



The Knight's Table



Social Emotional Awareness Leadership



Est-2019

Celebrating Differences

Embracing diverse traditions and holidays



As we enter our holiday season once again, we get to experience the warm and joyful feeling of being able to spend time with our families and friends. But when you hear the phrase “Holiday Season,” what do you think of? Maybe you thought of a holiday like Thanksgiving or Christmas. Or maybe you thought of drinking hot chocolate and ice skating with others; but the holiday season is so much more than just that! People from all over the world celebrate the holiday season differently, with different traditions, activities, and ideas. Let’s delve into how people from around the world uniquely observe their holiday season!

First, let’s take a trip to the Philippines! In the Philippines, people tend to celebrate much earlier than others, with some having their decorations up in September and won’t be taken down until January! A common tradition during the Filipino holiday season includes “Noche Buena.”

Translating to “Good Night” in Spanish, the tradition consists of friends and families gathering together to enjoy one another’s company as well as a big feast with dishes like lechon (roast pork), pancit (noodles, representing a long life), hamon (a traditional type of “Christmas” ham), and more! Next up, let’s visit how people celebrate the holiday season in Germany! In Germany, people often gather for festive meals with eats like roast goose, red cabbage, and dumplings; as well as enjoy a common treat called Stollen, or fruitcake. Moreover, Germans highly value their Christmas markets during the holiday season, where people come together at bustling gatherings in town squares and city centers during the Advent season and shop around for decorations, seasonal treats, handcrafted gifts, clothing, artwork, etc.

Overall, different nations on our planet Earth present different ways of celebrating the precious holiday season, whether it’s the food they eat, the activities they engage in, or the people they gather with. Regardless of our differences, it’s important to respect everyone’s traditions and cultures, no matter how different it may be or how strange it may seem. At the end of the day, the holiday season is about the people we choose to spend our time with, the memories we get to make, and the fun we experience.

-William Chen



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Compassion and Generosity

Understanding the value of giving and being empathetic during the holiday season.



December is filled with festive cheers as you feel the Christmas spirit. Christmas is often associated with exchanging gifts. Whether it's playing Secret Santa with your friends, buying thoughtful presents for family, or surprising loved ones with something special, it makes the holidays so much fun. Gift-giving is one way we can express our appreciation to those around us. It's these moments that can make this time of the year memorable, allowing us to continue cherishing them.

It's the thought that an individual puts into something important, whether it's giving all of their allowance towards purchasing something for you or taking a little bit of time out of their life to make something for you. They are just as precious as being someone who puts effort and thought into your present. The real worth of giving cannot be measured by the price tag but by the kindness and intention behind it.

It's about loving others enough to put in the time and effort to find something they like or it can be through the time you put in to make something homemade. During this season, generosity goes beyond material things—it's about sharing our time and our hearts with those around us.

Compassion toward others has a ripple effect that lasts. Every act of giving matters in one's own life and our life as well. It may have a ripple effect and sometimes inspire others to do the same, bringing with it the feeling of the holiday. Small gestures such as being a help to the neighbor, a smile for a stranger, or a donation to charity remind one that they are in this together as people. December is the time when we need to be kinder and more understanding than ever since it's the time people are most lonely. And so even the smallest act of kindness is important. When we lead and love with heart, we inspire others to do the same—share the joy and spirit of the holiday season in ways that reach far beyond the season.

Kindness also determines who we are as a person. Each time we choose to act with empathy and compassion, we not only stand by our values but who we are as a person. Let's make this season not just about what we give, but how we give.

-Esther Chen



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Social **E**motional **A**wareness **L**eadership



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Feelings

DOUBLE PUZZLE

Unscramble the shuffled words to meaningful words and reveal the message!

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

Elisabetta Berardi, Alexia Carletta, Esther Chen, William Chen, Maria Katsaros,
Kara Manuela-Cruz, Grace Zhang (8th grade)

Lily Ana Catalano, Riley Dubois, Hana Durgut, Michelle Huo, Stacy Katsaros, Aila Kuka, Leilani Quintana,
Amelia Tuzzolino, Aubrey Wong, Heidi Youssef, Keqing Zhao (7th grade)

