

# KIDsource

JANUARY 2021

## 4-H LEGO BUILDING CHALLENGE

4-H invites you to join friends online for fun Lego building challenges. Clay County 4-H and Community Education team up to provide a safe online space for your kids to connect with other kids over Legos. Kids will play, build together, and challenge each other along the way. Short online sessions twice a week are filled with games and Lego fun. New challenges each session will provide inspiration to continue the fun offline.



A small kit of Legos will be provided to all registered participants. Benefits of this class include: meeting new friends who share an interest in Legos; gaining confidence in their creativity and building skills; and, leading activities and presenting their creations to each other. Each participant will receive a Legos kit to keep.

### Course Information:

**YCL96A** - 4-H Staff

(Grades 3-5)

Mondays and Thursdays (1/11-2/8)

5:30 - 6 pm

Live Online, \$30



UNIVERSITY OF MINNESOTA  
**EXTENSION**

**M**  
Community  
**Education**  
MOORHEAD AREA PUBLIC SCHOOLS

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

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.

**M**  
**MOORHEAD**  
AREA PUBLIC SCHOOLS

## *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 #: YA573A COURSE #: YA573B

COURSE #: YA573C


**B**oost 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!




Elementary  
**drawing**

Young Rembrandts  
Drawing Classes for Kids



Young Rembrandts

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Grades K-5



**3:15 - 4:15 p.m.**  
(Tuesdays)  
**Jan 5 - Jan 26**



**Online**

[moorheadcommunityed.ce.elevo.com](https://moorheadcommunityed.ce.elevo.com)



**\$39.00**  
**4 lessons**

[www.youngrembrandts.com/twincities](https://www.youngrembrandts.com/twincities) - 612.512.1339 - [Minnesota@youngrembrandts.com](mailto:Minnesota@youngrembrandts.com)



# WINTER EDUCATION

**MORE CLASSES! MORE LEARNING! MORE FUN!**  
**STARTING JANUARY 23, 2021**

## **Acting for Elementary Students**

**9:00 a.m. – 9:45 a.m.**

3 classes separated by age and ability.

**Ages 4-5, Grades K – 2<sup>nd</sup> and 3<sup>rd</sup>-6<sup>th</sup>**

Tuition = \$96 (\$12/week)

Beloved children's books serve as the foundation for our dramatic adventures. We will work together to create new characters, dramatic situations, and exciting opportunities for creative and heroic problem solving. Showcase on March 13th at 9:30 a.m. – Arrive at regular 9:00 a.m. start time.

## **One Act – Enrollment by audition only**

**10:00 a.m. – 12:00 a.m.**

**Grades 7<sup>th</sup>-10<sup>th</sup>** - Tuition = \$135 (\$16/week)

Prerequisite = Audition entry

Students will take their acting and storytelling skills to a new level by rehearsing and performing an in-studio performance of a one-act play. Showcase on March 13th at 7:00 p.m. – Come to regular 10:00 a.m. class time.

## **Acting – Working the Craft**

**12:00 p.m. – 1:30 p.m.**

**Grades 7<sup>th</sup>-10<sup>th</sup>** - Tuition = \$120 (\$15/week)

Actors will explore the core principles of acting, including voice and movement, theatre vocabulary, objectives and obstacles, as well as the importance of risk-taking and ensemble building. Showcase on March 13th at 12:15 p.m. – Arrive at regular 12:00 p.m. start time.

## **Treble-Show Choir**

**1:30 p.m. – 3:00 p.m.**

**Middle School and High School** - Tuition = \$150 (\$19/week)

Join our treble performance group combining choral singing with choreographed movement and dance. Tuition includes performance shirt. Showcase on March 13th at 2:30 p.m. – Arrive at regular 1:30 p.m. start time.

## **Musical Theatre I - Tangled**

**3:15 p.m. – 4:45 p.m.**

**Grades K-3<sup>rd</sup>** - Tuition = \$120 (\$15/week)

Triple threat time! Students will tackle challenging (and fun!) harmonies, and choreography, pushing themselves both physically and vocally. Through discipline and artistic expression, students will strengthen and develop their performance skills in a multidisciplinary environment. Showcase on March 13th 4:00p.m. – Arrive at regular 3:15 p.m. start time.

## **Musical Theatre II - Hamilton**

**3:15 p.m. – 4:45 p.m.**

**Grades 3<sup>rd</sup>-6<sup>th</sup>** - Tuition = \$120 (\$15/week)

Triple threat time! Students will tackle challenging (and fun!) harmonies, and choreography, pushing themselves both physically and vocally. Through discipline and artistic expression, students will strengthen and develop their performance skills in a multidisciplinary environment. Showcase on March 13th 4:00 p.m. – Arrive at regular 3:15 p.m. start time.

