



The Knight's Table



Support Our Veterans

“We don’t know them all, but we owe them all.”

Ever since 1861 when The Civil War took place people fought to defend our country. We didn’t always win, but people still took a risk. These people are known as veterans. Veterans have died on the battlefield and some still live today, so the least we can do as citizens of the U.S. is show our support.

Showing anyone or anything signs of support doesn't have to be a huge project, but if that’s what you want to do go for it! There are many things we can do to show our support to veterans, one being a simple donation. There are several websites and charities that collect money for veterans such as “Hope for the Warriors” and “Fisher house foundation.”

Additionally, you can take part in activities. Acts such as participating in clothing drives and food drives help homeless veterans more than you think. There are many different ways you can show your support to a veteran you may not know, and a local veteran you do know.

Support is one of the greatest gifts you can give to someone because it makes them feel worthy and appreciated. Veterans deserve to be shown that appreciation because of their contribution to our country. On a day called Veterans day we pay our respects to all veterans in ways of showing support. This is so important because if you fought for something that you knew your life was in danger from you would want appreciation and your duty to not go unnoticed. Veterans day isn't a day that you should take lightly, but a day you should put effort into showing the soldiers who risked their lives for you how important they really are.

-Sophia Giannone



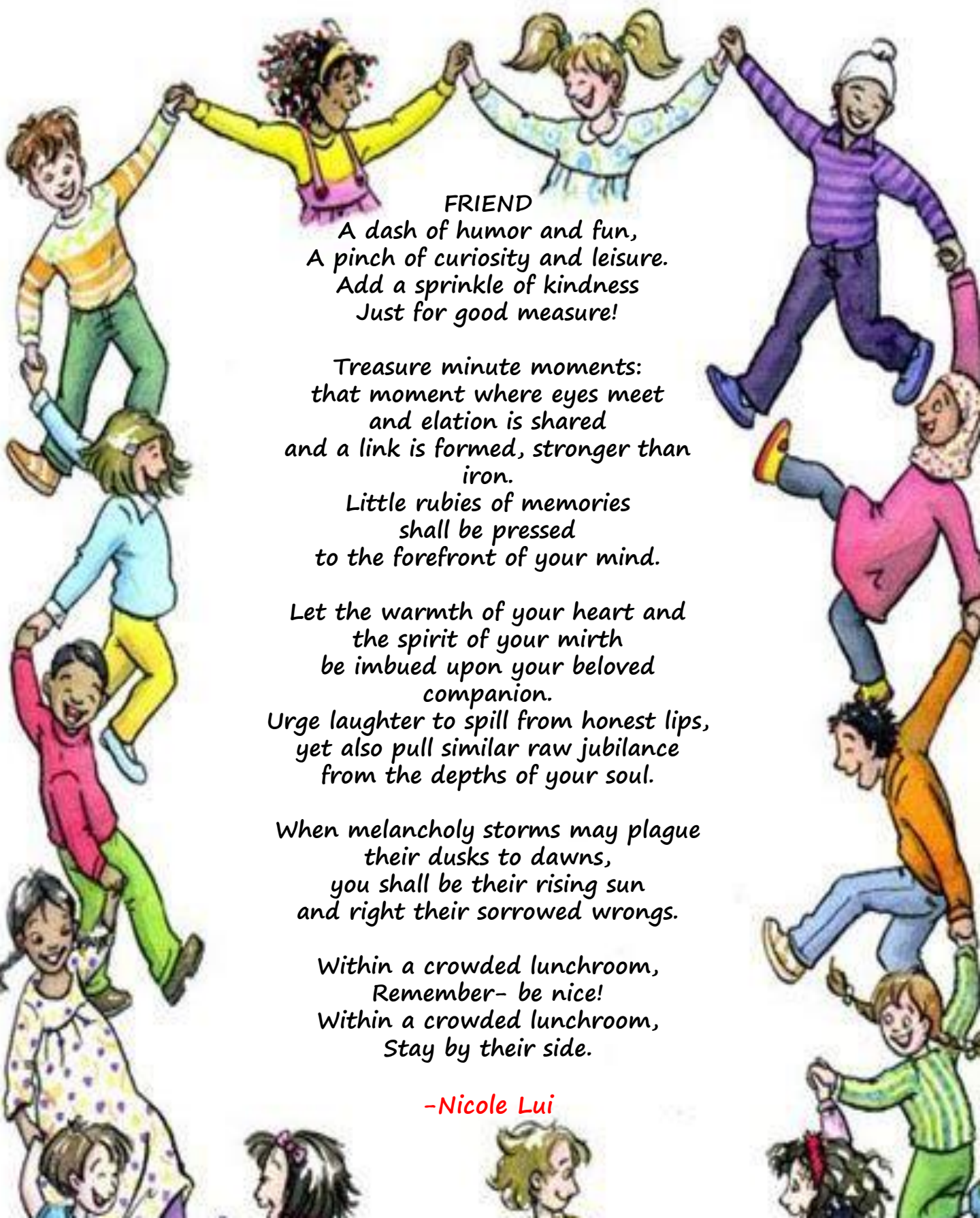
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Social Emotional Awareness Leadership



