



KiDsource

FEBRUARY 2018

Dear Families,

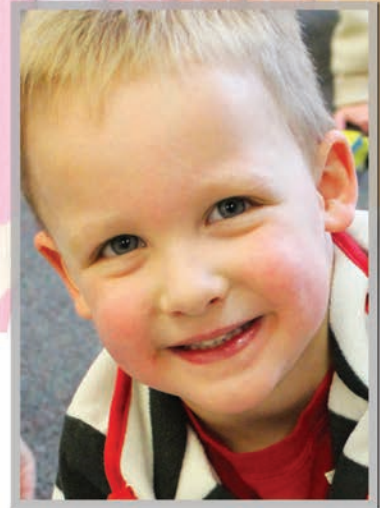
An online version of KIDsource is on the school district's website at www.moorheadschoools.org/KIDsource. KIDsource is distributed to all grades K-6 students in Moorhead elementary schools and at Horizon West. Copies of KIDsource are available in the Horizon East main office each month for grades 7-8 middle school students to pick up if interested.

LITTLE LIGHTS PRESCHOOL

OPEN HOUSE

THURSDAY, FEBRUARY 22
5:30PM - 7:00PM

·AN INTERACTIVE AND INFORMATIVE EVENT FOR CHILDREN AND THEIR PARENTS·



NOW ENROLLING
FOR 2018-2019

WWW.LITTLELIGHTSPRESCHOOL.ORG

218.512.2201

LITTLE.LIGHTS@TRIUMPHLBC.ORG

OFFERING AN ACTIVE, HANDS-ON EDUCATIONAL EXPERIENCE
WITHIN A CHRIST-CENTERED ENVIRONMENT



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 Community Education office, Probstfield Center for Education, 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.



PURSUE EXCELLENCE



MOORHEAD
AREA PUBLIC SCHOOLS

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:

May 16

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), Twitter (@MoorheadSchools) and Instagram ([moorheadschoools](https://www.instagram.com/moorheadschoools)).

Register now for winter Moorhead Community Education classes 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.

Build your own
video game!

PODS

Game Design

Build your own
video game!

BEGINNER RPG

Robert Asp Elementary

Dates:

Jan 10, 17, 24, 31, Feb 7

Time:

3:00 – 5:00

BEGINNER RPG

Dorothy Dodds Elementary

Dates:

Feb 14, 21, 28, Mar 14, 21

Time:

3:00 – 5:00

BEGINNER RPG

Horizon Middle EAST

Dates:

Mar 19, 23, 26, 28, Apr 4

Time:

4:00 – 6:00

BEGINNER RPG

Horizon Middle WEST

Dates:

April 6, 9, 11, 13, 16

Time:

4:00 – 6:00

ADVANCED RPG

(Mechanics
& Formulas)

Horizon Middle EAST & WEST

Dates:

April 18, 20, 23, 25, 30

Time:

4:00 – 6:00

IN SUMMER 2018...



Video Game Design Camp

Moorhead High School Media Center

Dates: June 11 – 15

8:00 – 12:00 (Ages 9 – 13)

1:00 – 5:00 (Ages 13 – 18)

ADVANCED RPG (Dungeons)

Moorhead High School Media Center

Dates: July 30 – Aug 3

3:30 – 5:30 (Ages 9 – 18)

- Learn the building blocks of video game design!
- Create a Role-Playing Game (RPG) of your very own!
- Bring your work home at the end of class to show your family and friends!
- Move on to the Advanced Class after the Beginner Class for more fun!
- Register at <https://communityed.moorheadschoools.org/>
- Find more information about the classes at www.podsgamedesign.com!
- Questions? Contact PODS at 701-936-4716 or podsgamedesign@gmail.com!



Moorhead Area Public Schools Jump Start Preschool

Registration opens February 20, 2018!

Register at Probstfield Center for Education, 2410 14th St. S.
or online at <https://communityed.moorheadschoools.org>

Students must be in the Moorhead School District



Jump Start Preschool – Must be 4-years-old by September 1, 2018

- Four days a week, Monday through Thursday
- 8:30 a.m. to 11 a.m. or noon to 2:30 p.m.

Jump Start for Threes – Must be 3-years-old by September 1, 2018

- Two days a week, Monday and Wednesday or Tuesday and Thursday
- 8:30 a.m. to 11 a.m. or noon to 2:30 p.m.

Children will develop skills needed for success as they enter kindergarten.

- Language and literacy
- Mathematical experiences
- Movement activities
- Social skills

Children will learn through

- Creative arts
- Discovery activities
- Hands-on experience



* Transportation is not provided *

For more information about Jump Start and other early childhood programs call Moorhead Community Education at 218-284-3400 or visit us at Probstfield Center for Education, 2410 14th St. S.

Moorhead Community Education Camp

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

Hey 5th and 6th Graders!

JOIN ART CAMP TODAY

Art camp is a fun way to get to do projects outside of the art room. It is a way for you to explore a variety of art materials while making new friends. You also will get to spend more time with Mrs. Stowman and Mrs. K! We will be doing all types of projects ranging from oil pastels to clay to murals. Please join us for an awesome art experience! All materials provided.

YAS11C - 12 Wednesdays, 3/14-5/30, Horizon Middle
School West Campus Grade 5 Maker Space,
7:45-8:45 a.m., \$85



MOORHEAD PARKS & RECREATION HAS SOMETHING FOR EVERYONE!



