

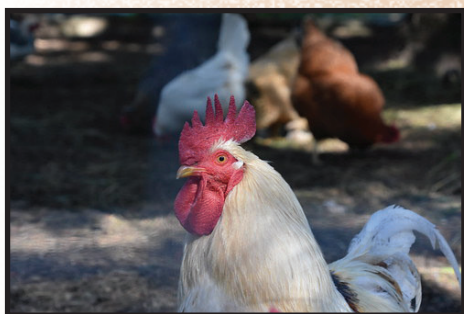
KIDsource

OCTOBER 2020

FAMILY FUN WITH ANIMALS

Register online to join us on October 3rd at Hightail Horse Ranch & Sanctuary

<https://moorheadcommunityed.ce.eleyo.com/>



How to be with Farm Animals (ages 3-5) AGN77A

October 3rd: 12:00 noon - 1:00 pm

Come and join us for an hour of hanging with farm animals. Visit the chicken coop to check for eggs, have a meet and greet with Pearl the Piggy, get introduced to the mini-donkeys Bean, Rice and Tortilla and interact with various other yard pets including horses.

How to be with Horses (ages 6-13) AGN76A

October 3rd: 1:00 - 3:00 pm

Come and join us hanging out with horses! There will be brushing, assisted riding and a fun question and answer time. We will follow up with a visit to the chicken coup to check for eggs, have a meet and greet with with Peat the Piggy and interact with Beans, Rice and Tortilla the mini donkeys and other farm animals.



Questions? Contact:

Kris Thompson

Community Ed Coordinator

218.284.3430

ktompson@moorheadschoools.org

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.





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.



(701) 404-7620 | fargond@codeninjas.com | codeninjas.com | @codeninjasfargo



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

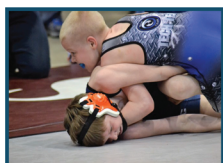
WWW.TECHTEAMWRESTLING.COM

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](tel:701-730-6610)

Or on our Face Book Page



MOORHEAD
AREA PUBLIC SCHOOLS

EARLY CHILDHOOD SCREENING

Help your child succeed in school!

MAKE AN APPOINTMENT | 218-284-3800



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



The Face of Bullying

Growing up, the picture that often came to mind, when someone would talk about the bully at school, was that big kid on the playground, strong arming kids for their lunch money. Flash forward to the 21st century and bullying takes on a whole new face. Physical intimidation, while still a part of the bullying picture, has moved aside for new forms of bullying including verbal, social isolation and cyber bullying. Where once it was boys intimidating other boys, it has now moved to girls bullying girls, bullying of children with special needs, and yes, even adults in the work place.

Here are the facts:

- Children with a disability have a two to three times higher risk of being bullied
- Physical bullying has become less common while social isolation and cyber bullying has become the norm
- One in three children experience some type of cyberbullying and 50% of children who have experienced that type of bullying do not tell their parents.
- 57% of bullying stops when a peer intervenes on behalf of the person being bullied.
- For some kids, bullying means the start of anxiety, depression, lower self-esteem and poor school attendance.
- Bystanders can develop anxiety from witnessing bullying.

Often times children do not have the verbal skills to explain what is happening. They may tell you through their behaviors such as wanting to stay home from school; unexplained tummy aches; changes in their mood and/or sleep; and becoming disinterested in school happenings.

So, what does a parent do when their child tells them that someone is “picking on them” at school?

- Document the information your child provides including date, time of day, and who was present.
- Give your child some time and space for your child to process how they are feeling. Offer support but don't be over dramatic about the incident or infuse your own emotions with what your child is feeling.
- Help them develop a plan to address the bullying (who to tell, walk away, etc.)
- Do not tell them to “toughen up” “hit back” or encourage other actions that may get your child in trouble.
- If you feel comfortable talking with the parent of the child who is doing the bullying, focus your conversation on helping the kids and not pointing fingers.
- Contact the school administration to report the bullying activity.

October is National Prevent Bullying Month!!

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

Kid's Programs

School Solution K-5 Wellness Camp | Mondays & Tuesdays or Thursdays & Fridays from 9:00AM – 4:00PM | Wednesday is an add-on option | Family Wellness is providing camp for kids on off days of school. There will be wellness in learning through play, arts, swimming, PE games, cooking lessons, and stem experiments. Registration for this program is by month. For Grades K – 5. \$75 per week Members/ \$85 per week Nonmembers | Billed Weekly \$38 to add Wednesdays Members/ \$44 for Nonmembers | Before Care at 7:30AM \$10 week | After Care to 6:00PM \$10 week | Wednesday Before/After care \$5 each

K-5 Gym & Swim | Tuesdays OR Thursdays from 10:30AM – 12:30PM OR Thursdays from 9:00AM – 10:30AM | Ages 6-11 | Calling all kids to come out and enjoy physical activities through fun games, boot camps, swimming, and more! Each session is once a week for 4 weeks. \$40 Members / \$70 Nonmembers

Lil' Stars Basketball Session 2 | Mondays, November 2nd - 30th from 5:45PM to 6:30PM | Allow your child to build and improve upon their skills. This session will offer games and kids will continue to learn and grow in a high energy environment. Ages 4-6 | \$25 Members/\$50 Nonmembers

Jr. Stars Basketball Session 2 | Mondays, November 2nd - 30th from 6:30PM to 7:30PM | Advance your skills from session 1 in this continuation of the Jr Stars Basketball program. Session 2 offers your child the chance to progress their fundamentals and increase the competition in more games. Step up your game with Juniors Basketball Session 2! Ages 7-9 | \$25 Members/\$50 Nonmembers

Private Swim Lessons | 7 weeks of class, \$210 Members/ \$420 Nonmembers (due to Thanksgiving, the Thursday and Saturday classes will be pro-rated to a 6 week session). Up to 3 siblings total can share a private swimming lesson at no additional cost.



