

October 8, 2025

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 National Hero Day, a day that honors and celebrates those brave souls who give of themselves to serve others. Being a hero is not about being famous or receiving awards; rather, it is. rage, kindness, and humility to do what is right even when no one is watching. Heroes can be first responders rushing into a time of crisis for others, family members assisting friends and relatives, or just the ordinary person giving of themselves to assist another without any thought of receiving something in return. This is a time that allows us to reflect upon what we can do, in our own way, to positively influence those around us. Simple acts of kindness, standing up for having courage or helping those in need are just a few of the ways we can be heroes in our own lives. Each of us can inspire others, no matter how small the act or deed, as someone once said. "A hero is an ordinary individual who finds the strength to persevere and endure despite overwhelming obstacles." This day each year lets us celebrate the hero and reflect upon how we may be heroes ourselves.

Like Eleanor Roosevelt, today's affirmation is: *"Help make the world more just and fair."*

Thank you for listening and have a heroic Winner 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

