

October 20, 2026

Good morning, IS 201! My name is Hana from class 831, and I'm here with you on this Talk-A-Lot Tuesday on behalf of the SEAL Team, the Social Awareness Leadership Team here at IS 201!

Today is the National Day of Writing! Writing is more than just essays, assignments, and taking notes in class. It's a way for us to express our thoughts, share our experiences, communicate our feelings, and let our creativity shine. Whether you enjoy writing stories, poems, songs, journal entries, or even just texting your friends, writing gives all of us a way to have our voices heard. Sometimes, putting our thoughts into words can help us understand ourselves and the world around us a little better.

As the SEAL Team, we want to encourage everyone at IS 201 to use their voice and never be afraid to express themselves. Everyone has a different story, perspective, and way of seeing the world, and those differences are what make our community interesting.

So today, take a few minutes to write something whether it's a thought, a goal, a short story, or even a few words about your day. You never know what ideas you might discover when you put them on paper.

The affirmation of the day is, "I stand tall in difficult moments."

Thank you for listening and have a Time to Write Tuesday 😊

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

