



The Knight's Table



S.E.A.L. Team 2024 Farewell Address

When the bell rings at 2:00 on June 26, 2024 for the last time, it also means our time for this school year has come to an end. Looking back on the past year (or 3), there are moments we will surely cherish forever.

The end of a school year holds a different meaning for all of us. As the seniors of the school, we will finally graduate middle school and move on to a bigger game- high school. Oh boy, these past three years really went by with a snap. I'm sure we can all agree that the nervousness we felt on our first day of middle school has now turned into confident looks on our face. We've went through numerous challenges as a whole, but whether it was academically or emotionally, we came back stronger than before. As we bid farewell to the school we've spent three years in, we cannot help but pause to cherish the memories we've created together. But these memories were not just fleeting moments, they were the essence of our journey and how much we have changed and grown. With the knowledge that we obtained at I.S 201, we will continue to thrive in high school and beyond. Good luck to the seventh graders who will take on the role of seniors next year! We are certain your maturity will only continue to grow as the 8th graders of the school. And to the sixth graders, we are extremely proud of how well you fitted into our middle school community. Here is one tip to you all: as much as how pressuring middle school can get, always remember to enjoy your time here. Yes, the grades are also extremely important especially toward your high school applications, but you should also enjoy the fun too. After all, you might not get the same amount of free time in high school since it will be a lot more stressful. So, go out there and join the clubs you like, make a lot of friends, and TRY EVERYTHING!, all while balancing your academics.

And of course we can't forget about the incredible teachers and staff who made this school year possible. It was truly an unforgettable year, one that we will look back on and say, "Oh boy, all those wonderful memories!". As they say, "Better than a thousand days of diligent studying is one day with a teacher." So, thank YOU for always being there and listening to our concerns even when you are busy or stressed.





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And to our classmates and friends, thank you for always lending a helping hand to each other. You made the exhausting double periods fun and engaging. "By chance we met- by choice we become friends." We may be attending different high schools- going in different directions in life, but the memories we made here will forever be cherished- so will our friendship. Whether it was cramming for the regents, eating lunch, going on field trips, working on projects together, or just complaining about the workload, our bond definitely grew stronger with each passing period.

In the farewell address for last year I sh to a bed some light on the purpose of "living", and this year I want to elaborate on that. As we search for the true meaning of life, we should also always remember to be grateful for what we have in the present. There are people who complain about not having the desired amount of money. There are people who complain about not owning the newest phone or car model. And there are people who complain about just everything, sometimes for no reason too. But at the end of the day, if you really take a look and think about what you already have, you will realize you are in a far off better situation than most people in the world already. 45 million kids worldwide are not getting enough food. 150 million people are homeless. 333 million children are living in extreme poverty. And then there are kids who simply don't even know if they will see the light of the next day. So live everyday as if it's your last. Tell your family how much you appreciate them. You would rather pass a day with a smile than a frown, right? Be grateful for what you already have because we can't expect everything to be handed to us on a silver platter. You never know when is the last time you see something- or someone.

And now the time has come to bid farewell to this school year! We have put in so much effort and worked very hard this year, and now that summer is here, take your well-deserved rest and enjoy the break! And of course a big CONGRATULATIONS to the graduating class of 2024! You've certainly left your marks as the 99th graduating class of I.S 201. Behind you are all your memories, and before you are all your dreams. Good luck to the 7th and 6th graders taking over next year. Our pencils may be dull, pens may be dry, and notebooks may be full, but the echos of our laughter and our bonds will persist through the final bell. Now grab your sunglasses and LET THE SUN IN!

-Elly Wu Feng

"Goodbye may seem forever. Farewell is like the end, but in my heart is the memory, and there you will always be." -Disney.



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It's that time of year, when our 8th graders depart and our 6th and 7th graders come in to fill their spots. The coming summer is going to be a period of transition, and I want to give some advice to our future knights.

First of all, it's okay to not have everything figured out. Middle school is full of obstacles and hurdles that everyone will need to overcome before they begin figuring out who they are and what they want to do. However, if you remain hardworking, determined, and passionate through the challenges, you'll start to see the light at the end of the tunnel.

Furthermore, be ready to accept failure, but don't get overwhelmed or discouraged by it. Through failure, you are given a second chance to learn and correct your mistakes. Keep an optimistic mindset. Be open to learning new things and acknowledging new skills.

Most important of all: stay positive. Keep in mind that everybody here is learning and growing alongside you. Everyone is striving towards a better future and intent on educating and bettering themselves. Remember that it's okay to ask questions! There are people here to help you on that journey of personal growth and finding your identity. Don't be afraid to reach out.

There are endless possibilities ahead of you. The future is limitless. Look forward to what's to come, and always keep a positive mindset!

-Nicole Lui





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It's now already June, and looking back at the years, we've really come a long way. The S.E.A.L Team started off real small, almost as nothing. Though with just a simple mood meter, a stamp, and lots of hard work, the team has now expanded into so much more. With the help of exceptional, supportive teachers and many outstanding, devoted students, I'm sure it will continue to improve and thrive.

