

September 13, 2023

Good morning, I.S.201! My name is Sophia Giannone from class 831 and I'm here on this Words of Wisdom Wednesday, and many more to come, on behalf of the SEAL team.

Every Wednesday I'll be speaking to you all with some words of wisdom that you can hopefully follow in the future. With a new year just starting, it might be overwhelming, exciting, or maybe some feelings in between! Whatever it may be that you're feeling, it's completely normal.

A new school year means new beginnings, new adventures, new friendships, and new challenges. It's even a chance for a fresh start. So, this school year let's all try and be the best version of ourselves. It doesn't matter if you're in 6th, 7th, or 8th grade, we should all strive to be better people than we were last year. It could be hard, but from the wise words of Frank Sinatra, "Take a deep, pick yourself up, dust yourself off, and start all over again."

Thank you all for listening, have a Wonderful School Year Wednesday!

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

