

# KiDsource

DECEMBER 2018

Dear Families,

An online version of KIDsource is on the school district's website at [www.moorheadschoools.org/KIDsource](http://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.



## ARTIST-LED CAMP PUPPET THEATRE

DECEMBER 27 & 28 / 9A – NOON

**Are you an artist, an actor, and a storyteller?**

Spend two days over the winter break learning how to construct finger and sock puppets. At the end of the camp, students can invite their family groups for a short performance.

**\$65 / \$52 members / register at [plainsart.org/create](http://plainsart.org/create)**

PLAINS  MUSEUM

Katherine Kilbourne Burgum CENTER FOR CREATIVITY

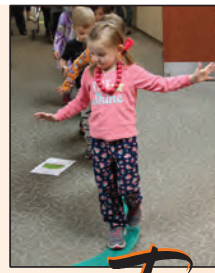
704 1st Ave., N, Fargo • 701.551.6100 • [plainsart.org](http://plainsart.org)

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 Community Education office, Probstfield Center for Education, 218-284-3400.

**Visit the Moorhead Area Public Schools website at [www.moorheadschoools.org](http://www.moorheadschoools.org).**

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





# Moving Forward Together

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.

### Website

Visit [www.moorheadschoools.org](http://www.moorheadschoools.org) for news, School Board meeting updates, calendars, curriculum guides, examples of excellence, Hall of Honor, district history, and much more.

### Moorhead Community Education Learning Opportunities Catalog

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

### Social Media

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

### Learn new skills in Moorhead Community Education classes!

Register for remaining fall classes online at <https://communityed.moorheadschoools.org> or call 218-284-3400. Watch for the Community Education Winter 2019 catalog in the mail around Jan. 2, 2019.



**MOORHEAD**  
AREA PUBLIC SCHOOLS

Moorhead Area Public Schools proudly serves the communities of Moorhead, Georgetown, Sabin and surrounding area.  
Learn more about the district at [www.moorheadschoools.org](http://www.moorheadschoools.org).







# Find your place at AGG!

- 18 months to 18 years
- Beginner to Advanced
- Boys and Girls
- Just for fun or with a goal in mind!



Call us to get started!  
Early Winter classes now or  
Late Winter classes: 1/2 -3/9

**701-280-0400**

Get registered online at  
[AmericanGoldGymnastics.com](http://AmericanGoldGymnastics.com)

# Skate with **SANTA!**



**December 9 • 2:15-4:15 pm**  
**Moorhead Sports Center**

Free open skate with Santa! Skate rental available.  
(limited sizes)

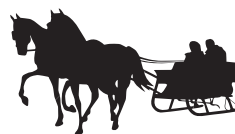
# *Sleigh Rides*

**December 26-28**

**1:00-4:00 pm**

**Hjemkomst Center**

**\$4 per person**  
(children 2 and under free)



Take a scenic sleigh ride through  
beautiful Viking Ship Park!

Tickets available at the door on a first come, first  
served basis, No reservations or advanced sales.



# FR STIVAL

**Embrace the cool of winter!**  
**Saturday, January 26 ❄ 10:00 am-4:30 pm**  
**Hjemkomst Center - 202 First Ave N**



Join in the fun at the “Frozen Fortress” featuring:

❄ **Moorhead Business Association**  
**Snow Sculpture Contest**

❄ **Just for Kix classes**

❄ **Snowga and Snow Dance Attack**

❄ **Moorhead Kiwanis Chili Feed and More**

❄ **Log the Sauna - Mobile Sauna**

❄ **Snow Kickball and Snow Disc Golf**  
**Tournaments**

For more information, or to register for classes and tournaments, visit [frostival.com](http://frostival.com)!



Parks and Recreation

**Moorhead Parks & Recreation offers a variety  
of programs and events for the winter season!**  
**Visit [moorheadparks.com](http://moorheadparks.com) for more Information!**



# Learn to Skate

Learn the basic skills of ice skating with our U.S. Figure Skating Skate with US program. Hockey Skills and Novice lessons available.



