

January 26, 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.

We're going to start off today's daily diction with a quote by Mary Pickford, "You may have a fresh start any moment you choose, for this thing that we call 'failure' is not the falling down, but the staying down."

A lot of us may have had times where we considered ourselves to be 'failures', for one reason or another where we gave up on ourselves and deemed ourselves as unable to do something.

Today is the last day of the 2nd quarter marking period. This does mark an ending, and what's happened in the past, but it also marks a new beginning: the 3rd marking period. While this past marking period may not have gone that great for some of us, the upcoming marking period serves as a fresh start where we learn from our mistakes and strive for the best. While this is partly related to grades and how we all can improve, it also serves as a reminder that we all have chances to throw away our worries on our failures, get up, and keep on going. While we all have had our disappointments, struggles, failures, and have been let down before, we also have had, and continue to have opportunities to give ourselves our own fresh starts. We have the ability to continue working hard and doing our best.

To sum up today's SEAL Summaries, here's a quote from Billy Chapata,  
"Don't be afraid of new beginnings. Don't shy away from new people, new  
energy, new surroundings. Embrace new chances at happiness."

Thank you for listening and have a Fear No Fall Friday ☺

The affirmation of the day is: "I believe in a level playing field for everyone."

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

