

KIDsource

NOVEMBER 2016

Dear Families,

An online version of KIDsource is on the school district's website at www.moorheadschoools.org. Under Schools in the top menu, choose Community Education and from there select Programs. Scroll down the page until you see KIDsource. Then select the issue you would like to see.

KIDsource is distributed to all elementary students in Moorhead. Copies of KIDsource are available in the Horizon main office each month for your middle school student to pick up if interested.

kidquest

FREE fun for the whole family!

Registration begins two weeks prior to each event.
Call 701.551.6100 or visit plainsart.org.

CUT + PRESS Saturday, December 3 • 1 – 4 PM • FREE

Cut, ink, press, and rub your own collograph print alongside artists in the Hannaher's, Inc. Print Studio. Experiment with surface levels and textures through this unique printmaking process.

OUR TOWN Saturday, January 7 • 1 – 4 PM • FREE

Explore the architecture of the Museum and ceramic models in the exhibition *Architecture in Clay*. Imagine and build your own community using clay, then work together to create a collaborative city out of wood and clay.

AFTER SCHOOL CLASSES register at plainsart.org • 701.551.6100

ART LAB Thurs, Dec. 1 • 4 - 5:30 pm • \$24 / \$19 members

PAINT + PAPER Tues, Dec. 13 • 4 - 5:30 pm • \$24 / \$19 members

POTTERY ON THE WHEEL Mon, Nov. 21 • 4 - 6 pm • \$24 / \$19 members



Kid Quest is made possible by a grant from Xcel Energy. With additional support from Minnesota Public Radio.

PLAINS **Art** MUSEUM

Katherine Kilbourne Burgum CENTER FOR CREATIVITY
704 1st Ave., N, Fargo • 701.551.6100 • plainsart.org

KIDsource is published through the cooperation of many agencies in Moorhead and coordinated through Moorhead Community Education. If you have any questions, suggestions or articles, please call the Center for Education at 218-284-3400.

Visit the Moorhead Area Public Schools website at www.moorheadschoools.org.

Publication in KIDsource does not constitute school district endorsement of a program.



Constructing *Dreams*



For our students to grow, our schools need continued support. For our community to remain vibrant, we must attract and keep strong families. One of the best ways to do that is through a strong school system. *Strong schools means a strong community.*

Learn more. Ask questions. Get answers. Here's how.

Coffee with the Mayor & Superintendent

Visit with the mayor and superintendent to learn more about the city and school district, ask questions and share your thoughts. Sessions will be at **10 a.m. in the Moorhead Center Mall Atrium** on:
Jan. 18 May 17

Moorhead Community Education Learning Opportunities Catalog

Read district updates included in the Community Education catalogs published three times annually, in the fall, winter and spring. Catalogs are mailed to school district residents and are available in the community.

Website

Visit www.moorheadschoools.org for news, School Board meeting updates, calendars and much more.

Social Media

Follow Moorhead Schools on Facebook ([facebook.com/MoorheadSchools](https://www.facebook.com/MoorheadSchools)) and Twitter (@MoorheadSchools).

Learn new skills in Moorhead Community Education classes

Take a healthy cooking class, try new dance moves, make a mail basket or learn how to worm compost.

Register online at
<https://communityed.moorheadschoools.org>
or
call 218-284-3400

MOORHEAD AREA PUBLIC SCHOOLS

*proudly serves the communities of
Moorhead, Georgetown, Sabin and surrounding area.
Learn more about the district at www.moorheadschoools.org.*



MOORHEAD WRESTLING CLUB
(chartered club with USA wrestling)

presents

MOORHEAD MAGIC YOUTH WRESTLING

Who: all PreK-6th



What: Youth Wrestling

When: Nov 14th - March
(practice details online)

Where: MHS Wrestling Room

Cost: **FREE**
(required to purchase
USA wrestling card - \$40)

REGISTER TODAY
www.moorheadwrestling.com

Warning Signs of a Reading Difficulty

If a child exhibits 3 or more of the following warning signs, they may be displaying signs of Dyslexia.