## **Adult Acting**

**5:00 p.m. – 6:15 p.m.**

**Ages 15 and older** - Tuition = \$100 (\$13/week)

Actors will explore the core principles of acting, including voice and movement, theatre vocabulary, objectives and obstacles, as well as the importance of risk-taking and ensemble building. No Showcase for this class

**Visit [FMCT.org/education](https://www.fmct.org/education) to learn more about our COVID-19 Policies for Winter Education Programming. Classes will be offered in-person and virtually**

**Register today by visiting [FMCT.ORG/EDUCATION](https://www.fmct.org/education) or calling (701) 235-6778**



## 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.



**Use this coupon for 25% off your first month!**

\*Restrictions apply. Not valid with any other offer



## 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 |



## MARQUART'S MARTIAL ARTS

Tae Kwon Do & Kumdo

*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,

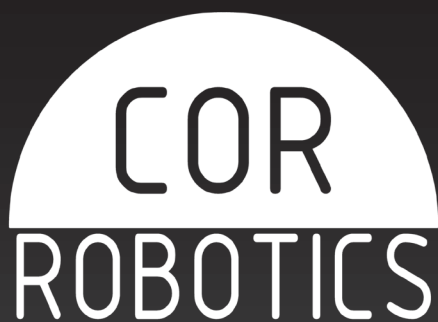
Contact Jonathan Magnell

**701-730-6610**

Or on our Face Book Page

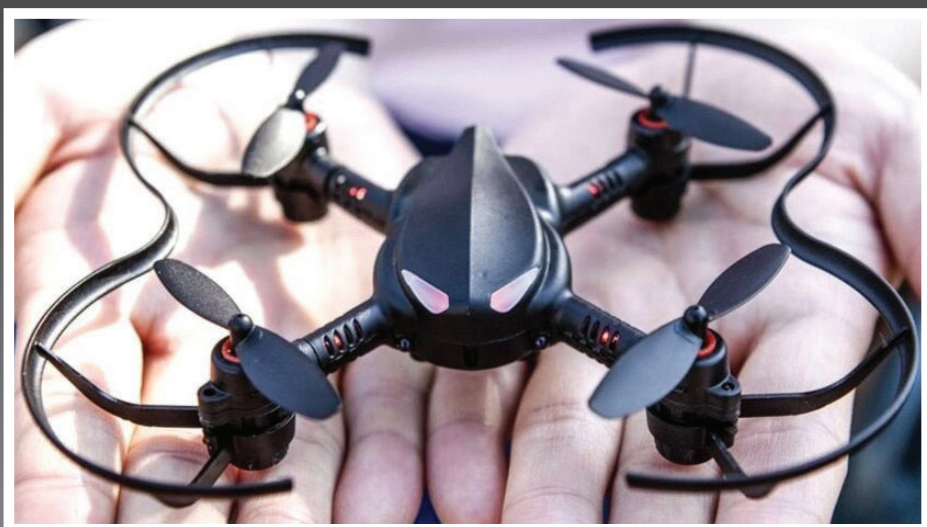
**TECH TEAM WRESTLING**





# VIRTUAL CODRONES CAMP

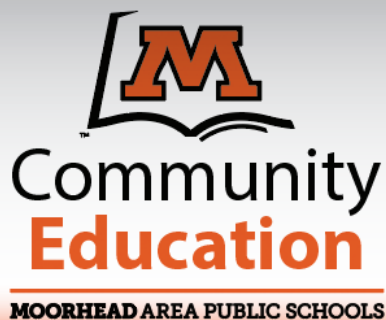
COR Robotics' Stay-at-Home camps provide an awesome opportunity to keep your child engaged, entertained, and challenged. The camps will utilize fun and exciting CoDrones kits which will enable students to have fun while learning to program. The CoDrone kit will include a CoDrone Lite which you will get to keep after the class. 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! This could be a great birthday or holiday gift. Fee includes a CoDrone Lite drone, programming instructions and instructional support.



## 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)

# ARTSPARK

FOR ALL KIDS AGE 6-11

BUILD **CONFIDENCE, CREATIVITY,**  
AND **COMMUNICATION** SKILLS!

**SAVE \$**  
REGISTER BY APRIL 1<sup>ST</sup>  
FOR A \$15 DISCOUNT!

DREAM IT.  
LEARN IT.  
LIVE IT.

Visit [trollwood.org](http://trollwood.org) or call (218) 477-6500 to learn more!



