



The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019



It's almost Teacher Appreciation Day/Principal Appreciation Day! It is a holiday that is celebrated annually to recognize the importance of all principals and teachers, ranging from elementary school to high school, including teachers for all they do for the students and school. It's a day to stop and think about our educators and truly appreciate them because they teach and help you grow and learn.

What can you do for your teachers and principals?
Well, since teachers and principals do a lot for you, you can give them a nice gift from the heart. Nothing from the store, or bought somewhere, unless you have no ideas. But no worries, because there are plenty! Give them something handmade, or homemade. You could get creative and use art to express your thankfulness for your teachers, a sculpture, a painting, sketch or any art piece.

Or maybe something put together from random supplies lying around your house, like cut-outs, or old magazines made into a collage, or homemade jewelry, depending on what the teacher likes. Or, if you're not a good artist, you can make something like a card, and write nice and appreciative things to them. Maybe you could write or type a letter. If you like baking, or making food, maybe bring them something delicious that every teacher would enjoy. First, make sure they aren't allergic! Or bring them some candy or something else you made. Teachers treasure homemade, handmade creative gifts.

I hope from reading this article, you understand the importance of all teachers and principals alike. You should cherish your teachers and principals. I also hope you celebrate Teacher Appreciation Day with your lovely teachers and principals and show them how much you care!

-Rainie Lin



If you are planning for a year, sow rice; if you are planning for a decade, plant trees; if you are planning for a lifetime, educate people.
- Chinese Proverb



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May the force be with you. Sometimes it can be hard to stay focused and do our best in school, sports, or other activities. But don't be afraid! There are things that can get us going and help us do great work. Here are four “forces” that may drive you to do your best:

- Have you ever been very interested in something? It could be a hobby like playing an instrument, or it could be a subject like science at school. When you like something a lot, it can make you want to learn more about it and get better at it. So if you feel stuck, try to find something you're really interested in and focus on that!
- Everyone likes to know they are valued, right? When someone tells us we did a good job, it can make us feel happy and want to keep working hard. If you don't feel like doing anything, try setting a goal and working towards it. When you reach that goal, it will feel great to have all your hard work pay off.

- **Competition:** Having a little friendly competition can be fun sometimes. Having a goal to work toward can help you feel inspired to do your best, whether you're playing a game with friends or trying to beat your own personal best. Just keep in mind that competition should always be fair and done with respect.
- Do you feel like you're just going through the motions sometimes? Finding a reason or goal can help you feel like you have something to work toward. You might want to help people, or you might have a dream job that you want to get. No matter what it is, knowing why you're doing it can help you feel inspired and do your best.

So, there you go. These four things can make you want to do your best. Don't compare yourself to other people. Everyone has their own skills and weaknesses, so don't do that. Just keep working hard and do what makes you happy. You can do it!

-SEAL Collaboration



“The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle” – Steve Jobs.



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Loyalty day. I'm sure you know what the word "loyalty" is. Loyalty is being reliable to your friends and family, and to someone that is dependable. What if I told you that there is a day around this?

Loyalty day is a day where we honor those on front lines and soldiers. This day is "For the reaffirmation of loyalty to the United States and for the recognition of their heritage of American Freedom." Loyalty day is for the soldiers' loyalty to us, the people. Loyalty Day takes place every year on May 1st, and was recognized as a holiday in 1955 (during the second Red Scare) by the Congress.

On Loyalty Day, we salute to the Americans that make our nation stronger. Presidents also honor the holiday, too, releasing a statement with an official proclamation.

State officials also put up the American flags on all government buildings. Events and parades are also held for this special holiday. As governments recognize this holiday with its significance, we the people should as well.

In conclusion, May 1st is a day of honor and a day to be remembered and recognized. I encourage everyone to take a second and honor that very day, respecting those who served our country and have sacrificed their lives. They deserve to be known and that is why we have Loyalty day.

-Olivia Fagbemi



"Loyalty means nothing unless it has at its heart the absolute principle of self-sacrifice." - Woodrow Wilson.