Kindergarten and First Grade

- Difficulty connecting letters to sounds
- Failure to understand that words come apart
- Difficulty learning sight words quickly and recognizing them in stories
- Difficulty sounding out words that are not already memorized
- Difficulty sounding out even the simplest words in Kindergarten, such as mat, cup, bit, pot, or pin.
- Reading errors that show no connection to the sounds of the letters
 - Saying *big* for *goat*, or *fish* for *from*
- Reading that is very choppy and labored in mid-late First Grade
- Difficulty spelling
- History of reading difficulty in the family
- Complaints about how hard reading is or avoiding the task



Middle School and High School

- History of reading difficulty
- Limited vocabulary
- Poor written expression
 - Difficulty putting thoughts down on paper
- Reading continues to be slow and labored
- Continues to guess or skip unknown words
- May have to read something 2 or 3 times to understand it
- Embarrassment caused by oral reading
- Terrible speller
- Difficulty pronouncing unfamiliar names of people or places
- May drop out of high school
- Has difficulty passing entrance exams for college

Mid-Late Elementary

- Slow, choppy, inaccurate reading
 - Guesses at unknown words
 - Skips or misreads small, common words (at, to, the, of, for)
 - Ignores suffixes, such as -ed
 - Difficulty sounding out unknown words and fixing errors independently
- Terrible spelling
 - May memorize words for test each week, but forgets them after the test & doesn't use them when writing
- Difficulty reading multi-syllable words, leaving out sounds or complete syllables
 - conible for convertible; rebersbal for reversible
- Homework that never seems to end
- Very slow progress in learning to read
- Lowered self-esteem and lack of confidence in their academic ability.



If the school year hasn't started as well as you hoped, call 218-359-0505 to schedule an evaluation



MARQUART'S MARTIAL ARTS

"JOIN US IN MOORHEAD!"

- ✓ Improve self-confidence, self-control, and self-discipline
- ✓ Learn practical self-defense
- ✓ Improve coordination, physical fitness and flexibility
- ✓ Education for the development of the complete individual as a martial artist



Year-round classes for children and adults are led by Eighth Degree Grand Master Eugene Marquart who has over 36 years of teaching experience and is President of the US Changmookwan TKD Union.

CHECK US OUT!
NO CONTRACT REQUIRED!

2615 12th Ave. S
Moorhead, MN

CALL 218-233-6941 FOR MORE INFORMATION
OR VISIT www.marquartstk.com



RED RIVER INFINITY VOLLEYBALL CLUB IS ACCEPTING NEW PLAYERS FOR 2016-2017!

RRIV is a not for profit club that provides competitive volleyball playing opportunities in Minnesota and North Dakota through twice weekly practices and tournaments. Each girl is provided instruction by knowledgeable coaching staff and encouraged to develop individual and team skills. Girls are placed on like-skilled teams after a tryout process held November. There are 3 team playing opportunities: Winter (Dec. - Feb.), Spring (March - May), & 6 month (Dec - May) Winter and 6 months team placements are limited. All players in grades 6-12 who try out for a Spring team will be placed on a team.

INFORMATIONAL MEETINGS:

Sunday, Nov. 6th - 1:00-2:30 pm

OR

Wednesday, Nov. 9th - 7:00-8:30 pm
at Carl Ben Eielson Middle School

TRYOUTS:

10-12's Sat. Nov 12th 5:30 - 6:45 pm

13/14's Sat. Nov 12th 8 am - 12 pm (Winter) &
Sat. Nov 12th 1 pm - 5 pm (Spring)

15-18's Sun. Nov 20th 1 pm - 6 pm Winter, Spring, & 6 mo. teams

**Try-out
fee \$50**
can be applied to
season fees

Website: www.redriverinfinity.com



IGNITE THE PASSION

TRI-CITY STORM SOCCER CLUB

Experience the world's most popular sport with TC Storm Soccer Club; Fargo, Moorhead and West Fargo's largest and longest running club. With programs, leagues, and teams for players of all ages, abilities, and commitment levels, you can be sure to find an environment that is just right for you. Come join us and experience the excitement first hand!



ADULT



SELECT



RECREATIONAL



www.tricitystorm.org



(218) 233-6139





Lakeland Mental Health Center

Help Today for a Better Tomorrow

1010 32nd Avenue South, Moorhead, MN

1-218-233-7524

www.lmhc.org

24 hour Emergency/Crisis

1-800-223-4512

Depressed?

Grieving?

Anxious?

Stressors?

