

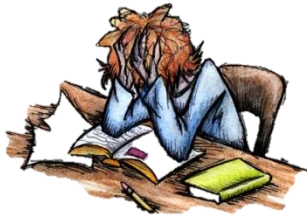


The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019

Stress Busters: Techniques to Crush School Stress



Picture this: Right before you leave your first class of the day, your teacher reminds you and your classmates about the assignment she gave you that is due next week. The assignment is to write an essay about a topic that you find fascinating and engaging. Then, when your essay is complete, you have to share it with the class.

Right when you leave the class, you start worrying and thinking that you won't find a good topic. When you get home, you start searching for a good topic because you fear that the topic you want to write about won't interest anyone. As days go by, you get more worried, not because you're afraid of not finishing in time, but because you're afraid of speaking in front of the class, afraid that your essay isn't good enough, and afraid of making a fool of yourself.

So, for the next few days, you're stressing out and trying to make your essay perfect. On the day your essay is due, you hand it to your teacher, and she says it's perfect and asks you to present it to the class. You stand in front, all eyes on you, and start reading. You keep messing up on words and have never felt so nervous before.

If you relate to this or have felt stressed out about school, you have school stress. So, how do you overcome this? The first step is to know that you aren't alone. 50% of students in middle school experience school stress. The next step is to make sure you get enough sleep so you can feel refreshed in the morning. Not getting enough sleep tends to cause slower brain waves in the frontal cortex, shortened attention span, higher anxiety, impaired memory, and a grouchy mood.

You should also make sure to exercise regularly. Being physically active can improve your brain health, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. You should also eat healthy meals. It gives you the energy you need to conquer the day! The last and most important thing is to be confident in yourself. You got this! If you're not confident, you lack self-esteem. Lacking self-esteem leads to negative thoughts and anxiety. Have you ever found yourself thinking about mistakes that you made in the past? Well, instead of thinking about what you did wrong, think about what you could have done right so you don't make the same mistake again.

Remember to be yourself. There is only one of you in this entire world, and that's what makes you special. Don't think about what you don't have; instead, be grateful for what you do have. Also, remember to keep your head held high, so you don't ever drop your crown.

-Emma Casella

"Believe you can and you're halfway there."
- Theodore Roosevelt



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It's the first day of school, and you're nervous. You feel like your heart is going to beat out of your chest. While walking to class, you see some friends in the hall and give them a hug or a "hi." Suddenly, you lose focus on going to class, and then you hear the bell ring! You snap back to reality, still feeling nervous and as if your heart is about to fly out of your chest at any moment!

If you feel this way on the first day of school, start by taking three deep breaths. Then, think about the new teachers you are going to meet and your new classmates who might become your best friends or just good friends. If this doesn't work, share your feelings with a friend you are close to or a teacher you trust.

They might be able to comfort you or give you some advice.

Being calm and confident comes with benefits like feeling more in control of your emotions and your life, better health, less stress, making a strong first impression, and more. Another way to stay calm on the first day of school is to talk to your parents beforehand. They know you best and are there to support you. Your parents might comfort you, give you advice, or share their past experiences. You might think it's "embarrassing," but it's really not. Your parents are there to take care of you and make you feel comfortable. So, when it's the first day of school and you feel like you have butterflies in your stomach, remember these tips to help make them go away!

-Alexia Carletta



"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose." – Dr. Seuss



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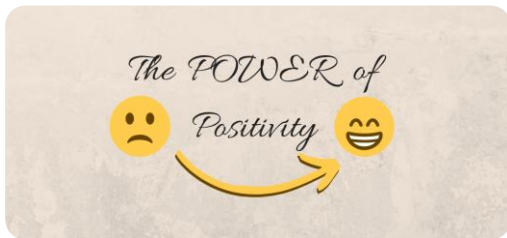


Social Emotional Awareness Leadership



Est-2019

The Power of Positivity: Boosting your Mood



In the world that we live in, it is important to keep a positive mood which can significantly impact a person's well-being, productivity, and physical health. These are the reasons why it is crucial to boost your mood and the various ways to accomplish this.

Mood is an important factor in our mental health. A positive mood can help in reducing stress and anxiety, leading to a sense of peace and calm. While negative moods lead to mental health issues such as depression. Some ways to boost your mood are through activities like mindfulness, meditation, or spending time with loved ones.

A positive mood leads to increased productivity and work ethic. When people are in a good mood, they tend to be more focused and efficient in their tasks. This increased productivity can help you achieve their goals. Boosting your mood through techniques like setting achievable goals and time management can be beneficial.

Mood and physical health are related. Negative moods can and will lead to negative health effects, including high blood pressure, weakened immune system, and cardiovascular issues. A good mood can have a positive impact on your physical health, by strengthening your immune system and your body as a whole. A person's mood also affects their interactions with others. A good mood can lead to better social interactions, which improves relationships and connects people. It is important to boost your mood not only for your own benefit but also for your relationships with family, friends, and colleagues. Keeping a positive mood can help your will to face life's challenges. A good mood is able to help you cope with stress and adversity. People with an optimistic outlook tend to be able to come back from setbacks and difficulties, which is just a few reasons why a good mood is important for resilience.

In conclusion, boosting your mood is very important to boost overall well-being, mental and physical health, productivity, relationships, and resilience. It is important in the modern world. There are numerous ways to boost your mood, including practicing by meditation or relaxing. By making an effort to boost your mood, you have a happier, healthier, and more fulfilling life. Remember that making sure that you have a positive mood is a step forward in our own well-being and success.

-Jason Zheng

"You are braver than you believe, stronger than you seem, and smarter than you think." – A.A. Milne (Winnie the Pooh)



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School Days Are Here Again

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.

B S W E E L C O M T E T E O S
 A Y S O B N A C N K K N L R R
 C L S D N I I E B U S E U I E
 K L E G N H M T T S S W D E H
 P A L S S E N S U O V R E N C
 A B U U T L I P M O F L H T A
 C U R I U C P R Q R R Z C A E
 K S C N Z L E O F K O R S T T
 G X C X I K X O G C P F X I N
 E H K E K R O W E M O H I O Y
 B K S W V P T J L L T W X N G
 I N T R O D U C T I O N C Q U
 S N O S S E L P R E C E S S B
 U C L A S S R O O M R Y T W A
 Q F J K U U D W V K Z F B J Q

- Backpack
- Excitement
- Introduction
- Nervousness
- Recess
- Schedule
- Teachers
- Bus
- Friends
- Lessons
- New
- Routine
- Supplies
- Uniform
- Classroom
- Homework
- Lunch
- Orientation
- Rules
- Syllabus



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

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