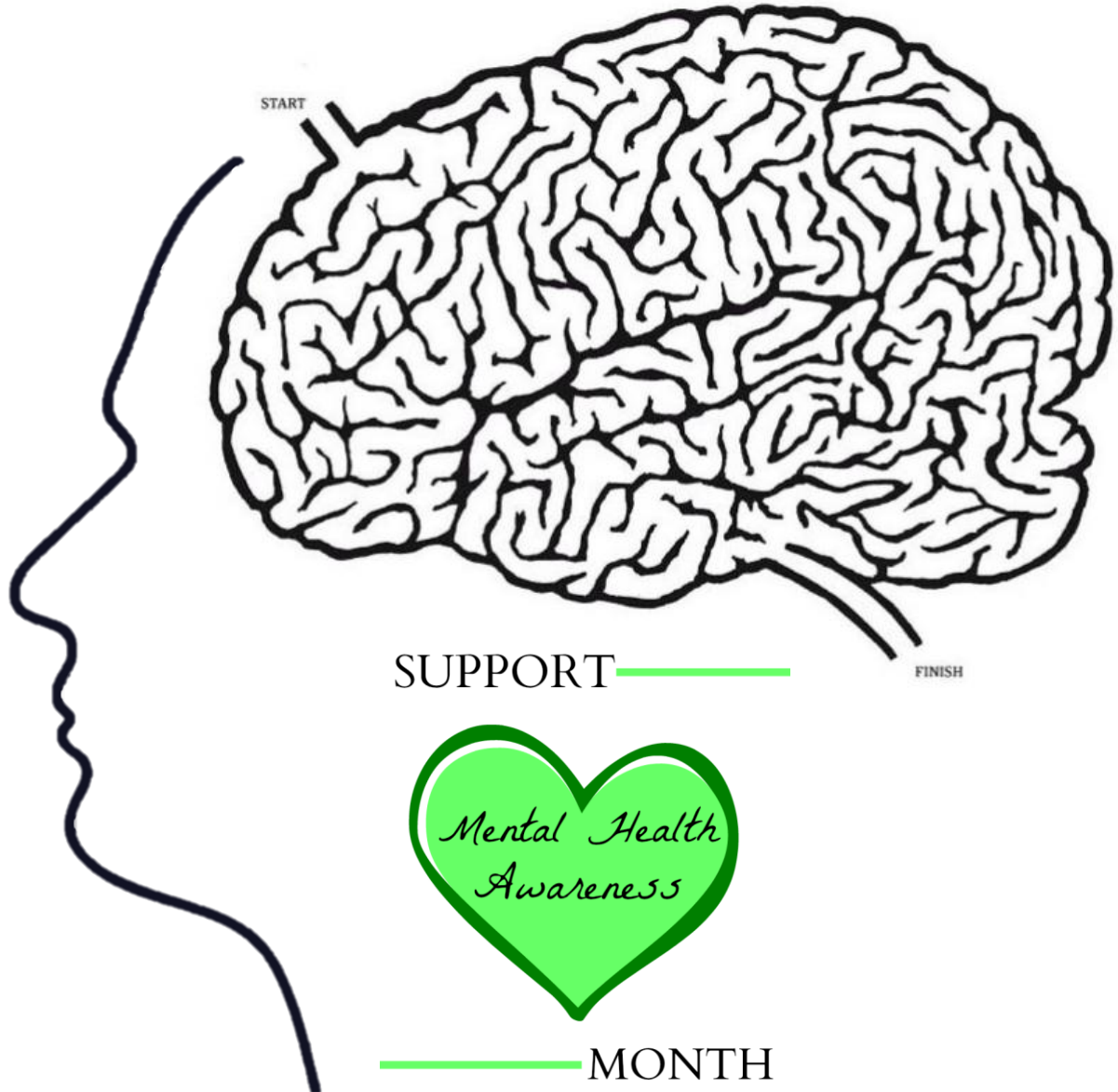


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Navigating through life can feel like a never-ending maze, but with the right tools and support, you can find your way to a healthier mind.



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

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Small S.E.A.L. Six

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