

September 22, 2025

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!

Today is September 22nd, which also marks the Fall Equinox! The Fall Equinox introduces the transition from Summer to Fall, granting us with cooler weather and a change of atmosphere! And just like how the seasons change, we can change as well! Know that it is never too late to start something new or adjust your current ways! Just because you feel like you might've missed an opportunity in the past doesn't mean you won't receive any new ones in the future. This also applies to our extracurriculars, whether you feel unproductive, or you feel like you're falling behind on something. Remember that you can always improve through dedication and practice. Never give up on an activity just because you make a mere error, keep going and push through!

Like Jane Addams, today's affirmation is: *"I serve others with compassion, and I choose empathy everyday."*

Thanks for listening and have a Manage Your Means Monday 😊

SEAL 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