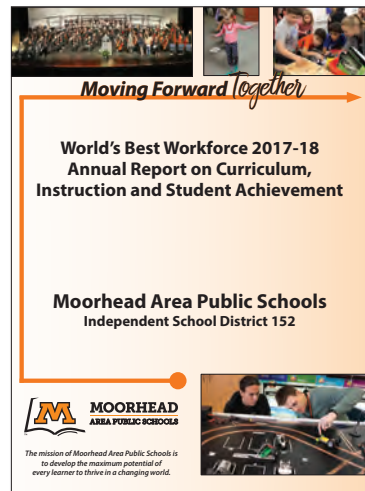
Registration is now open for January!  
Thursday and Saturday sessions.  
Ages 3 and up.



**218.299.5340**  
**MOORHEADPARKS.COM**

## Moorhead Area Public Schools

### World's Best Workforce 2017-18 Annual Report on Curriculum, Instruction and Student Achievement



The district's annual report, which highlights test scores and progress toward district and school improvement goals from the 2017-18 school year, is now available on the district website at [www.moorheadschoools.org/annualreport](http://www.moorheadschoools.org/annualreport).

*A brief summary of the report is mailed to community members.*



## 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 12<sup>th</sup> Ave. S  
Moorhead, MN

CALL 218-233-6941 FOR MORE INFORMATION  
OR VISIT [www.marquartstkd.com](http://www.marquartstkd.com)



TEAMWORK • INTEGRITY • RESPECT • PLAYER DEVELOPMENT • COMMUNITY



# RED RIVER VALLEY UNITED

West Fargo and FM United soccer clubs merged in 2017. Together as the Wolfpack, we strive to create a fun, challenging, and collaborative soccer community in the Red River Valley.

## RECREATIONAL | Pre-K to 5th

- volunteer coaches
- fun soccer for all abilities
- tuesday practice, thursday games
- no travel or weekends

## ACADEMY | U6-U8

- experienced coaches
- developmental track
- weekly skill training
- no travel or weekends

## TRAVEL ACADEMY | U9&U10

- experienced coaches
- pre-competitive
- no tryouts
- travel and weekends required

## COMPETITIVE | U11+

- experienced coaches
- committed, competitive players
- tryouts required
- travel and weekends required



# RRVUNITED.ORG





The holiday season is an exciting time for children and families. It can also be a time of anxiety, stress and overload for caregivers and children. Some stress is inevitable but by following a few simple tips the days can be more enjoyable for everyone.

**Some signs of stress in children:**

- Physical complaints like headaches, stomach aches, and being tired. Crying for no apparent reason.
- Regression in their behaviors such as temper tantrums, bed wetting, social isolation from friends, family and school.
- Difficulty sleeping or change in appetite
- A change in your child's normal behaviors or personality.

## Tips for a Stress Free Holiday Season

**Stay calm:** How a parent handles an issue or situation can set the tone for how their kids will behave. If you can stay calm, take a break when you need it and don't let the busyness of the holiday get to you, your child will stay calmer too.

**Avoid high stress places:** Shopping malls and holiday gatherings can be overwhelming for a child. If your child struggles with crowds, avoid taking them shopping or take them at a time when the stores are less busy. Make sure your child is not hungry or tired when going on an outing. Kids get hungry more often and become tired more quickly than adults and that can result in them having a tough time being on their best behavior.

Keep routines in place as much as possible. Whenever you attend an event or travel during the holiday

season do your best to get your child back to their normal routine as soon as possible. Make sure they are getting enough sleep.

**Watch the "junk" food.** The holidays are filled with wonderful delicious treats. Combined that with hectic schedules that make regular meal times a challenge and the drive through fast food convenient spells cranky children. Stock up or prepare healthy foods for a quick snack. Foods like fresh vegetables, air popped popcorn, cheese and crackers and yogurt sticks are easy to keep on hand.

Make time for your child to get outside if the weather permits or visit an indoor play area. Fresh air and exercise are important for reducing holiday stress and anxiety in children.

