

January 6, 2026

Good Morning IS 201!!! I'm Riley from class 731 and I'm here with you this Talk A lot Tuesday on behalf of the SEAL Team.

We hope everyone had a nice break. Coming back to school can bring many different feelings, and that's okay. Take your time today and remember to do your best, one step at a time.

As we start the new year, let's focus on kindness and caring for ourselves and others. If you feel nervous or unsure, take a deep breath and ask for help when you need it. As Dr. Martin Luther King Jr. once said: "You don't have to see the whole staircase, just take the first step." Dr. Martin Luther King Jr. is also our Heart Hero of the Month, reminding us to lead with courage, empathy, and love.

Thanks for listening and have a Take Your Time Tuesday 😊

Like Martin Luther King Jr., today's affirmation is "I never give up on what's right."

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

