

September 27, 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.

Did you know that today is World Tourism Day? People all around the world love traveling to different places and experiencing new cultures. But today, let's talk about a different kind of trip – a trip away from stress and the everyday pressures of life.

The first World Tourism Day was held on September 27, 1980, which means it has been celebrated for over 40 years! While people often think of tourism as going to faraway places, sometimes the most important trip you can take doesn't require a plane ticket. It's about stepping away from your daily routine, taking time to relax, recharge, and find peace in your own space.

We all have busy lives with school, homework, and responsibilities, and sometimes it's easy to get overwhelmed. But taking a "trip" doesn't always mean leaving town. It could be as simple as going for a walk in the park, reading a good book, or spending time with friends and family. These little breaks can help us feel refreshed and ready to handle whatever comes next.

Before we wrap up, a quick reminder to all homeroom teachers: Please distribute the red folders and the THRIVE sticker of the month to your students. Also, be sure to check out the evolution graphic of the sticker on

your Grade Hub. Let's keep thriving and supporting one another as we go through this school year together!

The affirmation of the day is: "I will take a break from stress and create my own moments of peace, even if it's just for a little while."

Thanks for listening have a Feel-Good 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

