

February 28, 2025

Good morning I.S.201! This is Grace Zhang from class 732, here with you on behalf of the S.E.A.L. Team.

Did you know that today is international stand up to bullying day? This day is observed by schools, organizations, and workplaces in more than 25 countries, and is part of anti-bullying week which aims to end all types of bullying. Whether it's physical bullying, verbal bullying, social bullying, or cyber bullying, it is never okay to purposely hurt someone no matter the circumstance.

Research shows that children who bully, and those who are bullied, will be more likely to miss school, show little interest in their studies and suffer poor grades. This proves that bullying can leave a huge impact on someone's life negatively.

So, start today and contribute to stopping bullying. If you see someone getting bullied, be an active bystander and stand up for them. It is extremely important to recognize the negative effects of bullying and put a stop to them.

The affirmation of the day is: “I believe in my ability to complete my work.”

Thanks for listening and have a Fight for What’s Right 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

