

March 4, 2022

Good Morning Dyker!! It's Jessica Mesiha with the S.E.A.L. summaries of the week! As you all may know this month we celebrate Women's History Month. We commemorate and observe the vital role of women in history. We acknowledge the contributions that women have given to society throughout the years. This month seeks to give credit and recognize the women who have changed the world in so many different ways.

Women perform so many roles such as, being a wife, a mother, an organizer, administrator, director, economist, teacher, health officer, artist and the person in the family keeping everyone all together etc... Apart from it, women also play a key role in the development of society. I'd like to read a quick poem by Rupi Kaur an Indian-born Canadian poet and author.

We all move forward when  
we recognize how resilient  
and striking the women  
around us are.

This poem is a strong statement telling us how amazing women are. It's important to have strong women as role models around you to lift you up when things looks impossible. Their strength and guidance shows us how to be the best version of ourselves.

Now at this time I want to recite the SEAL team cheer! Please say it with me...

March 11, 2022

Good morning Dyker! It's Jessica Mesiha with the SEAL summary of the week. Did you know today is SEL day. Which is an acronym for social emotional learning. SEL day is an annual event held on the second Friday in March. It promotes social emotional learning in schools and communities all around the world.

SEL teaches us how to communicate and relate to people. It also teaches us how to really listen, build relationships, and value others. Social emotional learning help us achieve personal and interpersonal success. We should try to improve our SEL skills because they allow us to grow socially and academically. Our Dyker SEAL tries to promote these ideals and spread positivity throughout our school community. Take this day to really listen to a friend, lift someone's spirit with your kind words or offer a helping hand. Keep this in mind as we recite the SEAL team cheer together. Here we go...

-Recite

That's it for today's SEAL team summary. I hope each and every one of you have a fantastic Friday and an awesome weekend.

March 18, 2022

Good morning Dyker!! It's Jessica Mesiha from the SEAL team with the summary of the week!

As you all know, yesterday was Saint Patrick's Day. March 17th, is the feast of St. Patrick and marks the date of when the Irish patron died. The celebration commemorates St. Patrick bringing Christianity to Ireland and is known as a day of luck. It celebrates the Irish culture in general. We're told to find four leaf clovers on this day for many reasons. One is, the leaves of the clover stand for faith, hope, luck and love.

Have faith that things will get better.

Hope for the best.

Believe luck is what you make of it.

And love yourself no matter what.

Another cool day that past this week was Pi day. Pi day is celebrated every year on March 14<sup>th</sup>, for the obvious reason- 3/14 resembles the famous first few digits of pi: 3.14. Pi is a never-ending number with no repeating patterns. We used to calculate the circumference of a circle. But, seriously, I need to stop with the Pi Day. You probably heard about it like 3.14 million times this week.

That's all fun facts for now, let's get into the SEAL team cheer!  
Here we go!

-Recite

Thanks for listening to the SEAL team summary of the week...  
Make sure to make your weekend sweeter with a slice of pie, and you'll hear from me next week Dyker!

March 25, 2022

Good Morning Dyker!! It's Jessica Mesiha with the S.E.A.L. summary of the week. As you all know the ELA state test is next week and you might be feeling the jitters. Don't worry the S.E.A.L. came up with the KNIGHT tips.

**K** -keep going back to find text evidence to support your answer

**N** - never give up on yourself -----you got this

**I**-if the question is hard, skip it and return back to it later, don't rush yourself

**G**-get enough sleep the night before the test

**T**-think positively and do your best

Don't stress, do your best, at the end of the day you will progress.

Let's keep these spirits up with the S.E.A.L. cheer

-Recite

Thanks for listening, have a restful weekend and a productive Friday.

## **DYKER CHEER**

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!