

October 27, 2023

Rise and Shine! It's Joanna from class 851 and I will be with you for our S.E.A.L Summaries this year on behalf of the S.E.A.L Team.

I want you all to think about a teacher, an instructor, a coach, a therapist, or anyone who helped shape who you are today. It's October 27th, which is also National Mentoring Day. Today is the day where we shine a light on the contributions that our mentors made for us.

Let's start with a quote from Bob Proctor, "A mentor is someone who sees more talent and ability within you, than you see in yourself, and helps bring it out of you." Your mentors are those people who guided you, advised you, supported you, and wanted the best for you. They could have helped you with academics, improved your skills at hobbies, or maybe even been a caregiver to you! We should all thank our mentors and appreciate all they've done for us. It could just be a simple 'thank you', or a letter or email; something meaningful that shows your gratitude.

National Mentoring Day aims to raise awareness of mentoring programs that allow people to share their mentoring experiences. We all

have the ability to be mentors as well. We are all more than capable of being role models and assisting someone who seeks our help.

Now, we're going to end today's daily diction with a quote from John Crosby, "Mentoring is a brain to pick, an ear to listen, and a push in the right direction." Think about the importance of mentorship and mentoring, and the many ways in which it affects all our lives.

Thanks for listening and have a Phenomenal Friday

Today's affirmation of the day is: "I am kind and compassionate to myself and others."

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

