

May 6, 2022

Good morning Dyker! It's Jessica Mesiha back with the S.E.A.L. summary of the week! This week as you all know is Teacher Appreciation. In celebration of Teacher Appreciation Week, the S.E.A.L. team wants to thank all the teachers for their hard work and dedication to their students. Now, I will read a poem written by an anonymous poet from the class of 2022.

The poem is entitled - "You are not just a teacher to me"

You are not just a teacher to me  
On the contrary, you are much more you see  
You are there every day to teach me how to be  
You are smart, friendly and carefree  
Many say you inspire dearly  
You will never know how much you mean to me  
Thank you for accepting me completely  
You will never be forgotten, that's a guarantee

Now it's that time- take out your SEAL team cheer so we can all recite it together... Here we go!!

-Recite

That's it for today's SEAL team summaries... Have a great day, and don't forget to wish your teacher a Happy Teacher Appreciation Day! 😊

May 13, 2022

Good Morning Dyker!! It's Jessica Mesiha from the SEAL team back with the SEAL summaries of the week! Today, I just want to talk about how kindness works because very recently the SEAL team had an assembly about the topic. Even though you'd think you knew everything about being kind, I just want to revisit it every now and then.

Kindness is and always will be one of the most powerful force for good that exists in this world. It causes other people to be kind. Being kind never grows old so please whenever and I mean **WHENEVER** you get the chance do something kind that could possibly bright up someone's day. Doesn't have to be big but just something that would allow you to see a smile.

Now, let's recite the SEAL team cheer! Here we go!

-Recite

That's it for today's SEAL team summaries... Thank you and you'll hear from me next week Dyker!

May 20th, 2022

Good morning Dyker! It's Jessica Mesiha with the SEAL summaries of the week. Today, which most of you may not know is actually a holiday. May 20th is China's second unofficial Valentine's Day. Don't you think that's pretty cool? Apparently, when you say 520 (which is the date May 20th) in Mandarin it sounds very similar to saying I love you. May 20th is a day to show a special someone you care. This could be in any way that doesn't involve you going all out and getting roses or chocolate. A simple hug, or an I love you will be just as effective.

Now it's that time of the day... let's recite the SEAL team cheer together. Here we go!

-Recite

That's it for today's SEAL team summaries... Tell someone you care about, you love them and you'll hear from me next week Dyker!

May 24th, 2022

Good morning Dyker! It's Jessica Mesiha from the SEAL team back at it again with the summaries. Today I want to focus on how to strive and work to be your personal best. This includes believing in yourself and allowing for you and you only to be your competition.

Working on your personal best means training yourself, like an athlete, working steadily to create changes in your work performance. Always working to improve yourself or make yourself better is a very important way of being your best self. Comparing yourself to others is never the answer to any of your problems. This is a waste of time and energy that could be better spent improving your own work and productivity. A far healthier alternative is aiming to exceed your own personal best, to strive to work at your maximum potential.

Here is a song to motivate you to be your best. I hope you enjoy! <https://www.youtube.com/watch?v=5OsYCUSIDEE>

That's it for today's SEAL team summaries... Tell someone you care about, you love them and you'll hear from me next week Dyker!

May 27, 2022

Good morning Dyker! It's Jessica Mesiha back with the SEAL summaries of the week! This upcoming Monday we have no school due to a federal holiday which most of you know to be Memorial Day. Memorial Day began first as Decoration Day, where veterans would decorate the graves of fallen soldiers. On Memorial Day the United States mourns and remembers the US military personnel who have died while serving the United States armed forces. A common mistake we make is confuse this holiday with another holiday we celebrate in November which is Veterans Day. Veterans Day is a holiday in which we honor all who served our country in the US armed forces.

Without the service of our soldiers we would not have the freedoms we have today. For that we should be grateful and give them the respect they deserve for the sacrifice they made and make daily to keep our nation safe.

With that being said, let's take a minute to recite the SEAL team cheer! Here we go!

-Recite

That's it for today's SEAL team summaries... Take a minute to remember all those who died serving our country on Monday, and you'll hear from me next week Dyker!

## **DYKER CHEER**

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!