



The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019



Summer Adventures and Mindful Exploration

In the summer, it's important to have fun and explore! Instead of spending the whole day playing games at home, try going out to discover new places and activities. This not only helps you mentally but also physically. For example, a simple walk in the park can boost your mood and energy levels. Exploring new areas can lead to making new friends and having memorable experiences, making your summer feel special and enjoyable.

Going outside can improve your mental health. Studies show that spending time outdoors can increase your attention span and spark creativity. For instance, after a day of playing at the beach or hiking in the woods, you may feel more fulfilled and satisfied, knowing you've spent your day actively and meaningfully.

Adventures like visiting a local museum, going on a nature trail, or even having a picnic in the park can enhance your mental well-being.

Physically, engaging in outdoor activities is highly beneficial. Instead of sitting inside all day, moving around helps you stay fit and healthy. For example, playing soccer, swimming, or riding a bike not only keeps you active but also makes you more athletic. Being outdoors exposes you to sunlight, which provides vitamin D, essential for your body. Studies have shown that children who spend more time outside and get plenty of natural light tend to sleep better at night.

In summary, adventuring and exploring during the summer can significantly improve your mental and physical health. Whether it's a short walk in your neighborhood, playing sports with friends, or discovering a new hobby, being active and engaged makes your summer more exciting and fulfilling. So, step outside and make the most of your summer by exploring and having fun!

-Adrian Chow



The Knight's Table



Social Emotional Awareness Leadership



Est-2019



Setting Summer Goals : Achieving Your Dreams

Do you want to achieve a goal but always second thoughts yourself and don't know when to start? Summer is filled with perfect opportunities to set goals and work towards achieving your goals. Whether it's to follow your passion or discovering more about yourself, summer is a great chance to grow and achieve. By setting actionable goals, working hard, and staying focused, you can turn the summer into a journey for realizing your deepest aspirations and achieving success.

Firstly, setting summer goals allows you to clarify your dreams and aspirations. Whether it's writing your goals down or simply reflecting on your deepest thoughts and ambitions, setting goals provides a roadmap for turning your dream into reality. By defining what you truly want to achieve it helps to guide you by keeping you focused on the goal that matches your interest and values. Moreover, achieving our dreams requires you to be committed which means you shouldn't give up.

Setting goals that are specific, measurable, achievable, relevant, and time-bound (SMART) goals allows you to break down your dream into small steps that slowly build towards your goal.

Staying focused and resilient when facing challenges is essential for achieving your dream. The journey to success is often fraught with obstacles and setbacks. Staying focused and adapting to the challenges can ultimately lead to your success. By cultivating a growth mindset and not letting small setbacks get to you, you can overcome the challenges and continue moving forward to your dream. Additionally, seeking support and accountability from others can greatly enhance your chances of success. Having people that can support and help you can provide encouragement and guidance along the way or achieving your goal. By surrounding yourself with people who believe in your dream, you can draw strength and inspiration from their support.

In conclusion, setting summer goals and working towards achieving them require clarity, commitment, resilience, and support. By defining your true thoughts and breaking them down into small steps you will get closer and closer to your goal. You will also need to stay focused despite the challenges that you face. Lastly, having the support of others can strengthen you and encourage you leading to the success of your goal. As we bask in the warmth of the season and embrace the opportunity that it presents, you should seize the moment to set ambitious goals and pursue your dreams, creating a summer filled with growth and accomplishment.

-Celine Zeng



The Knight's Table



Social Emotional Awareness Leadership



Est-2019



It's the time of the year that the sun starts beaming down on our faces, and bugs start swarming the air. It's almost summertime! This also means that the school year is coming to an end, so let's take a moment to reflect on our individual achievements and struggles this past year, or these past few years, whether it's on a personal or academic level. Surely, there are some moments we want to tuck away in the back of our closets, but there are also countless memories we've made at I.S. 201 that we will cherish forever and ever.

Let's think back to the first day of middle school—your first day ever at Dyker. It was the beginning of September, and you were just a mere 6th grader. Loud sounds of kids laughing and screaming, people in every direction you looked... How did you feel? Perhaps you were intimidated by the bigger kids, scared or nervous about what the day would be like, or maybe even excited about what new experiences the school year would bring! The transition from elementary school to middle school is surely a big one, and yet, you've persevered and adapted to the new environment.

Now that time has passed, you're not that clueless child from the beginning of middle school. You've grown in many ways. You know where every room is located, you've made new friends, and you've made many mistakes and regrets.

Middle school is full of obstacles that you need to work hard to navigate. Imagine it like a complex maze. If you took a wrong path, you can always turn back and remember to not go down that trail again.

Even if you keep going in circles, just know there is always going to be a second chance to try, then a third, and even a fourth. Eventually, you will find an exit and the light at the end of the tunnel. This logic can be applied beyond your middle school years. You will find that high school, college, work, and everyday life will keep presenting you with new challenges to take on.

As the year comes to an end, we bid farewell to the seniors as they take on a new chapter in their lives—high school. To all our 8th graders: don't be overwhelmed and upset if you didn't get into the school you wanted. Each and every one of you has the potential to succeed at any school. In the end, it is the things you do and accomplish that matter. From here, it will only get harder. But take a look at what middle school has offered you these past 3 years. You've all accomplished tons, made lifelong friends and memories. These unique experiences will stay with you forever. Congratulations Class of 2025!

