

December 9, 2024

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

As we are nearing the start of winter break, we are also entering exam season. Because winter break is nearby, we might tend to not care much about certain things and just want to jump straight into resting, but you have to keep your head up. Whether you're energetic or lethargic, hang in there and continue to try your best. Study for your tests and be ready for anything that may happen. Be confident in your ability to commit to your goals and your ability to achieve them. Don't ever give up on yourself and don't think that your life is over because of one bad moment. Be positive rather than talking negatively about yourself.

Affirmation of the Day: I am in charge of how I feel.

~ S.E.A.L Team Pledge ~

Thanks for listening and have a Meaningful 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

