

June 21, 2023

Good morning everyone! My name is Sophia from class 731 back to speak to you on this Words of Wisdom Wednesday on behalf of the SEAL team.

As the school year begins to come to an end, everyone is getting more excited each day for the last day of school. While summer is just around the corner and we all want to have fun on our summer break, we should also take into consideration how we can grow our minds over the summer to prepare for the next school year.

Simple actions you can do over the summer can increase your intelligence by great amounts, which will help tremendously for the next school year. Some things I recommend are: writing in a journal every day, finding a new academic related hobby, learning a new language, and practicing some everyday basic math. It might surprise you that we don't need to read thirty textbooks over the summer to be "smarter," but you can indulge in simple brain-teasers every day to keep your mind running.

Thanks for listening have a Thrive for Knowledge 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

