

KIDsource

MARCH 2021

COR
ROBOTICS

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@moorheadschoos.org


Community
Education
MOORHEAD AREA PUBLIC SCHOOLS

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.moorheadschoos.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.


MOORHEAD
AREA PUBLIC SCHOOLS

My Oh Me!

Raising Resilient Children in the 21st Century

Life is complicated for adults and even more so for children, who don't have an emotional maturity yet to sort through all the "stuff" going on. The number of children exposed to what we often call "traumatic stress" (events or situations that upset and overwhelm a child and their ability to cope) is growing and while we can't stop the world from happening around us we can help our children become resilient, to be happy and to thrive in spite of what is happening in their lives and the lives around them.

Signs that a child is struggling with stress include such things as loss of appetite, fearful of being separated from the caregiver, returning to bed wetting, thumb sucking and baby talking, and nightmares. For older children stress shows up at school with trouble concentrating, changes in their school work and worrying about their safety or others.

The good news, it's never too late to help your child develop resiliency skills! Resilience is the ability to bounce back from a stressful or traumatic experience. Here are some ideas to help your child experiencing over the top stress or who has experienced situations that overwhelmed them. And they are good for adults too!

- Did you know that doing one deliberate act of kindness a day increases a feeling of well-being? Simple things like holding a door open for someone makes your brain happy! Why stop at one a day, go for three. 😊
- Encourage your child to share the positive in his/her day.
- If your child feels like he/she can't do anything right, set small goals that would be easy to accomplish so they can experience the feeling of success. An example of a small goal might be reading a page in a book or setting the silverware at the dinner table.
- Sleep!!! Getting the proper amount of sleep helps with focus, memory, and steady those mood swings. For children that means 10 – 12 hours a night depending on their age. And don't forget about you! You need a minimum of eight hours a night.
- Everyone off the couch! Sitting all the time, fogs the brain.
- Healthy eating not only helps our overall physical health it is good for our brains too.
- Set aside a "no electronics" time in the daily schedule. The constant stimulation of video games, checking Facebook and texting our friends does not allow time for our brain to be calm.
- Provide consistent discipline that is appropriate for the child's age and development and that promotes learning and not punishing.
- Show affection through your words and actions. Let your child know it is okay to have their own feelings and opinions. Help them to learn ways to express them in way that gets their needs met.
- Care for yourself! Take time to do something you enjoy, eat healthy, get your rest, and seek out friends who are supportive and caring.



SUMMER

EDUCATION

MORE CLASSES! MORE LEARNING! MORE FUN!

Summer Productions

Rehearsals Monday - Friday 9:00 a.m. - 4:00 p.m

July 26th - August 6th All Shook Up Younger@part - Kindergarten - 2nd Grade

Performances: At the TAK Center, MN August 7/8

July 6th - August 5th All Shook Up Younger@part - 3rd - 5th Grade

Performances: At the TAK Center, MN August 6/7/8

July 6th - August 4th All Shook Up Young@part - 5th - 9th Grade

Performances: At the TAK Center, MN August 5/6/7/8

Summer Camps

Monday - Friday 9:00 a.m. - 4:00 p.m. at Studio 6

June 7th - 11th Ramona and Beezus for Kindergarten - 2nd Grade or Stage Combat for 6th - 9th Grade

June 14th - 18th Frozen for Kindergarten - 2nd Grade or Tech Camp for 6th - 9th Grade

June 21st - 25th Wicked meets Beetlejuice for 6th - 9th Grade or Hamilton for 3rd - 6th Grade

June 28th - July 2nd Disney Heroes & Villains for Kindergarten - 2nd Grade or Disney Heroes & Villains for 3rd - 6th Grade

August 9th - 13th Puppet Making for 3rd - 6th Grade or Hamilton for 6th - 9th Grade



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

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 Doohar & 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 Doohar & 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



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.



Use this coupon for 25% off your first month!

