

February 4, 2022

Good morning Dyker! It's Jessica from the SEAL team back for the summary of the week. Today I want to focus on a word. This word defines a person who hopes and believes that the best possible outcomes will occur even against all odds. They look for the bright side of things and focus on the positives rather than the negatives. The word is optimism.

An optimistic person tends to have an attitude with the tendency to appreciate all situations in life regardless of the outcome. We should try to be optimistic whenever things are looking grim. We should have that attitude that believes things can only get better. This positive mindset makes it that much easier to tackle a problem. Tackling a problem with an optimistic mindset will allow you to find a solution. If we have it in our head that we can succeed, the odds will be in our favor.

It's all about perception and perspective. With that being said I want to share a quote by Lucille Ball - "One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself."

Now, please take out your copy of the cheer so we can all recite it together.

-Recite

That's all for today's SEAL summary of the week! Have an amazing Friday, and try to be that optimistic person.

February 11, 2022

Good morning Dyker! It's Jessica Mesiha for the SEAL summary of the week. Today I want to focus on the phrase "Respect for All". Next week, from the 14<sup>th</sup> to the 18<sup>th</sup> schools across the city celebrate respect for all. That being said I want to take this opportunity to explain "Respect for All." Respect as defined in the dictionary means a feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements. In short, we need to consider and admire other people for who they are. We should respect each other's differences, abilities, and even disabilities, show empathy and understanding to all. Doing this would allow others to open up and feel comfortable around you. Especially during this time, we need to show compassion towards one another. By doing so, we make the world a better place for everyone. So let's keep this in mind, not only for next week but- EVERY DAY. Respect is a team effort. In order to get it you must give it!!!! So let's do it!!!

Now please say the SEAL team cheer with me! Here we go!!

-Recite

That's all for today's SEAL summary! Have a great weekend every one and enjoy the rest of your Friday!!

February 18, 2022

Good Morning Dyker!! This is Jessica from the S.E.A.L Team. This week the S.E.A.L. team wants to embrace Black History Month. I would like to share with you a poem written by Langston Hughes

Langston Hughes was an African American poet who became famous for his works during the Harlem Renaissance. The poem Dreams that I will be sharing today is about the importance of holding onto to dreams regardless of life's adversities. We need to have a goal to strive for. Because the dreams we have for ourselves gives us the hope that things will get better and that we are able to overcome obstacles.

Dreams written by Langston Hughes-

Hold fast to dreams  
For if dreams die  
Life is a broken-winged bird  
That cannot fly.  
Hold fast to dreams  
For when dreams go  
Life is a barren field  
Frozen with snow.

Thank you for listening. Now let's recite our cheer together!

## **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!