

September 19, 2022

Good morning IS 201! I'm Elly from class 751 and I'm back for another motivational message. Yay! I hope you had a fun and relaxing weekend. You probably don't know this. But on September 19, 1796, which is exactly 226 years ago. The farewell address of our nation's first president was published in a Philadelphia newspaper.

In his farewell address, George Washington stated several crucial points, like urging Americans to respect public opinions. With that being said, I would like to end this week's Motivational Monday message with an inspirational quote from George Washington.

"It is better to offer no excuse than a bad one." Please take a moment to think about the meaning of this quote. I personally feel if it's important to you, you will find way. If it's not, you will find an excuse. We should have no excuses, only executions.

Oops! Time's up. But before I go, I would like to recite the SEAL Team pledge with you together. So now please take out your mini pledge that's printed and cut by the SEAL team members.

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

... Thank you for listening and following along! The SEAL Team and I all wish you a rewarding and happy week! :)

