

January 2, 2025

Good morning, I.S. 201! It's Katie from class 831, and I'm here on behalf of the SEAL Team for this Thoughtful Thursday.

Welcome back to school! We hope you all had a wonderful winter break and enjoyed spending time with family and friends. As we start the new year, let's take a moment to reflect on what we accomplished last year and think about the goals we want to set for 2025. Whether it's improving in a subject, being more organized, or trying something new, this is the perfect time to start fresh and work toward academic success.

Remember, small steps lead to big achievements. Stay focused, work hard, and don't be afraid to ask for help when you need it. Let's make 2025 a year to remember. Here's a quote to inspire you: "Success is the sum of small efforts, repeated day in and day out." Let's put in the effort and make this year a great one!

Thanks for listening and have a Time to Start Fresh Thursday 😊

Affirmation: I choose peace over anger.

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