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

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 all ages. ymcacassclay.org/youth

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

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

- Tumble & Splash Day Camp
- 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

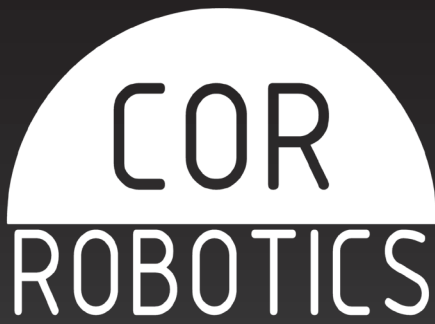


Looking for Child Care?

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

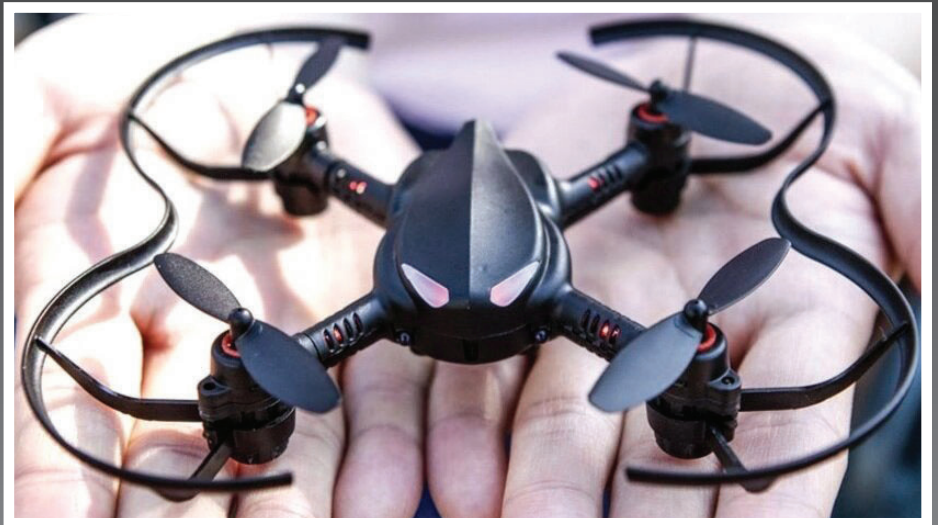
- 3 years – 5th grade
- Many area sites
- Flexible scheduling

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



VIRTUAL CODRONES CAMP

COR Robotics' Stay-at-Home camps provide an awesome opportunity to keep your child engaged, entertained, and challenged. The camps will utilize fun and exciting CoDrones kits which will enable students to have fun while learning to program. The CoDrone kit will include a CoDrone Lite or CoDrone Pro which you will get to keep after the class. Both drones use a block based programming language which is perfect for entry level programmers. The CoDrone Pro can also use Python and Arduino which are great for experienced programmers. Students will program their drones to fly around and complete missions using a curriculum specifically designed for students to work through on their own. When they've mastered their programming, students can pair their drones to a bluetooth device and fly them manually for some extra fun!



Course information

YAS200A CoDrones \$199.00 (Fee includes CoDrone Lite).

Register today at: <https://moorheadcommunityed.ce.eleyo.com/>



Questions? Contact:

Kris Thompson

Community Ed Coordinator

218.284.3430

kthompson@moorheadschoools.org

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



Lakeland Mental Health Center

R001579605

EXCELLENCE THROUGH EQUITY



MOORHEAD
AREA PUBLIC SCHOOLS

2020 *School Year* 2021

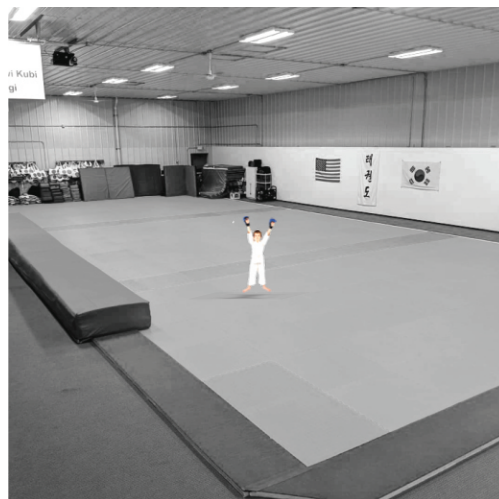


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Red River Traditional TaeKwonDo

The Area's Only Traditional Taekwondo School

It's finally time to return to normal. RRTKD offers the largest learning space in a safe, clean, open gym.



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**8th Degree Grand Master
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