

September 17, 2026

Good morning, IS 201! My name is Hana from class 831 and I'm here with you this Thoughtful Thursday on behalf of the SEAL Team.

Today is Constitution Day and Citizenship Day! This day reminds us that being part of a community comes with both rights and responsibilities.

Being a good citizen is not only about following rules. It is also about how we treat the people around us. Showing respect, kindness, understanding, and responsibility helps make our school a place where everyone feels safe, supported, and included.

As you go through your day, think about one simple question: What can I do today to make someone else feel like they belong? Sometimes a small action like helping someone, listening, including a classmate, or simply being kind can make a big difference.

Time Travelers Update: Our passport journey continues! 7th grade students will be receiving their Time Travelers Passports today and tomorrow. Be on the lookout as the SEAL Team continues visiting classes and preparing you for your journey through time.

Remember, our first stop is Ancient Egypt, where we are focusing on the Eye of Understanding which teaches us to take the time to see situations from another person's point of view.

The affirmation of the day is, "I can pause and choose a better response.."

Thank you for listening and have a Treat People Well Thursday 😊

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

