

September 23, 2026

Good morning, IS 201! My name is Riley from class 831, and I am here with you this Words of Wisdom Wednesday on behalf of the SEAL Team.

September is National Children's Emotional Wellness Month, a time to remember how important it is to take care of our feelings and mental well-being.

Simple routines like getting enough rest, talking to someone you trust, taking a break when you feel stressed, and staying connected with others can help us feel our best.

Remember, taking care of your emotions is just as important as taking care of your body.

Time Travelers Update: Our passport journey continues! 8th grade students will continue to be receiving their Time Travelers Passports today. Be on the lookout as the SEAL Team continues visiting classes and preparing you for your journey through time.

Remember, our first stop is Ancient Egypt, where we are focusing on the Eye of Understanding which teaches us to take the time to see situations from another person's point of view.

The affirmation of the day is, "I notice when someone needs support."

Thank you for listening and have a Wellness Wednesday 😊

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

