

January 7, 2026

Good Morning I.S.201! My name is Esther Chen from class 852, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L team

It's been one week since New Year's Day. At the beginning of the year, people often make New Year's resolutions or goals for themselves. It is natural for some of that excitement to fade after a week, and that's OK. While it can be challenging to stay committed to a resolution, especially after school, homework, and day-to-day life starts again. Staying resolved doesn't require perfection. It's about doing your best and not giving up when things don't come out perfectly. You can set resolutions to be more organized, get better grades, spend less time on your phone, or be kinder. These are all good practices in terms of making small changes and better choices every day. If you've been doing well with your resolution, celebrate that achievement. If you have not, this week is a new opportunity to refocus. We're one week in, but there's enough time to end the year on top.

Like Martin Luther King Jr, today's affirmation is: Imagine a better world and work to create it.

Thank you for listening and have a Well-Organized Wednesday!

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

