

March 30, 2026

Rise and shine, I.S.201! This is William Chen of class 852 speaking to you for this Motivational Monday on behalf of the S.E.A.L Team!

Today is March 30th, also regarded as “National I Am In Control” day! In 1981, an assassination attempt was made on President Ronald Reagan, where he went on to tell the press, “I am in control here.” These words now encourage many to organize themselves, feel empowered, and take control of their lives. Sometimes we may not feel so, but it is very easy to fall into pressure. Don’t feel like you have to be or act a certain way just to impress others; take responsibility for your own actions and surroundings. Taking control also means taking time, whether it’s taking time to achieve goals, declutter, or just enjoying the moment. Whether you try for a day, a week, or it’s already routine, your effort will show and benefit you in return!

Like Albert Einstein, today’s affirmation is: “I stay curious, no matter my age.”

Thank you for listening and have a Manage Myself Monday 😊

S.E.A.L. 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

