

January 21, 2026

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

Today is "I'm Not Going to Take It Anymore Day," it can also be called Stand Up for Yourself Day. This day is a call for everyone to take their stand and defend their rights whenever it is necessary. People often keep their feelings to themselves because they do not want to be a nuisance or get into the matter, but your emotions are still important.

You can always tell someone to stop, express your dislike for the situation, or ask for help if you need any. Doing these things requires courage and are not always easy to do but however, they play a major role in our self-care process. Besides, this day is about your presence to others. If you notice someone suffering from unfair treatment, being their support or informing an adult about it could really make a difference. Every person in school has a right to respect and security. Don't forget that speaking up is powerful. It won't always be so easy to defend yourself and others, but it can really make a difference, and it's the kind of strength that is visible when it's needed the most.

Like Martin Luther King Jr, today's affirmation is: "I listen before I speak."

Thank you for listening and have a Welfare Awareness 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

