

February 2, 2024

Good morning I.S 201! It's Joanna from class 851 and I will be with you for our S.E.A.L Summaries every Friday on behalf of the S.E.A.L Team.

Today is February 2nd- also known as Groundhog's Day! Groundhog's Day is known for being the day in which Punxsutawney Phil, the famous groundhog, predicts if spring is coming or if there will be 6 more weeks of winter based on his shadow.

Here's a quote that will start off today, "No matter how long the winter, spring is sure to follow." Metaphorically, winter can be compared to the troubles that we often find ourselves in, and spring can be compared to the end of that trouble, or of our burdens being lifted. This quote states that no matter however long the winter, or the troubled times may be, spring, or the end of it, will surely come.

The affirmation of the day is: "I strive to be empathetic towards others."

Thank you for listening and have a Foresee a Better Tomorrow Friday ☺

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

