

October 8th, 2021

Hi my name is Jessica Mesiha and I'm from class 851 speaking on behalf of the S.E.A.L. team. We're going to be doing our announcements every Friday. So you'll be hearing my voice and some other member's voices who are part of the S.E.A.L. team on the loud speaker. I promise you it will be great and never!!

It's the end of the week- Friday in other words! That's thrilling. That means the weekend is tomorrow and we successfully managed to get through another week of academic learning! It's been one whole month since school started and I couldn't be any more proud of our progress at Dyker. We couldn't have done it without our amazing principal Mr. Ciulla, our assistant principals Ms. Tardugno, Ms. Veeramah, and Mr. Lombardo, our amazing teachers, and of course us, the students.

The S.E.A.L. team and I want to wish each and every one of you a happy and healthy Friday. Take this weekend to reflect on the week. Also make someone happy with little tasks such as holding a door for someone, or even assist your classmates if they can't figure something out. Anything!! Trust me this'll definitely lighten up your mood.

Well my time is up but, don't worry I'll be back for more next Friday till than be safe. S.E.A.L. summary out! (giggle)

October 15th, 2021

Hi guys! It's Jessica again from class 851 back with a message from the S.E.A.L. team! As you may know this Monday was Indigenous Peoples' Day or some may call it Columbus Day. Personally, I think of this day as a day of discovery, since it was the day of Columbus's arrival in the Americas! Discovery is a large word to unpack. It means to find something big or to be aware of something that no one knew before.

We as individuals discover something new about ourselves every day and that is something very interesting don't you think? In school we learn and discover new things. We can learn if we're introverts based on the amount we participate in class, or even extroverts. It's all something new that we might have never known until that very moment.

I have a task for all of you. I want you to try to discover something about yourselves and share it with someone. It may be a parent, sibling, classmate, friend from a different school, or even a teacher. This will definitely help all of us feel comfortable with each other because you never know maybe you have a common discovery with someone else!

I'd also like you to stop by the fifth floor whenever you get the chance and look at the Drippy art that has been displayed there. This art has been inspired by Jen Stark based on her color combinations and drip forms. This would mean a lot to me and to our very own art teacher Mrs. Pizzarello. Today I want to sign off with our S.E.A.L team cheer. Please take out your copy. Hopefully, as time progresses we can all recite it together-

October 22nd, 2021

Good morning Dyker! It's Jessica Mesiha again from class 851 to speak for the S.E.A.L team! I don't know about you but the season is changing very rapidly. Personally, I love this change. I prefer cold weather over hot any day and I think my home room teacher would agree with me on that! Along with the seasons changing, I feel we as humans are changing too!

Change is natural. I could tell you that I definitely changed without realizing it. I used to be a quiet and shy person and look at me now - making announcements on the loud speaker to the entire school. It's amazing and I'm proud of the change. I'm this whole new and different person and it's great. It surprises me sometimes! It's kind of scary too, but we have to deal according to these changes and learn that it's ok!! We have to all understand that it's good to change and that there is absolutely nothing wrong with you if you do change sooner rather or later! We are all blooming into amazing individuals!

Life can throw so many things at us but, we learn from them. Pick a change that you noticed about yourself. It could be either positive or negative, it doesn't matter really. Write it down if you can and just keep it in the back of your mind. Pointing out certain things that have changed is a great way in accepting this new you! It helps your self-esteem and overall makes you feel so much better about yourself!! I'm sure you are starting to get the gist but, that is all the time I have for today. I'll sign off with our cheer. Please get yours out and recite it with me!

October 29th, 2021

Good morning Dyker!! It's Jessica Mesiha from class 851 again and I'm back with another message from the S.E.A.L. team. Can you believe that it's already the end of October? This year is going by so fast and I can't even keep track of it anymore. I don't know about you but, personally I'm very excited for this weekend! Spooky season is almost over which means that Halloween is right around the corner. How exciting is that? The world is getting to the point where we can actually see each other and be safe as long as we are wearing our masks and keeping our distance for our safety.

The S.E.A.L. team wants to wish you a great and sweet Halloween weekend! Please remember to wear your spooky, funny, and safety masks, social distance, and be as safe as you possibly can out there!! Get into your craziest costumes and enjoy the night! But don't eat that much candy- we don't want you to get sick-you still have school on Monday 😊 Now as always I'd like to start off this weekend by reciting the SEAL team cheer. Please join me!

## **DYKER CHEER**

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!