

October 23, 2026

Good morning, IS 201! My name is Leilani from class 831, and I am here with you on behalf of the SEAL Team for this Friday Focus!

As we get further into the school year, it's easy to start feeling overwhelmed with assignments, tests, activities, and everything else going on. One thing that can help is learning how to manage your time. Instead of waiting until the last minute, try breaking larger assignments into smaller steps and giving yourself enough time to complete each one. Staying organized can make your workload feel much more manageable and can help reduce unnecessary stress.

Time management isn't about filling every minute of your day with work. It's about making time for school, friends, activities, and yourself without letting everything pile up at once. As we head into the weekend, take a few minutes to check what you have coming up next week so you can start Monday prepared.

The affirmation of the day is, "I choose bravery over silence."

Thank you for listening and have a Fill Out Your Planner Friday 😊

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

