

January 13, 2026

Good morning Is 201 ! I'm Hana from 731 and I'm here with you on this Talk A lot Tuesday on behalf of the SEAL Team.

Today we're celebrating Make Your Dream Come True Day, a reminder that big goals start with small, meaningful steps. Whether your dream is to do better in school, build stronger friendships, or grow as a person, today is a great time to believe in yourself and what you can achieve.

Here at our school, the SEAL Team — Social Emotional Awareness Team — helps us turn dreams into reality by encouraging kindness, self-awareness, and support for one another. Being aware of our emotions and caring about others helps create a positive school community where everyone can succeed. Let today inspire you to set a goal, take care of yourself and others, and remember that with empathy and effort, dreams really can come true.

Like Martin Luther King Jr., the affirmation of the day is, "I work with others to create fairness and unity."

Thank you for listening and have a True Dreams Tuesday 😊

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

