

January 11, 2024

Good morning I.S 201! It's Joanna from class 851 and I will be with you for our S.E.A.L Summaries this year on behalf of the S.E.A.L Team.

“Never give up.” You’ve probably heard this phrase millions of times before. Possibly when you're feeling defeated while playing a sport, or frustrated that something isn't going your way, someone would tell you, “never give up”.

It's important to know not to give up on yourselves, to give yourselves a chance, and keep on going. Improve yourself to be the best person you can be, and if you're not that person right now, keep trying until you're satisfied with yourself. Have confidence in yourself and believe that you have the ability to do it.

Thank you for listening and have a Forever Persevering Friday 😊

The affirmation of the day is: “I will not assume.” As some wise guy said, “Before you ‘assume’, try this crazy method called ‘asking’.” Assuming comes very naturally, so even though we often forget, it's important for us to remember to not assume in any situation.

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

