

October 19, 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

Today is National New Friends Day! Making a new friend can sometimes feel a little scary, but it can also be one of the best parts of being in school. A simple hello, sitting next to someone new at lunch, or inviting someone to join your group can be the beginning of a great friendship. You never know who might be looking for a new friend too. So today, let's step outside our usual groups, be welcoming, and maybe make someone feel a little less alone.

The affirmation of the day is, "I have the courage to learn from mistakes."

Thank you for listening and have a Meet a New Friend 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

