

KiDsource

DECEMBER 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.

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.
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FARGO * MOORHEAD * WEST FARGO * SURROUNDING AREAS
For More Information & Registration visit www.tricitystorm.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.

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.

SOUTH: 4480 23RD AVENUE S. FARGO
NORTH: 1100 19TH AVENUE N. FARGO



GIVE THE GIFT THAT LASTS

Programs from children ages 3, to adults of any age

Call today for 1 WEEK FREE!



☎ 701.238.7875

WWW.ATAFARGO.COM

📷 ATAMARTIALARTSFARGO

📌 ATA MARTIAL ARTS OF FARGO

Skate with **SANTA!**



December 8 • 2:15-4:15 pm
Moorhead Sports Center

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

Youth Basketball



Saturday Mornings
January 4 - February 22
Ellen Hopkins Elementary

Grades 1-2: \$40

Grades 3-4: \$45
(\$67.50 after Dec 7)

Meet new friends and learn the value of teamwork while practicing different types of basketball drills and techniques, with gameplay each week. Team shirts will be provided. Register today at moorheadparks.com!



FR STIVAL

Fun at the "Frozen Fortress"

Embrace the cool of winter!

Saturday, February 1 ❄ 11:00 am-3:00 pm
Hjemkomst Center - 202 First Ave N

Moorhead Business Association Snow Sculpture Contest
Moorhead Kiwanis Chili Feed

Log the Sauna - Mobile Sauna ❄ Just for Kix
Snow Dance Attack ❄ Reverse Dog Sled Races
AND MORE!

And don't forget to register your team for our
snow kickball and snow disc golf tournaments!

For more information, or to register for classes and tournaments, visit frostival.com!



MOORHEAD
MINNESOTA
Parks and Recreation

Moorhead Parks & Recreation offers a variety
of programs and events for the winter season!
Visit moorheadparks.com for more information!

Learn to Skate

Learn the basic skills of ice skating with our U.S. Figure Skating 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

FMCT ED YOUTH CONSERVATORY WINTER 2020

Classes begin on January 11th!
With offerings including *"Musical Theatre II: Music from Grease,"*
"Story Invention: Fractured Fairy Tales," and *"The Treble-Makers Choir: Show Choir,"*
FMCT ED has a theatre class for every student.

REGISTER NOW!

Scholarship opportunities are available. For additional classes, dates, and times please visit fmct.org/education

FARGO / MOORHEAD
COMMUNITY THEATRE

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, December 2 • 4 – 6 PM
Monday, December 16 • 4 – 6 PM

HAND-BUILDING WITH CLAY

Monday, December 9 • 4:30 – 6 PM

ADULT + CHILD WORKSHOPS

PAIRED POTTERY ON THE WHEEL

Friday, December 13 • 6 – 8 PM

PRINTASTIC HOLIDAY CARDS

Saturday, December 14 • 11 AM – 3 PM

REGISTER TODAY!

plainsart.org/create & 701.551.6100

PLAINS MUSEUM

Katherine Kilbourne Burgum CENTER FOR CREATIVITY
704 1ST AVE., N, DOWNTOWN FARGO



We would like to invite you to be part of the Moorhead Crush Girls Fastpitch softball 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)
- 16U (ages 15-16)

Travel Teams will also be available for 10u-16u

Registration starts in January. Mark your calendars because it's going to be AWESOME!

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

info@moorheadcrush.org or...

Todd Kiser - President 701.388.5057

Jasi O'Connor - Program Director 701.238.8330

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

Celebrating a Stress Free Holiday Season

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

1. **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.
2. **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.
3. **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.
4. **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.
5. **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.
6. **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.
7. **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.
8. **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.



**Local Advisory Council for
Children's Mental Health (LAC)**



MERRY CONFIDENCE

HOLIDAY SPECIAL

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



GIVE YOUR CHILD THE GIFT OF CONFIDENCE!



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



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



Frozen Prairie Youth Pond Hockey Day

Saturday, February 1

Grab your friends and come out and play hockey
how it all started...on the ponds!
All divisions are coed: 10U, 8U, 6U.

Resgister now at FargoParks.com.