ArtSpark provides children the opportunity to explore the performing arts, guided by music and theatre artists/educators. Each day, students participate in theatre games, singing, storytelling, and movement - all centered around creative, fun themes. These unique week-long performance-based workshops are designed to kindle kids' confidence and ignite their creativity.

2021 Summer sessions are scheduled for the weeks of June 7-11, 14-18, 21-25, July 12-16, 19-23, and 26-30. Open to kids age 6-11.

All programs and locations may be subject to change due to COVID-19.

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

Sports of All Sorts  
Gymnastics  
Rock Climbing  
Sports Performance

Tumble & Splash Day Camp  
Pokémon Club - NEW!  
Itty Bitty Explorers - NEW!  
and more!

Winter session runs January 11 to February 27

## Join the YMCA in January and SAVE!

You'll pay no enrollment fee - a \$50 savings! [ymcacassclay.org/join](https://ymcacassclay.org/join)

- Two Fitness Centers
- Group Fitness Classes
- FREE Events & Programs
- Aquatic Center with Zero-Depth Kids Play Area
- Climbing Wall, Basketball Gyms, and Racquetball Courts
- Guest Passes, Program Discounts, and more!



## Swim School & Swim Team

### Swimming Lessons

All ages | Learn important safety skills, gain confidence in the pool, and stay active! Sessions ongoing. [ymcacassclay.org/swimschool](https://ymcacassclay.org/swimschool)

### FM Gator Swim Team

Enjoy spirited competition while improving swimming skills and learning to value hard work! Ages 5+. [ymcacassclay.org/gators](https://ymcacassclay.org/gators)

All levels welcome!

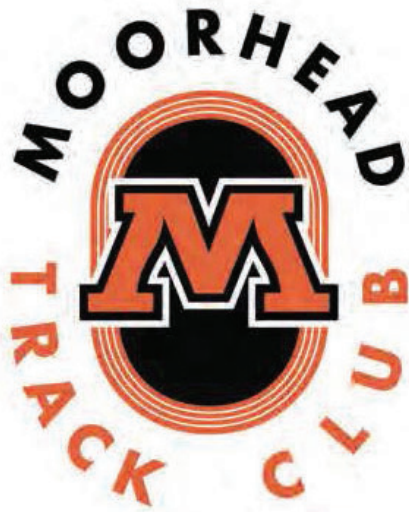
### Mark your calendars – the RESET Challenge kicks off February 1!

Restore, refresh, and hit the reset button with our 6-week RESET Wellness Challenge – FREE and open to the community! All it takes is 20min. a day, 5 days a week. Learn more and sign up: [ymcacassclay.org](https://ymcacassclay.org)



YMCA of Cass and Clay Counties | [ymcacassclay.org](https://ymcacassclay.org) | 701.293.9622 | @ymcacassclay





## 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

## 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.

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



### Questions? Contact:

**Community Ed Office**

218.284.3400

[communityeducation@moorheadschoools.org](mailto:communityeducation@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](http://www.lmhc.org)  
24 hr. Emergency/Crisis  
1-800-223-4512



# Yoga for Kids (Ages 7-12)



It is a great time to try out yoga! Get moving, but also learn how to settle yourself. You might just be surprised at how satisfying it is to quiet yourself and sit still after your body gets to create some cool poses on the mat.

## Course Information:

YCL93A

4 Wednesdays, 3/24-4/14, 6-7 pm

\$55 (\$50)

## Questions? Contact:

Community Ed Office

218.284.3400

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



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

EXCELLENCE THROUGH EQUITY



**MOORHEAD**  
AREA PUBLIC SCHOOLS

2020 *School Year* 2021

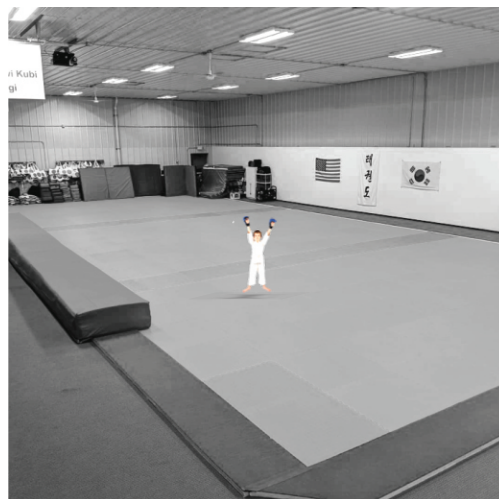


3509 4th Ave S • 277-1TKD

# 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](http://RRTKD.COM) for more information**

**FREE 2 week trial**