



The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019



The biggest mistake would be giving up after an extreme amount of effort you put in. Yet, if you keep on going, it'll permit you to achieve more goals. This could also lead to opening up and understanding others. What's more, when someone is down, the optimistic person can be the one to hold and shine the light on them. In the end, you might as well have just earned a fan!

How can you be an optimistic person?

You can:

- ❖ Smile more
- ❖ Help out whenever it is needed
- ❖ Assist your family with chores
- ❖ Compliment others
- ❖ Keep going even when times are tough
- ❖ Accept yourself for who you are
- ❖ Encourage others when they start to give up
- ❖ Live your life to the fullest
- ❖ Do not blame yourself or others if something goes wrong

Being optimistic will help you be a better person!

-Zia Chan



Optimism. What's so good about it? Why is it important? What even is optimism? Well, optimism is the feeling of confidence and hope about something in the future.

Being optimistic is important because it can help us become happier, more successful, and, believe it or not, healthier. Keeping up a cheerful attitude allows smaller risks against depression and stress. As a result, these people can also form better relationships with those around them. They can also increase their level of physical activity, memory, and way of thinking. During challenges you face, looking at the upbeat part of life can do some good. While working, going to school, or doing anything, optimism can allow you to see the benefits and look more on the bright side of things. In addition, being hopeful can positively affect a person's problem-solving ability, productivity, and management of time and resources.

Optimism is also crucial because it helps us become happier and more confident towards ourselves. For example, if you were to give a presentation to a meeting or a class, you might feel upset, embarrassed, or messed up, but it's alright.

“Choose to be optimistic. It feels better.” - Dalai Lama



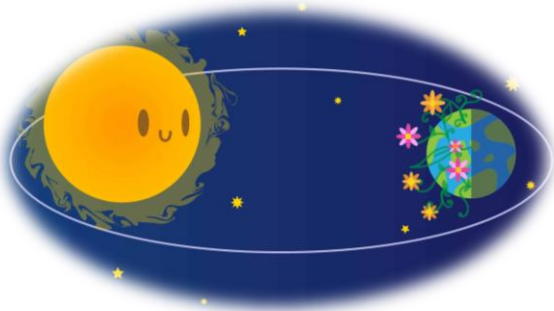
The Knight's Table



Social Emotional Awareness Leadership



Est-2019



What Is the Vernal Equinox?

The Vernal Equinox is a day when there are exactly twelve hours of sunshine and twelve hours of darkness, marking the beginning of spring.

Why does this happen?

This occurs as a result of the earth's tilt, however at different times in the northern and southern hemispheres.

The Vernal Equinox was discovered by Astronomer Hipparchus of Nicea. The Vernal Equinox is special because it is the start of spring and the word Vernal means like a fresh new start. The Vernal Equinox is when the Earth tilts in a specific way that is when the time is even. The Vernal Equinox doesn't always start on the same day or time of the day of the year it can always change.

An important fact to remember is that the Vernal Equinox can happen in the month of March on the days of 19, 20 and 21. This Year of 2023 the Vernal Equinox happened on March 20 at 5:24pm which was a Monday in the Northern Hemisphere. The special part of the Vernal Equinox is that astronauts say that it marks the beginning of Spring.

The meaning of the Vernal Equinox is when the sun is exactly above the equator which makes day and night the same length. The Vernal Equinox is important because it marks the change in the direction of the sun's rays and will change the moving from the southern hemisphere to the northern hemisphere by moving the Northern Hemisphere to Southern Hemisphere.

