

October 30, 2025

Good Morning I.S.201! My name is Hana from class 731, and I am here for the Thoughtful Thursday on behalf of the S.E.A.L. Team.

Today we're celebrating Speak Up for Service Day, a day that reminds us all that even the smallest act of kindness can make a big difference. This special day encourages everyone to use their voices to support, help, and uplift others. Our SEAL Team is leading by example, showing what it means to serve our school and community through leadership, respect, and teamwork.

Think about ways you can "speak up for service" today: invite someone new to join your group, thank a staff member, or stand up for someone who needs a friend. Every kind word and action matters! When we work together and lead with kindness, we make IS 201 a place where everyone feels seen, supported, and valued. Let's all take part in spreading positivity today because at our school, kindness isn't just what we do, it's who we are!

Like Eleanor Roosevelt, today's affirmation is: *"I show compassion through action."*

Thank you for listening and have a Teamwork is Dreamwork Thursday 😊

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