Art Programs & Camps

These popular art classes give kids the opportunity to explore their creative side while meeting new friends! Art encourages your child to grow in many ways, giving them confidence, observation skills, self expression, and a feeling of accomplishment. Kids naturally love art! Spring and summer classes and camps are now available for ages 6-14.



Tiny Treasures

Let your preschooler explore with us! These camps include art, story-time, music, games, and science, as well as unstructured play for ages 3-5. This is a drop off program and all participants must be toilet trained. Spring and summer sessions are available now!



Big Bopper Baseball

This introductory program for 5-year-old boys and girls focuses on fundamentals, teamwork, and having fun! This program uses plastic bats and foam baseballs. Registration is now open for summer teams!



Youth Baseball

These programs teach the basic fundamentals and teamwork of baseball for boys and girls in first-fifth grade. Registration is now open for summer teams! Coaches are needed! Contact Jordan at 218.299.5078 if you are interested in volunteering.

Moorhead Parks & Recreation Presents

One Enchanted Evening

February 24

6:00-9:00 pm

Hjemkomst Center

Back by popular demand, this evening for youth, ages 4-12 and their family, features a grand march, dancing, refreshments, photos, and memories to last a lifetime!

Tickets are \$12.00 per person and will be available for purchase beginning February 5.

A limited number of tickets are available so be sure to purchase yours early!

Registration Deadline: February 15

REGISTER FOR FUN TODAY WITH MOORHEAD PARKS & RECREATION!

MOORHEADPARKS.COM



MOORHEAD
MINNESOTA

Parks and Recreation

Winter Blues Happens to Children Too

It's that time of year again. That time between the ending of the holiday season and the wait for spring to show up. In our part of the country those three months are often thought of as the hardest months of the year. Why? Some would say it's because the afterglow of holidays fades, the cold, the endless possibility of snowstorms and did I mention the cold! Winter is typically a time when not many activities are planned, much of our time is spent inside and when we are outside the sun is not sunny and warm.

The majority of people in our part of the country can "weather" the change in seasons but for some adults it's not so easy. Often times these individuals are said to have what some call the winter blues or Seasonal Affective Disorder. But did you know that children also can suffer from the winter blues?

A diagnosable form of depression, Seasonal Affective Disorder (SAD) appears as winter approaches and disappears as soon as spring returns. It shows up as a change in mood and lasts a number of weeks that correlate with the changing of the seasons. Symptoms of SAD can be mild to severe and anywhere in between. Symptoms in children can include:

- An increased difficulty in concentrating – more trouble than usual in completing homework on time or at the same level of past ability.
- A change in sleeping patterns – sleeping much more than usual, not wanting to get up in the morning and get ready for school; tiredness or unexplained fatigue
- Over eating or not feeling hungry; craving carbohydrates and sweets, weight gain
- Changes in mood – sadness, irritability, excessive worrying, crying or getting upset often or more easily
- Lack of interest in friends and activities
- Such changes can impact a child's self-esteem, interfere with extracurricular activities, and impair social and academic functioning.

If you are a parent and have noticed changes in your child's mood, how do you determine if your child is truly suffering from SAD, a milder form of the "Winter Blues" (which might include some symptoms described above, but is less debilitating than SAD) or just a situational case of cabin fever? Talk to your child if you are concerned with any changes you see. There may be something going on other than the changes in the season that result in the changes you are seeing. It is also important to remember that some changes in mood can be triggered by certain events or situations can be normal. After all, we all get a bit cranky when the weather turns bitter cold and we have to stay inside and deal with cabin fever. While some cases of seasonal depression are not severe enough to require medical intervention, you should mention your concerns to your child's pediatrician.

Here are some fun ways to beat the winter blues:

- Get moving! Throw a dance party in your living room; bundle up and take a brisk walk around the block; check for local indoor activities that are happening in your community
- Create a fun list for the family with activities the family can do together such as playing board games, craft projects, baking or movie and popcorn night.
- Plan a play date for your child and one or two of their close friends.

Here are some tips to help your child:

- If homework is a challenge break it down in to smaller work times with breaks.
- Set a bedtime routine and bed time. Keep that same routine and bedtime on the weekends as well as school nights
- Encourage your child to eat a well-balanced diet with lots of fruits and vegetables.



TRI-CITY STORM SOCCER

IGNITE THE PASSION



Recreational
pre-k to 8th grade
weekly games,
optional training



Camps & Clinics
ages 4-18
take your game to the next level!



Academy
ages 3-9
learn soccer with
professional coaches



Adult
17+ year round
leagues



Select
ages 9-18
competitive,
travel soccer



REGISTER ONLINE:
<http://www.tricitystorm.org/>



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.marquartstkd.com





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?

