

April 9, 2025

Good Morning I.S.201! My name is Esther Chen from class 752, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L team.

There are about 66 more school days left compared to 180 days on the first day of school. Time flies which brings us to how we can manage our time better for the remainder of the year. As we near the end of the year, let's set goals to accomplish and study hard to end the year on a strong note. Let's finish strong as it is essential to take control of our time. Start by determining what needs your attention the most and focus on that task first. If something overwhelms you, break it up into smaller, achievable steps. Proper planning can make a difference by setting times for each assignment and staying on task. Remember, it's easy to procrastinate, but starting early will save you a lot of stress later on.

A solid plan can make all the difference, so try setting aside specific times for each task and stick to your schedule. Remember, it's easy to fall into the trap of procrastination, don't wait last minute, you will thank yourself later.

Affirmation of the Day: I let go of the need for excess.

Thank you for listening, and have a Wise Use of Time Wednesday 😊

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