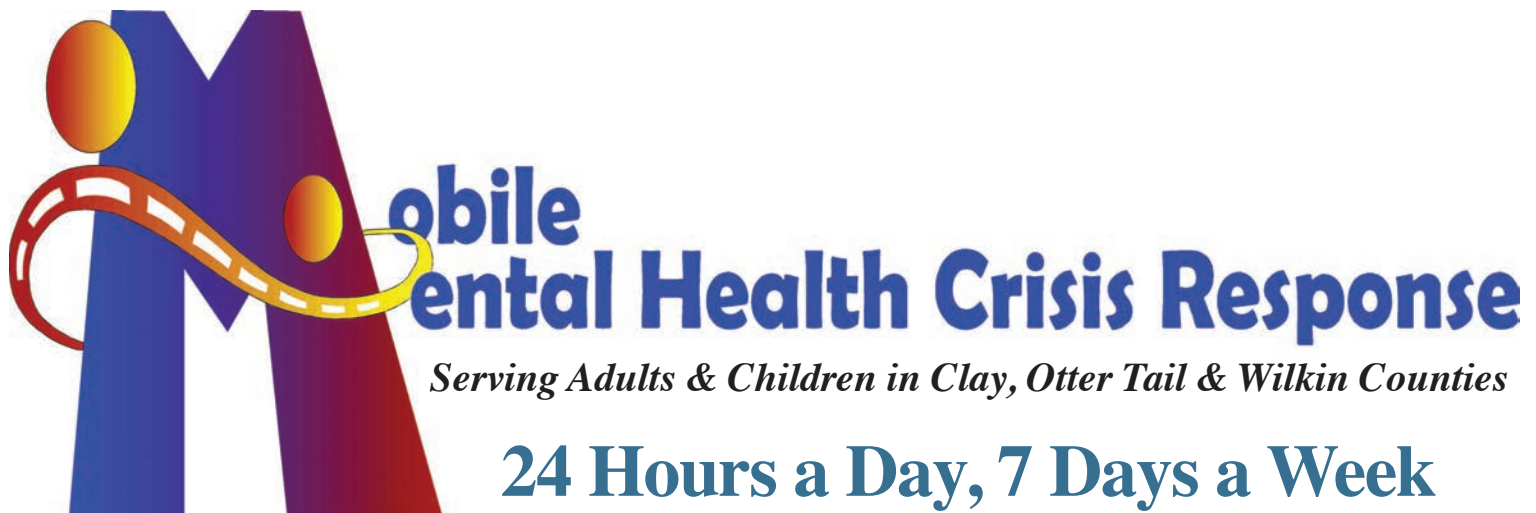
Problems Sleeping?

Difficulty Coping?

Feeling Confused?

Overwhelmed?

Negative Thoughts?



Help for you on the Phone or in your Home

1-800-223-4512

- Help for adults, children & families in their homes.
- Connection to mental health services.
- Coordination & follow up with current mental health service providers.
- Stabilization to reduce hospitalizations & out-of-home placements.
- Skills training to minimize future crisis.



YMCA OF CASS AND CLAY COUNTIES

WWW.YMCACASSCLAY.ORG



facebook.com/ymcacassclay



@ymcacassclay



@ymcacassclay

DISCOVER. RECONNECT. PLAY.

Families can be active together at the Y by taking advantage of all that's included in a Y membership:

- Basketball and Racquetball Courts
- Kids' Gym
- Kids' Play loft
- Sunday Fun Days
- XerZones – Youth Interactive Center
- NEW Aquatic Center with Zero-Depth Kids' Pool
- Discounts on Youth and Adult Programs
- And more!

Log on to
ymcacassclay.org/schedules
to see all activity times!



Learn about all the perks of Y membership by visiting
ymcacassclay.org/membership

Join the Y this November and pay **NO ENROLLMENT FEE!**

*that's up to \$50 in savings!



Check out our Family/Household Package Membership!

Includes two hours of child care in our Playstation daily while you workout!

Valid on all Y membership categories. Not refundable/reimbursable for cash. Must present coupon and photo ID to redeem.

Fercho YMCA - 400 1st Ave S, Fargo, 701.293.9622 | **Schlossman YMCA** - 4243 19th Ave S, Fargo, 701.281.0126

Join us for upcoming events!

Saturday Fun Night – Nov 5

4:30–9:30pm | Schlossman Y | Ages 5–12

Kids can join us for a fun-filled night in the Xerzone, Climbing Wall, Basketball Gym and Kids' Gym!

