

November 17, 2023

Good morning I.S 201! It's Joanna from class 851 with you for our S.E.A.L Summaries on behalf of the S.E.A.L Team.

It's amazing how 2 months of the school year have already flown by, the first marking period has already ended, and thanksgiving, along with a four-day weekend is coming this coming week! Sometimes it feels like time is flying past our fingertips, and unable to grasp, but at other times, it feels like our day is dragging, and everything is happening in slo-mo. We keep checking the time, and get a hopeless feeling that something is never going to happen because the time is passing so slowly.

Here's a quote from Harvey Mackaym, "Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it you can never get it back." Time is a valuable tool that should be spent wisely. A lot of the time, we underestimate the vitality of time and end up wasting it. I know we all find ourselves in a situation where we know that we need to get something done, but end up procrastinating instead. Doing things like playing games, can wait, but time will never wait for us.

Thanks for listening and have a Feel Productive 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

