

KIDsource

SEPTEMBER 2020

EXCELLENCE THROUGH EQUITY



MOORHEAD
AREA PUBLIC SCHOOLS

2020 *School Year* 2021

KIDsource is published ten times a year for Moorhead Area Public School students and is coordinated through Moorhead Community Education. To view the online version, visit www.moorheadschoools.org/KIDsource. For questions please call the Community Education office at 218-284-3400.

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



Music Lessons

FARGO-MOORHEAD

MUSIC TEACHERS

ASSOCIATION

Contact Monica Wolff

Teacher-Student Coordinator

701-367-5270 ~ ewolff@q.com

Find us on Facebook!



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EARLY CHILDHOOD SCREENING

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FREE TO ATTEND • KIDS 3-5 YEARS OLD • REQUIRED IN MN



RED RIVER
DANCE
& PERFORMING CO

701.280.0004
www.redriverdance.com
info@redriverdance.com
2921 Fiechtner Dr. S Fargo, ND

2020 Fall Session

REGISTRATION

OPEN ONLINE!

FALL SESSION: SEPTEMBER 8 - DECEMBER 19



Six Steps to Cool Down

“Kids will be kids.”

“Boys will be boys.”

“They’ll grow out of that stage; just be patient.”

Sound familiar? Parenting a child at any age can be a challenging, sometimes frustrating experience. At the same time it can be the most rewarding experience as the fun and precious years fly by all too quickly. Each stage of childhood has its own challenges for moms and dads. First, its “babies don’t stay colicky forever,” which turns into “the terrible twos,” all leading up to the adolescent stage with all its eye rolling, arguing, avoiding chores and refusing to do homework. When your child is in one of these tough stages, the days can seem to last forever, but before you know it, they are walking across that graduation stage and you wonder where the years went!

Even the best of parents will have a bad day – days where the challenges of work, bills, chauffeuring the kids, laundry and supervising homework can get the best of us. At times like that, we can feel our bodies becoming tense, and sometimes we lose our patience and raise our voices. When you find yourself having one of these moments, know that, just like kids sometimes need a “time out,” adults sometimes need to take a few moments to calm down, too.

When you feel the pressures of the day coming down on you and transferring to your child in the form of yelling, criticizing or punishing, try these strategies for giving yourself a grown-up “time out”:

1. Take a deep breath. And another. Remember that you are the adult.
2. Close your eyes and imagine you are hearing what you’re planning to say to your child.
3. Press your lips together and count to 10. Keep going until 20, or as high as you need until you feel calmer.
4. Phone a friend.
5. Turn on some music; maybe even sing or dance along with it. You can even have a short dance party with your child to give both of you a break from a stressful situation.
6. Remove yourself from the situation for a few minutes to go drink a glass of cold water.

Did You Know?! Are you pregnant and feeling overwhelmed? Check out Clay County Public Health.

Positively transforming the lives of babies, mothers and families. For those who are pregnant or have an infant less than 3 months of age, call Clay County Public Health at 218-299-5220 to ask about eligibility for a free personal nurse.





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 \$65

\$35 /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

FamilyWellness

A PARTNERSHIP BETWEEN **SANFORD** the **HEALTH**



- Fun pool with zero-entry depth and waterslide
- Three-lane lap swimming pool (25 yards)
- Child and adult swimming lessons
- Running/walking track
- Variety of cardio equipment
- Free weights: selectorized, functional and plate loaded strength training areas
- Full college-size gymnasium
- Two racquetball courts
- Two group exercise rooms
- Cycling stadium (Group Cycling Classes)
- Spa/whirlpool, steam room and sauna
- Men's, women's and family locker rooms available
- Healthy cooking classes
- Two hour drop-in childcare
- Wellness education room with demonstration kitchen
- Need-based memberships available

With health and safety in mind, we continue to maintain social distancing by keeping 6 feet apart. We ask that you Wipe down equipment before and after each use. Classes and programs will have a limited number of participants will be allowed in the facility at one time. Members are strongly encouraged to wear a mask in the facility, especially when entering the facility or moving between equipment or activity areas.

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 Chloe at chloe.solum@sanfordhealth.org

School's Out Day Camp

Fall into Fun Camp | Thursday & Friday, October 22nd - 23rd from 9:00AM - 4:00PM | Schools out! Come enjoy two days of fun at Family Wellness. This camp will keep you moving and grooving with a variety of activities like games in the gym, swimming in the pool, and art activities throughout the day. Let's get out of the classroom and off the couch and have fun! Before and after care available upon request (\$4 each) Financial assistance available. \$70 Members/\$90 Non-members.

Kid's Healthy Cooking Programs

Edible Art and Play | Mondays, October 5th - 26th from 5:30PM to 6:00PM
Ideal for preschool age children who may be thought of as picky eaters, this class incorporates all of the 5 senses and helps work through eating issues. This program is for both child (ages 3-5) & parent/caregiver. \$39 Members | \$59 Nonmembers

Kinder Chef | Mondays, October 5th - 26th from 6:15PM to 7:00PM
These lessons will work on basic kitchen skills and introduce proper cooking techniques. For ages 6-7. \$50 Members | \$90 Nonmembers

Junior Chef | Tuesdays, October 6th - 27th from 5:30PM to 6:30PM
Your Junior Chef will learn basic and advanced cooking skills as well as a cooktop, oven, and small appliances. For ages 8-9. \$60 Members | \$100 Nonmembers

Master Chef | Tuesdays, October 6th - 27th from 6:45PM to 7:45PM
With basic skills and techniques in place, these lessons will challenge your Master Chef to finesse their skills and work towards independence. Knife skills will be advanced, independence at the cooktop highlighted and working with the oven and small appliances continue to be enforced. For ages 10-12. \$75 Members | \$115 Nonmembers



Programs are subject to change. To find the most current information, please check out our website.