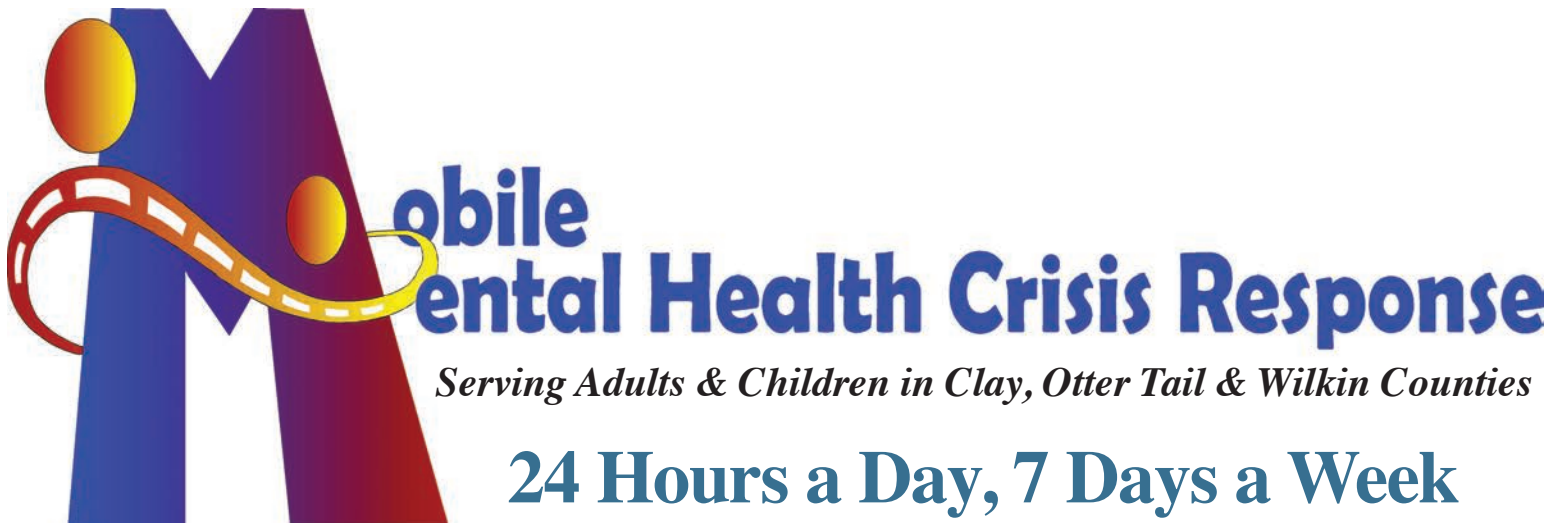
Problems Sleeping?

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



ymcacassclay.org | #ymcacassclay | 701.293.9622



WINTER/SPRING YOUTH PROGRAMS

Winter Session: runs through March 10 (You can still jump into this session!) | Spring Session: March 19 – May 19

See all programs and register online: ymcacassclay.org/programs

REGISTER TODAY!



Wacky Science
and LEGO® Club
Ages 6-12



Rock Climbing
Ages 7-14



Baseball
Ages 3-7



Basketball
Ages 3-7



Gymnastics
and Dance
Ages 2+



Babysitting Training
Ages 11+
Great for older siblings!

SCHOOL OUT DAY CAMP

February 16 & 19 | 9am – 4pm

School's out! Join us for a day filled with gym games, swimming, crafts, rock climbing, off-site field trips, and more! Extended care available. **MUST** register at least one week in advance. To register, call 701.293.9622 or visit us online: ymcacassclay.org/register

- > Ages 6-11
- > Fercho YMCA
- > Members: \$40/child
- > Non-Members: \$50/child

MAKE A SPLASH!

Swimming Lessons | Infant – Adult
Learn water safety, lifelong skills and make new friends in swimming lessons at the YMCA!
ymcacassclay.org/swimschool

FM Gator Swim Team | Ages 6+
Join a team with a 50+ year history of sportsmanship, teamwork and skill building! All levels of skill and experience are welcome!
ymcacassclay.org/gators

GET READY FOR SUMMER CAMP!

2018 Summer Camp Registration is OPEN – get signed up today!!

- **Camp Cormorant** Overnight Camp | Ages 7-15
- **Camp Koda** Day Camp | Ages 6-11
- **Busy Beaver Camp** Day Camp | Ages 3-5
- **Swimming/Diving Camps** Training Camps | Ages 8+

Check out our Summer Camp Brochure insert for camp dates, details, and registration information!

Learn new skills, explore nature, build confidence, meet new friends and have a BLAST in YMCA Summer Camp!

ymcacassclay.org/camp

Upcoming Events



Giving Hearts Day

Join us **February 8** for a community day of giving! All donations to the YMCA will be **MATCHED** – up to \$4,000!

All contributions we receive will benefit local youth through scholarships for child care, summer camp and more!

Learn more about Giving Hearts Day and see all participating charities at impactgiveback.org

Parent's Night Out

February 17 | 4 – 7:30pm
Schlossman YMCA
Ages 6 weeks – 14 years

Parents – enjoy a night out, kid free! Your kiddos will have a blast playing in the Aquatic Center, Xerzone, Climbing Wall, PlayTown and more!

Register: 701.293.9622

- YMCA Members: \$25/first child, \$15 each additional
- Non-Members: \$32/first child, \$22 each additional

Sunday Fun Day

Every Sunday | 2 – 5pm
Fercho YMCA | All ages

Don't spend your Sunday on the couch – join us for family fun in the Kids' Gym, Basketball Gym, Xerzone and more! PLUS, we'll bring out the Wibit, our giant aquatic obstacle course!

- YMCA Members: FREE!
- Non-Members: Pay just \$15 for a discounted Day Pass rate!



LEARN & EXPLORE

Grades K-5 | 25+ Area Sites

NEED BEFORE OR AFTER SCHOOL CARE?

We have openings in many YMCA School Age Learning Centers – maybe even in your own school!

Learn more online:
ymcacassclay.org/schoolage





COLLEGE FOR

▷▷ KIDS & TEENS ◁◁

Registration opens February 13th!

