

March 24, 2026

Good Morning I.S.201! My name is Hana from class 731, and I am here for the Talk A lot Tuesday on behalf of the S.E.A.L Team.

Today's message is simple, but powerful: You matter.

No matter what kind of day you're having, no matter what you're going through, your presence here makes a difference. Your voice matters. Your kindness matters. Your effort matters.

Remember this: "You matter not because of what you do, but because of who you are."

So walk through today knowing that you are important, you are valued, and you belong right here in this school community.

Like Albert Einstein, today's affirmation is: "I matter."

Thank you for listening and have a True to Yourself Tuesday 😊

S.E.A.L. 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

