

January 31, 2025

Good morning I.S.201! This is Grace Zhang from class 732, here with you on behalf of the S.E.A.L. Team.

This coming Sunday is Groundhog Day. On this day, the handlers of the famous groundhog Punxsutawney (pung-suh-taw-nee) Phil will announce the upcoming weather report. If the groundhog emerges from his burrow and sees his shadow, he will retreat back into his burrow, which means we will have six more weeks of winter. However, if he doesn't see his shadow, that means that we will have an early spring.

This relates to reality, because similarly to Groundhog Day, in which we might or might not have an early spring, if something doesn't go as planned or takes a longer time, don't lose hope. If you're working on a task and it takes multiple attempts, you shouldn't doubt yourself. Instead, the right thing to do is to continue to persevere.

The affirmation of the day is, "I find peaceful solutions to my problems."

Thanks for listening and have a Follow-Through 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

