

September 17, 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.

September is Self-Improvement Month. That means it's a time to focus on growing, learning, and becoming better versions of ourselves. Self-improvement isn't about being perfect. It's about trying little things every day that help us improve.

You can try something new, like practicing a skill, learning a new activity, or setting a small goal for school. Taking small steps first is crucial; they can motivate you to aim for bigger goals. Self-improvement is about making progress, not striving for perfection. Making mistakes is part of the journey, as you're able to not only learn how to correct your mistakes, but you can also learn a lesson from them. Let's use September to take a small risk every day, grow together, and reach our fullest potential. As someone once said, "The journey of a thousand miles begins with a single step."

Like Jane Addams, today's affirmation is: *"I serve others with compassion, and I work to be together, not apart."*

Thank you for listening and have a Work on Yourself 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

