

December 6, 2024

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

Have you ever experienced something so bothersome, that you dwelled on it for the entire day, or even week? Well, whatever the situation might be, from something as simple as forgetting to turn in an assignment, to something as major as failing a test, do not worry. The only thing worrying will do is make you even more stressed out. It will also cause you to start thinking about what else could occur because of it, which is something you definitely don't want.

Instead, take a deep breath, and try to find a solution to this problem. Relating back to the scenario where a test was failed, try going to the teacher and request ways you can boost your grade. Trust me, it is so much more efficient than standing there and making the situation even worse. Because as Roy T. Bennett, a famous author once said, "No amount of regretting can change the past, and no amount of worrying can change the future."

Thanks for listening and have a Forget Your Worries 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

