November 9, 2026

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

This week, as we prepare to honor Veterans Day on November 11, let's remember the importance of respect.

Our veterans have shown courage, sacrifice, and dedication to protecting our country. We can honor them by showing those same values in our everyday lives.

Respect doesn't always require a big gesture. Sometimes it's as simple as saying thank you, listening to others, or helping someone in need.

Let's try to show respect through our actions, because even the smallest act of kindness can make a big difference.

The affirmation of the day is, "I respect different opinions."

Thanks for listening and have a Military Respect 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