

November 15, 2023

Good morning, everyone! It's Sophia from class 831 here on this Words of Wisdom Wednesday, representing the SEAL Team.

When did you last feel like your to-do list was growing longer than it should have been? Perhaps you were feeling so stressed out about it that you had no desire to do anything. This feeling is the reason why time management is so crucial. If you set aside time each day to complete your task, you'll be astonished at how much better you feel. Time management is a skill that we require as adults as well as students.

Let's remember the advice of Benjamin Franklin: "Don't put off until tomorrow what you can do today." Learning how to manage time evenly through work, school, and assignments is important when you need to get things done. As students, we may feel stressed over how much homework we have piled up. And if we don't properly manage it, it can get harder through later years. So, I encourage you to leave time in your day to get things done correctly. I can assure you that you will feel so much better. Remember, time is a valuable resource, so let's use it wisely.

Thanks for listening have a Well-Organized Wednesday 😊

Affirmation of the Day:

I stand up against bullying.

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