*Register for 3 classes and the 4th one is free!

 **Learn more at mnstate.edu/collegeforkids**

2018 DATES

June 11-14

June 18-21

July 16-19

July 23-26



MINNESOTA STATE UNIVERSITY
MOORHEAD

A member of the Minnesota State system

MSUM Regional Science Center

Minnesota State University Moorhead is an
equal opportunity educator and employer.



We would like to invite you to be part of the Moorhead Crush Girls Fastpitch program! We offer girls ages 7-18 skills in teamwork, confidence, skill building and lifelong friendships on and off the field.

Teams include:

- 8U (ages 7-8)
- 10U (ages 9-10)
- 12U (ages 11-12)
- 14U (ages 13-14)
- 18U (ages 15-18)

Travel Teams will also be available for 10u-18u

Registration starts Monday, January 2nd and runs through Friday, March 16th. Mark your calendars because it's going to be AWESOME!

Other ways to get involved before the summer season starts include:

- Winter clinics
- Spring ball (For grades 6, 7, and 8)
- Spring Kick Off events
- and MORE...*

Parents - Interested in coaching, being on a committee, or just getting involved in a great organization? Please feel free to contact us with interest, questions or concerns at info@moorheadcrush.org or...

Todd Kiser - President 701.388.5057

Vance Christianson - Program Director 701.238.5276

Check us out at www.moorheadcrush.org and Like us on Facebook (facebook.com/moorheadcrush)

Familywellness

A PARTNERSHIP BETWEEN

SANFORD
HEALTH



2018 SUMMER CAMP



- June 4th – June 8th | *Creative Cooking*
- June 11th – June 15th | *Creative Builders Camp*
- June 18th – June 22nd | *Soaking in the Sun*
- June 25th – June 29th | *Super Summer Sports Camp*
- July 9th – July 13th | *Family Wellness Imagination Station*
- July 16th – July 20th | *Wild Wilderness Camp*
- July 23rd – July 27th | *Camp Summer Splash*
- July 30th – August 3rd | *Camp Universe*
- August 6th – August 10th | *Cookapalooza*
- August 13th – August 17th | *Spectacular Sports Camp*

Camps run from 9am to 4pm (before & after care is available).



Summer Camp Registration is now open! Save 5% with Early Bird Registration February 1st - March 6th
\$185 Family Wellness & YMCA Members / \$205 Non-Members. *Financial Assistance is available.*
Camps are for children ages 6-11 years old.

Camp Carnival | Tuesday, March 6th from 5:00PM – 7:00PM | Camp Carnival is a fun, free, family event where you get to sample activities from our upcoming youth summer camps! Participants will get the opportunity to dip their toes into a little bit of each camp theme from sports to art, and even the wild wilderness. Come on by to see the sights, explore the hands on activities, and enjoy some yummy carnival treats. Activities include: large bounce houses, family dance, obstacle courses and much more. Summer camp registration will be available at a discounted, early bird price. All ages are welcome! Free for members and nonmembers

Other Programs and Classes available at www.FamilyWellnessFargo.org

Call 701-234-2400 or register online at www.familywellnessfargo.org
If you have questions contact Matt at matthew.melchior@sanfordhealth.org



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



**Martial Arts is
a FUN, SAFE and
EXCITING activity
the entire family
can enjoy.
More families
(over 900,000 students)
train at ATA.**



changing one million
LIVES

*Stop by and see
why we are the
LARGEST and BEST
in the country.*

*Ask about our
family specials!*



4480 23rd Avenue South
Fargo ND 58104

701.237.6800

www.ATAfargo.com mbeyer@atafargo.com

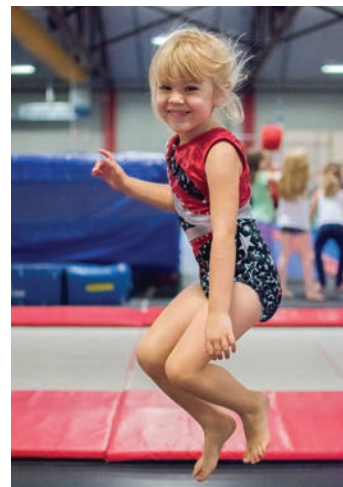


"ATA Martial Arts of Fargo"

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

**Gymnastics * Special Needs * Ninja Kids *
Cheer * Birthday Parties * Summer Camps**

Now Enrolling for Winter Classes



Baby Classes

Rockin' Rollers

Ages 1 - 6 months | 30 minutes

Curious Crawlers

Ages 6 - 12 months | 30 minutes

Register at tntkidsfitness.org

Open Gyms

Preschool Open Gyms

Ages walking - 5 years*

Thursday: 11:00am - 12:00pm

Friday: 10:00am - 11:00am

Saturday: 8:00am - 9:00am

*One active helper needed for every two children

\$6 per child

\$50 punch card for 10 open gyms

School Age Open Gyms

Ages 6-14 years

7:00-8:30pm

\$15 per child

January 12 - Ninja Theme

February 23 - Green and Gold Theme

March 16 - Leapin' Leprechauns Theme

April 20 - Ninja Theme

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

2017-2018 dates available at tntkidsfitness.org

Register online at tntkidsfitness.org



AFTER SCHOOL ART CLASSES

Pottery, Painting, Printmaking and more.

Mondays beginning at 4 pm.

Classes are designed for students ages 6 – 18.

