

September 18, 2026

Good morning, IS 201! My name is Leilani from class 831, and I am here with you on behalf of the SEAL Team for this Friday Focus!

As we continue settling into the new school year, it's important to remember that the way we treat the people around us can have a bigger impact than we realize. One simple way to make our school community better is by practicing active listening. Active listening means giving someone your full attention, avoiding interruptions, and actually thinking about what they are saying instead of just waiting for your turn to speak. It can help us communicate better, avoid misunderstandings, and make others feel respected.

As we head into the weekend, try putting this into practice-not just with teachers and classmates, but with your friends and family too. You never know when simply listening can make someone feel heard or understood.

The affirmation of the day is, "I see challenges as chances to learn."

Thank you for listening and have a Free of Judgement Friday 😊

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

