

October 1, 2025

Good Morning I.S.201! My name is Esther Chen from class 852, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L team.

This October, our highlighted historical figure is Eleanor Roosevelt. She stood up for many things, such as fairness, compassion, using your voice for good, and believing in yourself. Eleanor Roosevelt spent her life standing up against unfair treatment.

One famous example is when the African American singer Marian Anderson wasn't allowed to perform at Constitution Hall because of her race. Eleanor helped make it possible for Anderson to perform at the Lincoln Memorial, which showed everyone that equality matters. She also wrote a daily newspaper column called "My Day" for over 25 years, vocalizing her thoughts on school, communities, and human rights, all while inspiring people to take action. Even though Eleanor was shy in nature and always doubted herself, she didn't let that create a barrier to stop her. She was able to become a strong leader and worked at the United Nations, helping write the Universal Declaration of Human Rights, proving that believing in yourself can make a real difference.

During the Great Depression, she visited schools, hospitals, and neighborhoods to meet people and hear about their struggles. She didn't just listen, she tried to help, showing how important it is to care about others and take action.

Like Eleanor Roosevelt, today's affirmation is: *"I am brave enough to speak up for what's right."*

Thank you for listening and have a Work for what's right Wednesday

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

