



The Knight's Table



April Showers

Lather and Rinse Negativity, Reflect, and Renew!

In April, when it rains a lot, think of it like a nice, warm shower for your mind and heart. Just like how we lather and rinse our bodies to feel clean, the rain can wash away negative feelings too. So, during this month, take some time to think about things and let go of any bad vibes.

Imagine the raindrops as little helpers, gently washing away any worries or sadness you might have. It's like a chance to start fresh and feel lighter inside. Use this time to look back on things and figure out what's bothering you. Then, just like soap gets rid of dirt, let the rain remove those negative feelings.

Think of April as a time to reflect and make changes. When the rain comes, take a moment to sit quietly and think about how you can feel happier and more positive.

Maybe it's forgiving someone, being kinder to yourself, or focusing on the good things in life. And just like how flowers bloom after the rain, let this month be a time of growth and positivity for you. Let go of anything that's weighing you down, and embrace the fresh start that April brings. So, when you hear the raindrops outside, remember that they're here to help you feel better and wash away any negativity. Use this month to reflect, feel lighter, and make room for all the good things that are waiting for you!

-Iris Yan





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Social Emotional Awareness Leadership



Est-2019

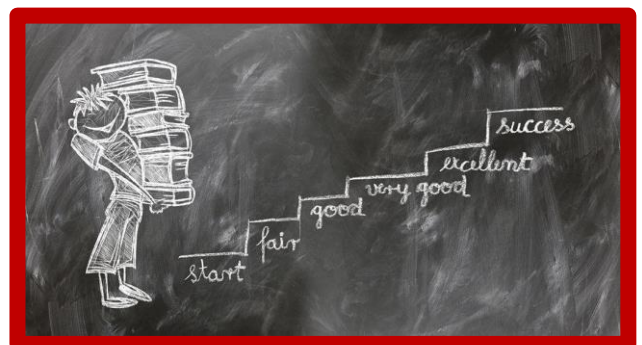


Having academic success in middle school is essential to do well in your studies and feel proud of yourself. First, always pay attention in class. Listen carefully to your teacher and take notes to remember important information. If you don't understand something, don't be afraid to ask questions. Your teachers are there to help you! Second, stay organized. Use a planner or a calendar to keep track of your assignments, tests, and projects. Being organized will help you manage your time and complete tasks on time. Lastly, don't forget to study! Review your class notes and textbooks regularly. Create study guides or use flashcards to remember key facts. With focus and dedication, you can achieve academic success!

Another important way to succeed academically is to complete your homework on time. When you get home from school, take a short break, have a healthy snack, and then start your homework. If you have trouble staying focused, find a quiet place to work, away from distractions like TV or video games. If a particular homework problem is challenging, message your teachers for help

Remember, doing your homework shows your teachers that you're responsible and care about your learning. Additionally, don't forget to read regularly. Reading books, articles, or even comics will improve your vocabulary and comprehension skills, which will benefit you in all subjects.

Finally, to have academic success, it's crucial to stay positive and believe in yourself. Everyone faces challenges, but don't get discouraged. If you receive a lower grade than expected, use it as a chance to learn and improve. Don't get discouraged and stay motivated by setting goals for yourself and celebrating your achievements, no matter how small they may seem. Surround yourself with friends who also value education and support each other in your studies. Remember, it's okay to take breaks and have fun too! Balancing academics with relaxation will keep you energized and ready to tackle any school task. Keep trying your best, and you'll find academic success.





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Imagine that your mind is a beautiful garden where you can plant seeds that will grow into flowers of happiness and joy. We can care for our thoughts and feelings just like we care for real plants by giving them water and light.

We spread happiness and confidence when we plant the seeds of good mental health. It's like making a place where healthy ideas can grow and blossom. We can plant these seeds when we are sad or worried by telling ourselves nice things, taking deep breaths to calm down, or talking to someone we trust.

To take care of these seeds, we need to be kind and caring to ourselves. When we mess up, we don't have to be hard on ourselves. Instead, we can treat ourselves with kindness and patience. We give our good ideas a chance to grow when we do this.

Just like a small plant needs time and care to grow, our mental health also needs time and care. We can do this by doing things we enjoy, spending time with friends and family, and trying our best even when things are hard. It's sort of like feeding our good ideas so they can grow.

We will feel happier, stronger, and safer as our beautiful garden of good mental health grows. It can help us deal with problems better and see the good in things. And just like a garden can make other people happy, our good mental health can inspire and help those around us.

So, let's remember every day to plant mental health seeds. It takes time, just like growing a garden, but with love and care, our happy thoughts will grow and fill us with light and happiness.

-Vavin Zhao





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Mathemotional Equations

Fill in the missing numbers

- ✓ The missing values are the whole numbers between 1 and 36.
- ✓ Each number is only used once.
- ✓ Each row is a math equation.
- ✓ Each column is a math equation.

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|-----|---|----|---|----|---|----|---|----|---|-----|-----|
| 9 | - | | - | | + | 5 | - | 28 | + | 4 | -55 |
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| - | | + | | - | | + | | - | | - | |
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| -23 | | 13 | | 14 | | 34 | | 51 | | -25 | |

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

Zia Chan, Alicja Filuba, Sophia Giannone, Rainie Lin, Nicole Lui, Zain Mokhtar, Irene Qiu, Elly Wu Feng, Iris Yan, Joanna Zhang, Vavin Zhao (8th grade)

Katie Chan, Chloe Chen, Ruixiang Cheng, Micah Jones, Venice Koek, Eric Lin, Erik Lin, Isabella Palazzolo, Emily Rodriguez, Joseph Jr Rodriguez, Jason Zheng (7th grade)

Elisabetta Berardi, Alexia Carletta, Esther Chen, William Chen, Maria Katsaros, Jamie Liang Kara Manuela-Cruz, David Zhang, Grace Zhang (6th grade)

