



EXPLORER INFORMER

Dear DSES Families,

We hope you had a nice weekend. Last Friday, we had the kickoff video for our Kids Heart Challenge through the American Heart Association. Unfortunately, Friday Flag was canceled due to rain, so we could not do the kickoff in-person. All classrooms watched the video after it was shared in the Morning Message, and students learned that this fundraiser event is being sponsored by our ASB and will support people in need through the American Heart Association. Donations for this fundraiser are made strictly on a voluntary basis. (Details on following page.)

On Tuesday, January 17, all Explorers will experience the “Jump for Heart” activity connected to our Kids Heart Challenge fundraiser where they get to jump rope at whatever level they are for 30 minutes. This will happen on the DSES playground; a sound system will be set up for the coordinator. During lunch playtime, a designated area has been identified for students to practice jumping rope, and Mrs. Santiago is introducing this to some grades during PE. There will be an adult supporting this area, especially for the younger Explorers.

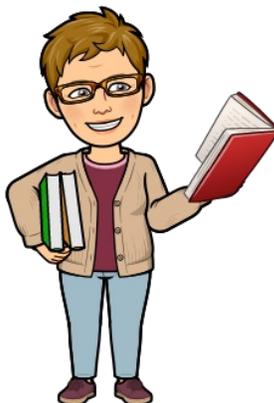
Thank you to the 200 parents who have completed the Del Sur Climate Survey so far. The survey will remain open until this Friday, January 13. Click the following link to access the [DSES School Climate Survey](#).

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



Mr. T’s Quick-Connect Question:

What is something you can do to be a good friend?



Mrs. O’s [Library Newsletter](#) for January

Highlights:

- New Year's Resolutions
- No Snow? No Problem! Make your own paper snowflakes
- Three stories full of snow
- January 16: Dr. Martin Luther King Jr. Day
- Top 10 AR Quiz Takers (as of 1/1/2023)



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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 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

