

September 12, 2024

Good morning! It's Katie Chan from class 831 and I'm here this Thoughtful Thursday on behalf of the S.E.A.L Team.

Did you know that today is National Hug and High Five Day? Today is a day to celebrate our accomplishments with a high-five or a hug, whether it's with friends or family. Sometimes a hug or a high-five can remind us of the things we've achieved and allow us to be proud of how much we've done, or how far we've gone. Also, today has been exactly one week since school started, so congratulate yourself and your peers for making it through the first week.

As we celebrate this day, let's remember to spread kindness and awareness with others. By indulging in small but meaningful gestures of support, we are spreading kindness to our peers. Therefore, let's take today as a day to remind ourselves of all the things we've accomplished, while also acknowledging and supporting others like friends and family with a quick but meaningful high-five or even a hug.

Thanks for listening have a Thoughtful 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