Holiday Parent's Night Out – Nov 18

5–8pm | Fercho Y | Ages 6 weeks – 11 years

Enjoy a night out while kids have Thanksgiving-themed fun in the Kids' Gym, Xerzone and more!

Turkey Day in the Xerzone – Nov 19

1–3pm | Fercho Y | All Ages

Join us for an afternoon of wacky games, healthy snacks and family fun. FREE and open to the community!

Burn the Bird 5K/10K – Nov 24

Race starts at 8:30am | Fercho Y | All Ages

Join us for our annual Thanksgiving Day run! Pre-register at solemotionrace.com.

Visit ymcacassclay.org/events for a full schedule and registration info!

Breakfast with Santa



December 3, 10 & 17
Begins at 8:00 am each day
Rheault Farm (2902 25th St S, Fargo)

Tickets on sale November 17 at 8:00 am

Tickets sold online only & must be purchased in advance. \$6.25 for ages 2 & up



2 Hour Program:
8:00 am Hot Breakfast provided by Applebee's
8:30 am Entertainment
9:00 am Visit with Santa & Mrs. Claus & create a Holiday Craft



701-499-7788 | fargoparks.com

Awesome Art Afternoon

Saturday, November 19
Anytime Between 1:00-3:00 pm
RDJ Rec Center, 1104 2 Ave S, Fargo

FREE!

Thanks to a grant from Xcel Energy.

Spend an afternoon creating fun art projects to take home.



XCELERATE!



701-499-7788 | www.fargoparks.com

YOUTH CURLING OPEN HOUSE

Come learn all about curling at the free open house!
Free pizza & Pepsi products while supplies last.

EVERYONE WELCOME!

LOCATION:

FM Curling Club
(4300 23 Ave S)

DATE:

Sunday, November 6

TIME:

2:00-4:00 pm



ROCK THE HOUSE!
FARGO-MOORHEAD CURLING CLUB

YOUTH CURLING LEAGUE

LOCATION:

FM Curling Club
(4300 23 Ave S)

DATE:

Begins November 20

AGES: 10-18

FEE: \$57.50 per person

REGISTRATION DEADLINE:

November 14



REGISTER ONLINE at **fargoparks.com**
or CALL **499-6060**.



701-499-6060 | www.fargoparks.com

Familywellness

A PARTNERSHIP BETWEEN SANFORD HEALTH

Camp Snow Day



Camp Snow Day - School's Out Day Camp | December 26th-30th from 9:00 AM-4:00 PM

Heat up your winter break this year at Family Wellness with a weeklong full day camp for kids. Winter camp will provide kids with high energy activities, arts and crafts, and even the chance to splash into the pool! Every day is a spectacular snow day at Family Wellness! For Ages: 6-11

\$175 Members / \$195 Non-Members.

Financial Assistance as well as Before and After Care are also available.



Youth Basketball Tournament

November 19th-20th Join us for our first ever Inspire Wellness Youth Basketball Tournament! All winning teams take home trophy's at this officiated tournament. 100% of proceeds from the tournament go directly towards the Inspire Wellness Initiative which supports need based community wellness programs for children, adults, and families in our area which aims to help people cook well and move well for life. **The deadline to register is Friday, November 4th. Ages: Boys 5th-8th grades and Girls 5th-6th grades.**

For more info: familywellnessfargo.org/inspire-wellness/

Contact Angie for more information at angela.hasbrouck@sanfordhealth.org

Youth Boot Camp

Mondays, November 7th – December 12th from 6:00-7:00 PM Youth boot camp is an exciting and enjoyable workout program for kids of all fitness levels. The kids will be doing courses and drills designed for their age and developmental level. Each session will be unique, which will keep them interested and challenged. The program will stimulate both their minds and bodies for an all-around fun class! For Ages: 6-9. *\$30 Members / \$60 Non-Members*



Call 701-234-2400 to register or if you have questions contact: Matt at matthew.melchior@sanfordhealth.org
Check out all of our upcoming fall programming on our fall program guide at www.familywellnessfargo.org/fitness/program-guide/

2960 Seter Parkway, Fargo ND 58104 | 701.234.2400 | www.familywellnessfargo.org



Attention K-12 wrestlers in the F-M area... become part of the Tech Team wrestling tradition!

