

May 11th, 2026

Rise and shine, I.S.201! This is William Chen of class 852 speaking to you for today's Motivational Monday on behalf of the S.E.A.L Team!

This week, we celebrate National Hospital Week, a time dedicated to the millions of healthcare workers, volunteers, and staff who serve in hospitals by devoting their time day and night to deliver care for others. Helping patients from response to recovery, hospitals are much more than just a building, they're places of refuge, care, hope, and healing for many. Because of all the individuals in these hospitals, we receive and maintain safety every passing day. Their commitment to helping others demonstrates the importance of kindness and compassion even when facing hard times. And just like how healthcare workers strive through challenges in a hospital, you can push through obstacles in your own life with determination and care.

Like Sigmund Freud, the affirmation of the day is: “I can learn from my mistakes and emotions.”

Thank you for listening and have a Mending 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

