

October 9, 2025

Good morning I.S.201! This is Leilani Quintana from class 731, here with you on this Thoughtful Thursday on behalf of the S.E.A.L. Team.

This month is meaningful to me because I am proud to be Hispanic. Every year, September 15 to October 15 is honored as Hispanic Heritage Month. It's a moment to celebrate the cultures, history, and contributions of those with ancestors from Spain, Mexico, the Caribbean, and Central and South America.

The celebration starts on September 15 because it marks the independence anniversaries of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. Other countries, like Mexico and Chile, also celebrate their independence around this time.

Hispanic people have made important contributions to our country in many areas like music, food, science, politics, and more. For example, Sonia Sotomayor became the first Hispanic Supreme Court Justice, and Ellen Ochoa was the first Hispanic woman to travel to space.

We can celebrate this month by learning traditional dances, trying new foods, or reading books by Hispanic authors. Hispanic Heritage Month is a

chance to learn more about our neighbors, classmates, and even our own heritage.

This month is very special to me, because I myself am proud to be Hispanic.

Like Eleanor Roosevelt, we should believe that one person can make a difference.

Thanks for listening and have a Tradición (trah-dee-thyohn)
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

