

June 14, 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.

The affirmation for today is, "I matter". This affirmation can be directly related to a person's self-awareness and self worth.

The way you view yourself shouldn't be negatively influenced by what others think of you. As someone wise once said, "Your value doesn't decrease based on someone's inability to see your worth." Not everything will be positive and some people may have negative perspectives about you, but don't let that affect how you feel about yourself. Having a high self-esteem or self-confidence is important for not just your mental health, but for general wellbeing.

To our 8th grade students who will be taking the Living Environment Regents exam today, good luck! We got this!

Thank you for listening and have a Faithful to One self's 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

