

February 7, 2023

Good morning! It's Elly from class 751 speaking to you on this Talk a Lot Tuesday.

African Americans in the United States have fought for their freedom through long and difficult struggles from enslavement to citizenship. Black history month was established to recognize all the achievements that people of color have made. This month serves as a reminder that nothing is more powerful than a person who is deeply rooted in their past.

Numerous African Americans have contributed significantly to our world as pioneers, innovators, athletes, performers, and writers. Just a few to name are George Washington Carver, Jesse Owens, Rosa Parks, Fredrick Douglass, and Harriet Tubman. All of these individuals have had a significant impact on how society is today and have contributed greatly to the world.

To be free, according to Nelson Mandela, "is not just to throw off one's chains, but to live in a way that respects and improves the freedom of others." No matter what our race, gender, or religious beliefs, we should all

respect one another. We are all emotional beings who experience feelings. By showing one other love and respect, we can all work to improve the world.

Thanks for listening. The SEAL Team and I wish you all a Treat  
Everyone with Respect Tuesday! 😊

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