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FRIEND

*A dash of humor and fun,
A pinch of curiosity and leisure.
Add a sprinkle of kindness
Just for good measure!*

*Treasure minute moments:
that moment where eyes meet
and elation is shared
and a link is formed, stronger than
iron.*

*Little rubies of memories
shall be pressed
to the forefront of your mind.*

*Let the warmth of your heart and
the spirit of your mirth
be imbued upon your beloved
companion.*

*Urge laughter to spill from honest lips,
yet also pull similar raw jubilation
from the depths of your soul.*

*When melancholy storms may plague
their dusks to dawns,
you shall be their rising sun
and right their sorrowed wrongs.*

*Within a crowded lunchroom,
Remember- be nice!
Within a crowded lunchroom,
Stay by their side.*

-Nicole Lui



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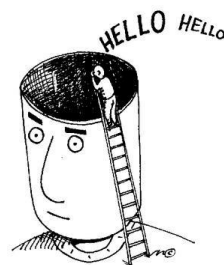


Use your Common Sense Day

Use your common sense day is November 4 on this day as the name explicitly says you use your common sense more often than not. Common sense in my own words is the logic that determines the basic actions and decisions of a human, for example seeing people cross a road while you are in your car so automatically you should think of stopping the car until they are out of your way your common sense is always working even when you don't think about it. Why is common sense important well as I mentioned before it is the brain's logic that helps determine your everyday actions and decisions so basically without it you would not be able to have a proper outcome of a day to day situation which if all people do not have common sense we would have havoc and chaos across society. But yet we see constant examples of people failing to use their common sense in situations which then spirals .

*"The three great essentials to achieve anything worth while are:
Hard work, Stick-to-itiveness, and Common sense."*

-Thomas A. Edison



Common Sense Day was created by Bud Bilanich, a career mentor, motivational speaker, blogger, and author. The term common sense was first described by the Greek philosopher Aristotle He depicted as the ability of human to use memories and sense perception to get to judgements. He believed that only humans have reasoned thinking which in turn transferred to the Roman thinking in which stated that man is more sophisticated than animals. The Modern times however based common sense as the basic knowledge that will help us immensely in to live safe and reasonably.

-Zain Mokhtar





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Many people will walk in and out of your life, but your caregivers will be one of the few people that will make a difference.

We can celebrate National Family Caregivers Month by sending a card or gift to your caregivers to show how much you cherish their love. Or, you can simply spend some time with them to show them your care and awareness for them.

So, take this moment to acknowledge and recognize the wonders that your caregiver does for you!

-Joanna Zhang

A caregiver is someone who takes care of you, someone who regularly looks after a child, an elderly, or someone who's sick/disabled. When was the last time you appreciated your caregiver? Think about it.

National Family Caregivers Month was first celebrated in November 1997. President Clinton decided to dedicate this month to honoring our fellow caregivers. Did you know that there are around 39.8 million caregivers in the U.S? Caregivers play an essential role in everyone's life. They are always supporting and being there for us.

Caregivers selflessly devote their time and effort to ensure that all our needs are met. They lead you through your difficulties and walk you through the obstacles that you face in your life.



"You have two hands. One to help yourself, and one to help others." — Audrey Hepburn





