emotions are very normal and is a body's reaction to a challenge or demand of any kind. Don't feel alone everyone experiences stress to some degree.

Now, I want to talk about how to deal with this stress if you're really struggling with it. Let's say you're in a situation where you feel really agitated and exhausted on what you're working on.

Most of the time, breathing in and out really is one of the best ways to relieve your stress and allow you to work calmly. Maybe you could even talk to your parents. Tell them what you're feeling. Make sure to explain to them that you just feel. They'll immediately jump into action and support you through all of this and encourage you to do it!

Something else you could do is just take a break. Leave the assignment on hand for a quick hour and go on a walk. Listen to some music you really enjoy the moment, this time will allow you to compose yourself and finish the given assignment much quicker.

All in all, stress is something all of us deal with everyday. But, we need to learn how to deal with it in a healthy way so we can lead a positive lifestyle.

-Jessica Mesiha



*"You don't have to see the whole staircase, just take the first step."
— Martin Luther King*



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Remembrance and Beyond

*Holocaust Days of Remembrance
April 24 to May 1, 2022.*

1941, the start of the holocaust. The holocaust was nothing short of a tragedy, the brutality of people truly showing. Six million Jewish people were killed in this event, and nothing can recover those lives. Adolf Hitler had deemed Jewish people “problematic” and to fix Germany by carrying out his idea of it, he carried out murder of this group through the usage of pogroms and mass shootings. Jewish people were not the only group of people who had suffered, however. The murders also included gay people, prisoners of war, the disabled, soviet civilians, ethnic Poles, and political or religious dissidents. These other groups totaled up to 5 million people, adding to the death count.

Adolf Hitler may not have been the one to have started Anti-Semitism, but his role in carrying it out was a devastation, and many were severely affected. Soldiers of America had captured some civilians outside of concentration camps, but survivors were minimal. For example, Auschwitz-Birkenau, a former concentration and extermination camp, had 928 prisoners who had attempted to escape. Out of this digit, only 196 had succeeded with this goal. In this camp, only 7000 lived while over a million had died.

This situation lays down permanent scars onto the world itself, and it's important to discuss these events as well as sympathizing with those who were deeply affected, such as survivors who had had to suffer or the families of those who have lost their lives. The holocaust was a means of violence, and it's important to honor the victims of this tragedy. The people affected were not seen as such by Nazi Germany, but we should be respecting them like people even still, because that is what they are. As members of society, we should be vigilant and keep information clear. The fact the Holocaust happened was awful, and it should be always seen as such. No one had deserved to lose their lives, especially for aspects of themselves that caused others no harm.

It is our responsibility to never forget, as this had large impacts on the future, and it must be clear that this event or anything similar to such should never occur again. The Holocaust Remembrance day is about remembering, but also speaking up over the tragedies faced. Violence should not be held to any communities. It is a time to remember the millions that have been murdered. It is to support those who had to deal with such events, fearing their own lives. It is to recognize the hardships of those whose lives have been affected because of the event. This includes people who may be different from you, whether it's religion, sexuality, or race. This includes the ones who died and tried to fight for what was right, and those who passed for stuff they couldn't control.

-Tiffany Dong



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Est-2019



Happy Earth Day from the Dyker S.E.A.L. Team! On all days, but especially today, we should love, care, and embrace our planet. Earth is the only planet in our solar system that allows us humans to survive. Our planet gives us food, water, oxygen, resources, a place to live, and so much more! Our magnificent planet is full of beauty and elegance. There are numerous amazing creatures that reside in unique environments all over the globe. We have animals like penguins and polar bears who have habitats in extremely cold Arctic climates. We have animals like lions and zebras who reside in unbearably hot tropical climates. We have sea creatures that vary in size from ginormous to miniscule. We have insects that travel and crawl around the various paths of our Earth. Every creature is beautiful in their own way. Our planet also holds spectacular environments that we get to witness.

Earth has beautiful terrains, such as mountains, hills, deserts, and canyons. It has wet lushness such as oceans, lakes, beaches, valleys, glaciers, and waterfalls. It has winsome greenery like our substantial trees and graceful flowers and mushrooms and berries, which we can occasionally consume.

As humans, we can do our best to nourish and protect our planet, ultimately making it a better place for us to live. Our planet has done an abundant amount for us, the least we can do is take care of it.

How Can We Take Care of Our Planet?