The S.E.A.L Team was started in 2018 at a time where no one knew anything about the SEL curriculum. The team which consisted of 6 members who were simply given a mood meter used to understand feelings and were told to do something with it. From this mood meter sprang up the concept of initiatives. The first initiative was a stamp of a star that was placed on your hand to service as a conversation starter. Though it started off small, this start was all that was needed.

It is now 2024 and we practically got it all. From our morning daily dictions to our assemblies or our monthly newsletters to our elementary school visits, the S.E.A.L Team has really bloomed from when it first started. With everything now documented on an official website, you can get it all. Whether you're looking for positive affirmations or some ASMR videos, we gotchu.

Back when I was in 6th grade, I wouldn't have considered myself to be outspoken or a good public speaker. It would be so nerve-racking for me to speak or do anything in front of a large audience. However, joining the S.E.A.L Team was one of the first steps I took that opened the door to many other opportunities

Through this team, I was given the chance to do things that I wouldn't usually do, such as public speaking for one, but also giving assemblies, designing a board game, and so much more. Not only did I join the S.E.A.L team, I joined other clubs and after-schools that allowed me to leave my comfort zone. They gave me the chance to explore new things and perform what I loved doing but was usually too scared to do.

Even though opportunities like these aren't handed to you on a silver platter, the process of working for it, jumping at those opportunities, and putting in the time and effort to do your best at it is one of the most memorable and rewarding experiences that you can have. For this I'm really grateful. As the quote goes, "Opportunity is not about luck. It is about the ability to recognize the opportunity when it appears, then, GRAB IT WITH BOTH HANDS."

A shoutout to our seal members- to the hard work and dedication that they've poured into making the seal team so successful and into what it is today. To our 6th grade SEALS, you're all doing so good already, we're proud of you! It'll be a bit hard to do but live up to the legacy of us Super-SEALS! To our 7th grade SEALS, you'll finally be seniors next year. I'm sure you'll all grow into great inspiring role models- keep it up, you guys are amazing! :) To my super Senior-SEALS, getting that leg workout to go up to 5th floor during lunch will remain unforgettable. We harbored friendships, from enduring the blue pencil case assembly line and surviving the eraser production to dancing for 6th graders and socializing with elementary schoolers- we've been through it all.

THANK YOU!



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A shoutout to our extraordinary S.E.A.L team teachers who always supported us with their never-ending love and guidance:

To Ms. Koutsopetras- for somehow managing everything and being on top of it all (+ dealing with us). You always know just what to do to make the situation better, whether it's to fix up an announcement or to solve an issue. Thank you for always being there for us as an exceptional teacher and a manager to all of us.

To Ms. Pizza- for your patience and for the fact that you would always know how to make our day brighter. Though you're now in Florida, your bright smile, bubbly personality, and buttery microwave popcorn left a lasting mark on our hearts.

To the teachers and staff as the backbone of the school who are always encouraging; the light in the dark times. No matter how dark or stressful the situation may be, they will always be there as the shining light, piercing through the darkness to aid us. Instead of being the light at the end of a long dark tunnel, teachers are the lamps on the side, lighting up the way each step of the journey. They push us to participate, remind us of when "it's crunch time" and make sure that we know there's "no down-time" in class.

Our unique student body can be compared to blood in a human body. Students are everywhere, giving life and energy wherever they go. Even though they may not have discovered it yet, they are all ever so talented in their own way, shining bright as stars against a dark night sky. Although not all stars can be seen shining, it's a fact that stars shine, even if not everyone can see it at times.

My three years of middle school at I.S 201 have flown by so fast and are now coming to a close. As we say goodbye to our friends, teachers, and to the memories that we've made this past year, we hold the dearest moments close to our hearts. When we leave school on June 26th, we won't just be leaving the building on 12th ave. and 80th street, we'll be leaving behind the place of unforgettable memories and endearing experiences. The ones that you've made here will always be something to remember. Even as we move on, they will continue to stay as a part of us forever. Your years at I.S 201 might've been the best time of your life, or maybe it was a nightmare that you can't wait to get out of. Either way, enjoy it while you can... the 3 years of middle school really goes by way faster than you think.

-Joanna Zhang



"Don't cry because it's over. Smile because it happened."

- Dr. Seuss



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"Let the fun begin! Have a fantastic summer, everyone!"

This puzzle is a word search puzzle that has a hidden message in it.

- ✓ First find all the words in the list.
- ✓ Words can go in any direction and share letters as well as cross over each other.
- ✓ Once you find all the words. Copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

art	R S F C H N O O L S O U B T T	brennan
bye	E I R M E A E T O E N J O Y L	english
free	L Y E T E N I E L E D A M O E	good
graduation	A H E E S N G S U T N S O C A	lunch
madeleine	X B T R A E T L O N E H N S D	memories
music	A S E M A R L G I I C E M D S	relaxation
school	T E K A E B E A R S I E Y N R	social
stress	I I H S C T H O I C H T G E E	summer
sun	O D S T H H M C S C I U M I H	time
together	N U N E A E F O N M O M R R C	beach
party	G T R E M M T T E U U S A F A	congratulations
science	D S M U S I C B L S L E M E E	friends
studies	N O I T A U D A R G M O U R T	gym
teachers	S N O I T A L U T A R G N O C	math
you	I E S G Y T R A P Q S U N B Y	

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

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