

March 10, 2025

Rise and shine, I.S.201! This is William Chen of class 752 here speaking to you for today's Motivational Monday on behalf of the S.E.A.L Team.

Today is March 10, which is also the start of Nutrition and Hydration Week! The goal of this week is to make sure that we get a fair balance in what we eat and to make sure we eat an adequate amount as well. Whether you're at home or outdoors, don't let the food you're provided with go to waste or give it up for granted. Millions of people around the world suffer with malnutrition every day and some may even starve, due to a lack of resources or circumstances. Because of this, try to prioritize managing what you eat and drink this week, and to appreciate the food you get to consume every day.

Thanks for listening and have a Make a Meal Monday 😊

SEAL Team pledge:

We are the Dyker S.E.A.L. Team

Positivity is our dream

We teach it every day

To help others live the optimistic way

We learn to control our emotions and feelings

So, we always have effective social dealings

No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile

When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