- 🌍 Carpool instead of taking your own car! Less toxic fumes will be released into our atmosphere.
- 🌍 Possibly start a garden? Plant flowers, mushrooms, fruits, and or vegetables. Maybe even plant a tree?
- 🌍 DO NOT LITTER! We must try our hardest to keep our planet clean and healthy.
- 🌍 Try walking or biking instead of driving. Driving is unhealthy for our environment.

-Nicolas Ferrera & Hannah Wen

"Here is your country. Cherish these natural wonders, cherish the natural resources, cherish the history and romance as a sacred heritage, for your children and your children's children. Do not let selfish men or greedy interests skin your country of its beauty, its riches or its romance." —Theodore Roosevelt



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Autism is a common mental disability that begins during childhood. The main symptom of Autism is having difficulty with building relationships and social understanding.

Autism is partially genetic in nature. If you are someone who has a sibling with autism, you most likely will have autism as well. Genetics don't always show the full picture when it comes to autism. There has been a rapid increase of people with Autism within the past thirty years. Since this change happened so rapidly, something in our environments must be causing the change. Genes cannot advance that quickly

Autism exists across a wide spectrum called The Autism Spectrum. Some people on the spectrum are unable to or have difficulty communicating. Others may have issues completing simple tasks that an average person would be able to do with ease. Some Autistic people engage in repetitive behaviors like hand flapping and rocking back and forth. Many also have difficulty making eye contact with others when speaking. People with autism can also sometimes be extremely intelligent and high functioning.

Most people with Autism are dependent on structure and routine. They frequently have trouble when changes occur. Many have intense interests or preferred topics that they will make sure to know an abundant amount about. For instance, An Autistic person may take a great interest in maps and trains, and can have their whole local subway map memorized. Another Autistic person may take a great interest in birds, and memorize different facts about numerous types of birds and their habitats.

Autistic people should always be treated with kindness and respect! You should be responsive to their social cues and act accordingly. They often need extra time to respond to questions you ask them. They may be distracted when placed in new surroundings or in busy areas. If they become overwhelmed, it is advised that you find a quiet space for them to calm down in.

Some famous people have autism as well. Two of the most well known, highly intelligent scientists Albert Einstein and Charles Darwin were believed to lay somewhere on the Autism Spectrum! Artists like Michelangelo, Leonardo da Vinci, and Vincent van Gogh all had autism. Famous inventors like Thomas Edison, Benjamin Franklin, Nikola Tesla, Henry Ford, Elon Musk and Bill Gates were all diagnosed with this disorder.

In the end people young and old with autism deserve to be valued and accepted for more than just their disorder.

-Nicolas Ferrera



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Est-2019



Q: What is your son's name? How old is he? What words would you use to describe your son?

A: His name is Daniel James Albino. He is 8 years old. He can best be described as serious, sensitive, and smart.

Q: When was your son first diagnosed with autism?

A: My son was first diagnosed around pre-school, he was 3 at the time.

Q: What are some of your son's favorite things to do?

A: He loves anything to do with helicopters. He knows everything about helicopters. He likes to YouTube anything about helicopters. He knows all the parts of helicopters.

Q: Does your son attend a regular school or a specialized school?

A: He attends a specialized school, P.S. 231@264

Q: How are the academics in the school and how do they help Daniel succeed ?

A: The school uses a special curriculum that is tailored to Daniel's individual needs.

Q: How does the curriculum meet Daniel needs?

A: My sons receptive language is more advanced than his expressive language, so he is given multiple avenues to express knowledge and content, for example they use a lot of visuals which allows Daniel to point to the answer instead of verbalizing them.

Q: What kind of additional attention or help does your son need?

A: Additional speech, OT (Occupational Therapy) and PT (Physical Therapy)

Q: What are some of the challenges you are faced with as a parent of an autistic child? How do you overcome these challenges?

A: When my son shows excitement he stims. Many people don't understand why he stims, people think he's very distracting and they stare and are at times bothered. I simply look at them and wait for them to look away. With autistic children, patience and time are essential requirements. Another challenge is that I have to keep myself informed about his condition. I'm always reading new articles to keep myself up to date because I am his biggest advocate.

Q: Have you changed as a person after the diagnosis of your son?

A: It stretched my capacity to love He is the love of my life.

Q: Can you elaborate on that?

A: It's very important to embrace the diagnosis wholeheartedly which makes my mission in life to maximize his success.

