

November 17, 2022

Good morning! It's Irene Qiu from 731 and I'm here this Thoughtful Thursday on behalf of the S.E.A.L Team.

Today is test day for the knights in the eighth grade. The SEAL Team sends its best wishes for success on the SHSAT test. Although taking a test can be stressful, we think you'll be able to give it your all. Take a minute to breathe if you start to feel overwhelmed during the exam so that you can refocus. When you take a moment to breath, you'll be able to calm your anxiety and perform at your best.

Don't worry, as the saying goes. Do your best and forget the rest.

Thanks for listening have a Take Your Time to Succeed 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

