

September 30, 2026

Good morning I.S 201 this is Riley from class 831 here with you this Words of Wisdom Wednesday on behalf of the SEAL Team.

Did you know that today is National Truth Day? Today is a meaningful opportunity to recognize the importance of honesty, trust, and open communication in our everyday lives.

Truth helps people build stronger relationships. When we are honest with one another, we create trust and make it easier for people to communicate, solve problems, and understand each other. Being truthful can also give people the courage to speak up, share their experiences, and ask for help when they need it. National Truth Day reminds us that telling the truth is not only about avoiding lies. It is also about being honest with ourselves, taking responsibility for our actions, learning from our mistakes, and treating others with respect.

This day can help us create a more supportive community by encouraging us to listen to different perspectives, communicate openly, and value facts and honesty. Even a small commitment to being truthful can

make a positive difference in our families, schools, workplaces, and communities. Let's use National Truth Day as a reminder that truth builds trust, honesty builds character, and open communication brings people closer together.

The affirmation of the day is, "I see the world with an open heart."

Thank you for listening and have a Worthiness 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

