

January 5, 2026

Rise and shine, I.S.201! This is William Chen of class 852 speaking to you for today's Motivational Monday on behalf of the S.E.A.L Team!

Welcome back everyone! First of all, I hope you guys all enjoyed your break from school and used your time off for the activities you sought after with the academic stress temporarily being put off. Moreover, I hope the contemporary year of 2026 goes well for all of you; I wish everyone the best in achieving their goals as well as only prosper and beyond from today. And even if you don't know where to start, that's perfectly fine! Let's take a moment to reflect on what we've accomplished last year, and what we hope to accomplish this year, whether it's to continue nurturing a hobby, improving in a certain subject, trying out something new, or even seeking more sleep. No matter what you desire, you should always attempt to pursue it. Take this, small steps lead to bigger achievements. Stay focused and work hard. Let's make 2026 a year to remember!

Like Martin Luther King Jr., today's affirmation is "I treat all people as equals."

Thank you for listening and have a Make It Your Year Monday 😊

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

