



# The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019

## A Walk Through History's Most Ground Breaking Women



Eleanor Roosevelt 1884-1962 : Eleanor Roosevelt was an American political figure, diplomat, activist, while also being the First Lady of the United States.

. She advocated civil rights for African Americans and Asian Americans. She also advocated for the expanded role for women in the workplace. She served as the first chair of the UN Commission on Human Rights and oversaw the drafting of the Universal Declaration of Human Rights. Eleanor Roosevelt helped the people in our country today get the rights that they deserve.



Mother Teresa 1910-1997 Mother Teresa helped the world by helping the future generation one step at a time.

Mother Teresa started by helping the young generation have an education that they should be privileged to have. Mother Teresa was a kind soul who dedicated her life to helping others.



Rosa Parks 1913- 2005:  
"One person can change the world." This quote stated by Rosa Parks helps our generation understand that it doesn't matter if you are one person you can make a difference in our society.

Rosa Parks stood up against racism in a world that believed that the way they treated others because of the color of their skin was okay. And the way she did it was by sitting down in the front of a bus. She is our inspiration and helped fight for the rights of African Americans.



Marie Curie 1867-1934: Marie Curie did the unthinkable, she became a scientist when the world thought women couldn't!

Marie Curie was a female scientist that won the Nobel prizes for physics and chemistry. She discovered Polonium and radium. Her scientific discoveries of radioactivity have helped us to this day.



Katherine G. Johnson: 3-2-1 lift off! Katherine G. Johnson lifted off her career as she helped with the very famous launch of Mission Freedom 7.

She was even the first female in the Flight Research Division to be credited as an author! She is a pioneer in space research, and she is an inspiration.



Amelia Earhart 1897-1937 (disappeared):

Amelia Earhart soared over expectations when she flew solo over the Atlantic ocean. Amelia Earhart also flew solo from Hawaii to the U.S. She is truly an inspiration to all girls today.



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Naomi Parker 1921-2018: You may recognize her from the popular "We Can Do It!" poster. During WWII she worked on an aircraft assembly station. She was photographed to encourage women to start working. She has been someone that millions of people have looked up to for years!



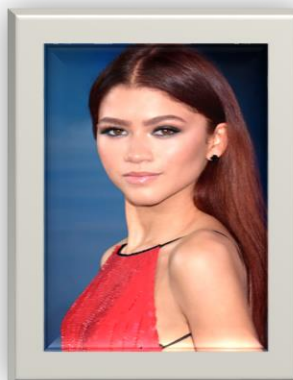
Princess Diana: 1961-1997 : Princess Diana of Wales was celebrated in the media for her unconventional approach to charity work

She had raised awareness for people with mental illness and cancer. One of the other things that she was famous for is helping that involve the social attitudes towards and the acceptance of AIDS patients. Princess Diana has changed our world one step at a time in the best way possible.

Serena Williams:  
Serena Williams is the essence of girl power today. She is a tennis player from Michigan who won 23 Grand Slam Competitions. These competitions consist of four major championships in the same calendar year.



That's 92 tournaments that Serena CRUSHED!



Zendaya: Zendaya has been a girl boss from her Disney channel beginnings to taking over the fashion and movie industry. She has also made many speeches on women's rights and feminism. Zendaya is a woman who stands up for what's right!



The women that changed history as we know, may be the people we learn about in our classes. But, there are people in our daily lives that help change the world today. We women are strong and capable of changing the world!