To our current 6th and 7th graders, it is an important job to stay on top of your work and always do your very best. 7th graders, as the new seniors of the school, it is essential for you to set an example for the younger students to follow. While 8th grade is full of work, you will also get to experience many once in a lifetime events!

Of course, we can't forget about school entirely, but now that the summer is almost here, it's time to unwind and relax! No matter how rough or easy-flowing the school year has been, always try to find positive closure to look upon. Maybe you've achieved a lifelong goal this year or even learned a new skill. Surely there is something, however big or small, that brought a slight smile to your face this year.

-Winnie Zheng



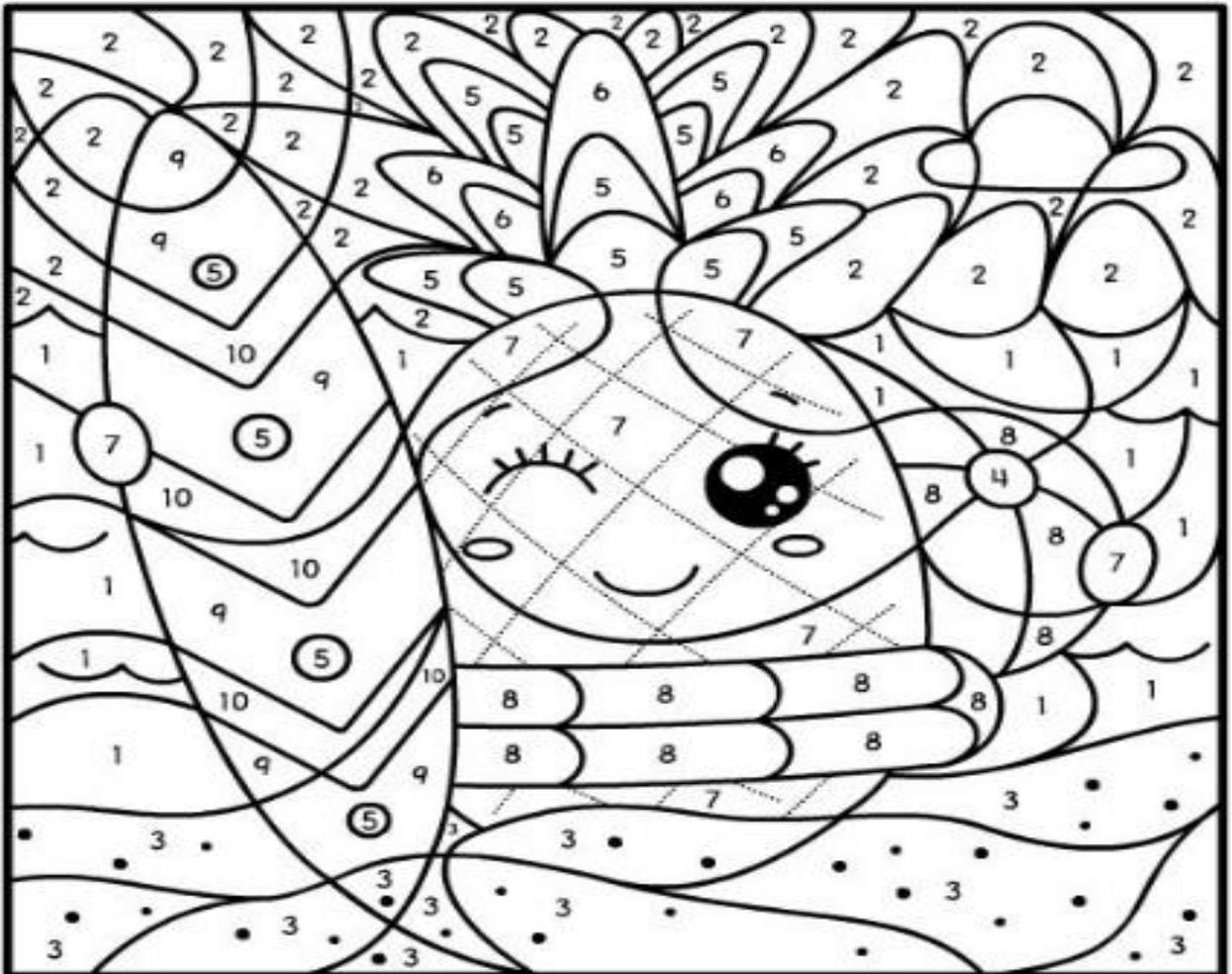
The Knight's Table



★ Social Emotional Awareness Leadership ★

Est-2019

Make Summer Count: Chase Your Dreams and Adventures



- 1. Blue 2. Light Blue 3. Orange 4. Brown
- 5. Light Green 6. Green 7. Yellow
- 8. Red 9. Pink 10. Purple

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

Katie Chan, Chloe Chen, Adrian Chow, Venice Koek, Eric Lin, Erik Lin, Emily Liu, Winnie Liu, Isabella Palazzolo, Emily Rodriguez, Celine Zeng, Amber Zheng, Winnie Zheng (8th grade)
 Elisabetta Berardi, Alexia Carletta, Esther Chen, William Chen, Maria Katsaros,
 Kara Manuela-Cruz, David Zhang, Grace Zhang (7th grade)