Register now for the 2016-2017 wrestling season at:

www.techteamwrestling.com

Look what Tech Team has to offer:

- Highly trained, experienced and certified coaching staff
- State and national champion practice partners
- Foundational wrestling skills taught to beginning wrestlers
- Advanced skills taught to prepare wrestlers to compete on the National Circuit
- In-season focus training for middle and high school wrestlers
- Preparation for high school and college wrestling
- State of the art training facility



Group I: First and Second Year Wrestlers

Tuesday & Thursday 5:30-6:30

Monthly Session Fees: \$65

Group II: Advanced Wrestlers

Monday, Tuesday & Thursday 6:45-8:15

Monthly Session Fees: \$95

(Special payment options are available for families with multiple wrestlers or unique circumstances)

UPCOMING EVENTS

Online Registration– Join Now!

www.techteamwrestling.com

Tech Team Training Center

3332 4th Ave South, Fargo, ND

Regular Season

Session Begins:

NOVEMBER 1

For more information or if you have questions,

Contact Head Coach Ryan Kringlie:

Ryan.Kringlie@prairiesupply.com



Moorhead Parks & Recreation

Holiday Kickoff

**Tuesday, November 22
5:00 pm**

Moorhead Center Mall Commons

Join us for Moorhead's Holiday Tree Lighting! Special music by the Moorhead High School Carolers, cookies and hot apple cider, and photos with Santa Claus for \$5 per picture or FREE with food donations.

Followed by the Xcel Energy
Holiday Lights Parade downtown.



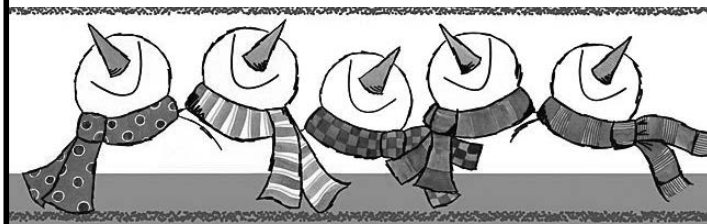
Moorhead
MINNESOTA
Parks and Recreation



WINTER ART CAMPS

Looking for something to do over winter break? Join us for afternoons filled with art, creative exploration, and fun! Participants will dabble in several different art forms including painting, drawing, clay, and 3D Projects. Each day will offer a different art experience!

December 27 - 30
1 - 2 pm for Ages 6-8
2:30 - 4 pm for Ages 9 -12
Alm Park
Fee: \$25



REGISTER TODAY!



Mini Basketball for Boys and Girls (Grades 1 & 2)

Dribble, Pass, Shoot, and learn the game of basketball! This is an excellent program for young boys and girls to learn and play the basics of the game. Have fun using junior size basketballs and six-foot baskets.

Saturdays Jan 7 - Feb 25
11:15 am - 12:15 pm or 12:30 - 1:30 pm
Ellen Hopkins Elementary
Fee: \$35

Youth Basketball for Boys and Girls (Grades 3 & 4)

Meet new friends and learn the value of teamwork! This is an eight-week program that focuses on participation and not on high levels of competition. Teams are coed.

Saturdays Jan 7 - Feb 25
10:00 - 11:00 am
Ellen Hopkins Elementary
Fee: \$40, \$60 after Dec 9

OPEN GYM

Youth Open Gym

This program is for boys and girls 15 years of age and younger. Regular and junior basketballs/volleyballs are available.



Adult Open Gym

Improve your basketball or volleyball skills with our Open Gym. For ages 16+

Sundays - Nov 6, 13, 20, 27 Dec 4, 11, 18

Location: Community Life Center

Sundays - Jan 8, 15, 22, 29 Feb 5, 12, 19, 26

Location - Ellen Hopkins Elementary

Youth: 1:00 - 4:00 pm

Adult: 4:15 - 5:45 pm

One gym for volleyball and one gym for basketball.

No Adult session on Feb 5.

218.299.5340 | moorheadparks.com

"Sticks and Stones may hurt my bones but words will never hurt me"



Anyone remember this old children's rhyme? It was made up hundreds of years ago and shared as a way to help a child who was the target of name calling and teasing remain calm and not letting the teasing upset them.

