

June 23, 2026

Good morning, everyone! I'm Leilani from Class 731, here with you this Talk A Lot Tuesday on behalf of the SEAL Team!

During one of the most challenging times in American history, President Franklin D. Roosevelt reminded the nation, "The only thing we have to fear is fear itself."

As some of our 8th-grade students prepare to take the U.S. History and Government Regents Exam, that message is just as important today. Don't let nerves or doubt stand in your way. You have spent the entire year learning, growing, and preparing for this moment. Trust yourself, trust your teachers, and trust the hard work you have put in.

Take a deep breath, stay focused, and remember that you are more prepared than you think.

Good luck to all of our Regents students. We are proud of you and know that you will do your best.

Like Anne Frank, the affirmation of the day is, "I try to see the good in others."

Thanks for listening and have a Triumphant Tuesday 😊

## 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

