

**February 2, 2026**

**Rise and shine, I.S.201! This is William Chen of class 852 speaking to you for today's Motivational Monday on behalf of the S.E.A.L Team!**

**Today is February 2nd, which also happens to be Groundhog Day! Ever wonder whether we'll have 6 more weeks of winter or spring will arrive early? Well, ask Punxsutawney Phil! Punxsutawney Phil is the name of the groundhog used annually to determine whether winter will continue to thrive, or we could have spring soon. This tradition originated from German settlers in the 1700s who came to Pennsylvania and brought their seasonal superstitions with them. How it works is if Phil can see his shadow, then we can expect the chilly weather to continue. But if he happens to not see his shadow, we can expect warmer temperatures to appear shortly. Now although his predictions are only 30-40% accurate, it is still a fun and significant tradition to follow yearly. Take this quote from Hal Borland, "No winter lasts forever; no spring skips its turn." This quote indicates that harsh days are only temporary, and that happier times are inevitable.**

**Like Frederick Douglass the affirmation of the day is, “I believe everyone deserves freedom and respect.”**

**Thanks for listening and have a Midwinter Monday 😊**

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

