

February 3, 2026

Good morning, is 201. My name's Hana from class 731, and I'm here with you on this Talk-A-Lot Tuesday on behalf of the SEAL Team.

Today, we are celebrating National Take a Cruise Day, which reminds us of the importance of taking time to relax, recharge, and enjoy new adventures. Just like a cruise brings people together to explore, learn, and have fun, our school community is a place where teamwork, kindness, and curiosity help us grow every day.

On behalf of the SEAL team, we encourage everyone to take this day as a reminder to be kind, patient, and supportive of one another. Even small acts of kindness can make someone's day feel like a special journey. Let's work together to create a positive and welcoming environment where everyone feels included and valued.

Like Frederick Douglass the affirmation of the day is, "I am brave, even when speaking up is hard."

Thanks for listening and have a Tranquil Tuesday 😊

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

