

October 26, 2023

Good morning! It's Jason from 752 and I'm here this Thoughtful Thursday on behalf of the S.E.A.L Team.

It's important to understand and manage our emotions. Remember, our feelings are natural, but how we respond to them can make all the difference.

In the words of the great Maya Angelou, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Let's take a moment to think about that. Today, as you interact with classmates, teachers, and staff, consider the impact of your words and actions. A small gesture of kindness, a smile, or a word of encouragement can brighten someone's day.

Thanks for listening and have Together with Thrive Thursday 😊

PS: Attention 6th graders: During period 3 today, you will be attending an assembly presented by the SEAL Team. Please meet your teachers and they will escort you to the assembly. We have a lot in stored for you all!!!

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

