



The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019



It's that time of the year, folks! The school year is coming to an end, and summer vacation is just around the corner. Wow, so much has happened during this school year! Whether it was good or bad, everything that occurred has a purpose and will make us all better people.

The end of the school year means something different for each one of us. For our eighth graders, who are also the graduating class of 2023, it means stepping into the school for the very last time as proud I.S 201 students. They'll be saying goodbye to the school they've spent three whole years in. As seventh and sixth graders, we want to thank them for being such amazing examples to us. They've shown us how to be effective leaders and how to lead with kindness. We wish them all the best in high school, and we hope their joyful memories and the knowledge they've gained continue to stay with them.

For us seventh graders, it means that next year we'll finally be the big shots of the school. We'll have our turn to go on senior trips and attend senior dances. And let's not forget our sixth graders! They've just completed what is considered the "hardest year" of middle school. They made the leap from elementary school, and boy, are we proud of how well they've adjusted to middle school life. They've learned to switch between classes and joined extracurricular clubs. As they head into the summer, it wouldn't hurt to review and refresh all the lessons they've learned this year. After all, their dream high schools will be looking at their seventh grade report cards and grades for admissions.

Now, let's not forget to give a big shout out to our incredible teachers and staff who made this school year possible. Thanks to their dedication, effort, and support, we've had the best experience imaginable. Each and every one of them truly makes a difference in our lives.



*"Great things come from hard work and perseverance.
No Excuses." – Kobe Bryant*



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Yes, we've accomplished so much this school year, but we've also faced our fair share of challenges. Maybe you didn't get into your dream high school, or perhaps you didn't ace all the exams and get straight A's. Maybe school wasn't always your top priority. But here's the truth: we're all in the process of learning and growing. Whether we're kids, teenagers, adults, or elders, we're all striving to become better individuals.

Being better in life doesn't mean acing every single test. It doesn't mean taking the easy way out every time or having everything handed to you on a silver platter. Life isn't really life without obstacles and stumbling over rocks. What's the point of merely "living" when there are no adventures or passions? Remember, everyone experiences setbacks in life. It's not considered a "failure" as long as you learn from it.

We can proudly say that it has been quite a year for us. For the first time, we can call ourselves students of the Madeleine Brennan School. We've put in so much effort this school year, and now summer is finally here, giving us a chance to take a well-deserved break. Enjoy your summer off, and let's look forward to seeing the incoming 7th and 8th graders, as well as the new 6th graders who will join our school community. And to the graduating class of 2023, congratulations on successfully completing middle school! You've certainly left your mark as the first-ever Madeleine Brennan graduates! Now, our pencils may be tiny, erasers flat, glues empty, and folders fat, but the memories will last forever. Another year has come to a close.

-Elly Wu Feng



"Wherever you go, go with all your heart." – Confucius



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How to prepare yourself for the next year over the summer

When the bell rings at 2:30 on the last day of school, work is the last thing that's on anyone's mind. We all spend our summer break going to the beach, swimming in a pool, playing games, basically anything non-homework related. While on summer break our main goal is to relax and have fun, we should also be thinking about how we can keep our mind fresh from all the work we did the previous school year.

You might be asking yourself, "Making time for work over the summer break? Absolutely not," but truly it isn't that complicated as it seems. To keep our minds fresh and to improve our academic abilities we can do just the smallest things every day. Little acts such as doing a math problem or two everyday may not seem like a lot, but frankly it accommodates our academics tremendously.

So, what are some matters we can take into our own hands that will improve and keep our mind fresh of academics? For instance, one example is creating a new hobby for yourself.

Things such as writing in a journal everyday, creating projects, doing research about something that interests you. Small deeds like this can enhance your skills in a subject such as ELA. If you aren't a writer, or someone who isn't interested in ELA in general, there's plenty other ways you can keep your mind moving. You can practice math problems on a daily basis to keep you thinking. Websites such as Khan Academy can assist you with that! Math is something we see everywhere every single day, and it's one of the more important subjects in school. You can even try to learn a new language! Duolingo is a helpful app for that! Take time out of your day to do 15 minutes of learning, and who knows, maybe it will help you in the future. Everything new you try incorporates learning, so take it to your advantage and learn something new!

