

October 17, 2025

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

Do you have a dream you want to achieve? Maybe it's to become a doctor when you grow up, or get into a specialized high school. Dreams can come true, but it takes hard work to make them happen. Just wishing for something isn't enough, you have to put in effort and stay focused on your goal. Even when things get tough, pushing through and not giving up helps you get closer to your dream.

Hard work doesn't always bring instant results, but if you keep going, you'll see progress. Every small step towards your goal matters. Sometimes things might not go your way, but those moments help you grow stronger and smarter. People who achieve their dreams usually keep trying, even when they feel discouraged. So, if you have a dream, work hard for it, and maybe your dream can come true too.

Like Eleanor Roosevelt, today's affirmation is: *"I know compassion can create a change."*

Thank you for listening and have a Follow-Through Friday 😊

Don't forget to turn in your key of success we only have 30 out of 60.
It only takes 5 minutes out of your day to complete.

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

