

May 5, 2023

Good morning! It's Rainie from 731 and I'm here this SEAL Summary Friday on behalf of the S.E.A.L Team.

Today is May 5, also known as Cinco de Mayo. This day is a celebration of the Mexican army's win over the French army at the Battle of Puebla (pweh·bluh) on May 5, 1862. It's a day to celebrate strength and determination, since the Mexican army won even though they were outnumbered.

As we celebrate Cinco de Mayo, let's remember the words of Maya Angelou: "You may face many setbacks, but you must not be defeated. In fact, you may need to experience losses to learn who you are, what you can rise from, and how you can still get out of it. This is a reminder that setbacks and failures are normal parts of life, but it's important to keep going and not let them defeat us. Our mistakes should be our lessons that will make us stronger and wiser.

So, let's use this chance to be more resilient and determined in our own lives. Whether it's a hard test or a personal task, let's remember that we have the strength and ability to rise above it.

Thanks for listening have a Fierce-Determination 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

