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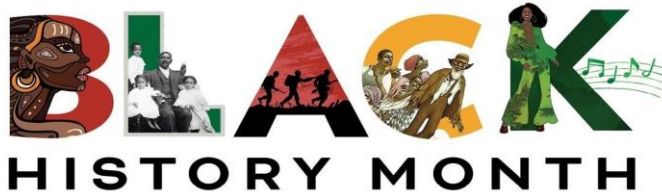
Principal, Robert Ciulla



# The Knight's Table

★ Social Emotional Awareness Leadership ★

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From enslavement to citizenship, African Americans in the United States have strived for their freedom throughout difficult and terrible fights. Black history month is a month that was put into place to embrace all of the efforts they have made. The month reminds us that no force is more significant than the people who are entrenched in their past. Carter G. Woodson is responsible for the creation of this month, which we may thank him for. Take this month to reflect on the past and notice how far society has progressed and how much they have evolved.

In our past and present, numerous people in our society have been recognized and known for making a profound impact in African American history. In particular, Octavius Catto, Rosa Parks, Muhammad Ali, Jackie Robinson, George Washington Carver, Fredrick Douglass and, Dr. Martin Luther King Jr. they are all African American activists who fought against laws prohibiting African Americans from riding railways, segregated education in city schools, launched the civil rights movement, protested white treatment of blacks, and arranged the civil rights movement, organized temples, founded newspapers, try to end slavery, led successful abolitionist campaigns against slavery and they all helped with the right of voting.

All of these individuals have achieved tremendous things and made life simpler for African Americans.

We commemorate Black History Month to honor African-American efforts, accomplishments, and successes in the United States. There have been multiple African American pioneers, inventors, athletes, performers, and others who have made significant contributions to our world. In the past, African American pioneers and inventors such as George Washington Carver, Dorothy Height, Jesse Owens, Bessie Coleman, Jane Bolin, and many others have set standards, broken and set world records, invented new things, authors, playwright, had a significant impact on women's rights, and many have become role models. Countless African Americans are still making a difference in our society in this day and age. To be more precise, African Americans such as Barack Obama, Kobe Bryant, Serena Williams, Ruby Bridges, Mae C. Jamison, and others have had an influence in sports, politics, art, social media, and other professions. All of these figures have been very influential in shaping today's society, and have made wonderful contributions to the world.

*“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”*  
—Harriet Tubman



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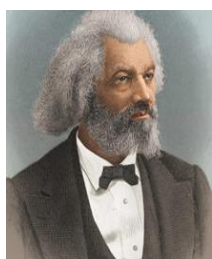
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Black History Month is a wonderful opportunity to explore an important aspect of American culture. As a country, we can learn a great deal about the past as it relates to the present and future. Exploring the African-American writers, musicians, and mentors, scientists, doctors, journalist, athletes, mathematicians and pioneers is an excellent example of what it means to be knowledgeable of your heritage and reflect about their many contributions to the world. Black History Month is a great opportunity to learn more about a significant component of American History. We can acquire a great deal of knowledge from history as it pertains to the present and future of our country. Exploring African-American past and present role models, authors, artists, scientists, journalists, athletes, mathematicians, as well as pioneers, highlights what it means to be aware of our country's background and reflect on their numerous contributions to the world.

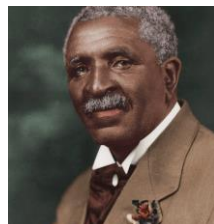
**-Kenz Elsherbini**



1818-1/20/1895  
 Frederick Douglass was an African-American social reformer, abolitionist, orator, and a writer



2/22/1839-10/10/1871  
 Octavius Valentine Catto was an educator, intellectual, and civil rights activist



1864 – 1/5/1943  
 George Washington Carver was an American agricultural scientist and inventor

1/26/1892-4/30/1926  
 Bessie Coleman was a civil aviator. She was the first African-American woman and first Native American to hold a pilot license.



4/11/1908-1/8/2007  
 Jane Matilda Bolin was the first black woman to graduate from Yale Law School, the first to join the NYC Bar Association and the first to join the NYC Law

3/24/1912-5/20/2010  
 Dorothy Irene Height was an African American civil rights and women's rights activist.



2/4/1913-10/24/2005  
 Rosa Parks was an African-American activist in the civil rights movement best known for her role in the Montgomery bus

9/12/1913-3/31/1980  
 James Cleveland "Jesse" Owens was an American track and field athlete who won four gold medals at the 1936 Olympic Games.



1/31/1919-10/24/1972  
 Jackie Robinson was the first African American baseball player to play in Major League Baseball in the modern era.



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1/15/1929-4/4/1968

Martin Luther King Jr. was an activist and a leader in the civil rights movement from 1955 until his assassination in 1968



1/17/1942-6/3/2016  
Muhammad Ali was an American professional boxer, activist, entertainer, poet and philanthropist.



