

May 29, 2025

Good morning, I.S. 201! I'm Emily from 851, and I'm here on behalf of the S.E.A.L. Team for this Thoughtful Thursday.

Ever thought of climbing Mount Everest, but you don't think you can? I'm here to tell you that you can absolutely climb Mount Everest in the future, because my perspective is proven by a few people who have climbed Mount Everest:

- Mark lost both of his legs below his knees. You would think climbing Mount Everest would be impossible for him. I kid you not, you'll be wrong! Mark made it to the summit of Mount Everest using prosthetic legs, which was still a painful step-by-step process.
- Tamae was an old woman nearing her 70s. Now, you would think that she can't climb Mount Everest! You're wrong! At the age of 73, she was the oldest woman to climb Mount Everest.
- Jordan was 13 when he climbed Mount Everest. 13 sounds like a crazy age, but hey, if he can do it, you guys can too!

The overall message I'm trying to implement is how you can do anything, regardless of its hardships. Today is Mount Everest Day, and while

we celebrate these amazing people for their achievements on climbing Mount Everest, it's your sign to make goals and work towards them! As Sir Edmund Hillary once said, "It is not the mountain we conquer but ourselves."

Thank you for listening and have a Toward the Summit Thursday 😊

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

