November 4, 2026

Good morning I.S.201, this is Riley from class 831 here with you this Words of Wisdom Wednesday on behalf of the S.E.A.L Team.

Did you know that today is International Stress Awareness Day?

We all feel stressed sometimes, whether it's because of schoolwork, friendships, family, or things happening in our lives. But remember, you are not alone!

Today reminds us how important it is to talk about our feelings and support one another. Sometimes, simply asking someone, "Are you okay?" or being there to listen can make a big difference.

If you're feeling stressed, don't be afraid to reach out to a friend, teacher, or someone you trust. Asking for help is a sign of strength, not weakness.

Remember, I.S. 201: We may not be able to take away everyone's stress, but we can help make someone's day a little easier by showing kindness and understanding.

The affirmation of the day is, “I speak to others in a caring way.”

Thanks for listening and have a We Are Not Alone 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