

September 29, 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.

Today, I want to talk about something that affects everyone: food waste. September 29 is the International Day of Awareness of Food Loss and Waste. This day reminds us how important it is to appreciate the food we have and avoid wasting it.

There are simple things we can all do to help, even at school. We can take only what we know we'll eat, save food for later when possible, and think twice before throwing something away. Small actions may not seem like a lot, but when everyone works together, they can make a difference.

So, today let's be more mindful of the food we take and try our best not to waste what we have. Every little bit counts!

The affirmation of the day is, "I understand that growth takes time."

Thank you for listening and have a Tasteful 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