*Restrictions apply. Not valid with any other offer



CREATE

FUN AND FLEXIBLE CODING EDUCATION

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

* Age range may vary. Contact us for details

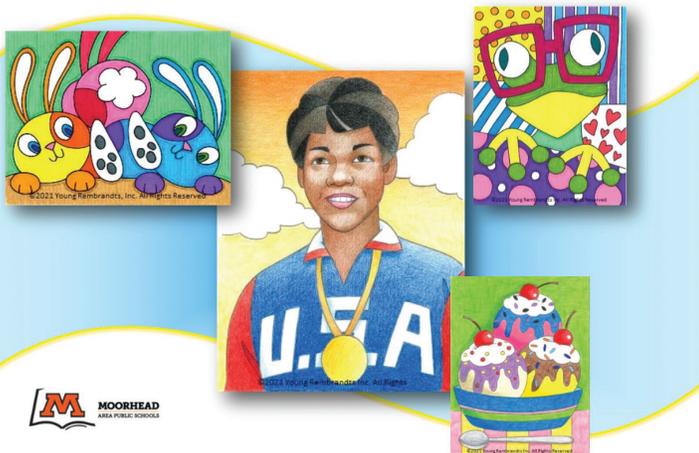
- * Learn to code and have a blast while building awesome video games.
- * Advance to black belt and gain ninja skills in coding, robotics, and problem solving.
- * Drop-in 2 hours a week at your convenience!
- * Create, play, and learn at your own pace.



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

Live Interactive Drawing Classes

Get ready to giggle – Young Rembrandts Winter classes will bring out your child’s inner artist while grinning from ear to ear. Our awesome artists will be drawing a Pop Art Frog, Funny Bunnies and three big scoops of an Ice Cream Sundae. These drawings along with a portrait of Wilma Rudolph capturing her Olympic spirit will boost their art skills! Come draw with us!



Grades K-5



3:15 - 4:15 p.m.
Mar 9 - Mar 30



Online
moorheadcommunityed.ce.eleyo.com



\$39.00
4 lessons

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



EARLY CHILDHOOD SCREENING

Help your child succeed in school!

MAKE AN APPOINTMENT
www.moorheadschoools.org/CE



UPCOMING DATES:

Friday, March 19 & Friday, April 16

FREE TO ATTEND • KIDS 3-5 YEARS OLD
Required in Minnesota before entering kindergarten.

COLOR
YOUR

SUMMER

AT TROLLWOOD

REGISTER
EARLY &
SAVE \$



express YOURSELF



ARTSPARK, grades k-5

June 7-11, 14-18, 21-25,
July 12-16, 19-23, 26-30

Choose from one or more week long performance based workshops that will kindle kids' confidence and ignite their creativity.



TROLLWOOD CHILDREN'S THEATRE, grades 5-6

July 19-August 11

Be part of this new summer performance opportunity! Join together to present this full fledged children's musical, **The Jungle Book KIDS**, with rehearsals beginning in July. (No audition required to participate.)



trollwood
PERFORMING ARTS SCHOOL

Visit trollwood.org or call (218) 477-6500 to learn more!



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



Fargo Safety Town



For kids entering kindergarten
Fall of 2021



Sessions held:
June 7-18 & June 21-July 2
*Location To Be Determined

Safety Town is a 20-hour course on safety procedures. It is taught by professional teachers and includes visits from Fargo Police & Fire Department.

Registration information and forms can be found at:
www.fargooptimists.org



Sponsored by Fargo Optimist Club



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.

