

April 29, 2025

Good morning IS201! It's Celine, from 814, and I'm here this Thoughtful Tuesday on behalf of the SEAL team.

Today is April 29th, also known as International Dance Day! Dance is all about movement, energy, and expression. This relates to our everyday lives in school because every day, we're moving forward, learning new things, and growing into the best versions of ourselves.

In dance, you might not get every step right the first time, and it's the same with school. You might struggle with a lesson, make mistakes, or feel out of rhythm sometimes. Despite such struggles you need to keep trying and practicing.

Remember, it's not about being perfect. It's about showing up, giving your best, and enjoying the journey as you learn and improve.

That's all for today and have a Tango Tuesday 😊

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

