

October 31, 2024

Rise and shine, I.S.201! This is William Chen from class 752 here speaking to you for today's Motivational Monday on behalf of the S.E.A.L team.

Happy November! As we start this new month, let's keep our focus and give it our all in everything we do. It's a fresh start and a great chance to remind ourselves of our goals.

This week, each homeroom will be receiving their new THRIVE card, which focuses on mental health awareness. This month's card is all about taking a moment to relax, reflect, and recharge. Make sure to take this time seriously—it's a small moment in our day that can make a big difference.

Also, the November calendar has been posted, and the word of the month is insecurity. This month let's work together to understand what insecurity is and how we can overcome it. Remember, you are not alone, and we're here to support each other.

Both the November calendar and the evolution of our THRIVE graphic have been posted on the Grade Hub for everyone to see. Make sure to check it out.

And on that note, let's bring our best to today and every day. Have a Mighty Monday 😊

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

