

October 4, 2023

Good morning everyone! It's Sophia from class 831 and I'm here to speak to you all on today's Words of Wisdom Wednesday on behalf of the S.E.A.L. Team.

Having a "helping hand" is something we were all taught growing up. Hence the name, retaining a helping hand means to help. But it truly means more than just helping someone. It means to put a smile on someone's face no matter the task. We should all strive to be a person with a helping hand. Why? Because you don't know how much someone might need it.

No matter if the challenge is big or small, you should always be the person to give a helping hand. The simple act could mean so much more to a person than just being an act of helpfulness. And eventually, the more help you give, the more help you will receive in return. From the wise words of Aesop (ee-saap) "No act of kindness, no matter how small, is ever wasted." So, remember, every bit of kindness count! Let's challenge ourselves to create a ripple of positivity throughout our school by embracing every opportunity, big or small and give a helping hand.

Thank you all for listening, have a We Can All Help 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

