

June 2, 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 First Ladies Day, a day to recognize the remarkable women who have served as First Ladies of the United States. While they are not elected officials, First Ladies have often used their voices to make a positive difference in our country. They have supported causes such as education, health, literacy, military families, and helping others in need.

One famous First Lady, Eleanor Roosevelt, once said:

"No one can make you feel inferior without your consent."

This quote reminds us to believe in ourselves, value who we are, and never let others determine our worth.

As you go through your day, remember that leadership isn't always about holding a title. It's about using your kindness, courage, and actions to make a positive impact on those around you.

Like Anne Frank, the affirmation of the day is: I stand up for people who are treated unfairly.

Thank you for listening and have a True Leaders 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

