

January 30, 2026

Good morning I.S.201! This is Grace Zhang from class 832, here with you on behalf of the S.E.A.L. Team.

Did you know that today is School Day of Non-violence and Peace? This day might sound random, but it is actually crucial, because non-violence and peace are important values that students can practice in their everyday lives, especially at school. Conflicts and disagreements are normal, but choosing peace helps students handle these situations in a mature and respectful way. By listening to others, staying calm, and avoiding any types of harm, students can create a safer environment. These choices not only prevent problems from escalating but also help build friendships and respect.

Peace in a school setting allows students to focus on learning and personal growth without fear or stress. When students treat one another with kindness and understanding, classrooms become places where everyone feels welcome and included. By practicing non-violence and peace, students can make a positive difference in their school and help build a more respectful community.

**Like Martin Luther King Jr., the affirmation of the day is, “I treat all people with fairness and respect.”**

**Thanks for listening and have Forceless Friday.**

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

