

March 18, 2026

Good Morning I.S.201! My name is Esther Chen from class 852, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L team.

March is National Social Work Month, a time to recognize the work of social workers and the impact they have on people's lives. Social workers help individuals, families, and communities navigate challenges, solve problems, and get the support they need. Their work isn't always visible, but it makes a big difference.

This month is a good reminder that empathy, understanding, and helping others are powerful. Social workers show patience, listen carefully, and support people through hard times, things we can all practice in our own lives. Even small actions, like checking in on a friend, offering encouragement, or standing up for someone who needs it, reflect the same values.

National Social Work Month also reminds us that everyone can play a part in making our communities stronger. Showing kindness, understanding different perspectives, and helping others are ways we can all make a positive impact, not just this month but every day.

Like Albert Einstein, today's affirmation is: "I keep an open mind as I explore new ideas."

Thank you for listening and have a Wellness Check Wednesday 😊

### 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

