

September 18, 2025

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

Today is National Respect Day! It's a day to honor kindness, dignity, and the way we treat one another.

Let's remember that respect starts with us, respecting others' thoughts, feelings, and spaces. Small actions make a big difference: say please and thank you, listen when someone speaks, keep our shared areas clean, and treat everyone with fairness. As Confucius once said, "Respect yourself and others will respect you."

Like Jane Addams, today's affirmation is: "*I serve others with compassion, and I matter.*"

Thanks for listening and have a Treat Others Right 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

