March 13, 2026

Good morning I.S.201! This is Grace Zhang from class 832, here with you on behalf of the S.E.A.L. Team.

Did you know that today is World Sleep Day? The purpose of this day is to remind people that sleep is just as important as eating healthy food and exercising. Many students might ignore sleep because of busy schedules or schoolwork. However, getting enough sleep is actually very important for our well-being. Studies show that when students sleep well, they can concentrate better in class, remember more, and feel more energetic during the day. On the other hand, not enough sleep can cause stress, tiredness, and bad grades. World Sleep Day encourages students to develop good habits like sleeping on time, reducing phone use before bed, and maintaining a regular sleep schedule. Proper sleep helps students stay healthier, happier, and successful in school.

Like Albert Einstein, the affirmation of the day is, "I see challenges as chances to learn."

Thanks for listening and have a Full Nights Rest 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