

March 6, 2026

Good morning I.S.201! This is Grace Zhang from class 832, here with you on behalf of the S.E.A.L. Team.

Learning from every experience is an important part of personal growth. Throughout life, people face many different situations. Some bring success and happiness, while others can be difficult or disappointing. No matter the outcome, each experience has something to teach. Taking time to reflect on what went well and what could be improved allows people to better understand their experiences. Even mistakes can become powerful lessons when they are used as opportunities to learn instead of reasons to give up. When people learn from their experiences, they become better prepared to handle future challenges. Over time, this builds confidence and resilience. By being willing to learn from both successes and failures, students can continue to grow and improve throughout their lives.

Like Albert Einstein, the affirmation of the day is, “I know that thinking differently is a strength.”

Thanks for listening and have a Forever Growing Friday 😊

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