**Resist the temptation to say yes to every holiday party and/or activity**

so that your child and family are not feeling overwhelmed. Down time is an important element in staying stress free.

**Find things your child can do to help with preparing for the holidays.** Kids love to help especially when they are praised for being helpful. Shopping provides an opportunity to have your child be a part of picking out that special gift. And who doesn't like to help with decorating sugar cookies or baking other holiday treats.

Take care of yourself. The pressure for the perfect holiday experience with the perfect gift can be stressful on the adults. Take some time for yourself, whether it's an early morning cup of coffee before the family wakes up or a walk outside away from the noise, the crowds and all the holiday obligations helps you recharge your energy and mood.



**This message brought to you by the Local Advisory Council for Children's Mental Health (LAC)**

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

**Gymnastics \* Special Needs \* Ninja \* Cheer  
Birthday Parties \* School's Day Out Camps**

## Winter Session Enrollment Opens Dec. 17

Winter Session: January 7 - March 9



School's Out Day  
**CAMPS**



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

### Upcoming Dates:

- Dec 26 - 28
- Jan. 21
- Feb. 18

- **Cost:** \$42 per child, per camp (\$10 deposit due per child, per camp at registration)
- **Ages:** Kindergarten - 5th Grade
- **Register:** tntkidsfitness.org

## FRIDAY NIGHT OPEN GYMS

Choose your own adventure!

Time: 7:00 pm - 8:30 pm Ages: 6 - 14 years

Cost: \$15 - includes snack

Register at tntkidsfitness.org

December

**7, 14, 21**

## You're invited!

Want an unforgettable birthday?  
Celebrate your birthday at TNT

- Saturday or Sunday
- Visit tntkidsfitness.org for more information



**Register online at tntkidsfitness.org**



*Merry  
Confidence*

Give your child the  
gift of confidence this  
holiday season!

## Holiday Gift Package

4 weeks of classes  
including a  
*FREE* uniform  
**ONLY \$50**

*Join today at*

**SHOU SHU  
MARTIAL ARTS**

900 1st Ave N • Moorhead

Ph: 218.512.0142

Like us on 





ATTENTION K-12 WRESTLERS IN THE FM AREA.....BECOME PART OF THE TECH TEAM TRADITION!!!!

**WWW.TECHTEAMWRESTLING.COM**

**Registration Open Oct 5<sup>th</sup>**

**Regular Season Begins: November 5th**

Parent Meeting Oct 29<sup>th</sup> at 7:00pm at Tech Team Training Center

524 7<sup>th</sup> Ave NE, West Fargo ND

**WHAT TECH TEAM HAS TO OFFER:**

- Foundation wrestling taught to beginning wrestlers
- Advanced skills taught to prepare wrestlers to compete at the National Circuit
  - In-season focus training for middle and high school wrestlers
    - Preparation for high school and college wrestling
  - Highly trained, experienced, and certified coaching staff
    - State of the Art training facility
    - A Tradition that is like no other!



**Group 1: 1st & 2nd Year**

**Wrestlers** Tuesday and Thursday

5:30– 6:30 **Group 2: Advance**

**Wrestlers**

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

**Monthly Fee \$50**

For more information or if you have any questions,

Contact Jonathan Magnell

**701-730-6610**

Or on our Face Book Page

**TECH TEAM WRESTLING**



# YMCA OF CASS AND CLAY COUNTIES

   [ymcacassclay.org](http://ymcacassclay.org) | [#ymcacassclay](https://twitter.com/ymcacassclay) | 701.293.9622



## WINTER/SPRING PROGRAMS

### Registration is OPEN for Winter/Spring Youth Programs!

Kids will learn new things, stay active, and discover their potential with Winter/Spring Programs at the YMCA! Session details and registration online: [ymcacassclay.org/programs](http://ymcacassclay.org/programs)

- Soccer Skills
- Gymnastics & Dance
- Basketball Skills
- Gator Swim Team
- Swimming Lessons
- Rock Climbing
- Basketball League – Registration closes Jan. 13!
- Wacky Science & LEGO® Club
- and more!

