

December 22, 2023

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

Today is the last school day of 2023! The end of 2023 is fast approaching, and very soon, when we see each other again, it will officially be a new year.

In today's daily diction, we will be focusing on the saying- work hard, play hard. This means that there needs to be a balance between working, and playing. There's a time to work, and a time to relax. After working hard for the first 4 months of the school year, the 10-day long Winter Break is like a long-awaited gasp of fresh air. Spend time with your family & friends, and enjoy yourselves, have fun! It's important to get all your work done and enjoy your break. Don't procrastinate on your work, as it will always be on your mind and be building up as stress.

Now, less talk about work and stress, and let's all enjoy today. As we lounge in our cozy pajamas, let us ho-ho-ho our way through the school today, as the holiday spirit weaves its magic through all the way.

Thanks for listening and have a Festive Friday- Happy Holidays!
Today's affirmation of the day is: "I will invite someone new to sit with me during lunch or join my group."

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

