

KiDsource

NOVEMBER 2019

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.

Bowling = Scholarship \$\$\$!

Start earning as early as 3 years of age
just by participating in a Youth League at Sunset Lanes!

Kids have earned

THOUSANDS OF DOLLARS

towards their Education!

Call for more information!



**SUNSET
LANES**

www.bowlingsunset.com
620 Hwy 75 N., Moorhead
218-233-6153



Youth League Times

Saturdays 10 a.m.

Individuals Welcome - Sign-up Today

Try their New Scoring System
with Fun New Games & Animations!
Great for B-Day Parties!

Benefits:

Earning Scholarships,
Building Friendships,
Learning a Life Long Sport
Free Coaching

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.



Honoring our tradition & Reimagining our future



For our students to grow, our schools need continued support. For our community to grow, 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 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), Twitter (@[@MoorheadSchools](https://twitter.com/MoorheadSchools)) and Instagram ([moorheadschoools](https://www.instagram.com/moorheadschoools)).

**Learn new skills in Moorhead
Community Education classes!**
Fall classes are happening now. Plan to register for winter Moorhead Community Education classes beginning Jan. 2 online at <https://communityed.moorheadschoools.org> or call 218-284-3400.



MOORHEAD
AREA PUBLIC SCHOOLS

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

Learn more about the district at www.moorheadschoools.org.

Unlocking Potential Through Movement

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

Fall I Session • Sept. 3 - November 2
Register at www.tntkidsfitness.org



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

Upcoming Dates:

- Sept. 30
- Oct. 17 - 18
- Nov. 11
- Nov. 27
- Dec. 26 - 27
- Dec. 30 - 31

• **Cost:** \$44 per child, per camp
(\$10 deposit due per child, per camp at registration)

• **Ages:** Kindergarten - 5th Grade

• **Register at www.tntkidsfitness.org**



Want to have an unforgettable birthday?
Celebrate your birthday at TNT
Friday Nights and Saturday & Sunday afternoons

For more information or to book a party,
visit tntkidsfitness.org



When is not paying attention more than not paying attention?



Is it hard for your child to sit still? Does your child act without thinking, or start things but not finish them? Is your child easily distracted by noises or happenings that others can easily ignore? Is he or she forgetful? A procrastinator? Does he or she have trouble completing homework or chores in a timely manner? Nearly everyone exhibits these behaviors from time to time but when it lasts longer than six months or causes problems at school, at home or in social situations, it's time to talk to a professional.

One of the first things most parents become concerned about when it comes to their child not paying attention is that they may have Attention Deficit Hyperactivity Disorder (ADHD). While the common characteristics of ADHD – inattention, hyperactivity and impulsivity – make it easy to decide that your child has the diagnosis, a complete evaluation by a trained professional is the only way to know for sure if your child has ADHD.

The good news is that there are options in treating ADHD and helping your child be successful at school, home and in the community. Many children benefit from medications but not all children diagnosed with ADHD require them. If your child is one of those who need medication, a trained professional such as a psychiatrist or pediatrician will help you find the one that works the best with the fewest side effects. Typical side effects are loss of appetite and trouble sleeping. Often, children can benefit from some assistance in developing skills to address the symptoms or from modifications to their environment. Here are a few strategies to try:

- Have a secret code to help the child recognize when he/she is off task and needs to refocus. This helps the child stay on task without the embarrassment of being told in front of siblings and peers that they are not paying attention. It also helps the child to begin to recognize for him/herself that they are distracted.
- Provide frequent breaks from a lengthy assignment or chore.
- Break down longer assignments in to smaller, more manageable pieces so the child isn't overwhelmed.
- Catch them being good and praise them for the positive behaviors you are seeing. Some children may also need a tangible reward such as stickers, small treats or extra free time.
- Use fidgets and sensory balls for calming and alerting, to promote focusing and concentration, and as a way to keep fidgeting fingers busy!

