

October 8, 2026

Good morning, IS 201! My name is Aila from class 813, and I am here with you this Thoughtful Thursday on behalf of the SEAL Team.

It's Time for our next Time Travelers adventure! This October, we are traveling back to Medieval Times to discover our newest token, the Shield of Bravery.

Bravery means having the courage to do what is right, even when something feels difficult or scary. This month, challenge yourself to face your fears, make strong choices, and stand up for others.

The affirmation of the day is, "I can handle hard moments."

Thank you for listening and have a Take a Stand Thursday 😊

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

