

December 10, 2025

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 we celebrate International Humanitarian Rights Day. This is an opportunity for us to remind ourselves that no matter who someone is or where they live, they deserve to be treated equally and fairly. Everyone should have the opportunity to feel safe, be educated, express themselves, and be treated with dignity.

One way we can is by becoming more conscious of the way in which we treat others, even if it is through small acts. For example, when we include a classmate who feels ignored, lend an ear to a classmate who is struggling or take a stand against someone who is being bullied, we are demonstrating compassion and fairness towards those around us. The impact of these acts of kindness will ultimately improve the environment at our school. Let's take a moment to think about what rights mean to us, and how we can support each other every day.

Like Walt Disney, today's affirmation is: *I believe dreams are worth chasing.*

Thank you for listening and have a Warmhearted 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

