

November 3, 2023

Rise and Shine! It's Joanna from class 851 here with you for our S.E.A.L
Summaries on behalf of the S.E.A.L Team.

It's the first week of November, the weather's getting cold (well pretty much freezing actually), and the first marking period is ending soon. Some of us may have had a bad start to the school year, you might've gotten a bad grade on an assignment or test, or maybe you missed an opportunity to do something that you wanted to do. Nonetheless, as we dive deeper into the year, we should work to improve our grades, and strive to achieve our goals. But you might ask, how do we do this? In order to do this, we need to have positive and productive work ethics and habits.

A work ethic is an attitude of determination and dedication toward one's job. As today is also National Cliche Day, here are some cliches about work ethics and habits that you may have heard before. Henry Ford says, "Chop your own wood and it will warm you twice." This means that if you work towards something, the journey that you go through to achieve it is already rewarding in itself. Alex Morgan says, "Keep working even when no one is watching." This saying is about having integrity and doing the right thing even when no one is there to see you do it. And, as Michael Jordan once said, "I never feared about my skills because I put in the work. Work ethic eliminates fear. So, if you put forth the work, what are you fearing? You know what you're capable of doing and what you're not."

Thanks for listening and have a Finish Strong Friday

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

