Good morning, I.S. 201! My name is Celine from class 814, and I'm here on behalf of the SEAL Team for this Thoughtful Thursday.

This month's word of the month is sloth—and we're not talking about the slow-moving animal! Sloth means laziness or avoiding effort when we should be working hard. Whether it's in school, at home, or in our friendships, we should always try our best instead of putting things off.

Instead of being slothful, let's stay motivated, push ourselves, and make each day count!

As Benjamin Franklin once said, "Sloth, like rust, consumes faster than labor wears." This means that laziness holds us back more than hard work tires us out. So let's keep moving forward, put in the effort, and make today a great one!

Thanks for listening and have a Tenaciousness Thursday 😊

## 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

