

April 16, 2024

Good morning! It's Nicole from 851 and I'm here this Talk A lot Tuesday on behalf of the S.E.A.L Team.

Today is World Semicolon Day. A special day that is observed around the world to shine a light on mental health struggles and the importance of seeking help. On this day, people come together to show support for those who are battling mental health issues.

But what does the semicolon represent today? The semicolon stands for continue. It is used in writing to link two lines or ideas that are very similar and could stand on their own as full sentences but have the same meaning. In addition to being a part of grammar, the semicolon has taken on a greater meaning, especially when it comes to mental health. It's a reminder that life can go on even when things go wrong or when you want to end your story. It helps us remember that our lives aren't over, that there's more to come, and that the future can be better. Our lives go on even though things get hard, just like a statement doesn't end with a semicolon; it continues.

In the words of author Linda Grayson, "A semicolon is used when an author could've chosen to end their sentence but chose not to. The author is you, and the sentence is your life." This quotation perfectly captures the essence of World Semicolon Day by reminding us that, despite our worst circumstances, a better day is always possible. We show support for those who are suffering by coming together on this day, and we reaffirm our promise to help each other through life's challenges.

Thank you for listening and have a Together We can Conquer All  
Tuesday 😊

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

