

March 20, 2024

Good Morning! It's Zia from class 851 here for Words of Wisdom Wednesday on behalf of the S.E.A.L Team.

Yesterday was the Spring Equinox, or the first day of spring. The word equinox comes from the two latin words meaning night and equal. This equinox is traditionally marked as a time for rebirth and renewal. Due to this, many cultures have seen this day as the first day of the new year.

The spring equinox marks a historic time of year when the season changes. It signals a moment when the sun is directly over the Earth's equator. As the earth's axis and its orbit align, both hemispheres get equal amounts of sunlight. This is the only time when both hemispheres experience close to 12 hours of daylight and darkness.

As some people believe, the fresh and warm energy of the spring equinox has the power to make us feel alive and inspired. It helps wake our spirit with new ideas and dreams, and gives us a bigger sense of peace.

Affirmation of the day- I trust that my dreams will come true.

Thanks for listening and have a Welcome Spring Wednesday!

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

