

February 26, 2026

Good morning, I.S. 201! This is Michelle Huo from class 751 here on behalf of the S.E.A.L. Team for this Thoughtful Thursday!

Let today be a reminder to appreciate yourself as well as to believe in your goals. Sometimes, we believe our flaws are worse than everyone else's. Regardless of your age, appearance, or intelligence, know that you are another jewel that has its own qualities. When life isn't easy, remember that you are being prepared for something bigger. Paulo Coelho said, "An arrow can only be shot by pulling it backward. So, when life is dragging you back with difficulties, it means that it's going to launch you into something great." The hardest part of life will be learning to love yourself even when it feels like the world doesn't. Today, surround yourself with joy and positivity and appreciate yourself for who you are.

Like Frederick Douglass, today's affirmation is: "I believe my words can change the world."

I appreciate your attention on today's announcement, and I hope you have the same appreciation for yourself this Tranquil 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