POTTERY ON THE WHEEL

Monday, February 26 • 4 – 6 PM

Monday, March 5 • 4 – 6 PM

Monday, March 19 • 4 – 6 PM

HAND-BUILDING WITH CLAY

Monday, February 12 • 4 – 5:30 PM

Monday, March 12 • 4 – 5:30 PM

REGISTER TODAY!

plainsart.org / 701.551.6100

SCHOOL BREAK CAMP Ages 6+

Monday, February 19, 9 AM – 12 PM

Turn a slab of clay into a hanging animal pocket!

\$28 / \$22 members

PLAINS MUSEUM

Katherine Kilbourne Burgum CENTER FOR CREATIVITY

704 1st Ave., N, Fargo • 701.551.6100 • plainsart.org



Camp Invention®

Led by local educators

Inspire Innovation Lab

August 6 – 10, 2018.

Directed by Carrie Leopold

inspireinnovationlab@gmail.com

Visit **CAMPINVENTION.ORG** by
MARCH 23 to secure your spot and
— **SAVE \$25** —

Promo Code: **REGCAMP25**



GRADES K-6



TAKE HOME TWO ROBOTS



HANDS-ON STEM FUN



National Inventors
Hall of Fame®

In Partnership with the United States
Patent and Trademark Office

Space remains in winter Community Education and ECFE classes — register now!

The Moorhead Community Education winter catalog includes more than 200 learning opportunities for people of all ages and interests.

See the winter catalog for adult enrichment classes, youth and family classes, and Early Childhood Family Education classes. Registration is underway.

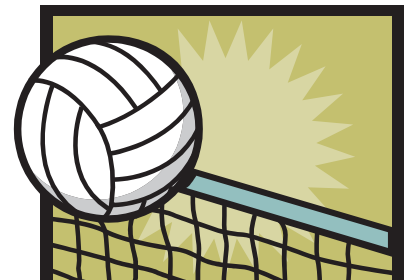
To request a free catalog or to register for a class by credit card, call Community Education at 218-284-3400 or register online at <https://communityed.moorheadschoools.org>.



Moorhead Community Education is a program of Moorhead Area Public Schools.

2018 Concordia Youth Volleyball Camp: July 10-12

- For girls and boys entering Grades 2-5
- From 9:00-11:15 am each day
- Cost: \$75
- Check-in at 8:30 am on Tuesday, July 10
- Campers grouped by age and ability
- Held at Concordia's Memorial Auditorium
- Each camper receives a free t-shirt and volleyball
- A fun introduction to volleyball: no experience necessary! 😊
- Register Online
- Website: www.CobberVolleyballCamps.com





UNITEDSCRRV.ORG



UNITED Soccer Club

OF THE RED RIVER VALLEY

Recreational & Competitive Soccer Programs

Join us for a fun, challenging and collaborative soccer community! United SC strives to provide a program for youth to achieve their full potential through high quality technical training, competitive matches, character building and community involvement!

For more information visit unitedscrrv.org



Do you have a preschooler or know someone who does?

All Minnesota children are required to attend a free screening.
Please schedule screening soon after your child's third birthday.

Early Childhood Screening is a quick and simple check of how your child is growing and developing.

Call **218-284-3800**
for appointments.



Friday, January 12
Friday, February 9
Friday, March 16
Friday, April 13

To make an appointment for your child's screening or if you have questions please call the Early Learning Center at **218-284-3800** or visit us at Probstfield Center for Education, 2410 14th St. S., Moorhead

Ready...Set...Grow!

MOORHEAD AREA PUBLIC SCHOOLS SECURITY

At Moorhead Area Public Schools, the safety and security of our students is a priority. With that in mind, Moorhead Schools has installed LobbyGuard, an electronic visitor management system, at our schools.

With LobbyGuard, all visitors to district facilities will be expected to scan a drivers' license or state ID card to gain access beyond the main office. Please be sure to bring your ID inside with you, if you need to enter the school.

LobbyGuard uses the information on the ID and compares it against national offender databases and local red flag databases in seconds. Visitors will then receive a custom visitor ID tag, printed on the spot.

We appreciate your understanding as we implement LobbyGuard. The district is pleased to provide this extended level of security to our families.



MOORHEAD
AREA PUBLIC SCHOOLS

www.moorheadschoools.org

Proudly serving the communities of Moorhead, Georgetown, Sabin and surrounding area

WE'RE READY FOR OUR NEW SPUDS!

Moorhead Area Public Schools Kindergarten Registration

February 6, 2018 • 7 a.m. – 6 p.m.

February 7, 2018 • 7 a.m. – 3:30 p.m.

Register at Probstfield Center
for Education, 2410 14th St. S.

Students must be 5 years of age
on or before Sept. 1, 2018.
Please bring proof of your child's birthday.

Register for
free all-day
kindergarten



MOORHEAD
AREA PUBLIC SCHOOLS

Considering the district's K-6 Spanish Immersion Program for your child?

Learn more by meeting with the principal, speaking to immersion parents or visiting the school. Call the Ellen Hopkins Elementary office at 218-284-4300.
To enroll your child in the Spanish Immersion Program register Feb. 6-7, 2018, at Probstfield.



Registration packets with Spanish Immersion Program information will be mailed to age-eligible students on the school district census in mid January. For more information call 218-284-3370, email info@moorheadschoools.org or visit www.moorheadschoools.org.



Keys to Kindergarten is a free program that offers important school readiness activities to improve your child's academic, social and emotional skills.

