

December 19, 2022

Good morning IS 201! I'm Elly from class 751 and I'm back for my last motivational message for the year of 2022, on behalf of the SEAL team.

Woohoo! We've made it to the last week before Winter Break! With December coming to an end, that means we're also approaching the new year.

We will meet a lot of people throughout our life. However, just like what Eleanor Roosevelt said, "Many people will walk in and out your life, but only true friends will leave footprints in your heart."

You may have a lot of friends, but the ones who actually have a significant impact on you are the ones who mean the most to you. During times of lows and grays, there's got to be that friend or friends that are always by your side supporting you no matter what. They help you celebrate your achievements and provide help during bad times. You know what each other are thinking just by an eye contact. A true friend may not always be close to you. They may be in the classroom right now, or states away from you. But remember, you're far by distance but not by heart. No matter how long later, you will always remember that one friend or friends because

they're so special to you! They're a part of your progress of growing up. True friends will always have a special seat in your heart. The SEAL Team has a special task for you! Tell you best friends how much they mean to you and how you appreciate them. Isn't it a nice way to start this Meaningful Monday?

And now let's recite the SEAL Team pledge together-

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

