

January 16, 2026

Good morning I.S.201! This is Grace Zhang from class 832, here with you on behalf of the S.E.A.L. Team.

Change does not always begin with big events or other people it often starts with yourself. When you realize that your choices, attitude, and behavior matter, you begin to take responsibility for your actions. Instead of waiting for someone else to fix a problem, you focus on what you can do differently. Simple changes, like being more respectful to others, managing your time better, or putting more effort into school, can slowly lead to bigger improvements in your life. Starting with yourself also helps you grow and become more confident. When you work on improving your mindset and behavior, challenges feel less stressful because you know you are trying your best. Additionally, your actions can influence your peers, even if you don't notice it right away. By choosing to improve yourself first, you help create positive change not only in your own life but also in your school and community.

Like Martin Luther King Jr., the affirmation is, "I believe that change starts with me."

Thanks for listening and have a Find Inner Strength Friday 😊

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

