

May 1, 2023

Good morning IS 201! It's Elly from class 751 speaking on behalf of the SEAL Team, on this Motivational Monday.

Goodbye April showers and hello May flowers! Welcome to the month of May and "may" the coming month bring happiness and achievements to us all. May is Asian Americans and Pacific Islander Heritage Month! The month of May remembers the first Japanese immigrant to the United States on May 7, 1843, and marks the completion of the transcontinental railroad on May 10, 1869, which is made of a majority of Chinese immigrants. Asians have contributed to our country and our world in invaluable ways as politicians, writers, scientists, architects and- in the athletic and entertainment fields. Just to mention a few are Dr. Chien Shiung Wu, Patsy Mink, Maya Lin, Amy Tan, and Tiger Woods. The famous ancient Chinese philosopher Confucius once said, "The man who moves a mountain begins by carrying away small rocks." This corroborates that to achieve something significant, we must break our task down into small parts. If you have a goal, don't just push yourself to achieve it. Break it into tiny steps and complete them one step at a time. Just like the actress Michelle Yeoh and the Asian Americans who built their way up to today, their achievements certainly did not happen with a snap. In fact, when Michelle Yeoh made history as the first Asian to win the Academy Award for Best Actress, also known as the Oscars award, she was 60 years old! She acted in numerous movies and

television shows and not only that but she also broke racial barriers and stereotypes.

Thanks for listening and have a Motivational 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

