

October 7, 2025

Good morning I.S.201! This is Keqing Zhao from class 731, here with you on this Talk a Lot Tuesday on behalf of the S.E.A.L. Team.

Today is Tuesday, October 7, and it's National Inner Beauty Day. This holiday reminds us that the most important part of who we are isn't what we look like on the outside but rather the kindness, respect, and care we show to others.

Today try to:

1. Write a quick thank you note to someone who has helped you.
2. Invite a classmate to sit with you at lunch or join your group.
3. Practice patience, hold the door, wait your turn, or let someone go first.

Let's make IS 201 a place where everyone feels included, valued, and safe.

Remember, true beauty starts within!

Like Eleanor Roosevelt, we should treat everyone with kindness and respect.

Thanks for listening and have a True Beauty 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