It's more crucial than you would think to make time for academic improvement. It's important to unwind throughout the summer, but that doesn't imply we should stop our brains from working until the following school year. Consider the summer break an opportunity to accomplish far better the next year by performing easy chores every day to keep your mind active. You don't need to be like Albert Einstein over the summer, but at least aim for something like it! We all have the ability to learn new things within us. So, let's get to work!

- Sophia Giannone

Remember: Every champion was once a contender that refused to give up.

- Rocky Balboa



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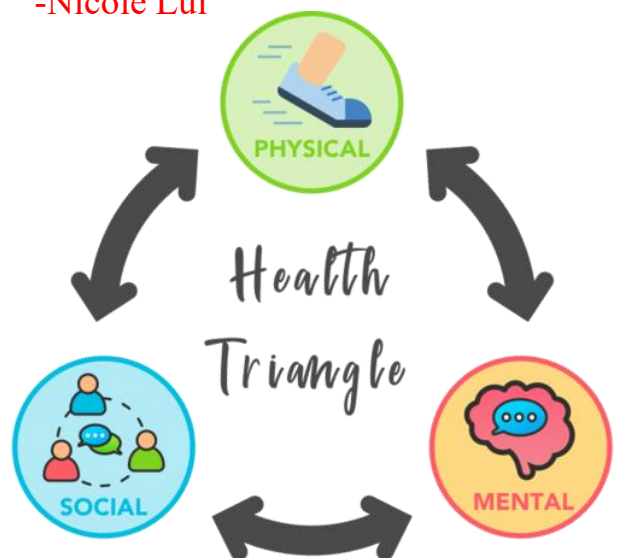
When hearing the word “growth,” one might think of physical growth, such as puberty or shooting up in height during your birthday. However, physical growth is not the only type of growth. Personal growth, for instance, is when someone gains self-awareness and takes steps to both better themselves and find their sense of identity.

Personal growth is vital to better understanding yourself. Through personal growth, you push yourself to attain your greatest potential, which leads to improvements in qualities like your habits, abilities, behavior, and even just your general personality. Personal growth entails learning to better manage your emotions, such as keeping your negative or angry thoughts in check, and having a growth mindset. It teaches you to be open to acknowledging and assimilating new skills, and to be at peace with things you cannot change.

Another type of growth is academic growth. Growing academically enhances your ability to learn and interact with others to reach a goal. To achieve academic success, you have to battle obstacles such as procrastination and being unwilling to accept help. It is important to ask meaningful questions to more effectively comprehend the issue at hand.

Positive growth comes in many different forms, and all of them are important for improving yourself. Remember that as you approach adulthood!

-Nicole Lui



"What lies behind us, and what lies before us, are tiny matters compared to what lies within us."

—Ralph Waldo Emerson.



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★ **S**ocial **E**motional **A**wareness **L**eadership ★

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REJUVENATION

As the year draws to a close,
And the summer sun starts to glow,
I reflect on the challenges I've faced,
And the victories I've come to know.

The academic year has been a test,
Of my skills I must attest,
But with hard work and determination,
I've managed to do my best.

And now as the summer arrives,
I embrace this time of renewal,
A chance to rest and recharge,
And prepare for the next education.

The endless possibilities,
That are waiting just out of sight.
I look forward to what's to come,
With a heart full of hope and joy.

For the summer is a time to dream,
And to plan for the future ahead,
And I know that with perseverance,
I will succeed in all that's ahead.

-S.E.A.L Team





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Summer Break Begins

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| air conditioning | airplane | beach | camp | |
| family | fireflies | fireworks | friends | |
| hot and humid | hotel | ice cream | late nights | middle school |
| no homework | reading | report card | road trip | sleeping in |
| sleepovers | sprinkler | summer break | summer reading | sunburn |
| suntan | suntan lotion | swimming pool | thunderstorms | vacation |
| video games | watermelon | writing | | |



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

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Small S.E.A.L. Six

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