-Hannah Wen



The SEAL Team would like thank Ms. Albino for taking the time to give this interview

"No one else will ever know the strength of my love for you. After all, you're the only one who knows the sound of my heart from the inside."

— Kristen Proby, Fight with Me



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COLOR BY NUMBER

1 = purple

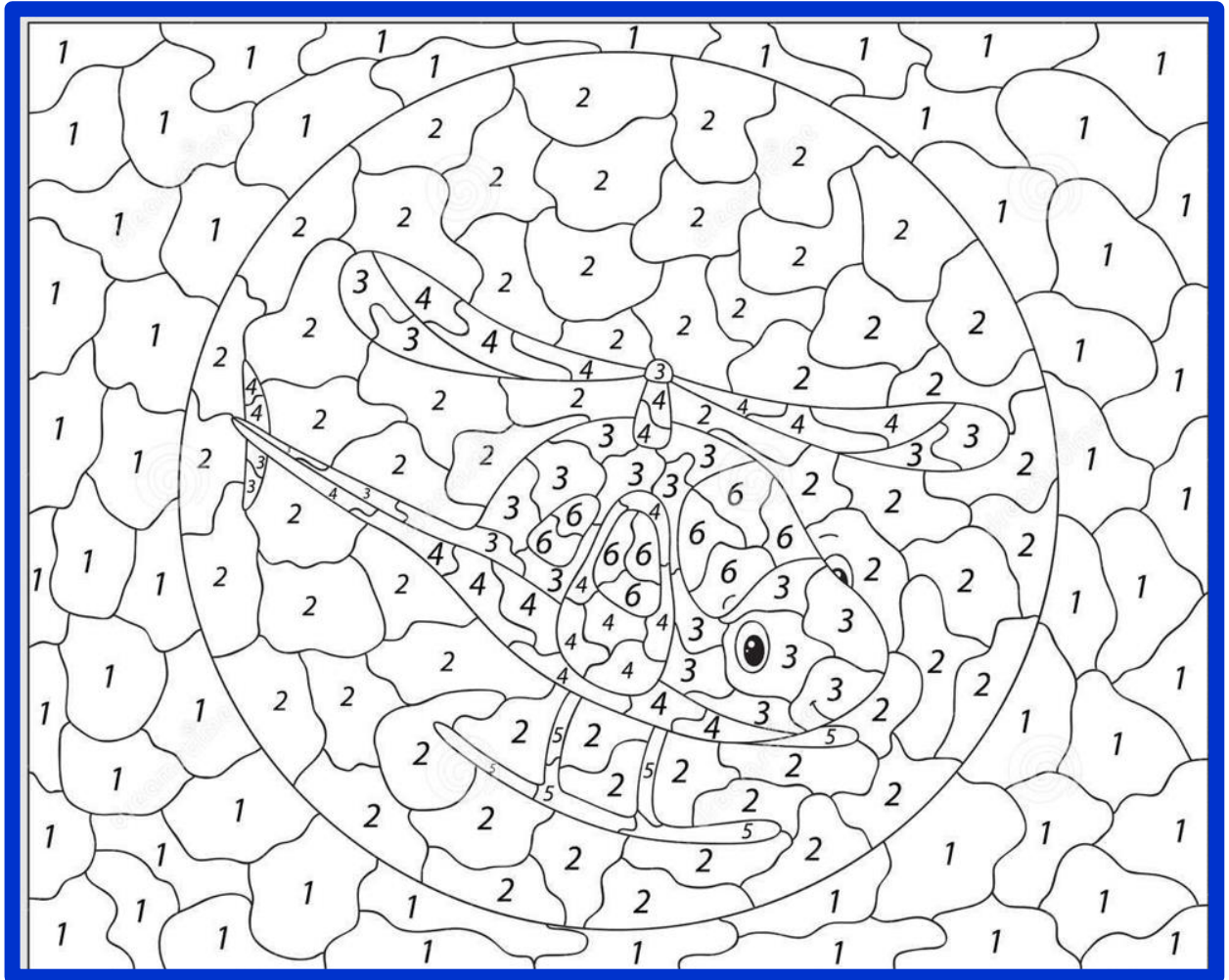
3 = red

5 = gray

2 = yellow

4 = green

6 = blue



This puzzle is dedicated to Daniel James Albino



ALWAYS
UNIQUE
TOTALLY
INTELLIGENT
SOMETIMES
MYSTERIOUS



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

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

