

March 5, 2026

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

Today we're recognizing World Energy Efficiency Day, a global awareness day that encourages everyone to use energy more wisely and protect our planet. Energy efficiency means using less energy to accomplish everyday tasks like turning off lights when you leave a room, unplugging devices that aren't in use, and being mindful about how much electricity and heat we use. When we all make small changes, those actions add up in a big way.

We should be responsible and thoughtful about our choices. Saving energy not only helps the environment, but it also shows respect for our school and the resources we share. Let's work together today to make smart, energy-saving decisions and show that IS 201 leads by example.

Like Albert Einstein, the affirmation of the day is, "I use what I learn to make a positive difference."

Thanks for listening and have a Turn Off the Light 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

