

November 14, 2024

Good morning I.S. 201! I am Venice from 851, here on the behalf of the SEAL team for this Thoughtful Thursday.

Today is Loosen Up, Lighten Up Day, so take this as a reminder to relax! I know schoolwork can be stressful and tiring but remember to make time for fun. You're only in middle school, after all. If you get too caught up in schoolwork, you'll miss out on all the good times you can have at I.S. 201. Take breaks, hang out with friends, and maybe even start a new hobby. Strive to do your best, but not at the expense of your mental health.

As Danzae Pace wisely says, "Stress is the trash of modern life – we all generate it, but if you don't dispose of it properly, it will pile up and overtake your life."

Thanks for listening and let's have a Take it Easy Thursday 😊

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