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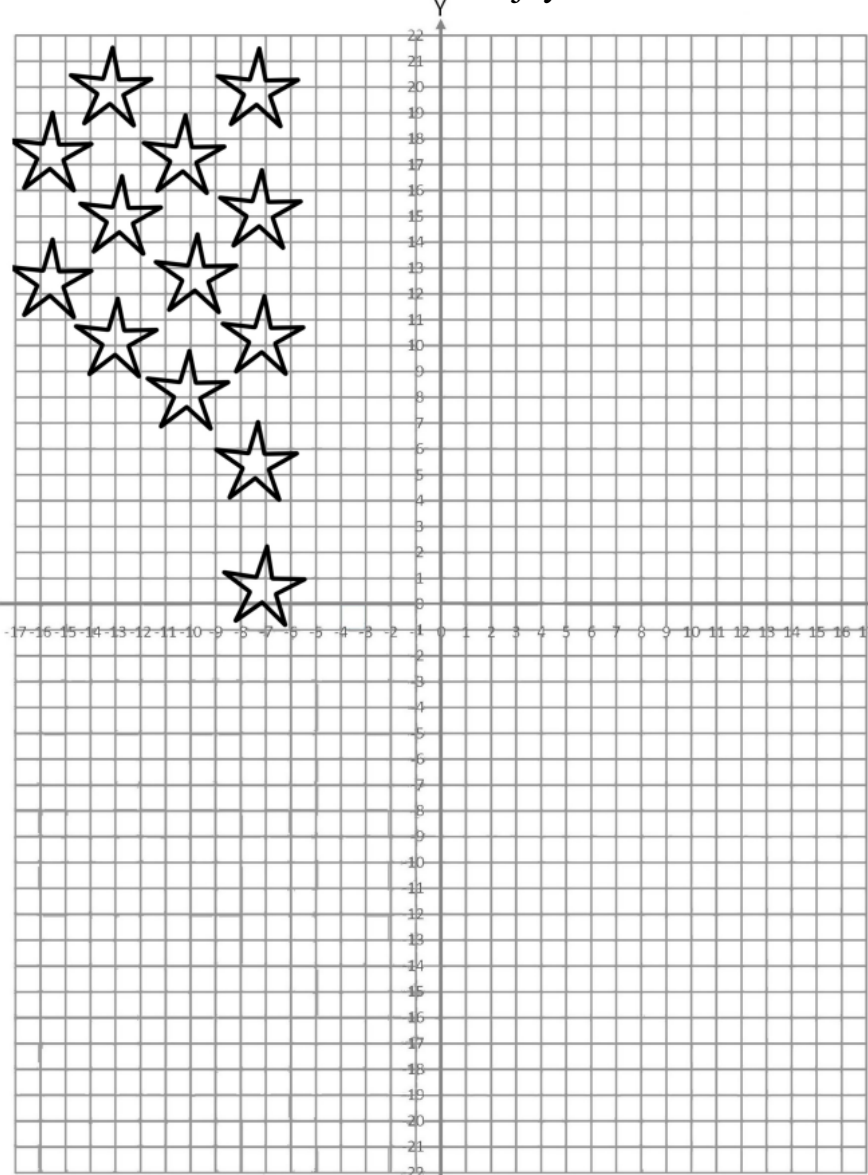
ARithmetic Fun

Use the coordinates (ordered pairs) on the list below to graph the picture. Graph each point, and then connect it to the next point.

Color it. Enjoy!



START	START	START
(-17,22)	(3,-4)	(1,-22)
(17,22)	(-3,-4)	(1,-20)
(17,-22)	(3,-3)	(0,-19)
(-17,-22)	(3,-2)	(-1,-15)
(-17,22)	(-2,2)	(-4,-12)
STOP	(4,-1)	(-7,-8)
START	(6,0)	(-9,-5)
(-17,7)	(5,2)	STOP
(-15,9)	(4,5)	START
(-14,8)	(4,6)	(-17,1)
(-12,8)	(5,5)	(-16,0)
(-10,4)	(6,2)	(-15,0)
(-10,2)	(7,0)	(-14,-1)
(-11,1)	(9,2)	(-14,-2)
(-9,0)	(10,5)	(-13,-3)
(-8,-2)	(11,6)	(-12,-3)
(-7,-3)	(11,5)	(-12,-4)
(-4,-5)	(10,2)	(-11,-5)
(-1,-8)	(10,0)	STOP
(1,-10)	(11,-1)	START
(4,-11)	(15,3)	(-17,-2)
(5,-12)	(15,2)	(-14,-2)
(8,-12)	(12,-2)	STOP
(8,-11)	(14,-4)	START
(7,-10)	(14,-5)	(-8,-2)
(6,-10)	(16,-6)	(3,-2)
(4,-11)	(17,-8)	STOP
(5,-8)	STOP	START
(4,-8)	(-4,-2)	(-4,-2)
(1,-10)	(-4,22)	(-4,22)
(4,-7)	STOP	STOP
(3,-5)		
(3,-4)		
STOP		



START	START	START
(14,-5)	(-4,-2)	(-17,-12)
(17,-5)	(5,2)	(-4,-12)
STOP	STOP	STOP
START	START	START
(-4,19)	(6,2)	(-1,-8)
(17,19)	(9,2)	(3,-8)
STOP	STOP	STOP
START	START	START
(-4,15)	(10,2)	(-17,-15)
(17,15)	(14,2)	(-1,-15)
STOP	STOP	STOP
START	START	START
(-4,12)	(15,2)	(-17,-19)
(17,12)	(17,2)	(0,-19)
STOP	STOP	STOP
START	START	START
(-4,8)	(12,-2)	(12,-2)
(17,8)	(17,-2)	(17,-2)
STOP	STOP	STOP
START	START	START
(-4,5)	(-17,-5)	(-17,-5)
(4,5)	(-9,-5)	(-9,-5)
STOP	STOP	STOP
START	START	START
(5,5)	(-4,-5)	(-4,-5)
(10,5)	(3,-5)	(3,-5)
STOP	STOP	STOP
START	START	START
(11,5)	(-17,-8)	(-17,-8)
(17,5)	(-7,-8)	(-7,-8)
STOP	STOP	STOP



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

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