

October 14, 2025

Good morning I.S.201! This is Heidy Youssef from 711 here with you this Talk a Lot Tuesday on behalf of the SEAL Team.

We're diving into another fun week, and guess what? Today is National Dessert Day, the perfect excuse to celebrate all things sweet and delicious! From cookies and brownies to ice cream and cheesecake, desserts come in all shapes, flavors, and traditions.

Did you know that many desserts have fascinating histories? For example, ice cream can be traced back to ancient China, where people enjoyed frozen treats made with milk and rice, and brownies first appeared in the U.S. in the late 1800s.

Around the world, every culture has its own special sweet like French macarons, Mexican churros, or Middle Eastern baklava.

Desserts aren't just about sugar they're also about sharing joy, celebrating milestones, and bringing people together. Think about birthday cakes, holiday pies, or even just sharing cookies with friends. Each treat tells a story and makes memories a little sweeter.

So as you go through your Tuesday, take a moment to celebrate life's "little desserts" whether that means enjoying an actual sweet treat, trying a new recipe, or even treating yourself with kindness. After all, every day is a little brighter when you add something sweet to it!

Like Eleanor Roosevelt, today's affirmation is, "*I help others believe in themselves.*"

Thanks for listening and have a Tasty Treat Tuesday 😊

Don't forget to turn in your keys of success we only have 29 out of 60.
It only takes 5 minutes out of your day to complete.

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

