

March 12, 2024

Good morning, I.S 201! This is Nicole from class 851 here for Talk a Lot Tuesday on behalf of the S.E.A.L. Team.

Today is Equal Pay Day. Equal Pay Day is an yearly observance that represents the ongoing problem of the pay inequality and wage gap between men and women. Fun fact -- the date itself symbolizes how far into the year women have to work in order to make as much money as men during the previous year. As such, this holiday usually occurs around March or September.

Why is Equal Pay Day important? Equal Pay Day educates people about the pay gap between men and women. The fight for equal pay between men and women dates back at least a century. There has been significant progress in many parts of the world, but the fact that women are still paid less than men for the same amount of work indicates that more effort is needed. Moreover, Equal Pay Day advocates for equity. Ensuring equity in professional fields is still a challenge. Today's holiday, alongside other international celebrations focusing on the same issue, is a reminder of this fact.

Keeping this in mind, what are some ways we can celebrate Equal Pay Day? First and foremost, educating yourself about the issue is always a good way to go. Researching up on and reading about the history behind the long

struggle for equal pay between men and women is the first step in understanding the importance of this day. You can also raise awareness for the cause in any way you can. Raising awareness can be done in various ways. Equal Pay Day is a demonstration intended to raise awareness of unequal pay. Therefore, finding opportunities to encourage others to learn more about its history as well as going out of your way to support the efforts would be the perfect way to celebrate Equal Pay Day.

Equal Pay Day is not only a reminder of this pay inequality between men and women, but also a reminder that we, as people, need to step up and do our part in helping combat this issue, even if it's just something simple like googling a Wikipedia article or posting about it on social media.

Thank you and have a Trip to Equality 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