Keys to Kindergarten Schedule:

6 to 7 - Parents and Keys to Kindergarten children will participate in classroom activities.

7 to 7:25 - Parents will attend a parent session while the children participate in school readiness activities with the classroom teacher.

7:25 to 7:30 - Clean up and good bye!

(Sibling-care will be provided, please note if care is needed during registration process).

**Thursday evenings from
6 to 7:30 p.m.,
January 18 — March 29
(no class March 8)**

Topics for Children:

- Produce letter sounds
- Letter recognition
- Rhyming words
- Colors and shapes
- Counting and number recognition
- Following directions
- Listening skills
- Interacting with peers
- Sorting objects
- Syllable awareness
- Making logical predictions
- Other essential skills

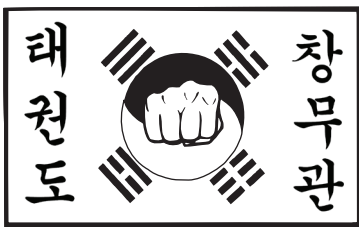
Class Information

KCCI0A - Probstfield Center for Education, 2410 14th Street South

To register, call Community Education at 218-284-3400 or go online at

<https://communityed.moorheadschoools.org> listed under Early Childhood Family Education - School Readiness.

Keys to Kindergarten is for children who live in the Moorhead Area School District and will be starting kindergarten in the fall of 2018 and their parents.



1335 Main • 277-1TKD

Red River Traditional TaeKwonDo

The Area's Only Traditional TaeKwonDo School

Classes for All Ages Self-Discipline...

Fitness...

Self-Control...



**Grand Master Jim Grimestad
with 40 years experience**

8th Degree Grand Master Jim teaches every class

This is a traditional martial arts school

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

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

FREE 2 week trial



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXPLORATION & ADVENTURE

2018 Summer Camp & Registration Information
Camp Cormorant | Camp Koda | Busy Beaver Camp

ymcacassclay.org/camp



Giving Hearts

← FEB Day 8TH →

givingheartsday.org

Moorhead Schools Legacy Foundation

Food for Thought Campaign

Match funding from generous donors magnifies the impact of your giving!

With your help, Moorhead Schools Legacy Foundation wants all students in Moorhead Area Public Schools to receive milk and snack break. Currently more than 900 of our 2,600 K-4 elementary students are in need. For some students daily snack break is one of their meals!

Last year Moorhead Schools Legacy Foundation's Giving Hearts Day 2017 *Food for Thought* campaign raised funds to support 200 of those children, providing them with milk and snack so they could learn and focus in the classroom.

Please remember our students in need this Giving Hearts Day – February 8, 2018. Gifts big or small can make a big impact in the lives of these students. **#CountMe** in as one giving heart.



DRAGON SWIM SCHOOL

Year-Round Lesson Program

Register for Classes

Winter One Session

January 8th - February 15th - 6 Weeks

Spring 1 Session

February 19th - April 5th - 6 Weeks

NO SWIMMING LESSONS MARCH 5th-8th

Saturday Session - TBA

*Group classes are offered once per week:

Mon, Tues, Weds, or Thurs.

Afternoons: 4:50, 5:30 or 6:10

*We begin at 4:10 on Weds ONLY

*Class length is 40 minutes

*One-on-One Lessons: 4:50, 5:30, 6:10

*We begin at 4:10 on Weds ONLY

*Morning Lessons are available for Levels 1, 2, 3
at 9:20 and 10:00 on Monday and Tuesday only.

Pricing for Fall Sessions:

Winter One Group Lessons: \$72.00/Student

Winter Private Lessons: \$216/Student

Spring One Group Lessons: \$72.00/Student

Spring One Private Lessons: \$216/Student

*Visa, Mastercard &
Discover accepted*

Register Online with Credit/Debit Card

www.msumdragons.com/swim or Register
with our Dragon Swim School Mobile App!!

Dragon Swim School has the highest quality lessons in the Fargo-Moorhead area

- Lowest student-to-instructor ratio: Levels 1-2 are 3:1 and Levels 3-8 are 4:1
- Our levels are based on skill level, not age or height.
- We focus on teaching kids how to swim and be safe in and around water.
- Our mature, confident and well-trained staff are college students or varsity high school swimmers/divers.
- We believe learning to float and kick on your back is the foundation of water safety. Teaching this skill will allow a child, who falls into water, to roll over and kick until they reach the poolside, dock, or shoreline.

Making lessons convenient for you is a top priority

- All of our classes are offered at all times.
- All classes are offered one time per week for 40 minutes.
- Registrations can be completed online with a credit/debit card.
- Lesson sessions run continuously throughout the year.
- Parents are encouraged to watch their children from the pool deck during lessons.

Community Use

• Open Swim

During Open Swim, the 1-meter diving board, kickboards, noodles, rings, etc. will be available for use. Lifeguards are on duty. There will be a \$3.00 fee each time you swim, unless a current MSUM I.D. is presented.

• Lap Swim

There is a \$3.00 fee each time you swim or a \$60.00 semester pass, unless a current MSUM I.D. is presented. Family passes can be purchased for \$80.00/each and child open swim passes are \$30/each.

Fall: Sept-Dec., Spring: Jan-Apr, Summer: May-Aug

Semester passes may be purchased at the pool desk during regular desk hours

• Pool rentals are available.

Please call or visit our website for more information.

