

June 9, 2026

Good morning, I.S.201! This is Michelle of class 751 speaking to you this
Talk A lot Tuesday on behalf of the S.E.A.L Team!

Today is National No Apologies Day. This day reminds us to be
confident in who we are. You should never feel sorry for being yourself,
trying your best, asking questions, or working hard to reach your goals.

Everyone has different talents, interests, and ideas. Those differences
are what makes our school special. Be proud of who you are and respect
others for who they are.

As Dr. Seuss once said, "Today you are you, that is truer than true.
There is no one alive who is youer than you."

Let's make today a day of confidence, kindness, and respect.
Like Anne Frank, the affirmation of the day is: I understand the importance
of kindness.

Thanks for listening and have a True to Yourself 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