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



You want a brighter, happier tomorrow for your girl? Same.

Girl Scouts isn't just a moment in her life, it's a Movement dedicated to building girls of courage, confidence, and character who make the world a better place. For more than 100 years, we've given girls the tools to lead, break barriers, and create positive change.

We're here to support:



Her Dreams



Girls love Girl Scouts because it's where they call the shots. Right now, Girl Scouts are learning about robots, hiking, painting murals, feeding the hungry, and even writing laws to change the world.

If she can dream it, we'll help her do it!

Her Growth



This is where **your girl can relax**, knowing she's accepted for exactly who she is today and all she can be tomorrow. At Girl Scouts we don't focus on perfection, only on her potential.

We focus on her potential, not perfection.

Her Success



With her group (called a troop) of Girl Scout sisters by her side, your girl will reach farther, work harder, and bounce back faster.

Get ready to see her shine like never before.

Best of all, this is a journey you take with your girl and there's a place for the entire family.

\$25 Membership Fee | Membership valid through September 2021 | Scholarships available, so every girl can be a Girl Scout.



To learn more or meet us virtually, visit
gsdakotahorizons.org/join


girl scouts
dakota horizons



ENGAGEMENT FOR KIDS — PEACE OF MIND FOR PARENTS

Distance learning support and STEM enrichment for children 7-14* during the school day.

* Age range may vary. Contact us for details

- * A distraction free environment to stay focused and on track.
- * Support and guidance to motivate your child.
- * Learn new and exciting STEM skills.
- * A safe and clean environment for learning and socialization.
- * State of the art facility with all the tech tools.
- * Flexible scheduling and program options.



CODENINJAS CREATE

CODING THROUGH PLAY— FUN AND FLEXIBLE CODING EDUCATION

An exciting learning adventure for tech-loving kids ages 5-14* after school and on the weekends.

* Age range may vary. Contact us for details

- * Introduces coding, robotics, and STEM!
- * Advance to black belt and gain ninja skills in coding, robotics, and problem solving.
- * Virtual and in-person sessions available.
- * Plugged and unplugged activities.
- * Learn to code and have a blast while building awesome video games.
- * Create, play, and learn at your own pace.



Help Today for a *Better* Tomorrow

At Lakeland Mental Health Center, our purpose is to provide a comfortable environment where you can receive confidential and personalized behavioral healthcare.

Our experienced staff includes psychiatrists, psychologists, clinical social workers, marriage and family therapists and mental health counselors.

1010 32nd Ave S.,
Moorhead, MN 56560
Phone: (218) 233-7524
www.lmhc.org
24 hr. Emergency/Crisis
1-800-223-4512



LMHC
Lakeland Mental Health Center

R001579605

welcoming our community BACK TO THE YMCA!



Fall Youth Programs

Keep your kiddos active and learning with YMCA Youth Programs! In-person and virtual options available for ages 2 years – 8th grade. ymcacassclay.org/youth

Fall Session 1: September 1 – October 15 | Fall Session 2: October 20 – December 5

- Sports of All Sorts
- Swimming Lessons
- Gators Swim Team

- Swimming Lessons & Swim Team
- Wacky Science - offered virtually!
- Youth Arts & Crafts - offered virtually!

- Gymnastics
- Flag Football
- and more!



There's something for everyone at the YMCA!

We'd love to have you join our YMCA community! We have been working to reopen our facilities in the safest manner possible, so you and your family can stay stay active and stay safe! ymcacassclay.org/join

- Two fitness facilities
- Group fitness classes
- Increased safety measures

- Aquatic Center, Climbing Wall, & family play areas
- Discounts on programs & services
- Locker rooms, guest passes, & virtual options



Looking for Child Care?

We offer flexible scheduling and a fun, enriching environment at many area sites. Our team has put together plans that will fit with your family's needs, and we would love to help you explore your options! ymcacassclay.org/childcare

- 3 years – 5th grade
- Many area sites
- Flexible scheduling

- STEM, art, and literacy activities
- Daily physical activity
- Healthy meals and snacks included

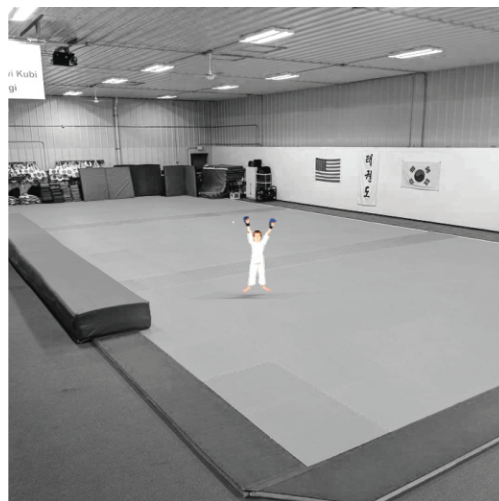


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