Contact Ashley Armstrong at armstrong@mnstate.edu

"It took a lot of work on the instructors part just to get my son in the water, but she always got him in! Very patient and great with him!"

"First experience at Dragon Swim School and will definitely come back! Loved small class sizes and staff!"

"Love the sign-up process-it is so easy to find sessions and to do multiple kids"

"I have had my son in lessons at other locations for years and this the first time he has progressed in his skills. FANTASTIC PROGRAM! Thank you!"

"My son is usually very shy the first day of the new sessions and the instructors have always done a great job of working with him through his shyness and we really appreciate that!"

"The instructor did a wonderful job, my daughter is not afraid of the diving board now!"

DRAGON SWIM SCHOOL

Level Descriptions

Parent/Child (PC): 6 months to 3 years. Comfort and having fun in the water. One adult accompanies each child in the water.

Level 1: Starting Age of 3 years old. Water adjustment and moving through the water with instructor assistance.

Level 2: Front and back floating and moving through the water using floatation devices.

Level 3: Kicking and beginning swimming on front and back without assistance.

Level 4: Kicking and swimming freestyle and backstroke up to 10 yards.

Level 5: Continued skill progression and increased distance for freestyle and backstroke plus diving from pool side.

Level 6: Dolphin and breaststroke kicking and freestyle and backstroke flip turns and increased distance.

Level 7: Swimming butterfly and breaststroke and five pool widths of freestyle and backstroke.

Level 8: Swimming freestyle and backstroke with flip turns for 180 yards. Diving off the starting blocks.

Participants who pass Levels 6-8 are encouraged to register for Springboard Diving or Red Dragon Swim Team.

One-on-One Lessons: We realize not all students succeed in a group environment or you may want more individualized attention. To fulfill these needs, our program offers flexible, high-quality one-on-one lessons. These lessons are by arrangement for individuals of all ages and abilities. Space is limited. Call 218.477.2313 to arrange one-on-one lessons.

Office Hours:

Mon – Thu | 9 a.m. – 6:30 p.m.

218.477.2313 | msumswim@mnstate.edu

Alex Nemzek Hall
17th St S & 6th Ave S
Moorhead, MN 56563

Additional Classes

Adult Learn to Swim - contact us for more info!
Sundays 7:00–8:00 P.M.

No splashing kids – only class members will be in the pool during this class. Learn Without Pressure – No strokes, no deep water, or jumping into the pool until you achieve comfort in the water. \$10.00/session, pay as you go. Cancellations will be posted on the Dragon Swim School facebook page.

Adult Swim Training - Triathletes and Master's Swimmers

This program is designed for swimming conditioning and to help athletes enhance their techniques. \$5.00/session, pay as you go Mondays and Wednesdays 12:00-1:30PM.

Lifeguard Certification -

Red Cross Certification for Lifeguards, including First Aid, CPR, and AED training
Cost: \$200 for full certification \$50 for recertification
Contact Meagan Viken with questions or to sign up. meagan.viken@mnstate.edu

Springboard Diving Classes

(Recommended Ages 8+ or Level 6 swimmer)

Beginning Diving

Will explore basic principles of springboard diving including approach, hurdle, water entries, and basic dives.

Intermediate

For those already comfortable on the diving board with basic springboard principles and dives such as the front, back and inward dive. Further instruction on somersaults and introduction to reverse dives and twisting.

Advanced Diving

Further development of twisting dives, kick-outs, and 3-meter diving. Preparation for competitive diving.

Beginning Diving

- Mondays 6:10
- Tuesdays 4:50/5:30
- Wednesdays 6:10
- Thursdays 4:50/5:30

Intermediate/Advanced Diving

- Mon 4:50/5:30
- Tuesdays 6:10
- Wed 4:50/5:30
- Thursdays 6:10

One-on-One Diving Lessons: Call to register

*Cannot be scheduled at same time as diving class

Diving schedule, deadlines and prices are the same as the swimming lessons schedule. Class Length is 40 minutes.

Red Dragon Swimming Team

(Youth and Adult Swimmers)

The Red Dragon Swimming Team is a USA Swimming program for all ages. In addition to the monthly fee, team members must also pay a yearly \$64 fee to be a USA Swimming member. Contact Coach Diana Cobbs at reddragonswimming@outlook.com.

Team Level/Age per Month

Beginner Mini Dragons (6-9)	\$40
Advanced Mini Dragons (6-9)	\$55
Bronze and Silver (10-18)	\$65
Advanced Red Dragons (10-18)	\$80
Masters (18+)	\$50
College Students	\$25

Practice Times

Beginner Mini Dragons T/TH:	6:50-7:30pm
Advanced Mini T/TH:	6:50-7:45pm
Bronze/Silver M-TH:	6:50-8:20pm
Gold/Senior M-TH:	6:50-8:50pm
Bronze/Silver FRI:	6:00-7:30pm
Gold/Senior FRI:	6:00-8:00pm



PERFORMING ARTS TRAINING AND FUN FOR CHILDREN AGES 6-11



DREAM IT. LEARN IT. LIVE IT.

Five, one-week sessions, 8:30am-4:30pm daily

June 4-8, June 11-15, June 18-22, July 16-20, & July 23-27, 2018

- ★ ArtSpark provides children the opportunity to explore the performing arts, guided by music and theatre artists/educators. Each day, students will participate in theatre games, singing, storytelling, movement, and more—all centered around creative, fun themes.
- ★ Best of all, kids become more confident, more creative, and better communicators!
- ★ Each session concludes with a showcase for family and friends.
- ★ Fee includes team-taught instruction by arts educators, class supplies, and t-shirt.
- ★ Students must provide their own lunches, snacks and beverages.

