

November 5th, 2021

Good morning Dyker! It's Jessica Mesiha from class 851 back at it again with an announcement for the Dyker SEAL team! Its November a month that embodies thankfulness. It a time to be thankful and to give thanks to others. Let's take a moment and think about the power of the phrase "thank you." So simple yet so meaningful.

If someone opens the door for you, helps you, or compliments you. Just remember never forget to say "thank you" because it shows your appreciation.

That's it for today's announcement! I thank you for listening, now let's get ready for the cheer.

-Recite cheer

Have a great weekend 😊

November 12th, 2021

Good morning Dyker! As you all know yesterday was Veterans Day. On this day we honor all our soldiers who have fallen and/or are still here today! Let's take a moment to think about what Veterans Day means to us as individuals. It's not only a day to just relax and lay down at home, but we need to learn to value this day. It's all about the soldiers who gave their time, service and their life to fight for our country.

I personally believe that these individuals are the strongest humans because they possess a great deal of courage and sacrifice. They have to leave their own families to fight for our country! This is true patriotism. The SEAL team would just like to mention how important it is that we are aware and have the knowledge of what this day is about.

As always I'd like to recite the SEAL team cheer

– Recite

That's it for today's announcements on behalf of the SEAL team! Have a great weekend everyone!

November 19, 2021

Good morning Dyker! It's Jessica Mesiha from class 851 back at it again with an announcement for the Dyker SEAL team! Exhaustion affects us all. Sleep is so important. You know when your parents tell you to go to bed early every night so you aren't tired in the morning? Well, they actually do this to help and not to annoy us.

Going to bed early allows for your brain to re-boot for the next day. Sleep refreshes you and your morning self will definitely thank you for it. Sleep helps with your academic life too of course! Going to bed early is a key to being successful in school. Your brain will get the rest it needs to be able to focus and comprehend everything you learn. I know you may not listen right away but hear me out! It'll help in the long run and if you start now it'll build a good habit that'll always allow you to be refreshed in the morning!!

That's it for today's announcement!! Let's sign off with our cheer!

-Recite

Have a restful weekend!

November 30th, 2021

Good Morning Dyker! It's Jessica Mesiha from class 851 back at it for the daily dictions of Dyker from the SEAL team! Today I'd like to discuss the topic- of never stopping no matter what until you are proud of yourself. Whatever you are doing, working on, or improving, don't stop and never give up until you are satisfied and proud.

I believe self-validation is incredibly important. Let me explain what I mean! Sometimes, we tend to let others' opinions mess with the thing we're working on. Someone might say that this something is really good the way it is, or maybe even the opposite. They could say that it is not the best and needs improving, but we should not let these people change our opinion on our project. We're the ones who decide that. So, do not let anyone mess with your head like that. Be proud of yourself.

That's it for today's announcement! Let's recite our cheer together 😊

-Recite

Have a great weekend!!!

DYKER CHEER

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!