

April 18, 2023

Good morning! It's Zain from 731 and I'm here this Talk A Lot Tuesday on behalf of the S.E.A.L Team.

Good morning everyone! Today is National Stress Awareness Day, a reminder to prioritize our mental well-being. As we prepare for the upcoming ELA state test, let us remember the words of American writer and philosopher, Ralph Waldo Emerson: "What lies behind us and what lies before us are tiny matters compared to what lies within us." Let us focus on our inner strength and knowledge, and not let stress or anxiety hold us back. Believe in yourself, use the strategies that your teachers have taught you, and know that you are capable of achieving success.

Thanks for listening have a Take Care of Yourselves 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