Sponsored by the Clay County Local Advisory Council for Children's Mental Health





YMCA OF CASS AND CLAY COUNTIES



ymcacassclay.org | [#ymcacassclay](https://www.facebook.com/ymcacassclay) | 701.293.9622

YOUTH PROGRAMS

Winter Registration OPENS November 18!

Kids will learn new things and stay active with Youth Programs at the YMCA! Winter/Spring registration OPENS November 18 – stay tuned to our website for session dates and registration information: ymcacassclay.org/youth

- Swimming Lessons
- Soccer Skills
- Sports of All Sorts - NEW!
- Gymnastics & Dance
- Gator Swim Team
- Babysitting Trainings
- Basketball League
- Rock Climbing
- and more!



PARENTS' NIGHT OUT

November 9 (Fercho YMCA) | **December 14** (Schlossman YMCA)

Need a night away from the kids? Your kids will have a blast in the Aquatic Center, Climbing Wall, Xerzone, PlayTown and more while you take a well-deserved break! Don't worry about dinner – a healthy meal is included! Learn more and register online: ymcacassclay.org/parentsnightout

- Ages 6 weeks – 14 years
- Members: \$15 first child, \$5 each additional
- 4:00 – 7:30pm
- Non-Members: \$25 first child, \$5 each additional

SCHOOL OUT DAYS

November 8, 27, & 29 | December 23-24, 26-27, 30-31

Need something for your kids to do when there's no school? Join us for School Out Days at our School Age Learning Centers! Each day is packed with activities to keep minds sharp and bodies moving. To register, call 701.364.4117. ymcacassclay.org/schooloutdays

- Grades K – 5
- 6:30am – 6:00pm
- \$45/day for drop-ins



November 28 | 8:30am | Fercho YMCA | All ages

Get fresh air and a good 'burn' going before you sit down for your Thanksgiving dinner! Event includes a food drive for the Great Plains Food Bank! Pre-registration REQUIRED. Learn more and register online: solemotionrace.com



AGES 3 TO ADULTS

 **ATA MARTIAL ARTS OF FARGO**





 **ATAMARTIALARTSFARGO**


**FREE TRIAL!
CALL
701.238.7875**

**JOIN THE COUNTRY'S LARGEST
MARTIAL ARTS ORGANIZATION**



**ATA MARTIAL ARTS
teaches:**

-  **Discipline**
-  **Respect**
-  **Confidence**
-  **Focus**
-  **Leadership**

 **701.238.7875**

WWW.ATAFARGO.COM

SOUTH: 4480 23RD AVENUE S. FARGO

NORTH: 1100 19TH AVENUE N. FARGO



Moorhead High School Theatre

Presents



ROALD DAHL'S

Matilda

THE MUSICAL

7 p.m. November 15-16, 22-23, 29-30

2 p.m. November 17 & 24

Tickets: www.MoorheadSchools.org/tix



presents

MOORHEAD MAGIC YOUTH WRESTLING

Who: PreK-6th Grade



What: **Youth Wrestling**
www.moorheadwrestling.com

When: **Nov. 12th-March**
PreK & K Mondays 6:15-6:45
Grades 1-3 Tues & Thurs 6:15-7:00
Grades 4-6 Tues & Thurs 7:00-8:15

Where: **MHS Wrestling Room**

Cost: **PreK-K → Free**
Grades 1-6 → \$40/wrestler; \$80 max/family
(All wrestlers are required to purchase a USA wrestling card-\$45)
Scholarships are available on our website for those with financial need

Registration

Go to moorheadwrestling.squadfusion.com and click on registration

HEALTHY KIDS COOKING COMPETITION



CALLING ALL JR CHEFS!



All children in 4th or 5th grade that attend school in Cass or Clay Counties are eligible to participate by submitting a healthy and tasty original recipe and video of their creation online at familywellnessfargo.org/inspire-wellness/. Applications are accepted anytime between November 1st and February 28th with the live competition for finalists scheduled for Saturday, April 4th from 9:00AM to Noon.

