

April 7, 2025

Rise and Shine, I.S.201! This is William Chen of class 752 here speaking to you for today's Motivational Monday on behalf of the S.E.A.L Team.

Happy National Public Health Week! Observed from April 7th to the 13th, National Public Health Week recognizes the contributions of public healthcare, brings awareness to serious health issues, and raises awareness to mental and physical health. Since its establishment in 1955, National Public Health Week has been appreciated by many as an attempt to put forward the concern of finding the roots of many deteriorating health regards, and that healthcare and treatment are still unavailable to many around the world. This week is also an initiative that everyone should try to lead themselves to living a healthier life both physically and mentally, no matter of your circumstance. Nobody is perfect and nobody will ever be able to achieve mental and physical health that are acceptable to their standards, so just try your best and do whatever you can to try and improve yourself.

Thanks for listening and have a Medically-Aware Monday!

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