Official Event Of

FR  **STIVAL**



701.499.6060
FargoParks.com



Open Swim

Saturdays & Sundays | 1:00-5:00 pm
December 7 - March 29



Open Gym

Sundays | 1:00-4:00 pm
January 5 - March 8

For complete details, visit FargoParks.com.



701.499.6060
FargoParks.com





Familywellness
A PARTNERSHIP BETWEEN SANFORD HEALTH

Youth Basketball Tournament

Saturday & Sunday, March 14th - 15th

Family Wellness will host the Inspire Wellness Youth Basketball Tournament this March! There are both boy's and girl's divisions available for 5th - 8th grade.

All proceeds from the tournament will go directly to the Inspire Wellness Initiative which funds need based community programs in our area.

The deadline to register is Friday, February 21st. Please contact Matt for more information at 701-234-7001 or matthew.melchior@sanfordhealth.org.

HEALTHY KIDS COOKING COMPETITION!

All children in 4th or 5th grade that attend school in Cass or Clay Counties are eligible to participate in the Healthy Kids Cooking Competition 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.



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.

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



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

WWW.TECHTEAMWRESTLING.COM

Registration Now Open

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

Or on our Face Book Page

TECH TEAM WRESTLING



YMCA OF CASS AND CLAY COUNTIES



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

YOUTH PROGRAMS

Winter/Spring registration is OPEN!

Kids will learn new things and stay active with Youth Programs at the YMCA!

Winter/Spring registration is OPEN – visit us online for session dates and registration information: ymcacassclay.org/youth

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



PARENTS' NIGHT OUT

December 14 | 4:00 – 7:30pm | 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! Ages 6 weeks – 14 years. Learn more and register: ymcacassclay.org/parentsnightout

• Members: \$15 first child, \$5/additional • Non-Members: \$25 first child, \$5/additional

SCHOOL OUT DAYS

December 23–24, 26–27, & 30–31 | January 2, 3, & 20

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



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



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



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, December 6
Friday, January 10
Friday, February 7
Friday, March 6

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!



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 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.



Unlocking Potential Through Movement

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

Fall II Session • Nov. 3 - Jan. 18
Register at www.tntkidsfitness.org



**School's Out Day
CAMPS**

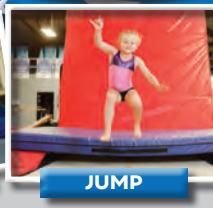


When school is out for the day,
come to TNT to play!

Upcoming Dates:

- **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**



Parents get a night out, while the kids get a night in. Kids get 3 hours of games, activities, and a snack. Parents enjoy your night!

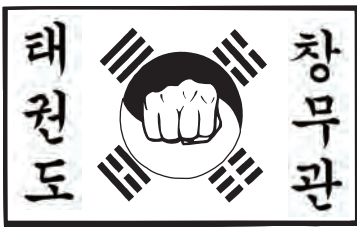
Upcoming Date:

December 23

Time: 7:00pm - 10:00pm

Ages: 6+

Cost: \$30 per child /
\$15 per additional sibling



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

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 22 YEARS



9 SWIM LEVELS



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



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

DATES & TIMES (40-minute classes)

Evening Lessons

Monday, Tuesday, Wednesday or Thursday

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

Winter 1: 1/13/20-2/20/20 [6 weeks]

Spring 1: 2/24/20-4/2/20 [5 weeks]

No lessons March 9-12 [Spring Break]

Spring 2: 4/6/20-5/7/20 [5 weeks]

Sign up for classes early as sessions fill quickly

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

SESSION PRICING

6 weeks

Group: \$72/student

Private: \$216/student

5 weeks

Group: \$60/student

Private: \$180/student

SWIM LEVEL DESCRIPTIONS

Swim level descriptions can be found at msumdragons.com/swim or on the Dragon Swim School mobile app.

CONTACT US

Monday – Thursday | 9 a.m. – 6:30 p.m. | 218.477.2313
msumdragons.com/swim | msumswim@mnstate.edu
Alex Nemzek Hall
17th Street South & 6th Avenue South
Moorhead, MN 56563



MINNESOTA STATE UNIVERSITY
MOORHEAD

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