

March 19, 2026

Good Morning I.S.201! My name is Aila from class 713, and I am here for this Thoughtful Thursday on behalf of the S.E.A.L team.

Ramadan, is a time when daily routines shift to center around faith and mindfulness. From waking up early for suhoor to breaking the fast at sunset, each moment is approached with intention and gratitude. The fast teaches self-control and reminds individuals of the struggles faced by those who are less fortunate. It becomes an opportunity to slow down, focus on personal growth, and strengthen one's relationship with God through consistent prayer and reflection.

Throughout the month, the atmosphere is filled with a sense of peace and generosity. Communities often organize charity drives, food distributions, and gatherings that bring people closer together. Small acts of kindness, such as helping a neighbor or sharing a meal, take on greater meaning during this time. Ramadan encourages individuals to carry these positive habits beyond the month, leaving a lasting impact on both personal character and the wider community.

We want to take this time to wish a Happy Eid to everyone celebrating.

Eid Mubarak!

Like Albert Einstein, today's affirmation is: "I know that thinking takes time and focus."

Thank you for listening and have a Tradition and 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

