



The Knight's Table



Taking Care of Mother Earth: Environmental Responsibility

Our planet, also known as “Mother Earth,” provides us with the air we breathe, the water we drink, and the land we live on. It’s very important that we acknowledge our environmental responsibility to care for our home as it cares for us. There are various ways we can help the earth, and in this essay, we will explore the importance of caring for and protecting our planet.

One problem with our planet today is pollution. Pollution comes from various sources such as factories and vehicles, and it affects our environment in many ways. For example, air pollution can damage crops and trees. It’s not just the plants that suffer; our health is also at risk. To reduce pollution, we can plant more trees, which help clean the air, and turn off lights when they're not needed to save energy.



Another problem our planet faces today is climate change. Climate change refers to the long-term change in the average weather patterns. It causes intense droughts, storms, heat waves, rising sea levels, melting glaciers, and warming oceans, all of which harm animals and make it harder for humans to live. To help prevent climate change, we can learn to recycle more and eat more vegetables, which require fewer resources to produce than meat.

In conclusion, taking care of Mother Earth is our shared responsibility. We must recognize the consequences of our actions if we don’t strive to make better choices to make our environment a better place. By working together and making small changes in our daily lives, we can protect and preserve our planet for future generations.

-Erik Lin





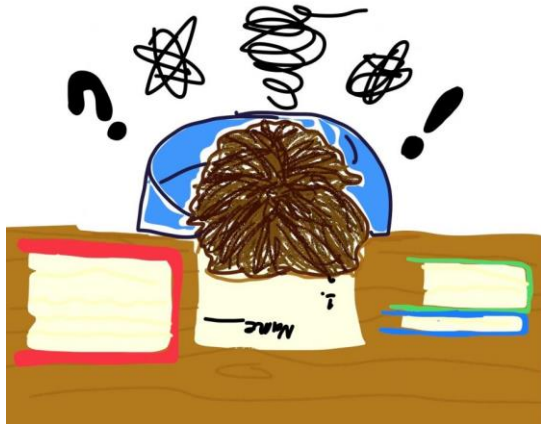
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Stress-Free Studying: Effective Exam Prep Strategies

Exams can be stressful for students, but there are several strategies to help relieve that stress and improve your performance. The first and most important strategy is to study effectively. Regularly reviewing your material not only helps reduce stress but also boosts your confidence. You can start by going over extra tests or practice questions that are similar to your exam's topics. This will give you a better understanding of what to expect on the exam.

However, studying doesn't have to be a solitary activity. Studying with a friend can make the process more enjoyable and productive. Set a study schedule and stick to it, making sure to study a little bit each day. This consistency helps reinforce what you've learned and prevents last-minute cramming.

After your study sessions, reward yourself with something you enjoy, like playing games or relaxing. These rewards can motivate you to stick to your study plan.

It's also crucial to balance your study time with relaxation. Overstudying can actually increase your stress levels, so make sure to take breaks and spend time with friends or doing activities you love.

In addition to studying, taking care of your physical health is essential. Make sure to get enough sleep each night, especially before the exam, so your body feels rested and energized. Eating a healthy breakfast on the day of the exam is also important. Taking a test on an empty stomach can affect your concentration and performance. By following these strategies—effective studying, balancing study with relaxation, and maintaining good physical health—you can reduce stress and feel more focused and prepared for your exams.

-Adrian Chow





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April Adventures: Exploring New Hobbies and Passions

Maybe at a certain time, you feel bored and want to explore something new. Well, you're in luck because today I will introduce you to a whole new world of hobbies and new passions.

First off, let's talk about sports.

There are a huge variety of sports, including popular ones like basketball, soccer, baseball, and tennis. Sports are great fun to play with your friends, family, and even with new people you meet. They are also very beneficial to your health, helping you stay fit and active. Plus, playing sports can teach you valuable skills like teamwork and discipline. Who knows, you might even become a professional athlete in the future! However, if sports aren't your thing, that's okay too! You can also try learning to play musical instruments like the piano, cello, violin, xylophone, or trumpet.

Music is a wonderful way to express yourself and can be incredibly rewarding. If playing instruments isn't appealing, you can try your hand at creative activities like painting, drawing, or even animation. These arts allow you to showcase your creativity and produce something unique. If you find that you're not particularly good at these activities, there are still plenty of other options. You might enjoy reading, which can transport you to different worlds and introduce you to new ideas. Playing chess is another excellent hobby; it's a great way to improve your strategic thinking and problem-solving skills. As you can see, there are many ways to enjoy and have fun. Keep in mind, you don't have to pursue these hobbies alone. You can play sports with your friends, create music together, or even collaborate on a piece of art. Sharing these experiences with others can make them even more enjoyable. If none of these activities appeal to you, consider asking your teacher or friends for more suggestions. So, get out there, and have some fun exploring new hobbies and passions!

-Eric Lin



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UNSCRAMBLE THE TILES TO REVEAL A MESSAGE.

- ✓ Each tile is used only once.
- ✓ Use spacing, punctuation and common words to find adjacent tiles.
- ✓ Some words may be split into two lines.

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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)

