

# KIDsource

NOVEMBER 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](http://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.



# See what's happening at the YMCA!



## YMCA Youth Programs

Keep your kiddos active and learning with YMCA Youth Programs! In-person and virtual options are available for all ages. [ymcacassclay.org/youth](https://ymcacassclay.org/youth)



- Sports of All Sorts
- Swimming Lessons
- Gators Swim Team
- Gymnastics
- Rock Climbing

- Tumble & Splash Day Camp
- Wacky Science – offered virtually!
- Youth Arts & Crafts – offered virtually!

Jump in  
a session at  
any time!

**Mark your calendars:** Summer Camp registration – including Camp Cormorant, Mini Camps, Camp Koda, and more, opens NOVEMBER 18!

## Pay it Forward

The YMCA is giving back by giving away memberships and youth program offerings to families/individuals who may be going through financial struggles, experiencing medical issues, or simply going through a tough time.

Nominate, donate, and get involved:  
[ymcacassclay.org/payitforward](https://ymcacassclay.org/payitforward)

**Nominate someone for Pay it Forward:** Do you know a family or individual who would benefit from a YMCA membership or youth program? Nomination forms can be found and submitted online or at either Fercho or Schlossman YMCA by November 30, 2020.



## 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](https://ymcacassclay.org/join)



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

- Aquatic Center, Climbing Wall
- Discounts on programs and services
- Guest passes, virtual options, and more!

# 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







# MARQUART'S MARTIAL ARTS

## 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



## 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 more than 36 years of teaching experience and is President of the US Changmookwan TKD Union.

Check Us Out!  
**NO CONTRACT  
REQUIRED!**

Call 218.233.6941 for more information or visit  
**WWW.MARQUARTSTKD.COM**  
2615 12th Avenue S.  
Moorhead, MN



Get a **FREE** month when you sign up for 2 months!

Kids ages 5-14\* experience a variety of technologies as they learn to code their very own video games!

\* Age range may vary. Contact us for details

- ✦ Make creative video games using scratch!
- ✦ Create worlds inside of Roblox!
- ✦ Make retro video games in MakeCode Arcade!
- ✦ Create your very own website!
- ✦ Belt up through our CREATE program!
- ✦ Have fun and make new friends!



**CODE NINJAS 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 |



# Registration Open for Fall and Winter Programs!

## WINTER ART CAMPS

December 28-31  
Ages 6-13  
\$25.00



## YOUTH BASKETBALL

January 9-February 27  
Grades 1-4  
\$40.00-\$45.00

## WINTER PARK PROGRAM

December 28-31  
Ages 6-9  
\$20.00



## FREE OPEN GYM

October 4-February 28  
Youth: 1-4 pm  
Adults: 4:15-5:45 pm



For more information and to register, visit [moorheadparks.com](http://moorheadparks.com), and view our online brochure to find other programs and events for fall and winter!



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

[WWW.TECHTEAMWRESTLING.COM](http://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



701.280.0004

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

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

2921 Fiechtner Dr. S Fargo, ND

RECREATION | COMPETITION | OUTREACH

A non-profit, industry leading studio that invests in relationships to build strong, physical, technical, and creative dancers.

**SPRING REGISTRATION OPEN SOON!**

For more information or if you have any questions,

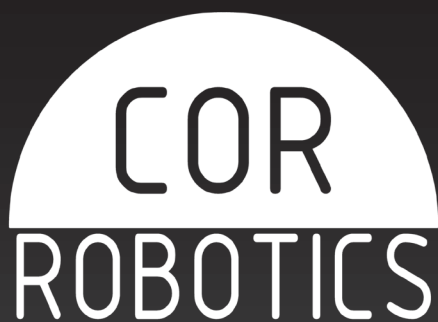
Contact Jonathan Magnell

701-730-6610

Or on our Face Book Page

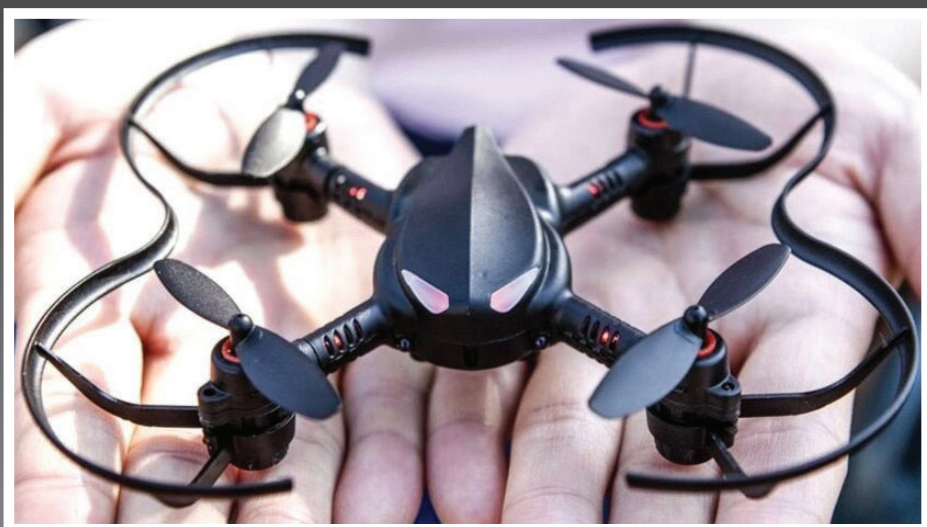
TECH TEAM WRESTLING





# 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 which you will get to keep after the class. The drones use a block based programming language which is perfect for entry level 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:

Community Ed Office

218.284.3400

[communityeducation@moorheadschoools.org](mailto:communityeducation@moorheadschoools.org)

# FamilyWellness

A PARTNERSHIP BETWEEN SANFORD 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](http://www.FamilyWellnessFargo.org)

Call 701-234-2400 or register online at [www.familywellnessfargo.org](http://www.familywellnessfargo.org)  
If you have questions contact Chloe at [chloe.solum@sanfordhealth.org](mailto: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 – 12:00PM 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

**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.

If school guidelines change during day programs, you will receive a pro-rated refund.



*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](http://www.familywellnessfargo.org)

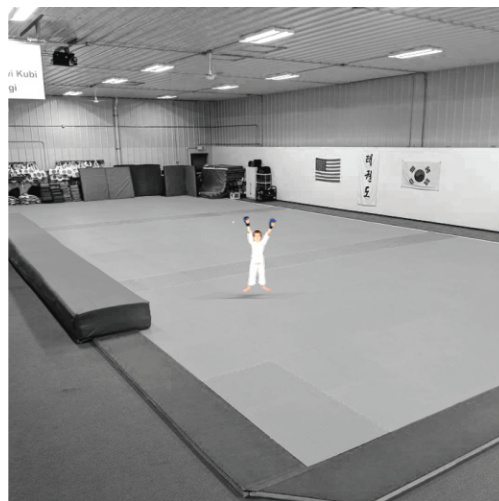


3509 4th Ave S • 277-1TKD

# 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.**



**Come see why we are the areas largest martial arts school**



**8th Degree Grand Master  
Jim Grimestad with 42 yrs. experience**

277-1TKD • 3509 4th Ave S • [rrtkd.com](http://rrtkd.com)

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

**FREE 2 week trial**