



# EXPLORER INFORMER

## Dear DSES Families,

We are hoping that the weather will hold up this Tuesday so that our Explorers can participate in Jump for Heart. We have already reached out to the American Heart Association with the need to reschedule in the event of rain.

We are pleased to share that we have raised more than \$4,000 for the American Heart Association, exceeding the donation goal. Thank you to all the families who donated to our Kids Heart Challenge. The coordinator will come share the results at a future Friday Flag.

Thank you to the 249 parents who have completed the Del Sur Climate Survey so far. I am able to extend this survey until this Wednesday, January 18. Click the following link to access the [DSES School Climate Survey](#).

We are happy to also announce that our wonderful Foundation is sponsoring a BMX assembly on our playground for the entire school on Friday, January 27, with their message connecting to our No Place for Hate work in being kind to others and accepting differences. Finally, we are conducting the remainder of our Behavior Expectations assemblies for each grade level this week.

Sincerely,  
Eric "Mr. T" Takeshita  
Principal, Del Sur Elementary School

### Mr. T's Quick-Connect Question:

What is your favorite place to go to eat and why?

## ***Interesting facts about Dr. Martin Luther King, Jr.***

**Dr. King's birth name was Michael, not Martin.** He was born Michael King, Jr. on January 15, 1929. In 1934, however, his father, a pastor in Atlanta, traveled to Germany and became inspired by the Protestant Reformation leader Martin Luther. As a result, King, Sr. changed his own name as well as that of his five-year-old son.

**Dr. King entered college at the age of 15.** He was such a gifted student that he skipped grades 9 and 12 before enrolling in 1944 at Morehouse College, his father's and maternal grandfather's alma mater. Although he was the son, grandson and great-grandson of Baptist ministers, King did not intend to follow the family vocation until Morehouse president Benjamin E. Mays, a noted theologian, convinced him otherwise. King was ordained before graduating college with a degree in sociology.





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- **The heart pumps** about 83 gallons of blood per hour and beats about 108,000 times per day.
- **Capillaries**, the smallest blood vessels in your body, are about the same width as 10 human hairs.
- Most Americans consume **too much sodium**, which can be found in pizza, bread, meats, snacks, sandwiches and cheese.



- **Physical activity** strengthens muscles and bones and improves emotional well-being.
- A 16-ounce **soda contains as much sugar as 20 sugar cubes**. To burn off the calories, a kid would need to bike for about 30 minutes.
- Eating a colorful plate with **4-5 servings of fruits and vegetables** daily can benefit heart health.

American Heart Association. **KIDS HEART CHALLENGE**

**Kids Heart Challenge is coming soon, Explorers!**  
Our goal is 100% of families knowing Hands-Only CPR®.

**BETHE TORCH HEART HEROES**

MEET THE TEAM! INTRODUCING OUR "BETHE TORCH" HEART HEROES:

\$5- HEARTY Be Kind	\$10- BREEZE No Smoking	\$25- HYDRO Choose Water	\$40- DREAM Sleep More	\$100- MARLEY Be Active	\$200- BAXTER Be Thoughtful
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Thank you for your support!

The heart healthy program will kick on **January 6, 2023**, but don't wait to get started!

- Download the Kids Heart Challenge app or visit [heart.org/KHC](http://heart.org/KHC) to register.
- Complete Finn's Mission to learn Hands-Only CPR® and earn Finn's Lifesaver Award! Plus, students can earn the Be the Torch Heart Heroes pictured below.
- Students who sign up by **January 6th** will receive our collector's edition Frankie keychain!

**Thank you, Del Sur Elementary School sponsors!**



The King Family



The Waggoner Family



and The Fontana Family