9/8/1954-  
Ruby Bridges is an American civil rights activist. She was the first African-American child to desegregate the an all white elementary school.



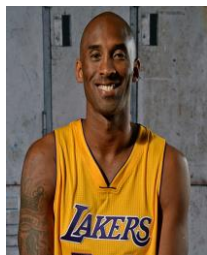
10/17/1956-  
Mae Jemison is an American engineer, physician, and former NASA astronaut. She was the first black woman to travel into space aboard the Space Shuttle Endeavour.

Everyone has at least one thing on their mind that they refuse to tell someone, right? Well, I'm here to tell you that this isn't good. It is important to tell someone how you are feeling not only for your mental health, but for your physical health as well. In fact, according to a 2013 study at the Harvard School of Public Health and the University of Rochester, people who bottled up their emotions increased their chance of death from all causes by more than 30%, with their risk of being diagnosed with cancer increasing by 70%. For these reasons, there is a day that supports talking to people on February 6th called "Time to Talk Day."

8/4/1961-  
Barack Obama served as the 44th president of the US from 2009 to 2017. He was the first African-American president of the United States.



"Time to Talk Day" impacts the importance of mental health and reaching out to others. The goal of this day is to help people open up about their mental health and their feelings, without being afraid. It can be scary to express personal struggles and because of this, which causes many people keep their feelings bottled up. By opening up how they feel, the chances of the person in pain seeking help increases, which helps them heal internally faster and more efficient. "Time to Talk Day" is a great way to talk about how you feel in the long term, so please use this opportunity to talk and better your health.



8/23/1978-1/26/2020  
Kobe Bryant was an American professional basketball player and philanthropist.

9/26/1981-  
Serena Williams is an American professional tennis player and is a UNICEF Goodwill Ambassador.



**-Audrianna Mai**



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## Take a moment to reflect:

Self-love, self-worth, self-respect, self-confidence all contain the prefix "self."

Different words yet you can find them in the same place – yourself. You can only find these things in yourself, not others.

Learning to love yourself is like going to school.

In the process of learning, it might be tough but can be easy.

During this process, you learn to love every inch of yourself from the top of your head to the bottom of your feet.

-When you learn to love yourself, you feel worthy of life.

-When you fulfill the love your body needs, you learn you have extra to offer others.

-When you realize why loving yourself is important, you have a positive outlook on life.

Loving yourself is crucial to the beauty of who you are and becoming your best self.



*-Sarah Jiang*

## SELF LOVE

When life is hard and tough,

When life brings you down to your lowest point,

When life tears down your confidence and self-assurance,

Your inner love always makes sure you are alright.

Your inner love, a love solely created for your well being, is called self-love

Self-love is a state of appreciation in your mind to take care of yourself

Like a miniature owner of this body of flesh you control,

It makes sure constantly you feel your best

It supports your physical and psychological growth

And most importantly, fulfills the love you lack.

The love your body lack is fulfilled by this self-love

Love is something crucial to your brain

It puts your well-being above everything else

Self-love changes your perspective on life

Self-love assures you will do your best in life

Self-love is an important stepping step for you to succeed in life.

*-Sarah Jiang*



Rita Loyd © 2007



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Being comfortable in your own skin is a quote most people tell you and it is of great importance. Sometimes it can be hard. You struggle to find happiness in yourself, but this is where these important figures in your life can help. To practice being comfortable in your own skin we need to fall in love with ourselves. We need to feel confident in our body, mind, and souls. We need to love every aspect of ourselves like how our parents or guardians love us. When you spend the time taking care of yourself, trying your very hardest to get yourself as healthy as you can possibly get, you will learn how to respect and simply just like yourself a lot more. When learning about how to keep yourself healthy you get to know yourself more. You get to investigate your insides as much as you can your outsides. This gives you knowledge on how to keep your mind and body happy.

The basics of learning how to be comfortable in your own skin is to eat good foods, exercise, and just meditate on things that are good and positive for you. Stop seeking other people's validation to feel good about yourself. Instead of worrying what other people think of you, and depending on their opinions of your worth, learn to find self work within yourself and be comfortable with who YOU are. This leads to another way of being comfortable in your own skin. Build your self worth. Overcome those feelings of insecurity, self doubt, and discomfort. Don't hate yourself so much. Accept everything about yourself. Accept your weaknesses especially. While you're learning to be more self aware make sure to accept every single quality of yourself even the "bad" ones. For some accepting the bad parts of themselves is the hardest part but do not let this affect you. You can do this. Therefore, being comfortable in your own skin can be tough sometimes, but we have tricks and learn how to allow ourselves to feel as happy as we can to be our best selves.

