

It's a
GREAT DAY
to be a
SEAHAWK

It was Sam's **first day in school**, and while eating lunch in the cafeteria, he saw a girl named Sofia drop her tray, and "**Ka-blash!**" Her lunch spilled everywhere. Rather than get upset, Sofia pronounced, "Well, this is a **great day** to be a **seahawk**" and proceeded to pick up the mess. A boy named Sully **stepped in to help**. She smiled, and said "Thanks!"



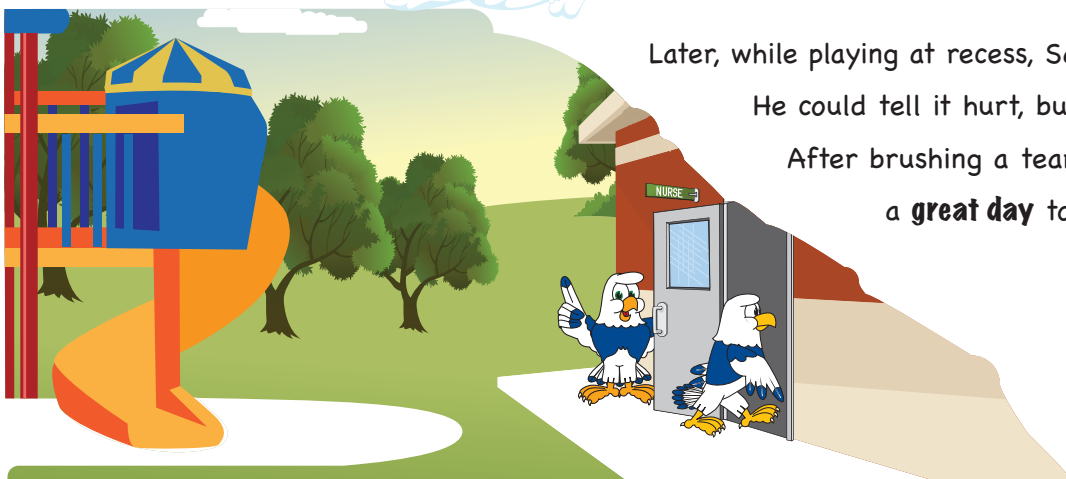
Later, while playing at recess, Sam saw Sofia **trip** and **skin her knee**. He could tell it hurt, but was surprised by Sofia's reaction.

After brushing a tear from her cheek, she said, "This is a **great day** to be a **seahawk**." Then a girl named

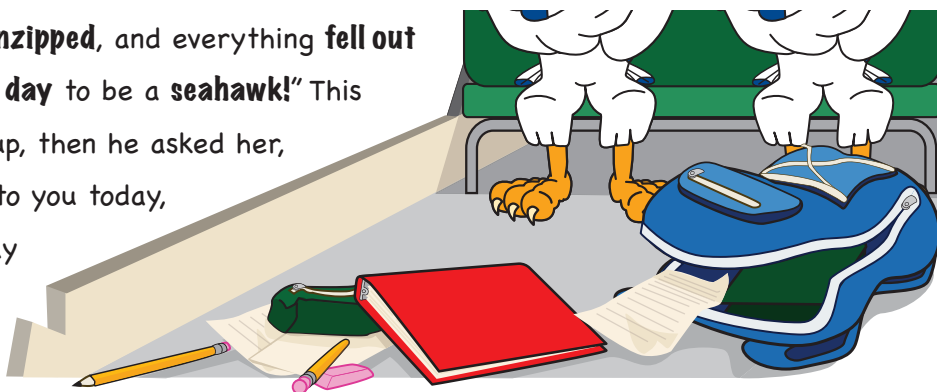
Starla came up to her and said, "You should get a **bandaid** on that.

Let's go to the **nurse's office**."

Sofia smiled and said, "Thanks!"



On the bus ride home, Sofia's backpack **unzipped**, and everything **fell out** on the floor. Again she said, "This a **great day** to be a **seahawk!**" This time Sam stepped in to help pick things up, then he asked her, "Sofia, I've seen **three bad things** happen to you today, and each time you say 'This is a great day to be a seahawk.' Why do you say that?"



Sofia replied, "Here at this school, we are **all seahawks**. We have **seahawk friends**, and we all care about each other, and help each other.

It's the seahawk way. So no matter what happens, I know I have friends who **care**, and will **help** me. That makes every day a **great day** to be a **seahawk!**" After all of her things were gathered up, Sofia smiled and said, "Thanks for your help! Isn't it a **great day** to be a **seahawk!**"

