

January 10, 2025

Good morning I.S.201! This is Grace Zhang from class 732, here with you on behalf of the S.E.A.L. Team.

Today, I want to talk about perseverance, a term that's used a lot when attempting something difficult.

So, what exactly is perseverance? Is it similar to determination, or persistence? Well, they're extremely similar, but not exactly the same. While determination is about how much you want to achieve your goal, perseverance is your ability and the effort you put into achieving your goal despite how difficult it is. For example, someone might say that his or her perseverance is admirable.

So, when facing a challenging task, never give up, no matter how hard it is. Instead, persevere, because you will eventually succeed.

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

The affirmation of the day is, “I embrace forgiveness and understanding.”

Thanks for listening and have a follow through Friday 😊

