

February 13, 2025

Good morning IS201! It's Emily, from 851 and I'm here this Thoughtful Thursday on behalf of the SEAL team.

Today is February 13th, also known as Giving Hearts Day. Today is a day to support and show love to our favorite charities. Each year on this day, hundreds of people make donations to their favorite charities. Although not everyone may not be able to donate money or other valuables, maybe we can all donate our time to volunteer. By doing this, we not only make a difference in our community and the lives of the less fortunate, but we can come together and use today to spread gratitude and love.

Now, although these gestures of kindness are important, we may not all be comfortable with donating or volunteering and that's okay! Donations or not, we can use today as a friendly reminder to always be kind and helpful. There's always a way to better the world we live in, and if we all take small steps, we can make our community a kinder place for all. If not donating or volunteering, try to do something to spread love today. It can range from helping a classmate cheer up after a bad day, to making a simple

joke and making our friends smile. When we do this, it is a constant reminder to not only ourselves, but others around us to spread positivity, embrace flaws, and work together.

Thanks for listening and have a Thriving-Together 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

