

December 23, 2025

Good Morning IS 201!!! I'm Aila from class 713 and I'm here with you this Talk A lot Tuesday on behalf of the SEAL Team.

Today's affirmation is: "I matter."

Every single one of you brings something important to our school, your kindness, your effort, your ideas, and your voice. As we get close to our holiday break, remember that who you are makes a difference every day. Like The Polar Express reminds us, "Seeing is believing, but sometimes the most real things in the world are the things we can't see." You may not always see your impact, but it's there, and it matters.

As we head into this last stretch before vacation, let's treat one another with positivity and holiday cheer. We hope you enjoy the upcoming break with your family and friends, rest, recharge, and come back ready for a fresh new year. Happy Holidays, everyone, and we'll see you after the break.

Thanks for listening and have a Tinsel and Togetherness 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

