

November 2, 2026

Good morning, IS 201! My name is Amelia from 831 and I am here with you this Motivational Monday on behalf of the SEAL Team.

It's November, and we're excited to introduce our newest Passport Token: The Rule of Respect!

Respect is more than just a word. It's how we treat others, how we speak to one another, and how we make everyone feel valued and included.

Remember this November, the Rule of Respect is simple: Treat others the way you want to be treated!

Listen when others speak, choose kind words, respect differences, and remember that everyone deserves kindness.

As you continue your Passport journey this month, challenge yourself to show respect through your words and actions every single day.

Because respect isn't just a rule to follow, it's a way to make our school a better place for everyone!

The affirmation of the day is, "I respect myself and my choices."

Thank you for listening and have a Manners Matter 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

