

September 5, 2025

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

As we start a brand-new school year, I know a lot of us may feel a little nervous, especially our incoming sixth graders. Starting middle school can seem intimidating, but that's completely normal! Remember, everyone around you is going through the same things meeting new people, adjusting to new schedules, and maybe even getting lost in the hallways. Don't worry, you'll get the hang of it in no time.

To help guide us through the year, we are excited to introduce our new SEAL initiative: the HEART Heroes Calendar!

This is no ordinary calendar. Each month, it highlights a historic figure who inspires us with their courage, kindness, leadership, and determination. Alongside these heroes, you'll also find affirmations to help us stay positive and strong throughout the school year.

Our job is to learn from these HEART Heroes and bring their best qualities into our own lives so, we can all become heroes in our own way.

For September, our HEART Hero is Jane Addams, born September 6, 1860.

She was a brave leader who cared deeply about others. She opened Hull House in Chicago to help poor families and immigrants, and she worked for peace and fairness in communities.

Like Jane Addams, today's affirmation is: *"I serve others with compassion and I use peaceful actions to solve problems."*

Thanks for listening and have a Flawless 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

