

December 15, 2023

Good morning, I.S 201! This is Joanna Zhang from class 851, and I'm excited to join you for our S.E.A.L Summaries on behalf of the S.E.A.L Team.

Today is a special day – it's Bill of Rights Day, a day to celebrate our freedoms. The Bill of Rights, consisting of the first 10 Amendments to the U.S. Constitution, was signed on December 15, 1791. These amendments guarantee natural rights to all U.S. citizens and ensure legal protection. Now, 232 years later, we continue to honor these fundamental rights.

Every day, we exercise these freedoms, often without even realizing it. For instance, we freely express our opinions and beliefs, thanks to our freedom of speech and religion. The Bill of Rights empowers us to express ourselves and stand up for our values. It also provides other essential freedoms, such as freedom of the press, freedom of assembly, and the right to a fair trial.

As we go through our day today, let's take a moment to appreciate these rights that protect us and remember the importance of respecting these freedoms for everyone. It's a great reminder of how lucky we are to live in a country where our rights are protected.

Remember, your voice and rights matter, and today is a great day to appreciate and understand the freedoms we enjoy.

Thank you for your attention, and I wish you a Freedom Filled Friday!

Today's affirmation is: "Hold the door for someone." Let's practice kindness and respect in our daily actions.

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

