

March 18, 2024

Good morning IS 201! It's Elly WuFeng from 851 speaking to you on this Motivational Monday on behalf of the SEAL Team.

March is Women's History Month! March is the month to celebrate and recognize the achievements and accomplishments made by women throughout history. On March 13, 1913, which is one hundred and ten years ago, the Women's Suffrage Parade took place, 8,000 women gathered in our nation's capital to demand the right for women to vote. About 7 years later, on August 26, 1920, the 19th amendment was finally passed, which granted women the right to vote. Thanks to the brave girls and women who came before us, women today are allowed to have a say in the government.

Women of all races have contributed significantly to the world as authors, politicians, activists, pioneers, and scientists. Just to name a few are Jane Austen, Shirley Chisholm, Malala Yousafzai, Amelia Earhart, and Tu Youyou.

A famous poem from Maya Angelou's book goes, "You may shoot me with your words, /You may cut me with your eyes, /You may kill me with your hatefulness, /But still, like air, I'll rise." We can all find advice from this quote when facing injustice or when someone tries to belittle us. Just like

how women throughout history have fought their way so bravely for freedom and equality. When they were thrown hateful words, they pushed through, when they were hurt again and again, they stood up, and when their ability was doubted, they proved themselves to be dauntless and strong. Women's achievements and contributions should not be celebrated just in March, it should be appreciated in our daily lives. By recognizing each other's works, we can all make the world a better place.

Thanks for listening and have a Matriarch Monday!

Affirmation of the Day-

"I should take time to think and reflect."

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

