

February 11, 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

Today is Don't Cry Over Spilled Milk Day. It's a reminder not to overreact to small mistakes or let one bad moment ruin your whole day. Everyone slips up sometimes like forgetting homework, misunderstanding directions, or saying something the wrong way. What really matters is what you do next.

Instead of staying stuck feeling annoyed or embarrassed, try to reset and move forward. Fix what you can, learn from it, and keep going. Most small mistakes are easier to recover from than they first seem. This idea also applies to how we treat other people. When someone else makes a mistake we should choose to remain patient instead of using criticism. Showing others a little compassion creates positive impacts. Today serves as a reminder that true progress requires learning through mistakes and making adjustments. Don't let small setbacks stop you, use them as a chance to improve and keep moving forward.

Like Frederick Douglass, today's affirmation is: "I read and learn so I can grow."

Thank you for listening and have a Working Our Way Back
Wednesday 😊

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

