

March 23, 2026

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

Spring break is approaching within the next two weeks! You've made it through most of March and soon it will be April, keep pushing! It may seem tempting to start resting early, but the final stretch is just as important. Every bit of effort you put into your work will only make you feel more accomplished. Take the rest of the available time as an opportunity to not only reflect but also look forward. Stay motivated and celebrate the progress you make, even little steps that may not seem significant. Take this quote from Muhammad Ali, "Every day is different, and some days are better than others, but no matter how challenging the day, I get up and live it." This quote portrays the importance of living with passion and purpose with you putting in effort everyday, no matter how good or bad you think you'll do.

Like Albert Einstein, today's affirmation is: "I let curiosity guide my actions."

Thanks for listening and have a Mighty 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

