

December 13, 2024

Good morning I.S.201! This is Grace Zhang from class 732, here with you on behalf of the S.E.A.L. Team.

As we're approaching the start of winter, it's beginning to get really cold. Make sure to dress in layers! That way, if it starts getting hot in the classrooms, you don't have to worry.

Everyone knows that ice cream is a popular sweet treat to enjoy in the summer, but what snack is known to be enjoyed during the winter?

The answer is hot cocoa, and believe it or not, today is actually National Cocoa Day, a day that we can celebrate this wonderful drink that is typically made with cocoa powder, heated milk or water, and sugar. You can also choose to add toppings such as mini marshmallows or whipped cream.

Hot cocoa is already an amazing drink that will make you warm on a cold, winter evening. But how about you enjoy hot cocoa with a friend, or many friends instead. You can get together after school to enjoy a fun Christmas movie while sipping a mug of delicious hot cocoa.

The affirmation of the day is, "I am confident in my ability to handle challenges."

Thanks for listening and have a Flavorful Friday 😊

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