Please include the following in your submission:

1. An original recipe that you create
 - Must include at least one fruit and/or vegetable
2. Include a video of no more than 60 seconds describing: why you chose that recipe, what makes it healthy, and a picture of the prepared dish



Selected finalists will be invited to a live healthy cooking competition at Concordia's Food Lab for a 1 hour match against other finalists on Saturday, April 4th from 9:00AM to 12:00PM. All participants will be provided a pantry of items to cook with and will need to incorporate mystery food items in their dish. Each participant will have expert mentors to help along the way. Dish creations will be judged by area chefs and community leaders and the winners will also be recognized at the Family Wellness Cooking for a Cause – Gourmet Gala on Thursday, April 30th.

ALL APPLICATIONS MUST BE RECEIVED BY FEBRUARY 28TH AT familywellnessfargo.org/inspire-wellness/ TO QUALIFY.

Familywellness
A PARTNERSHIP BETWEEN **SANFORD** HEALTH 



Join Moorhead SkiSparks!

- Cross-country skiing
- Youth ages 4 to 14
- Sundays 2:00–3:30
- @ Horizon East soccer practice field
- Jan 5th to Feb 23rd



Minnesota Youth Ski League

- \$35 thru Dec 13th,
\$40 after Dec 13th
- Equipment rentals
\$45, while they last!
- Email questions to:
moorhead@mysl.org

Register today!
www.mysl.org



Stem, Fine Arts, Service Learning and more!

**We are now accepting registrations for the
2019-20 school year.**

Complete the google form at

<https://forms.gle/1p52ne2y26cyjTBd7>

New to DI?

Check out their website

www.destinationimagination.org

Questions?

Contact Kris Thompson at 218-284-3411

AFTER SCHOOL ART CLASSES

**POTTERY, PAINTING,
PRINTMAKING AND MORE.**

Mondays beginning at 4 & 4:30 pm.
Classes are designed for students ages 6 – 18.

POTTERY ON THE WHEEL

Monday, November 18 • 4 – 6 PM

Monday, December 2 • 4 – 6 PM

Monday, December 16 • 4 – 6 PM

HAND-BUILDING WITH CLAY

Monday, November 4 • 4:30 – 6 PM

Monday, December 9 • 4:30 – 6 PM

PAINT YOUR PET IN ACRYLIC

Monday, November 25 • 4:30 – 6 PM

SCHOOL BREAK CAMP:

STAY AND PLAY WITH CLAY

Monday, November 11 • 9 AM – Noon

REGISTER TODAY!

plainsart.org/create & 701.551.6100

PLAINS ART MUSEUM

Katherine Kilbourne Burgum CENTER FOR CREATIVITY

704 1ST AVE., N, DOWNTOWN FARGO



COME JOIN OUR FUN!

Enroll today!

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

CLASSES NINJA ZONE BIRTHDAY PARTIES

 **AMERICAN GOLD
GYMNASTICS**

2001-17th Avenue South, Fargo ND

Got any questions? Call us at (701) 280-0400

www.AmericanGoldGymnastics.com



Rheault Farm | 2902 25th St. S

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

November 30 - December 23

Visit FargoParks.com for details and times.

Free Admission

with donation of a non-perishable food item, new or gently used toy or cash donation



701.499.6060
FargoParks.com



Holiday Art Classes

RDJ Rec Center | 1104 2nd Ave S Fargo

Mr. Claus Class

December 2 | Ages 4-10

Make a special Christmas gift for dad, uncle or grandfather. Register by November 28th.

Mrs. Claus Class

December 9 | Ages 4-10

Make a special Christmas gift for mom, aunt or grandmother. Register by December 5th.



Register online at FargoParks.com



701.499.6060
FargoParks.com



Awesome Art Afternoon

**November 16
1:00-3:00 pm**

RDJ Rec Center | 1104 2nd Ave S Fargo

Spend an afternoon creating fun art projects to take home.

FREE!



