

KIDsource

FEBRUARY 2021

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

Probstfield Center for Education : Board Room 224

\$55 (\$50)

Questions? Contact:

Community Ed Office

218.284.3400

communityeducation@moorheadschoools.org



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. For questions please call the Community Education office at 218-284-3400.

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



Winter Blues Happens to Children Too

It's that time of year again. That time between the ending of the holiday season and the wait for spring to show up. In our part of the country those three months are often thought of as the hardest months of the year. Why? Some would say it's because the afterglow of holidays fades, the cold, the endless possibility of snowstorms and did I mention the cold! Winter is typically a time when not many activities are planned, much of our time is spent inside and when we are outside the sun is not sunny and warm.

The majority of people in our part of the country can "weather" the change in seasons but for some adults it's not so easy. Often times these individuals are said to have what some call the winter blues or Seasonal Affective Disorder. But did you know that children also can suffer from the winter blues?

A diagnosable form of depression, Seasonal Affective Disorder (SAD) appears as winter approaches and disappears as soon as spring returns. It shows up as a change in mood and lasts a number of weeks that correlate with the changing of the seasons. Symptoms of SAD can be mild to severe and anywhere in between. Symptoms in children can include:

- An increased difficulty in concentrating – more trouble than usual in completing homework on time or at the same level of past ability.
- A change in sleeping patterns – sleeping much more than usual, not wanting to get up in the morning and get ready for school; tiredness or unexplained fatigue
- Over eating or not feeling hungry; craving carbohydrates and sweets, weight gain
- Changes in mood – sadness, irritability, excessive worrying, crying or getting upset often or more easily
- Lack of interest in friends and activities
- Such changes can impact a child's self-esteem, interfere with extracurricular activities, and impair social and academic functioning.

If you are a parent and have noticed changes in your child's mood, how do you determine if your child is truly suffering from SAD, a milder form of the "Winter Blues" (which might include some symptoms described above, but is less debilitating than SAD) or just a situational case of cabin fever? Talk to your child if you are concerned with any changes you see. There may be something going on other than the changes in the season that result in the changes you are seeing. It is also important to remember that some changes in mood can be triggered by certain events or situations can be normal. After all, we all get a bit cranky when the weather turns bitter cold and we have to stay inside and deal with cabin fever. While some cases of seasonal depression are not severe enough to require medical intervention, you should mention your concerns to your child's pediatrician.

Here are some fun ways to beat the winter blues:

- Get moving! Throw a dance party in your living room; bundle up and take a brisk walk around the block; check for local indoor activities that are happening in your community
- Create a fun list for the family with activities the family can do together such as playing board games, craft projects, baking or movie and popcorn night.
- Plan a play date for your child and one or two of their close friends.

Here are some tips to help your child:

- If homework is a challenge break it down in to smaller work times with breaks.
- Set a bedtime routine and bed time. Keep that same routine and bedtime on the weekends as well as school nights
- Encourage your child to eat a well-balanced diet with lots of fruits and vegetables.

This information provided by the Clay County Local Advisory Council for Children's Mental Health



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.

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



YOUTH BASEBALL

Big Bopper (Kindergarten/5 years) May 24-July 1 - \$45.00

T-Ball (First Grade) May 11-July 8 - \$52.00

Rookie (Second and Third Grade) May 10-July 1 - \$52.00

Pop-Up (Fourth and Fifth Grade) May 11-July 2 - \$52.00



Registration Deadline: April 12

YOUTH TENNIS LESSONS

Introduce your child to the game or improve their skills through our youth tennis lessons, for ages 5-17.

Pee Wee Tennis (ages 5-8)
Youth Tennis Lessons (Ages 9-17)
Tuesdays and Thursdays
June 7-24 or July 12-29
\$25.00-52.00



REGISTER TODAY AT
MOORHEADPARKS.COM



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



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

YOUTH ART CLASSES

Plains Art Museum is committed to providing a safe classroom environment which includes enhanced cleaning & sanitization, providing workspaces that are 6 feet apart, reducing shared tool use, allowing spaces "rest" for 24 hours between classes when possible and 100% fresh air circulation. Masks are required.

HANDBUILDING WITH CLAY (Ages 8-12)

Three Saturday sessions available
February 20, March 13, April 17, 9:30 – 11 AM

POTTERY ON THE WHEEL (Ages 9-13)

Three Saturday sessions available
February 27, March 27, April 24, 9 – 11 AM

INTERMEDIATE POTTERY ON THE WHEEL (Ages 9-16)

March 22 – April 5, 4:15 – 6:15 PM

NEW! CREATE AT HOME KITS

Each kit will include enough materials for one child to complete 4-6 projects related to a particular theme. The kits will include printed instructions along with YouTube links. Kits may be picked up at the front desk of the Museum. Find kit registration at plainsart.org. Registration for each session will begin one month in advance to accommodate kit distribution.

More classes + registration at:
plainsart.org/create & 701.551.6100

PLAINS ART MUSEUM

Katherine Kilbourne Burgum CENTER FOR CREATIVITY
704 1ST AVE., N, DOWNTOWN FARGO



LITTLE LIGHTS PRESCHOOL

OPEN
HOUSE

Little Lights Preschool registration for the 2021-2022 School Year is now open! Join us for our Open House!