**WINTER SESSION:** January 14 – March 9 | **SPRING SESSION:** March 18 – May 11



## PARENTS' NIGHT OUT

**December 15** (Schlossman YMCA) | **January 19** (Fercho YMCA)

Need a night away from the kids? Parents' Night Out gives parents the opportunity to take a well-deserved break. Your kiddos will have a blast in the Aquatic Center, Climbing Wall, Xerzone, PlayTown and more! And don't worry about dinner – a healthy meal is included! To register, call 701.293.9622 or visit us online: [ymcacassclay.org/register](http://ymcacassclay.org/register)

- Ages 6 weeks – 14 years
- 4 – 7:30PM
- Members: \$25 first child (\$15 each additional child)
- Non-Members: \$32 first child (\$22 each additional child)



## SCHOOL OUT DAYS

**December 26–28, & 31 and January 11 & 21**

School's out for the day! Join us for a day filled with gym games, swimming, rock climbing, crafts, off-site field trips, and more! Extended care available. **MUST** register at least one week in advance. To register, call 701.364.4117.

- Grades K – 5
- 6:30am – 6pm
- \$42/day for drop-ins
- ALL School Age Locations



**FRIENDS DON'T LET FRIENDS PAY FULL PRICE** – Join the YMCA's fitness facilities with a friend this December and you'll both save 20% on your membership for ONE YEAR! Already a Y member? Get a friend to join in December and you'll both save 20% on your membership for one year! Get more details online: [ymcacassclay.org/2020](http://ymcacassclay.org/2020)

# The Gift That Lasts

This holiday season,  
give a gift that kids of all ages  
will enjoy:

**Martial Arts  
Lessons!**

Gift wrap a  
uniform this holiday  
season. Call our certified  
ATA school  
for more  
information.



4480 23rd Avenue South  
Fargo ND 58104

**701.238.7875**

[www.ATAfargo.com](http://www.ATAfargo.com)



"ATA Martial Arts of Fargo"

Located next to Pizza Ranch off 45<sup>th</sup> Ave!



# Holly Jolly Holiday

*A holiday dance spectacular!*

*Presented by*

*Camria Ballet  
Academy*

*With fabulous musical guests*

*~and~*

*A special performance featuring  
Camria Alumni*

**Information**  
**218-233-4166**  
**[www.camriaballet.com](http://www.camriaballet.com)**



**Saturday, Dec 15**  
**7:30 PM**

**Scheels Center for the  
Performing Arts**

**Oak Grove Lutheran School**  
**124 North Terrace, Fargo**

**Tickets available at the door  
or at Camria Ballet Academy**

**Adults \$15    Children 4 – 12 \$10**  
**Seniors 65+ \$10    3 and under free**





# TRI-CITY STORM SOCCER

## IGNITE THE PASSION



### RECREATIONAL

- ~Pre-k to 8th grade
- ~Weekly games
- ~Optional training



### SELECT

- ~Ages 13-19
- ~Professional Training
- ~Competitive Soccer



### ACADEMY

- ~Ages 3-8
- ~Professional Training
- ~Learn the game



### ADULT

- ~Ages 17+
- ~Indoor leagues
- ~Multiple Divisions



### TRAVELING ACADEMY

- ~Ages 9-12
- ~Professional Training
- ~Competitive Soccer



### CAMPS/CLINICS

- ~Ages 4-18
- ~College & International coaches
- ~Take your game to the next level

**All programs are offered year-round**  
**Register online @ [www.tricitystorm.org](http://www.tricitystorm.org)**



## RED RIVER DANCE & PERFORMING CO

**At Red River Dance, we offer classes for all ages and abilities! We offer over 100 classes in:**

Hip Hop - Jazz - Lyrical - Ballet - Contemporary - Tap  
Acro - Flexibility & Skills - Creative Movement - Pointe

*Join us for Spring Session beginning in January!*

Contact Us:

