

April 15, 2024

Good morning IS201! It's Elly Wufeng from 851 back with you on this Motivational Monday on behalf of the SEAL Team.

It's Monday, which means its time to kickstart a new week of learning and growth. A shoutout to the sixth and seventh graders- great job on completing the ELA state tests last week! Additionally, today is the first day of the New York State Test for the eighth graders! As you get ready for the state test, remember that you've got all the tools to conquer it! As Winston Churchill once said, "Success is not final, failure is not fatal; it is the courage to continue that counts." As much as how hard you worked for this, remember this single test does not define your worth. What truly matters is your resilience, your experience, and your determination to keep moving forward regardless of the challenges. So today, think of every question as a challenge that awaits to be conquered, with every mark you make you're going to show your brilliance. April is also Stress Awareness Month! Stress is a more than common feeling people can experience in life, especially on a day like the state test. But what's important is to not let your stress overwhelm you. You are in control of how you react to stress. Stress Awareness Month raises acknowledgement about not overlooking stress, and pay attention to its cause and effects instead. Stay focused, stay positive, and remember you've got everything you need to rock this test!

Affirmation of the Day-

"I'm grateful for my siblings."

Thanks for listening and have a Mellow Monday!

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