Register NOW! Students are encouraged to enroll early; program is filled on a first come, first served basis. Space is limited and sessions fill up quickly.

- Deadline is Friday, May 18 for June sessions and Friday, June 8 for July sessions (Registration remains open after this deadline. However, a \$25 late fee will be assessed.)
- See reverse side for locations, fee information and REGISTRATION FORM.
- West Fargo Public Schools offers a \$100 voucher for West Fargo School District enrolled students.
- ALL FORMS also available for download at www.trollwood.org or by contacting Trollwood.

** All ages refer to age by August 31, 2018*

trollwood
PERFORMING ARTS SCHOOL
— at Bluestem Center for the Arts —

www.trollwood.org
801 50th Ave S, Moorhead MN 56560
Phone 218.477.6500 **Fax** 218.477.6501
trollwood@fargo.k12.nd.us
A program of the Fargo (ND) Public Schools



ARTSPARK REGISTRATION FORM 2018

Return this completed form along with fee payment, West Fargo voucher, and/or financial aid form (if applicable, available at www.trollwood.org).

Mail, email or fax completed registration form and payment to Trollwood Performing Arts School.

Mail: 801 50th Ave S, Moorhead, MN 56560 | Email: trollwood@fargo.k12.nd.us | Fax: 218-477-6501

Student Name _____

Date of Birth (M/D/Y) _____ Gender _____

Age (as of August 31, 2018) _____

Grade Completed (Spring 2018) _____

Current School (Spring 2018) _____

Address _____

City, State, Zip _____

Home Phone _____

Living with (check one): ☐ Mother ☐ Father ☐ Both ☐ Other

Check Relationship and Print Name:

☐ Mother ☐ Stepmother ☐ Guardian _____

Address (if different than above) _____

Employer _____

Job Position/Title _____

Work Phone _____ Home Phone _____

Mobile Phone _____

E-mail Address _____

Check Relationship and Print Name:

☐ Father ☐ Stepfather ☐ Guardian _____

Address (if different than above) _____

Employer _____

Job Position/Title _____

Work Phone _____ Home Phone _____

Mobile Phone _____

E-mail Address _____

Check the one category that best describes your predominant racial/ethnic identity:

☐ American Indian or Alaskan Native

☐ Asian or Pacific Islander ☐ Black or African American

☐ Bosnian ☐ Caucasian (white) ☐ Hispanic or Latino

☐ Middle Eastern or Arab American ☐ Other _____

T-shirt Size: YOUTH ☐ S ☐ M ☐ L ADULT ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Parent/Guardian: Please read, sign, and date below:

Consent is granted to Trollwood for the use of media images, interviews, and survey responses involving my child for publicity and marketing purposes for the organization.

Signature _____ Date _____

Note any conflicts with session schedule: _____

Emergency contact (English speaking):

Name _____

Relationship _____

Day Phone (very important!) _____

Please note medical issues/allergies or special needs including social, emotional or behavioral issues Trollwood should be aware of (this information is confidential):

Please note your preferred health care provider (only to be used in case of emergency): _____

Check Desired Session:

AGES 6-8 (age by August 31, 2018)

☐ June 4-8 Ben Franklin Middle School, 1420 8th St N, Fargo

☐ June 11-15 Carl Ben Eielson Middle School, 1601 S 13th Ave, Fargo

☐ June 18-22 Carl Ben Eielson Middle School, 1601 S 13th Ave, Fargo

☐ July 16-20 Trollwood, 801 50th Ave S, Moorhead

☐ July 23-27 Trollwood, 801 50th Ave S, Moorhead

AGES 9-11 (age by August 31, 2018)

☐ June 4-8 Ben Franklin Middle School, 1420 8th St N, Fargo

☐ June 11-15 Carl Ben Eielson Middle School, 1601 S 13th Ave, Fargo

☐ June 18-22 Carl Ben Eielson Middle School, 1601 S 13th Ave, Fargo

☐ July 16-20 Trollwood, 801 50th Ave S, Moorhead

☐ July 23-27 Trollwood, 801 50th Ave S, Moorhead

Fee: \$250 per one week session

\$15 Early Registration Discount (if by April 1) - \$ _____

West Fargo Voucher (if applicable; attach to form) - \$ _____

\$25 Late Fee if after May 18 or June 8 + \$ _____

Total Fee \$ _____

Payment Enclosed \$ _____

Balance Due \$ _____

Payment Options (please check one):

☐ Option 1: Fee payment in FULL with completed form.

☐ Option 2: Choose a payment plan (Credit Card REQUIRED):

☐ \$75 down payment w/2 equal monthly payments of \$ _____ to complete balance due.

☐ \$75 down payment w/3 equal monthly payments of \$ _____ to complete balance due.

☐ Option 3: Financial Aid application submitted. (In the event financial aid is not fully awarded, please indicate your payment preference. By completing option 2, monthly payment amounts may be determined after financial aid award has been decided.)

Payment Method (please check one):

☐ Check or Money Order/payable to Trollwood Performing Arts School

☐ Cash ☐ Visa ☐ MasterCard ☐ Discover

Card # _____

Exp. Date _____ CVV# (3 digit # on back of card) _____

Signature _____