

October 2, 2023

Good morning IS 201! It's Elly Wu Feng from 851 here with you on this Motivational Monday on behalf of the SEAL Team.

Time sure flies by! I can't believe it's October already! It's a new month of the year and a new season too. As we progress into the tenth month of the year, we are also diving deeper into our academic tasks. Other than being known for Halloween and autumn, October is also associated with changes! From the weather to the leaves, October definitely sees lots of transformations. Throughout history, a lot of major events have happened just so during the month of October; in 1636 Harvard University was founded, the first motion picture was displayed in 1889, the United Nation was established in 1945, and Walt Disney World opened in Orlando, Florida in 1971.

I have one word to share with you today- deciduous. It refers to the process when trees shed of their leaves during the fall. But it has a deeper and more significance meaning than just that. Literally, deciduous means "the falling or shedding of leaves annually". You can be deciduous too! Wait- I don't mean for you to actually shed leaves, though. What I mean is, you can be a deciduous person. A deciduous person takes cues from the outside environment and make changes as needed. Deciduous people reform their skills accordingly and drop whatever assets that they don't need, which perfectly describes our situation right now amidst the changing of the season. By shedding our "leaves" in the fall, we can make sure to have

enough “sunlight” in the winter. Autumn is the season that teaches us the beauty of changes and letting go. With 92 days left until the new year, we can enhance ourselves through altering our skills and mindsets!

October Positivity Affirmation of the day-

“I choose to start my day with a positive mindset and an open heart.” By braving the storms and fighting against the odds with a hopeful mindset, we can make it to see the sun shine. Remember to have an open heart and accept changes.

Thanks for listening and have a Make Meaningful Changes Monday 😊

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

