



The Knight's Table



Gifts That Truly Matter



Have you ever received a gift? Or better yet, have you ever given one? You're probably thinking, "Yes, I get gifts all the time for holidays and birthdays, and I always give others gifts for the same occasions." But here's another question: are those gifts meaningful, or do you just exchange them because it's customary? You might not admit it, but that's often the case.

When I hear the word "gift," I envision a beautifully wrapped present with a big bow on top. However, I know that what truly matters is what's inside, just like with a person—the inside is what counts. Your excuse for not giving a meaningful gift might be, "I tried, but I couldn't think of anything." After reading this, I hope you'll change your mindset because if you know someone well enough, you can find them a great gift, even if they seem to have everything.

Here are some important steps to help you find a great gift. Remember, the cost of the gift doesn't matter—it could be worth \$1,000 or nothing at all.

Step #1: Consider the person's hobbies. Start by making a list, which will be helpful for the next steps.

Step #2: Think about what makes them unique and their positive personality traits.

Step #3: Ask yourself if this person needs anything. Sure, someone might want a new pair of sneakers even if they already have twenty pairs, but such a gift isn't truly meaningful. It likely won't touch their heart or show that you care deeply.

Step #4: Use technology. Go online and look for items that match the things on your list. Narrow it down to the top five things in each category to make it easier. Also, handmade gifts are always a thoughtful and sweet gesture.

The next time you're looking for a gift, try to follow these four steps. If you do them right, the person receiving the gift will be very happy.

-Maria Katsaros



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Social Emotional Awareness Leadership



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Acts of Kindness:

Giving Back During the Holidays

GIVING BACK DURING THE HOLIDAYS

During the holiday season, it's not just about getting presents—it's also about giving back to others. Acts of kindness, big or small, can make a big difference in someone's life. Let's explore some simple ways you can spread kindness during the holidays.

One way to give back is by volunteering your time. You can help out at a local soup kitchen, animal shelter, or senior center. Even just an hour or two of your time can brighten someone's day and make them feel valued and appreciated.

Another way to show kindness is by donating items to those in need. You can gather up old clothes, toys, or books that you no longer use and donate them to a charity or organization that helps people in your community. Your donations can bring joy to someone who may not have much.

You can also spread kindness by performing random acts of kindness. Hold the door open for someone, help a classmate with their homework, or compliment a friend on something they've done well. These small gestures can have a big impact and make the world a better place.

One of the most important ways to show kindness during the holidays is by spending time with loved ones. Take the time to appreciate the people in your life and let them know how much they mean to you. Whether it's baking cookies with your family or playing games with your friends, cherish these moments and make memories that will last a lifetime.

Remember, kindness doesn't have to cost anything. It's the thought and effort behind the gesture that truly matters. So, this holiday season, take the time to spread kindness wherever you go. Whether it's through volunteering, donating, or simply being kind to others, your actions can make a difference and bring joy to those around you. (yay!)

-Emily Liu



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Balancing Screen Time and Exploring New Activities



Do you have a phone, iPad, laptop, or any device? If you do, which I'm sure you do, I'd assume you're quite attached to it. The internet and technology are incredible innovations that improve daily. However, they shouldn't dominate your life. There is so much more to explore outside the online world that you may not even realize you like yet! New hobbies like sports, playing an instrument, and many other activities can be discovered just by stepping outside! Also, being online all the time isn't healthy. It can cause various health problems because all you do is sit around. Although sometimes it's okay to be on the internet, it's important to balance your screen time, especially during breaks.

To begin, excessive online time isn't good for your mental or physical health and can also affect your social life.

Let's start with mental health. Spending too much time online can affect your attention span, turning you into an internet zombie. It can make you feel like you "need" the internet, and sometimes it can even lead to depression, which I'm sure you wouldn't want. Unbalanced screen time isn't just unhealthy for your mental health; it also affects your physical health. Being online too much can lead to weight gain and other health issues. The internet can also destroy your social life, leading to social isolation. Too much device time can ruin your social relationships. Therefore, balancing your screen time will benefit you greatly and help avoid these problems.

It doesn't end there. If you can get off the internet and explore the outside world, you may discover something new! For instance, many people find sports incredibly thrilling and fun. Sports not only provide enjoyment but also offer health benefits, helping you get exercise and improve your teamwork and skills. You might discover you're good at them, making it even better for you. Other activities include playing instruments or simply hanging out with friends. During breaks, balancing screen time is crucial. Try incorporating exercise and new hobbies into your routine. Not only will this keep you healthy, but it will also enrich your life in ways you might not expect. So, take the opportunity to explore new interests and enjoy the benefits of a balanced lifestyle.

-Erik Lin



Time Limit



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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.

n s	r y t	i s	u t	a n	e g g "	e ;
g i v	n o t	r e a	t s	" k i	i f t	y o h i n
c o s	e v e	t h	e s s	m e a	g b u	c i t
t g	n d n	t e s	h i n			



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