-Derek Wen



*"An optimist is the human personification of spring."
- Susan J. Bissonette*

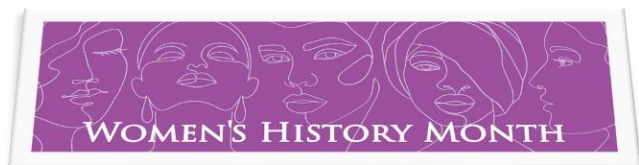


The Knight's Table



★ Social Emotional Awareness Leadership ★

Est-2019



Women in my dreams

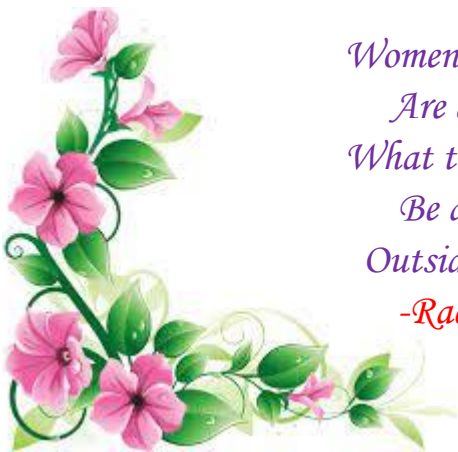
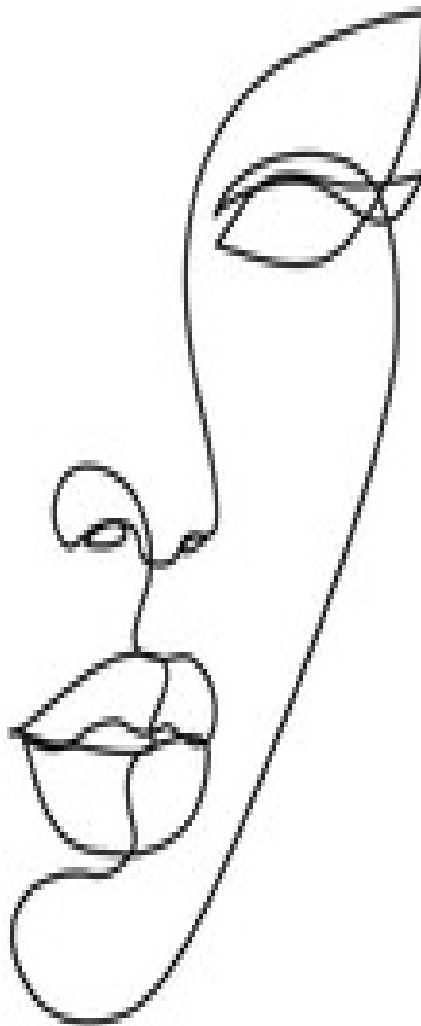
*Women in my dreams
Are able to feel
Alive and happy
More than they will
In actuality*

*Women in my dreams
Are able to feel
Love for one another
Even more than a friend
And not get judged*

*Women in my dreams
Are able to feel
Safe when walking
Down a street
On a full moon*

*Women in my dreams
Are able to feel
What they will never
Be able to feel
Outside of a dream*

-Rachel Wang





The Knight's Table



Social Emotional Awareness Leadership



Est-2019

March is month of optimism. A small note expressing appreciation for someone can say much. Tear a slip from below and surprise someone who could use some encouraging words this month. In this way, you can positively affect one another's lives. Even a single small act of kindness could be greatly appreciated by someone.

<p>☆ ☆ ☆ ☆ ☆ ☆</p> <p>Compliment Card</p> <p>To: _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>From: _____</p> <p>☆ ☆ ☆ ☆ ☆ ☆</p>	<p>☆ ☆ ☆ ☆ ☆ ☆</p> <p>Compliment Card</p> <p>To: _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>From: _____</p> <p>☆ ☆ ☆ ☆ ☆ ☆</p>
<p>☆ ☆ ☆ ☆ ☆ ☆</p> <p>Compliment Card</p> <p>To: _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>From: _____</p> <p>☆ ☆ ☆ ☆ ☆ ☆</p>	<p>☆ ☆ ☆ ☆ ☆ ☆</p> <p>Compliment Card</p> <p>To: _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>From: _____</p> <p>☆ ☆ ☆ ☆ ☆ ☆</p>
<p>☆ ☆ ☆ ☆ ☆ ☆</p> <p>Compliment Card</p> <p>To: _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>From: _____</p> <p>☆ ☆ ☆ ☆ ☆ ☆</p>	<p>☆ ☆ ☆ ☆ ☆ ☆</p> <p>Compliment Card</p> <p>To: _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>From: _____</p> <p>☆ ☆ ☆ ☆ ☆ ☆</p>



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

S.E.A.L. Team Members:

Ethan Carrique, Zia Chan, Yuan Yi Chen, Ian Cheung, Olivia Fagbemi, Alicja Filuba, Sophia Giannone, Rainie Lin, Nicole Lui, Zain Mokhtar, Irene Qiu, Juliana Trani, Rachel Wang, Elly Wu Feng, Iris Yan, Joanna Zhang, Vavin Zhao

Small S.E.A.L. Six

Tiffany Cen, Adam Chan, Ruixiang Cheng, Ziemowit Gralak, Matthew Fronshtein, Michelle Li, Boyu Lin, Xin Lan Lin, Joseph Jr Rodriguez, Michael Sapia, Enzo Toledo, Ethan Wang, Derek Wen, Sally Zeng, Jason Zheng