FEB. 16 • TRIUMPH'S WEST CAMPUS • 5:20-7:00 PM

FEB. 18 • TRIUMPH'S EAST CAMPUS • 5:20-7:00 PM



PREREGISTRATION REQUIRED

To register, scan the QR code or visit
<https://littlelights.churchcenter.com/registrations>



Triumph Church
(East Campus)
2901 20th St. S.
Moorhead

Mon./Wed./Fri. (4-Yr. Olds) • 9:00am - 11:30am

Tue./Thu. (3-Yr. Olds) • 9:00am - 11:30am

Mon. - Fri. (4-5Yr. Olds - Pre-K) • 12:30pm - 3:30pm

Triumph Church
(West Campus)
3745 Sheyenne St.
West Fargo

For registration forms and more information, please visit www.LittleLightsPreschool.org
email Little.Lights@TriumphLBC.org or contact the Little Lights office at 218-512-2201.

See what's happening at the YMCA!



Winter/Spring 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
Gymnastics
Rock Climbing
Sports Performance

Soccer & T-Ball
Pokémon Club - NEW!
Itty Bitty Explorers - NEW!
and more!

Sessions
are ongoing –
jump in at any
time!

Register today for Summer Camp!

Explore nature, gain independence, meet new friends, and have a BLAST in our Summer Camps! Weekly sessions run June – August. Learn more: ymcacassclay.org/camp

- MINI CAMP Half-day camp | Ages 3 – 5
- CAMP KODA Day camp | Ages 6 – 11
- CAMP CORMORANT Overnight camp | Ages 7 – 14
- Aquatics Camps, Rock Climbing Camps, 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

FM Gator Swim Team

Enjoy spirited competition while improving swimming skills and learning to value hard work! Ages 5+. ymcacassclay.org/gators

All levels
welcome!

Mark your calendars – Giving Hearts Day is February 11!

Join us on February 11 for a community day of giving! Giving Hearts Day donations benefit local kids through scholarships for Y programs like child care, swimming lessons, summer camp, and more! Learn more: givingheartsdays.org



YMCA of Cass and Clay Counties | 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

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

Questions? Contact:

Community Ed Office

218.284.3400

communityeducation@moorheadschoools.org

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.



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

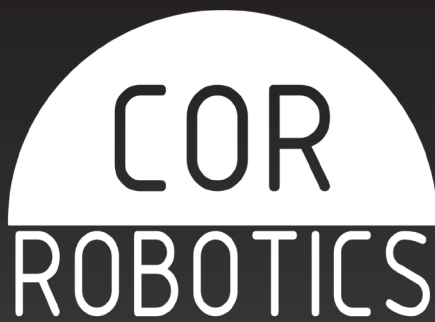
An exciting learning adventure for tech-loving kids ages 7-14.*

* 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.

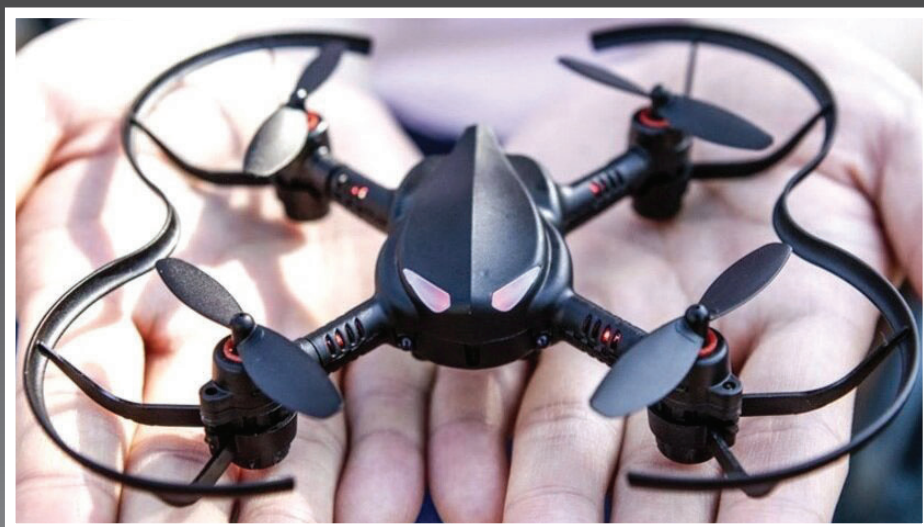


(701) 404-7620 | fargond@codeninjas.com | codeninjas.com |



VIRTUAL CODRONES CAMP

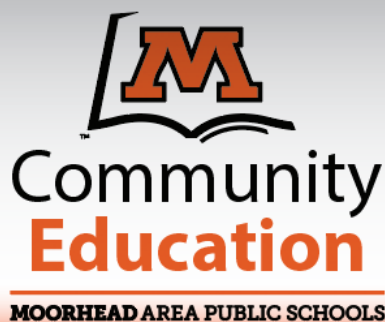
COR Robotics' Stay-at-Home camps provide an awesome opportunity to keep your child engaged, entertained, and challenged. The camps will utilize fun and exciting CoDrones kits which will enable students to have fun while learning to program. The CoDrone kit will include a CoDrone Lite which you will get 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

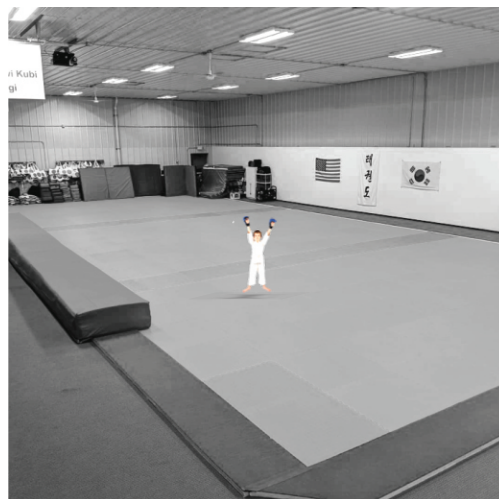


3509 4th Ave S • 277-1TKD

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

go to RRTKD.COM for more information

FREE 2 week trial