

May 18, 2026

Rise and shine, I.S.201! This is William Chen of class 852 speaking to you for today's Motivational Monday on behalf of the S.E.A.L Team!

This week we proudly recognize National EMS Week! EMS, short for Emergency Medical Services, includes first responders, medical technicians, paramedics, and many other occupations. EMS workers devote their time nonstop and work tirelessly to keep our communities safe. These are the people who may have to risk their lives or make split-second decisions to save another person's life. Their courage, bravery, and compassion help make a difference for many all around the world. Their works also show us that anything can happen at any given moment; so, never take anything for granted and always live your life to the fullest. Embrace the present, take bold chances, and find joy in the activities you participate in.

Like Sigmund Freud, the affirmation of the day is: "I am brave enough to face uncomfortable truths."

Thank you for listening and have a Make the Day Count Monday 😊

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

