

September 22, 2026

Good morning, IS 201! My name is Hana from class 831, and I am here with you this Talk A Lot Tuesday on behalf of the SEAL Team.

Fall is officially starting on September 22, which means the weather is getting cooler, the leaves are starting to change, and we're getting into a new season!

Now that we're a few weeks into the new school year, it's a good time to start getting into a routine and making sure we're staying on top of our work. Remember to keep up with your assignments, turn things in on time, ask for help when you need it, and most importantly, don't give up if something feels difficult. It takes time to get used to a new school year, new classes, and new expectations, so just take it one day at a time.

Let's make this school year a great one, support each other, and keep working toward our goals. And since it's Talk-a-Lot Tuesday, don't forget to spread some positivity and have a conversation with someone new!

Time Travelers Update: Our passport journey continues! 8th grade students will be receiving their Time Travelers Passports today and

tomorrow. Be on the lookout as the SEAL Team continues visiting classes and preparing you for your journey through time.

Remember, our first stop is Ancient Egypt, where we are focusing on the Eye of Understanding which teaches us to take the time to see situations from another person's point of view.

The affirmation of the day is, "I can learn from mistakes."

Thank you for listening and have a Transitional 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

