



# The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019



Welcome back everyone! It's that time of the year; everyone is back to school with new supplies and backpack; and new goals too! We hope your summer was relaxing, fun, and that you picked up something new. For the incoming 6th graders, welcome! We know that you'll have a wonderful time at the Madeleine Brennan School. We hope you'll find our SEAL Team's daily dictions and monthly newsletters instructive as you set about on your middle school journey! Below are some points to keep in mind as we progress through the school year:

## Stay organized and focused!

This may not sound as important, but being organizational and focused actually proves to be a key factor in succeeding. The school will hand out an agenda to everyone. Don't throw it away or stuff it on your shelf. With this agenda you can write down assignments, test dates, important information, or even a "to do list" for your daily endeavors.

Another factor, stay focused! Listen carefully to your teachers during class so you won't be confused afterward when you're doing homework or assessments. You won't want to find the lessons elusive subsequently, right? Don't let your mind wander off to other off-topic thoughts. Don't think about "what's for lunch?" when you have to solve for "x"!

## Don't procrastinate!!

At least, try not to push tasks back when you can complete them right on the spot. Be aware of your projects' or assignments' due dates. Not saying that you need to finish the whole thing in one day, though. Try breaking the project down into different parts. For example, if you have a social studies project, you can collect info one day; print pictures the next day; and finalize the project another day! Self-discipline is extremely crucial if you want to succeed in middle school and in life. Don't study for tests the minute before, it'll only hurt your brain and take away knowledge you already know about the subject.

## Take care of your physical and mental health!

This may be emphasized more than once, but not everyone truly believes how good physical and mental health contributes to good grades. Studies corroborate that teenagers like us need at least 8 hours of sleep each night!

*"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose." Dr. Seuss*



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A good and lengthy sleep helps our brains focus and stay awake during the day. Physical health is just as important. Never skip breakfast!! Breakfast is indeed the principal meal of the day. Like its name suggests, breakfast breaks the fast of your sleeping period.

**Join clubs and make new friends!**

There are TONS of clubs you can join throughout the school year. From Drama to Band, to Tae Kwon Do and basketball; there will be something for everyone. Not only can you enhance your hobbies through these clubs, you can also socialize with your peers and make new friends! Take clubs as a time after school to relax and escape a little from the academic stress. There's also our SEAL Team! You can definitely take this as a chance to improve your socializing, public speaking, writing and technology skills.

With all that being said, let's all strive to be our very best not academically and personally! Grab your pencils, books, friends, and a focused mindset and we are all ready to unlock a successful school year! Remember, "Academic Excellence Is The Key To Success!"

**-Elly Wu Feng**



*At Brennan's School, we proudly say,  
"Academics is the key to success" each day.  
With open minds and hearts so true,  
We'll unlock our potential, me and you.  
In Brennan halls, our minds ignite,  
Together, Knights, we'll reach new height.*



***"Education is the passport to the future, for tomorrow belongs to those who prepare for it today." —Malcolm X.***



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It's the start of another school year, another drama-filled adventure, another boring episode of your life, another journey. You might be feeling excited and ambitious, or maybe anxious and dreadful. It could be that you're coming into a new school and are eager for a fresh start. It could also be that you're reluctant to leave summer break and just don't want to return to school. However you may be feeling, it's important to embrace and learn to understand your feelings.

Especially since it's the beginning of the year, you may be experiencing some pretty wacky feelings. With all the new programs and opportunities of the school year pouring in, it may get overwhelming—lots of decisions to make, new people to meet, and much more. When you're getting hit with these emotions, just remember that most of them are temporary. If you're feeling negative, then you can be reassured that it will eventually pass.

You shouldn't ignore your feelings, but instead, try to figure out what and why you're feeling this way. This is called emotional awareness.

By having and practicing emotional awareness, you can understand how others are feeling. By doing so, you can strengthen your awareness and have better use of your communication skills. Start by noticing what you feel while doing different activities and going through different situations. For example, you might feel exhilarated when playing your favorite sport, or ashamed when your little sister's giving you second-hand embarrassment. After that, think of some ways you can better control your feelings, especially in certain situations where you shouldn't be feeling that way. For example, you could probably think more positively, and find ways to improve the situation. Find ways that will work for you, and test them out. See if they work, and if they benefit you.

As Bruce Lee once said, "Emotion can be the enemy, if you give into your emotion, you lose yourself. You must be at one with your emotions, because the body always follows the mind." So inspirational right? Wow ... and as Joanna Zhang once said, "Some people really do annoy you, a couple of others have you seeing red, and still, there are those who put a smile on your face."

**-Joanna Zhang**



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## ACADEMICS IS THE KEY TO SUCCESS

Directions: Look at the scrambled letters in each word and rearrange the letters to form a meaningful word.

GKWRRIADHNO

EAERG

VEINETATT

POSSBELERNI

AGONIZRED

SCDUEFO

EPESFLCRTU

DNIEETREMD

UOTIDSSU

LLUEHFP

PNDDCEIIISL

THGOFUHLUT

PRDEAPRE

DAITTVMOE

BHITGR

BRAELELI

GEGANED



Answer:

Hardworking, eager, attentive, responsible, organized, focused, respectful, determined, studious, helpful, disciplined, thoughtful, prepared, motivated, bright, reliable, engaged

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

Ethan Carrique, Zia Chan, Yuan Yi Chen, Ian Cheung, Olivia Fagbemi, Alicja Filuba, Sophia Giannone, Rainie Lin, Nicole Lui, Zain Mokhtar, Irene Qiu, Juliana Trani, Rachel Wang, Elly Wu Feng, Iris Yan, Joanna Zhang, Vavin Zhao (8<sup>th</sup> grade)

Tiffany Cen, Adam Chan, Ruixiang Cheng, Ziemowit Gralak, Matthew Fronshtein, Michelle Li, Boyu Lin, Xin Lan Lin, Joseph Jr Rodriguez, Michael Sapia, Enzo Toledo, Ethan Wang, Derek Wen, Sally Zeng, Jason Zheng (7<sup>th</sup> grade)

