

October 30, 2024

Good Morning I.S.201! My name is Esther Chen from class 752, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L Team.

As you may already be aware, today the 8th graders are taking the SHSAT exam which is a test dedicated to specialized high school admission. This can be stressful because you might be pressured to do well. Remember you've been practicing for this and your effort and hard-work will show.

When you feel the pressure just know that nerves are normal before an important test. Remember that this test doesn't define you. You've proven time and time again how resilient you are. Just do your best and your effort will show. You are more than capable of doing well.

Affirmation of the day: I appreciate my unique talents.

Thank you for listening and have a Will Do My Best 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