701.499.6060
FargoParks.com



Open Skating

**Stay warm and skate indoors with friends and family!
Bring your skates, rentals not available.
For all of the details, visit FargoParks.com.**



701.499.6060
FargoParks.com

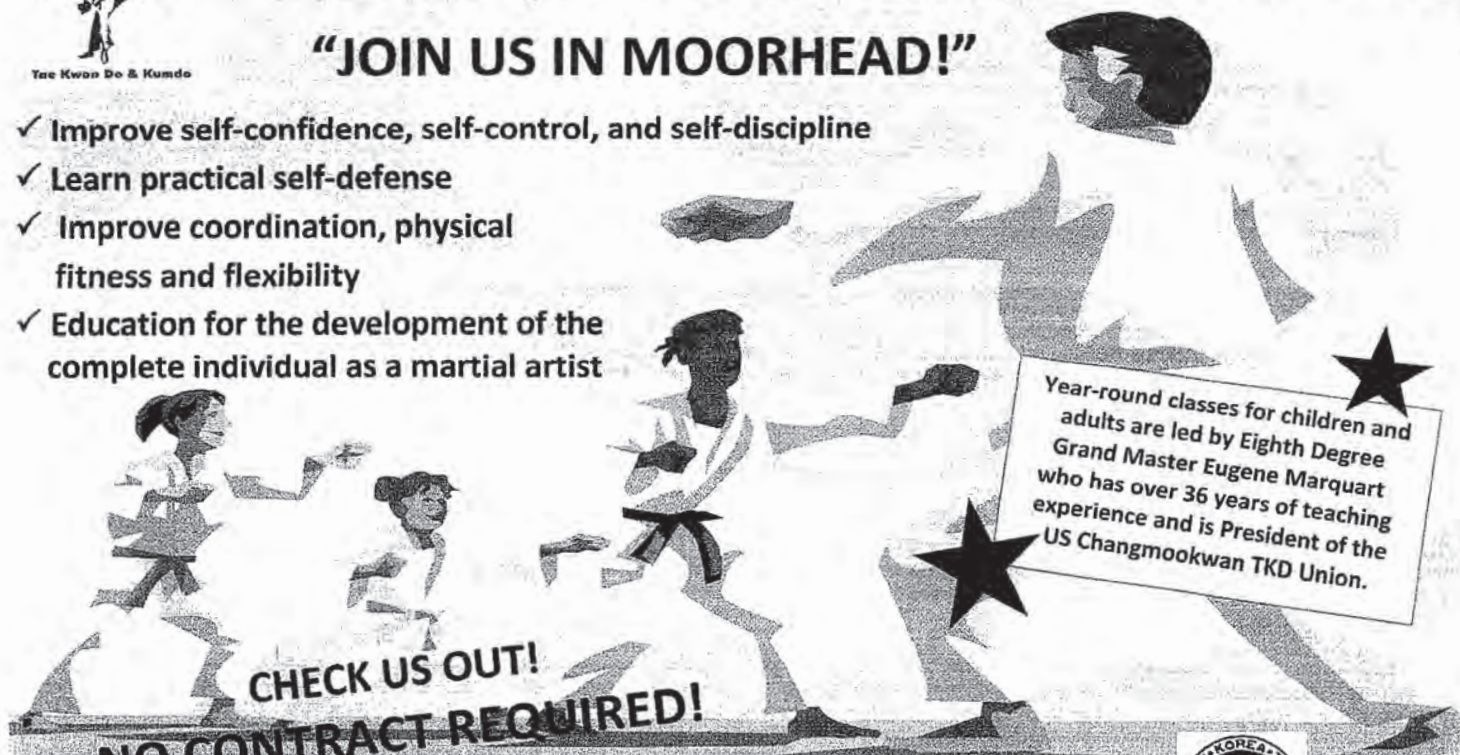




MARQUART'S MARTIAL ARTS

"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



TRI-CITY STORM SOCCER CLUB

IGNITE THE PASSION



NEW INDOOR FACILITY
THE STORM SHELTER

Competitive, Training and Recreational Opportunities Available Year Round

PRE-K - 8TH GRADE

RECREATIONAL

4 Seasons: Fall, Winter, Spring, and Summer weekly games and optional training

AGES 3 - 9

ACADEMY

4 Seasons: Fall, Winter, Spring, and Summer weekly training sessions and scrimmages

U8 - U19

COMPETITIVE

Fall and Spring/Summer
*Winter Optional
Competitive Travel and Training Opportunities