The problem is that "words" can and do hurt. One in every four children are bullied in school every day. Bullying is one of the top reasons why children have "stomach aches, anxiety, separation issues and more" each morning as they prepare for school.

Forms of bullying:

1. Physical or verbal: includes name calling, hitting, pushing, taking "milk money" type behaviors. Typically done by one person who wants to feel more powerful over the other person.
2. Emotional bullying is done by a group and can include spreading rumors or intentionally excluding the peer from playing or hanging out with them.
3. Cyberbullying: Facebook, Snapchat and Instagram and texting is fast becoming the new face of bullying because of the anonymous nature and its ability to spread more quickly than words spoken on the bus or playground.

Developing an action plan to address the bullying:

- Listen to your child when he shares something about a peer. Let your child know that you want him/her to tell you if someone is hurting them or making them feel bad.
- Help your child feel more in control of the situation by problem solving with them on ways to deal with the situation. Giving your child the tools to handle situations like bullying helps them feel more in control and will give them strategies to use should they experience bullying in the future. Our natural instinct as a parent is to deal with it ourselves but in the long run, it is best to help the child take control.
- Inform the school that is happening and ask them to help monitor the situation.

"Mental Health Matters"

This article was brought you by the Local Advisory Council for Children's Mental Health

We **BELIEVE** that every individual is able to unlock their potential through movement.

**Gymnastics * Special Needs * Ninja Kids * OT
Cheer * Birthday Parties * After School Program**

Special Needs Classes



NOW offering a variety of special needs classes including:

1:1 Private Sessions: Child has the opportunity to participate at their own pace

Small Group Sessions: Child participates with 3-6 individuals with similar abilities

Inclusive Sessions: Child participates in regular recreational gymnastics or fitness classes with simple modifications

Contact **Nate@tntkidsfitness.org** to sign up your child today!

Fall II Session:

Oct. 24 - Dec. 17

Register Online Oct. 10 at tntkidsfitness.org!

Classes for girls and boys ages 18 months and older including:

- Preschool Gymnastics
- Recreational Gymnastics
- Ninja Kids
- Cheer
- School's Out Day Camps

You're invited!

Want an unforgettable birthday?
Celebrate your birthday at TNT
Saturday or Sunday
Visit tntkidsfitness.org
for more information



School's Out Day Camps

If school is out for the day, come to TNT and play!



Includes: Fitness & gymnastic stations, sports & games, arts & crafts, educational lessons, healthy lunch & snacks

2016-2017 dates now available at tntkidsfitness.org

Open Gyms

Preschool Open Gyms
August 25 - May 13

Ages 18 months - 5 years*
Thursday: 11:00am - 12:00pm
Friday: 10:00am - 11:00am
Saturday: 8:15am - 9:15am
*One active helper needed for every two children

School Age Open Gyms
Ages 6-14 years
7:00-8:30pm

November 11, December 2
December 16

Register online at tntkidsfitness.org

Register online at tntkidsfitness.org



Children's Dental Services Smiles Across Minnesota

Children's Dental Services and Smiles Across Minnesota provide preventive dental services, such as teeth cleaning, sealants, oral hygiene and dental fluoride, to uninsured or under-insured children, birth to 18 years, in the district. CDS makes the dental appointment for your child to be seen at his or her school.

Forms are available at the school office and should be returned to the health office in your child's school. Contact Children's Dental Services at 612-746-1530 with questions.



ATTENTION ALL GIRLS FROM 5TH GRADE TO 11TH GRADE

MOORHEAD JUNIORS VOLLEYBALL WANTS YOU!

Registration Deadline: January 1, 2017

Moorhead Juniors Volleyball provides:

- Trained, quality coaches
- An emphasis on skills and teamwork
- Travel to other cities
- Great competition
- Friendships and Fun
- Online registration

Visit our website for more information: www.moorheadjuniors.com



1335 Main • 277-1TKD

Red River Traditional TaeKwonDo

The Area's Only Traditional TaeKwonDo School

Classes for All Ages

AUTHENTIC...

REAL...

TRADITIONAL...



**Grand Master Jim Grimestad
with 38 years experience**

7th Degree Grand Master Jim trains & tests in Korea

This is a traditional martial arts school not a sport

277-1TKD • 1335 Main Ave Fargo • rrtkd.com

go to **RRTKD.COM** for more information

FREE 2 week trial