

September 28, 2026

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

Today, September 28th, is National Family Day! Family is an important part of our lives because they are often the people who support us, encourage us, and help us through both good and bad times. Family can look different for everyone it can include relatives, close friends, or anyone who makes you feel loved and supported.

Today is a great reminder to put down our phones, spend some quality time together, and appreciate the people who are always there for us. Even something as simple as eating dinner together, having a conversation, or saying “thank you” can make a difference.

So today, take a moment to show your family how much you appreciate them. Happy National Family Day.

The affirmation of the day is, “I use my mind and heart together.”

Thank you for listening and have a My Family Tree Monday 😊

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

