

June 13, 2025

Good morning I.S.201! This is Grace Zhang from class 732, here with you on behalf of the S.E.A.L. Team.

You might not know this, but June is National Safety Month. It's important to know that your health is always top priority, no matter what. You might have multiple chances to take a test or quiz, but everybody only has one life. Because of this, it's crucial that everyone takes good care of themselves daily by getting enough sleep, eating healthy, and exercising daily.

Keeping yourself safe also involves paying attention to your surroundings and making smart decisions. It's important to take precautions, like locking the doors at home or not talking to strangers. If something feels off, you should tell a trusted adult. Even if everyone around you says it's no big deal, always trust your gut feeling that there might be dangers. However, being safe isn't about being scared, it's about being smart and ready just in case something goes wrong.

The affirmation of the day is, “I am strong enough to let go of past hurts.”

Thanks for listening and have a Fearless Friday 😊

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

