

February 5, 2026

Good morning, I.S. 201! I'm Leilani Quintana from class 731, and I'm here on behalf of the S.E.A.L. Team for this Thoughtful Thursday!

February 5th is a special day that many people see as a time to focus on learning and personal growth. On this day, students are encouraged to think about how education helps them understand the world better. Learning new things, whether in school or at home, helps people make better decisions and solve problems. February 5th reminds us that knowledge is powerful and that even small lessons can make a big difference in our lives.

This day also teaches the importance of curiosity and responsibility. Asking questions, reading books, and listening to others help us grow smarter and kinder. When people take learning seriously, they can help improve their communities and support others. February 5th is a reminder that education is not just about grades, but about becoming a better and more informed person every day.

Like Frederick Douglass the affirmation of the day is, “I use knowledge as a tool for change.”

Thanks for listening and have a Time to Focus 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

