

May 18, 2023

Good morning! It's Irene Qiu from 731 and I'm here this Thoughtful Thursday on behalf of the S.E.A.L Team.

Did you know that Today is National Notebook Day? Typically celebrated on May 18th each year, it's a day to celebrate the benefits of writing in notebooks and to encourage others to conduct this practice as well.

Writing in a notebook can provide an opportunity for students to reflect on their thoughts and feelings, express themselves creatively, and practice mindfulness and self-awareness. This practice can help students develop stronger social and emotional skills. As an American author and poet Maya Angelou once said, "I always carry a notebook with me. But I don't write in it until something inspires me." This quote highlights the importance of carrying a notebook with us and being open to inspiration in our everyday lives. It suggests that writing in a notebook can be a way to capture the small and unexpected moments of life and to find meaning and beauty in them. So today, grab a notebook and note a few things down that you find interesting.

Thanks for listening and have a Trusty Notebook 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

