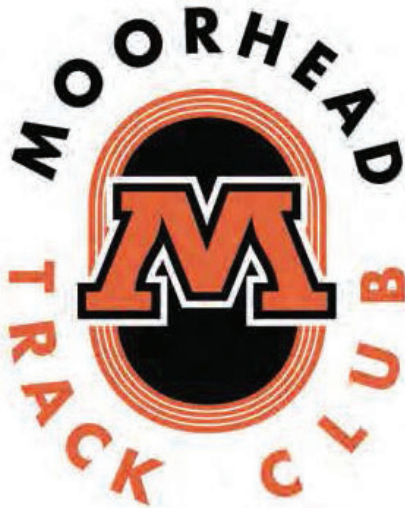


KIDsource

DECEMBER 2020



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.

K-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 hand offs, hurdling, shot put, long jump and high jump.

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

Grades K-2 participants will compete in:

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:

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. Participants will receive a Moorhead Track Club t-shirt.

GRADES K-2

Course Number: YAS40A

Coaches: Tom Dooher & Rachael Lexen

Practice Days: May 10-14 from 6:00-7:30 pm

Track Meet: May 15th from 12:00 - 3:00 pm

Location: Moorhead High School Track

GRADES 3-6

Course Number: YAS41A

Coaches: Tom Dooher & Rachael Lexen

Practice Days: May 10-14 from 7:30-9:00 pm

Track Meet: May 15th from 3:00 - 6:00 pm

Location: Moorhead High School Track

Register online at: <https://communityed.moorheadschoools.org>



Questions? Contact:

Community Ed Office

218.284.3400

communityeducation@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.



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)**

Live Interactive Drawing Classes

COURSE #: YAS73A

Boost your elementary student's interest in drawing with a Young Rembrandts class. All new lessons are being served up this season like a delicious set of cake pops, a cool monster truck and a colorful elephant. We'll be drawing lots of inspiration from the holiday season with our adorable holiday puppy and a cute bunny with a present.

All this and more await your child in a Young Rembrandts Live lesson! Sign up today!



2:30 - 3:30 p.m.

Jan 5 - Jan 26



Online

moorheadcommunityed.ce.eleyo.com



\$39.00

4 lessons

www.youngrembrandts.com/twincities - 612.512.1339 - Minnesota@youngrembrandts.com



JR

CODING THROUGH PLAY FOR YOUNG LEARNERS

Fun and completely visual coding fundamentals for kids ages 5-9.*

* Age range may vary. Contact us for details

- ★ Introduces coding, robotics, and STEM to young learners.
- ★ Boost ninjas skills in critical thinking, problem solving, and teamwork.
- ★ Completely visual and tactile learning.
- ★ Plugged and unplugged activities.



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for 25% off
your first
month!**

*Restrictions apply. Not valid with any other offer



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FUN AND FLEXIBLE CODING EDUCATION

An exciting learning adventure for tech-loving kids ages 7-14.*

* Age range may vary. Contact us for details

- ★ Learn to code and have a blast while building awesome video games.
- ★ Advance to black belt and gain ninja skills in coding, robotics, and problem solving.
- ★ Drop-in 2 hours a week at your convenience!
- ★ 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, and view our online brochure to find other programs and events for fall and winter!

See what's happening at the YMCA!



Winter Youth Programs

Keep your kiddos active and learning with YMCA Youth Programs! Learn more and get registered online: ymcacassclay.org/youth

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

- Tumble & Splash Day Camp
- Wacky Science
- Sports Performance



Don't forget: Summer Camp registration – including Camp Cormorant, Mini Camps, Camp Koda, and more, is NOW OPEN!

Save 20% for a whole year!

December 1 - 31: Join with a friend. Refer a friend to join. Save 20% for all of 2021!

Join the YMCA's fitness facilities with a friend this December and you'll both save 20% on your monthly membership dues for a whole YEAR! Get more details and view your total savings online: ymcacassclay.org/2020



To-Go Meal Program

As part of our To-Go Meal Program, suppers are distributed to-go-style FREE of charge to kids ages 18 years and younger at 6 area locations! Each child may receive one 'to go' meal bag per week – which includes five suppers. Learn more and view distribution details: ymcacassclay.org/foodprogram

Mondays, 4:00 - 4:30pm

FREE and open to the community – no eligibility requirements!

Meals are provided in partnership with the State of ND and the USDA. The USDA is an equal opportunity provider.

EXCELLENCE THROUGH EQUITY



MOORHEAD
AREA PUBLIC SCHOOLS

2020 *School Year* 2021



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 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



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

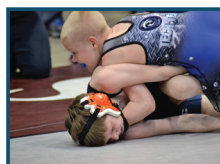
WWW.TECHTEAMWRESTLING.COM

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

TECH TEAM WRESTLING



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

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