

October 14, 2026

Good morning, IS 201! My name is Riley from class 831, and I am here with you this Words of Wisdom on behalf of the SEAL Team.

Today is a day to serves as a vital reminder of our shared commitment to creating a safe, inclusive, and welcoming environment for everyone, especially our youth. Bullying affects more than just the individuals involved; it impacts the health and well-being of our entire community. When children and young adults feel unsafe or excluded, it disrupts their ability to learn, grow, and thrive. By actively participating in National Stop Bullying Day, we bring students, parents, educators, and neighbors together to lift each other up and establish clear boundaries against harassment and exclusion. This day helps our community by promoting empathy, open communication, and proactive intervention. It provides an opportunity to educate ourselves on the signs of bullying, understand the impact of cyberbullying, and learn how to be active bystanders who safely intervene when someone is targeted.

The affirmation of the day is, "I face my fears with strength."

Thank you for listening and have a Will Stand Up Wednesday 😊

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

