

May 28, 2026

Good morning IS 201! This is Leilani from 731 here with you this Thoughtful Thursday on behalf of the SEAL Team.

National Amnesty Day is celebrated today, this day teaches people about forgiveness, responsibility, and second chances. The word “amnesty” means being officially forgiven for something, usually after admitting a mistake. This day can help students learn that everyone makes mistakes, but people can grow and improve from them. In history, amnesty has sometimes been used by governments to forgive groups of people after wars or conflicts in order to bring peace. National Amnesty Day reminds us that learning from our actions and giving others another chance can help create a kinder and more understanding community.

Like Sigmund Freud, the affirmation of the day is: “I value inner peace and mental wellness.”

Thank you for listening and have a Tasty 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