701.280.0004 | [info@redriverdance.com](mailto:info@redriverdance.com)







**Santa  
VILLAGE**

Rheault Farm | 2902 25th St S

Visit Santa  
Meet Santa's Reindeer  
Make a Holiday Craft  
Decorate Cookies  
Chat with Mrs. Claus

**Free Admission**  
with donation of a canned food,  
new or gently used toy, or cash donation



701.499.6060  
FargoParks.com



## Register for Winter Art Classes

**Art Mania | Ages 6-8**

Register by: January 3

**Accelerated Artists | Ages 9-12**

Register by: January 4

For more information, visit [FargoParks.com](http://FargoParks.com)



701.499.6060  
FargoParks.com




**Open Swim** | Fargo South High School  
1840 15th Avenue S

Saturdays & Sundays | December - March

**1:00-5:00pm**

Make a splash in the heated indoor pool.  
For complete details, visit [FargoParks.com](http://FargoParks.com).



701.499.6060  
FargoParks.com



## Open Skating

Stay warm and skate indoors with friends and family!  
Bring your skates, as no skate rentals are available.  
For all of the details, visit [FargoParks.com](http://FargoParks.com).



701.499.6060  
FargoParks.com





3509 4th Ave S • 277-1TKD

# Red River Traditional TaeKwonDo

The Area's Only Traditional TaeKwonDo School

## Same Great Classes



**Kids  
Teens  
Adults**



## New, Bigger Gym



**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 • 3509 4th Ave S • [rrtkd.com](http://rrtkd.com)

go to [RRTKD.COM](http://RRTKD.COM) for more information

# FREE 2 week trial



# DRAGON

# SWIM SCHOOL



## KEEP YOUR KIDS SAFE AROUND WATER

- MSUM is the only accredited swim program in North Dakota and one of only six in Minnesota.
- All of our highly trained instructors are MSUM college students. Many of our instructors are education majors.
- We are the only program in the area to serve the special needs community by offering specialized one-on-one instruction.

### Accreditations:

USA Swimming Foundation  
United States Swim School Association  
USMS Swimming Saves Lives Foundation



**CELEBRATING 21 YEARS**



**9 SWIM LEVELS**



**3:1 INSTRUCTOR RATIO  
(LEVELS 1-2)**



**4:1 INSTRUCTOR RATIO  
(LEVELS 3-8)**

## DATES & TIMES [40-minute classes]

Winter: 1/14-2/14 [5 weeks]

Spring 1: 2/18-4/4 [6 weeks] - No lessons March 4th-7th

Spring 2: 4/8-5/16 [6 weeks] - No lessons April 22nd

Monday, Tuesday, Wednesday & Thursday

> 4 :50 p.m., 5:30 p.m., 6:10 p.m.

### Sign up for classes early as sessions fill quickly

1. Register online with a credit or debit card at [msumdragons.com/swim](http://msumdragons.com/swim)
2. Register with our Dragon Swim School mobile app available on Apple or Google Play.

## SESSION PRICING

### 5 weeks

Group: \$60/student

Private: \$180/student

### 6 weeks

Group: \$72/student

Private: \$216/student

## SWIM LEVEL DESCRIPTIONS

Swim level descriptions can be found at [msumdragons.com/swim](http://msumdragons.com/swim) or on the Dragon Swim School mobile app.

## CONTACT US

Monday – Thursday | 9 a.m. – 6:30 p.m.

[msumdragons.com/swim](http://msumdragons.com/swim) | 218.477.2313 |

[msumswim@mnstate.edu](mailto:msumswim@mnstate.edu)

Alex Nemzek Hall

17th Street South & 6th Avenue South

Moorhead, MN 56563



MINNESOTA STATE UNIVERSITY  
MOORHEAD

Minnesota State University Moorhead is an equal opportunity educator and employer and is a member of the Minnesota State system. This information will be made available in alternate format, or if a disability-related accommodation is required, please contact Accessibility Resources at 218.477.4318 (voice) or 1.800.627.3529 (MRS/TYY).