- Katherine Fava & Jessica Ndrejoni

"And one day, she discovered that she was fierce, and strong, and full of fire, and that not even she could hold herself back because her passion burned brighter than her fears." – Mark Anthony



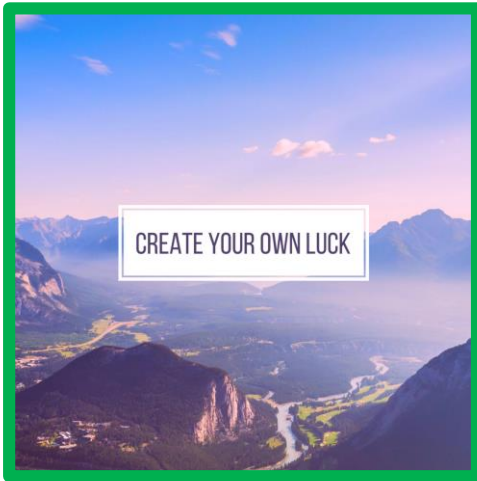
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Luck is the belief of success or failure based on chance. Different people have different opinions on luck, and some even change traits about them to attempt to make themselves more lucky. For example, in Ireland it is popular to believe in the 4- leaf clover for luck. For me, it's that necklace I wear every time I have an important test or project. For some people it's shoes, or a bracelet, or maybe even a shirt. It represents a charm that people find good fortune within. It's a natural thing we humans do. When something works, we rely on it, or believe in it. We forget the countless hours we spend studying or practicing what we do. The sacrifices we make to succeed. The days we don't sleep, just to get something done. But we just put it to the side, like old toys we got when we were younger. Luck is what you make it. Succession is your hard work.

You work for what you get, and it's not luck. And if you really do believe in "luck", you have to start from somewhere. Imagine you are taking a test. You have one question left and you are stuck on it. "Maybe I should go with C." You end up picking C and it is right. You get a 100. You say to yourself, "I got so lucky on this test." You forget the other questions you got right. Maybe if you didn't study, you would've been stuck on the first question, not the last. Maybe you wouldn't have even gotten to the 5th question. So maybe you had some "luck" on the test, but without your hard work, you could've got a 0

Your accomplishments shouldn't be boiled down to luck, especially when your work was the reason you even had a chance to be lucky.

- Giacomo Sapio



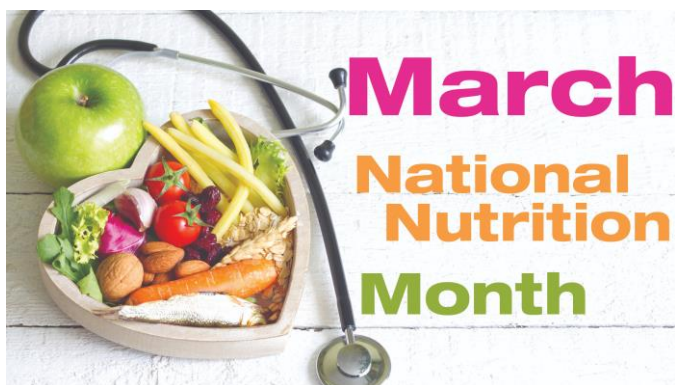


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## March National Nutrition Month

National Nutrition Month is a yearly effort created by the Academy of Nutrition and Dietetics. During the month of March (this month!), everyone is encouraged to learn about healthy food choices and physical activity habits. Learning about nutrition can promote better health by spreading awareness about diet and nutrition to avoid developing specific diseases. Learning nutrition can also benefit oneself by recognizing the most nutritious foods to eat, and by eating such foods, one can feel happier and more active.

Are you interested in National Nutrition Month now? If so, here's what you can do week by week according to <https://www.eatright.org/food/resources/national-nutrition-month>. On week one, eat a variety of nutritious foods. In this first week, include foods from all food groups, learn to read nutrition labels, and make sure to add your own cultural twist.

On week two, see a registered dietitian nutritionist. Ask your doctor for a referral, find a dietitian who specializes in your specific needs, and receive personal information to achieve your health goals. On week three, plan your meals and snacks. Choose nutritious recipes throughout the week, use a grocery list to find the best foods, and make healthy food and drink choices when away from home. Finally, on the last week of March, make nutritious foods at home. Learn to cook and prepare food, try new flavors from around the globe, and make sure to enjoy with family and friends. Nonetheless, make sure to stay healthy!