-Jessica Meisha



"People often say that beauty is in the eye of the beholder, and I say that the most liberating thing about beauty is realizing that you are the beholder." —Salma Hayek



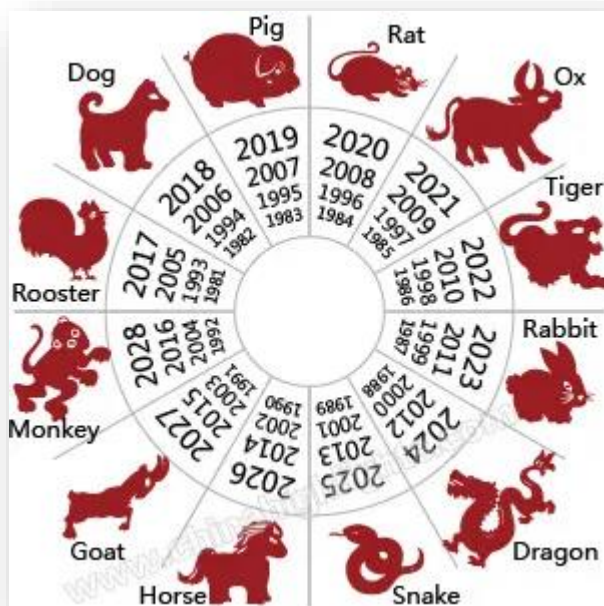
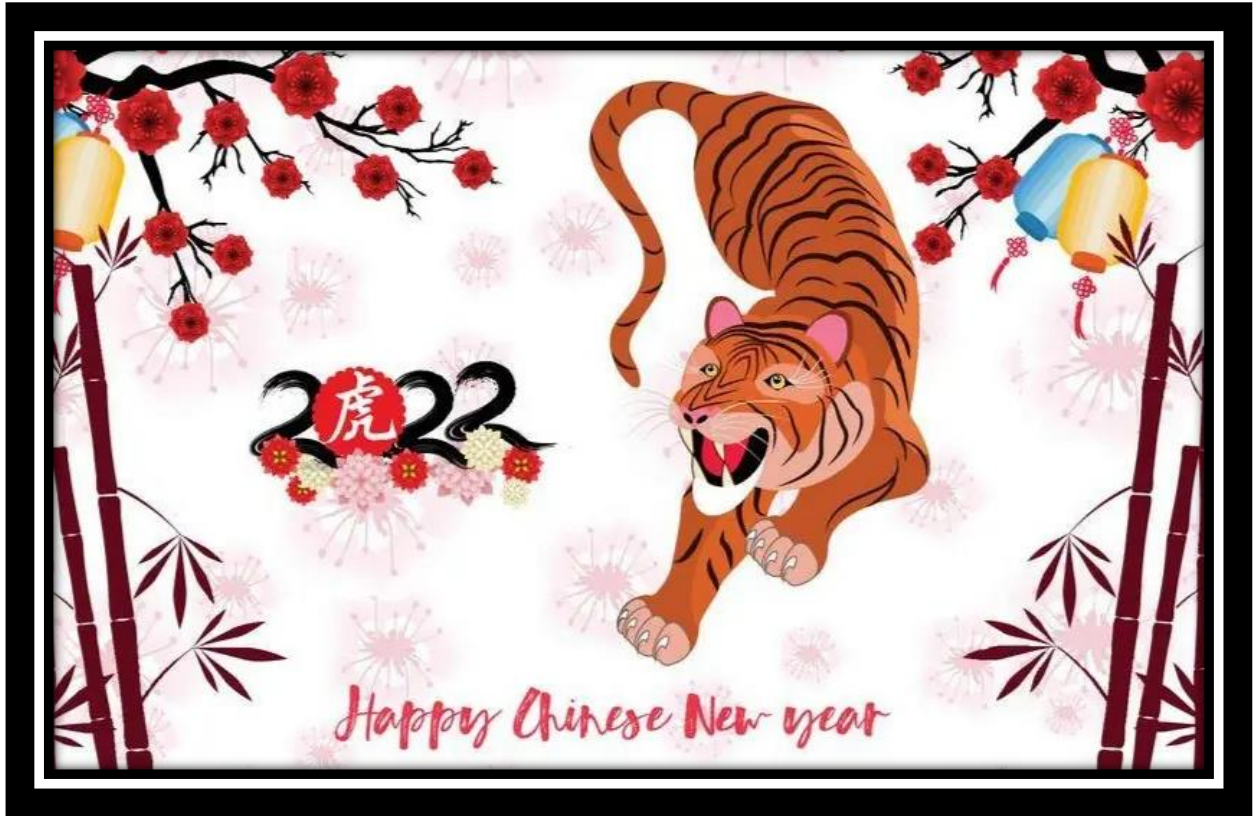
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We would like to wish everyone celebrating Chinese New Year a happy and healthy 2022.

### Fun Facts:

This holiday is also known Lunar New Year or Spring Festival. According to the Chinese zodiac 2022 is the year of the Tiger. People who on born in the year of the Tiger are known to be brave, competitive, and confident.

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

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