

February 25, 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

Today is Quiet Day, a reminder that not every moment needs to be loud or busy. In a world full of noise, notifications, and constant talking, taking time to be quiet can actually make us stronger. Quiet times allow us to think clearly, calm down, and understand our feelings. When we take a minute to think before acting, we are able to control ourselves and our emotions which allows us to say things we won't regret later on. Quiet isn't weakness , and it isn't awkward. It's space. It gives your mind a chance to calm down and your emotions a chance to even out. When we give ourselves that space, we make better decisions. We speak more carefully. We treat people better. When we slow down, we become more patient, more thoughtful, and more aware of the people around us.

Like Frederick Douglass, today's affirmation is: "I treat others with the respect they deserve."

Thank you for listening and have a Whisper Wednesday 😊

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