**-Audrianna Mei**



**"TO KEEP THE BODY IN GOOD HEALTH IS A DUTY, OTHERWISE WE SHALL NOT BE ABLE TO KEEP OUR MIND STRONG AND CLEAR."  
- BUDDHA, PHILOSOPHER AND SPIRITUAL TEACHER**



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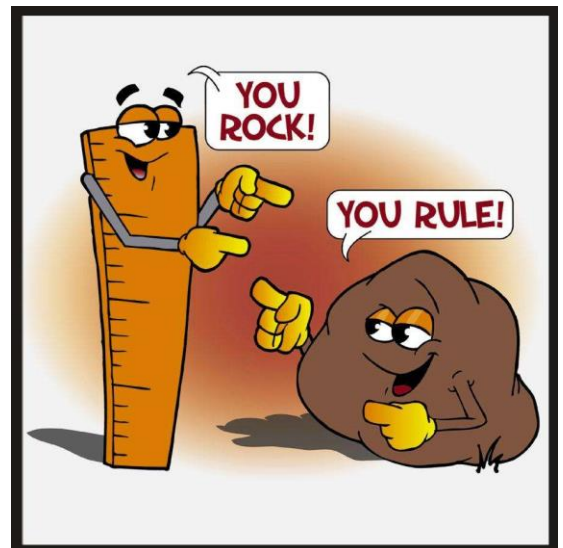
A compliment is something that you can say to anyone. There doesn't need to be anything abstract for it to function the way it is intended. Something simple can work just as well, like "Oh, you look pretty!" or something similar.

Compliments are something that everyone would be happy with receiving. Depending on the person, compliments can completely make someone's day. It can also just help make someone slightly cheerier, too! A compliment is something to give out for those around you.

A simple phrase could be what makes people around you smile, so why wouldn't you? With no cost to you, complimenting another person is a simple task that might be miniscule to you, but could be everything for someone else.

There are no restraints on who you should compliment. Friends, family, or even just acquaintances! Saying one could show your admiration for another person, if it's someone you look up to. Keep in mind though, people react differently to compliments. No one has to respond in a certain way, especially if they aren't in a good mood. However, giving a compliment to someone you know is in distress, even if they wouldn't give you one back isn't about your own self. It's about making someone's day just a bit better with a little thing.

**-Tiffany Dong**



**To our Dyker Knights - "You light up my world like nobody else."**  
– One Direction, 'What Makes You Beautiful'.



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*Directions: Solve this puzzle by combining the unique letter from each sentence to spell out a secret message*



YOU CAN GIVE TO **P**EOPLE IN NEED  
YOU CAN HELP **Q**OTHERS WHO NEED ASSISTANCE  
YOU CAN **S**UPPORT OTHERS THAT ARE SAD  
YOU CAN DONATE TO CHAR**I**TY  
YOU CAN **T**HANK PEOPLE WHO HELP YOU  
YOU CAN STAND UP FOR PEOPLE GET**T**ING BULLIED  
YOU CAN OBSER**V**E OTHERS IN NEED  
YOU CAN NOTICE **K**IND ACTIONS BY PEERS  
YOU CAN **T**RY TO SPREAD KINDNESS TO PEERS  
YOU CAN BE **Y**OURSELF

**SECRET WORD** \_ \_ \_ \_ \_



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

Anthony Camilleri, Anna Chen, Mark Chen, Tiffany Dong, Kenz Elsherbini, Alara Eris, Mark Fallah, Katherine Fava, Nicolas Ferrera, Khalid Gadalla, Sarah Jiang, Melisa Koljenovic, Zoey Kotsek, Olivia Leung, Athena Mai, Audrianna Mei, Jessica Mesiha, Christina Minasyan, Evangeline Muia, Giacomo Sapio, Cho Kiu Situ, Hannah Wen, David Xie, Robinson Zhang, Andrew Zheng

