

January 14, 2026

Good Morning I.S.201! My name is Esther Chen from class 852, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L team

Today is National Organize Your Home Day, making it the perfect time to remind ourselves to keep the place we call our room neat and tidy. The messy state of our rooms, desks, and bags can lead to a decrease in concentration and an increase in stress. A brief cleaning session can actually lead to a more relaxed state of mind and better preparedness for school. Organizing your home doesn't necessarily mean you have to go through a rigorous deep cleaning process. It can be as easy as clearing your desk, discarding old papers, or returning items to their designated places. Little adjustments can already create a difference in the feeling of your space and the ease of working there. Additionally, this is an opportunity to donate your unwanted items, such as clothes that have become too small for you or school materials that you no longer use. The tidying process of your room can help you start the year fresh and organized. So, today, take a few minutes to clean up, your future self will thank you!

Like Martin Luther King Jr, today's affirmation is: "I am proud to stand up for others."

Thank you for listening and have a Well-Organized Wednesday 😊

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

