

March 5, 2025

Good Morning I.S.201! My name is Esther Chen from class 752, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L team.

It's National Nutrition Month this month! It's a good time to consider how the food we eat impacts our health and well-being. Nutrition is needed to energize our bodies, providing the energy and nutrients that we need to stay healthy and strong. National Nutrition Month encourages us to make informed food decisions, try new healthy recipes, and create lasting habits that support our physical and mental health. Let's take a moment to appreciate how important nutrition is and promise ourselves that we will make healthier choices that make us feel better, inside and out. Small changes can lead to big differences, and when we maintain our good health, we're setting ourselves to live a happier, more fulfilling life.

Affirmation of the Day: I acknowledge my mistakes and learn from them.

Thank you for listening and have a Well-Balanced Wednesday

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

