

February 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 Self-Love day? Self-Love Day is a special reminder for students to take a break from the pressure of grades and focus on their own self. School life can be busy, and it's easy to be hard on yourself when things don't go perfectly. Self-love means understanding that mistakes are part of learning and that you aren't defined by a test score or comparison with others. It's about appreciating your efforts, recognizing your progress, and being patient with yourself as you grow. On this day, students can practice simple but powerful habits taking time to rest, organizing their goals, or doing an activity they enjoy. When students learn to value and respect themselves, they build stronger self-esteem and resilience, helping them face challenges with a positive mindset.

Like Frederick Douglass, the affirmation of the day is, "I Treat everyone with dignity and kindness."

Thanks for listening and have a Filled with Love Friday 😊

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

