

May 8, 2025

Good Morning IS 201! My name is Venice from class 851, and I'm here on behalf of the SEAL Team for this Thoughtful Thursday.

Today is Better Sleep Day, or in other words, fix your sleep schedules and get more sleep. Most of us like to stay up late watching YouTube, texting friends, or just lying in bed doing nothing. But sleep is super important. It helps us focus better in school, boosts our memory, and keeps us in a good mood. Kids 11-14 should be getting around 8 to 10 hours of sleep every night. I know it sounds like a lot, especially with homework and activities, but even just trying to sleep earlier by 15 or 20 minutes can help. So tonight, challenge yourself to put your phone down earlier. Let's all try to make sleep a priority, not just today but every day.

Thanks for listening and let's have a Tons of Rest 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

