

October 21, 2026

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

Did you know that today is National Apple Day? Today is a day to remind ourselves that healthy choices can make a meaningful difference in our lives and in our community. Apples are a symbol of a strong, healthy diet. They provide important nutrients and fiber while being a delicious, accessible choice for people of all ages. But National Apple Day is about more than just one fruit, it's about encouraging healthier habits and making nutritious choices part of our everyday lives. When individuals and families make healthy choices, our entire community can benefit. Eating nutritious foods, staying active, and taking care of our health can help us feel our best, support our well-being, and inspire those around us to do the same.

So today, grab an apple, share one with a friend, and celebrate the positive impact that small, healthy choices can have.

The affirmation of the day is, "I can do hard things."

Thank you for listening and have a Well-Being 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

