

June 1, 2026

Rise and shine, I.S.201! This is William Chen of class 852 speaking to you for today's Motivational Monday on behalf of the S.E.A.L Team!

Time really flies! May has already passed and it's now time to welcome June. Regarding the new month, did you know that June is National Rebuild Your Life Month? This is a special time for us to look back on our situations and seek positive change. Whether it's working on a personal goal, getting over an unhealthy habit, or considering a new path, June encourages a fresh start to our lives. The whole point of this is to reflect on past experiences and plan towards future improvements or success. However, the idea of rebuilding your life doesn't have to solely revolve around change; it could also be freeing yourself from past regrets and looking onward to pursue happiness, or to step away from societal expectations and to live how you want. In the words of Oprah Winfrey, "We can't become what we need to be by remaining what we are." Adapting and adjusting could be difficult, but sometimes you need to break completely to rebuild fully.

Like Anne Frank, the affirmation of the day is: I believe helping others makes the world better.

Thank you for listening and have a Make Change Monday 😊

### 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

