

September 16, 2025

Good Morning I.S.201! My name is Riley DuBois from class 731, and I am here for Talk A Lot Tuesday on behalf of the S.E.A.L Team.

Today is Tuesday, September 16, and it's National Sit with a Stranger Day. Now, when we say "stranger," we don't mean someone out on the street, we're talking about those new students you might not know yet here at school. Maybe it's someone sitting alone in the cafeteria or standing quietly in the playground.

Middle school can feel overwhelming when you're new, and a simple act of kindness, like inviting someone to sit with you, can make all the difference. So today, reach out and sit with someone new, introduce yourself, and maybe you'll find a new friend. Remember, kindness is what makes our school stronger. Let's make sure no one feels left out.

Like Jane Addams, today's affirmation is: *"I serve others with compassion, and I use love and compassion to lead."*

Thanks for listening and have a Take a Sit and Make a Friend Tuesday 😊

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