AGES 17+

ADULT LEAGUE

INDOOR FACILITY
Fall, Winter, Spring

AGES 4 - 18

CAMPS &
CLINICS

Various Opportunities offered throughout the year to take your game to the next level.

FARGO * MOORHEAD * WEST FARGO * SURROUNDING AREAS

For More Information & Registration visit www.tricitystorm.org



Making running, jumping, hurdling and throwing fun !

The Moorhead Track Club is an opportunity for elementary students to learn the fundamentals of track and field. Kindergarten, grade 1 and grade 2 participants will learn correct running mechanics, relay handoffs, hurdling, softball throwing and the long jump. Grades 3-6 participants will learn running mechanics, relay handoffs, hurdling, shot put, long jump and high jump.

Our first six sessions will be practices, and our last last session will be actual track meet.

Grades K-2 participants will compete in the 70-meter hurdles, 100-meter dash, 400-meter dash, softball throw, long jump and 4 x 100 meter relay.

Grades 3-6 will compete in the 70-meter hurdles, 100-meter dash, 200-meter dash, 400-meter dash, 800-meter run, shot put, long jump, high jump, and 4 x 100-meter relay.

Practices will take place at the Moorhead High School Track. In case of inclement weather we will use the indoor field house at Moorhead High School. Participants will receive a Moorhead Track Club t-shirt.

Grades K-2

Course Number: YAS40A

Coaches: Tom Dooher & Rachael Lexen

Practice days:

Sundays - 4/26, 5/3, 5/10 Time: 6-7 p.m.

Wednesdays - 4/29, 5/6, 5/13 Time: 6-7 p.m.

Track Meet:

Sunday: 5/17 Time: 1-4 p.m.

Location: Moorhead High School Track

Grades 3-6

Course Number: YAS41A

Coaches: Tom Dooher & Rachael Lexen

Practice days:

Sundays - 4/26, 5/3, 5/10 Time: 7-8 p.m.

Wednesdays - 4/29, 5/6, 5/13 Time: 7-8 p.m.

Track Meet:

Sunday: 5/17 Time: 4-7 p.m.

Location: Moorhead High School Track

Register online at <https://communityed.moorheadschoools.org> or use the form on the back. Questions? Contact Community Education at 218-284-3400.





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

WWW.TECHTEAMWRESTLING.COM

Registration Open Nov 1st

Regular Season Begins: November 4th

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 6-7:30, Tuesday, and Thursday
6:45-8:15

Monthly Fee \$50

\$30/month for siblings

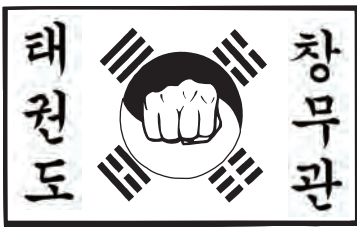
For more information or if you have any questions,

Contact Jonathan Magnell

[701-730-6610](tel:701-730-6610)

Or on our Face Book Page

TECH TEAM WRESTLING



3509 4th Ave S • 277-1TKD

Red River Traditional TaeKwonDo

The Area's Only Traditional TaeKwonDo School

Same Great Classes 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

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

FREE 2 week trial



**Red River Judo's kids classes:
Tue & Th 6:45 to 7:30 pm**

Train in the Japanese Grappling art of Judo.
Learn Respect, Discipline, Self Defense,
Focus, Improved Fitness and Confidence.

on Facebook, RedRiverJudo@gmail.com or call 701-730-6176