

June 12, 2025

Good morning I.S.201! This is Riley from class 631, here with you this Thoughtful Thursday on behalf of the S.E.A.L Team.

Today is national peanut butter cookie day, the perfect excuse to slow down and take time to treat yourself. Whether you had busy day at school, are having a bad day, or just need a little pick-me up a cookie has a way of making everything feel a bit better. You can take a little time out of your day to bake, and make a sweet treat, and enjoy yourself. You can learn new recipes and spend time with a family member or loved one. Make them for a friend, you never know what someone else is going through and a little token of your appreciation for someone just might make their day.

Did you know that peanut butter has vitamin E and vitamin B6, both of these vitamins contribute to brain function and immune health! Take a break and share a tasty, brain and body fueling snack.

Thanks for listening and have a Treat Your Sweet Tooth 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

