

October 27, 2025

Rise and Shine IS 201! This is William Chen of class 852 speaking to you for today's Motivational Monday on behalf of the SEAL Team.

First of all, I want you to take a second and think of a teacher, coach, family member, or even a friend who you lookup to. Got it? Well, today is National Mentoring Day. A day that highlights the figures who helped shape us to become who we are today. Let's start with a quote from Oprah Winfrey, in which she said, "A mentor is someone who allows you to see the hope inside yourself." A mentor isn't just someone who helps you grow, but is also someone who leads you to see your true potential and your capabilities; whether it's in your academics, when you're playing a sport, or any hobby at all. We should be grateful for the mentors in our lives for all they've done for us. Not only that but could be a mentor to others as well! We are all capable of becoming a role model for another person, no matter how big or small of an impact we make.

Like Eleanor Roosevelt, today's affirmation is: *"Grow stronger by supporting others."*

Thanks for listening and have a Mentorship Monday 😊

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

