

June 18, 2026

Good morning, everyone! I'm Aila from Class 713, here with you this Thoughtful Thursday on behalf of the SEAL Team!

Did you know that today is international day for countering hate speech day? Hate speech can cause real harm to individuals, communities, and society as a whole. By choosing empathy and mutual respect, we can help create environments where everyone feels valued, heard, and safe. This day serves as a reminder that each of us has a role to play in challenging prejudice, rejecting discrimination, and promoting positive communication both online and in our daily interactions. Countering hate speech is not only about responding to harmful words; it is about building stronger communities through kindness, education, and meaningful engagement. Today is a day that everyone can reflect on the impact of their words, stand up against hate in all its forms, and support efforts that advance dignity, equality and respect for all people. Together, we can help create a more inclusive and compassionate future.

Like Anne Frank, the affirmation of the day is, "I value freedom and fairness for everyone."

Thanks for listening and have a Think Before You Speak 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

