Hi. My name is Sophia Giannone from class 731 and I will be speaking on behalf of the SEAL Team every week on Words of Wisdom Wednesday. To start off with this year's quotes, I would like to share a quote from Aristotle, a Greek philosopher and scientist. "Knowing yourself is the beginning of all wisdom."

With school just starting again, it is important to believe in yourself.

Do the right thing and do not feel pressured to follow the crowd. Basically, if are true to yourself and do what you feel is best for you and your community, you are on your way towards the path of wisdom.

At this point I will read the SEAL pledge and hopefully we can all start reciting it together next week.

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!

Thanks for listening. Have a Terrific Wonderful Wednesday!!!!

