

April 16, 2026

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

Today is Thursday, April 16th, and today we celebrate National High Five Day! This is a fun reminder that even a small gesture, like a high five can spread positivity, encouragement, and good vibes throughout our school community. So today, take a moment to celebrate each other's efforts, achievements, and kindness with a simple high five.

As Serena Williams once said, "Every champion was once a beginner."

Whether someone is just starting out or already succeeding, a high five can go a long way in showing support and lifting others up.

Like Leonardo da Vinci, today's affirmation is: "I believe in the power of observation."

Thank you for listening and have a Togetherness 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

