

March 9, 2026

Rise and shine, I.S.201! This is William Chen of class 852 speaking to you for today's Motivational Monday on behalf of the S.E.A.L Team!

As some of you may know, yesterday (March 8th) was International Women's Day. On behalf of this, let's talk about some of the women that have made significant impacts in our society! To start, let's talk about Susan B. Anthony. Susan Brownell Anthony was a pioneer for women's rights, where she spent over 50 years of her life fighting for women's suffrage and equality. Through her efforts and activism, the 19th amendment was eventually put in place, which prohibited the U.S. from denying the right to vote on account of gender. Another remarkable woman to mention is Marie Curie. Marie Curie was a physicist and chemist who researched radioactivity, discovered elements like radium and polonium, and was even the first person to win 2 nobel prizes. Her works led to groundbreaking cancer treatments, diagnostic x-rays, and turning points in nuclear analysis. At the end of the day, we all come from a mother and we should recognize the women in our everyday lives.

Like Albert Einstein, the affirmation of the day is, “I keep trying, even when the answer isn't clear.”

Thanks for listening and have a Movement Makers 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

