November 13, 2026

Good morning, IS 201! My name is Leilani from class 831, and I am here with you on behalf of the SEAL Team for this Friday Focus!

Today, November 13, is World Kindness Day, which reminds us how important it is to spread kindness wherever we go. Sometimes, we may not realize how much a simple compliment, a friendly smile, or helping someone out can mean to another person. Kindness doesn't have to be something big or planned. It can start with the little choices we make throughout our day. As students, we all have the ability to make our school a better place by supporting one another and making sure everyone feels welcome. Let's challenge ourselves to do at least one kind thing for someone today.

The affirmation of the day is, “I appreciate what others bring to the world.”

Thanks for listening and have a Friendly 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