INTERMEDIATE POTTERY ON THE WHEEL (Ages 9-16)

March 22 – April 5, 4:15 - 6:15 PM

HANDBUILDING WITH CLAY (Ages 8-12)

Saturday, April 17, 9:30 – 11 AM

FAIRY HOUSE (Ages 8-12)

Saturday, April 11, 9:30 – 11 AM

POTTERY ON THE WHEEL (Ages 9-13)

Saturday, April 24, 9 – 11 AM

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

OPENS MARCH 1

Moorhead Area Public Schools

KINDERGARTEN ENROLLMENT



www.moorheadschoools.org/enroll

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



Community
Education

MOORHEAD AREA PUBLIC SCHOOLS

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



College for Kids & Teens

Summer programs for ages 6-18 at
Minnesota State University Moorhead

▶ June 7-10 | June 14-17

▶ July 12-15 | July 19-22

This summer, MSUM plans to offer courses
ONLINE and **IN PERSON**.

Registration opens April 1!

i For course descriptions, cost, and online registration, visit www.mnstate.edu/cfkt



MNSTATE.EDU/CFKT

Minnesota State University Moorhead is an equal opportunity educator and employer and is a member of the Minnesota State system.

See what's happening at the YMCA!



Spring Youth Programs

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

Soccer Skills
Gymnastics
Rock Climbing
Sports Performance

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

Spring Session runs March 8 - May 1!

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: ymcassclay.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. ymcassclay.org/swimschool

FM Gator Swim Team

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

All levels welcome!

Easter EGGstravaganza

March 30 | 12 - 2pm | Fercho Y

We'll have tons of Easter-themed activities, including Easter arts and crafts, swimming, a photo booth with the Easter Bunny, egg hunt, and more! Kids under the age of 2 and adults get in for free! All ages welcome.



YMCA of Cass and Clay Counties | ymcassclay.org | 701.293.9622 | @ymcassclay

DOES YOUR CHILD LOVE ANIMALS?

Moorhead Community Education has you covered! Choose from several options, by age, for your child this spring/summer!



Spend some time learning about animals like horses, chickens, pigs and donkeys! Several different classes are available for varying ages.

You can register at www.moorheadschoools.org/ce or by calling 218-284-3400.



Questions? Contact:
Community Ed Office

218.284.3400

communityeducation@moorheadschoools.org

4-H ROOTS, SEEDS, AND FLOWERS, OH MY!

Plants! They are everywhere! During these next couple of weeks you are going to be a botanist (that is someone who studies plants). As every good scientist does, we will be documenting our findings through some really fun activities. Through these weeks and activities you will identify and describe parts of a sprouting seed or plant. Begin to learn about the functions of different parts of a plant. Identify characteristics that are the same or different across various seeds and plants. Identify some of the things a plant needs in order to grow: water, light, and time! Wow! What fun!

Course Information:

YAS46A (Grades 5 & 6)

Thursdays, Apr 15 - May 13

Horizon Middle School West Campus

\$30.00



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



8001573605



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](#)

EXCELLENCE THROUGH EQUITY



MOORHEAD
AREA PUBLIC SCHOOLS

2020 *School Year* 2021

REGISTER FOR MOORHEAD COMMUNITY EDUCATION CLASSES

Moorhead Community Education released its winter offerings and will soon release its spring/summer offerings, which include more than 200 learning opportunities for people of all ages and interests. Classes are open to anyone in the metro area; Moorhead residents receive discounts on select classes. Moorhead Community Education is offering a wide variety of classes this winter from bread and pasta making to art and music and fitness and meditation. Classes are taught by local experts, with many virtual options.

Brand new this winter, Moorhead Community Education is excited to have several classes in partnership with Indian Education. Take time to try a delicious new recipe and learn about important traditions in the Indigenous culture with these classes:

- Fry Bread Tacos and Traditional Choker
- Fry Bread Tacos and Traditional Winter Medicine
- Fry Bread Tacos and Storytelling with Lakota Elders

Early Childhood Family Education (ECFE) began taking registrations for winter classes in December. Classes for parents and children ages infants through kindergarten entry include Family Connections, Family Literacy Classes, Learning with Nature and more.

Register for a class at www.moorheadschoools.org/ce or call 218-284-3400.

To stay up to date on new classes, like and follow Moorhead Community Education on Facebook.



M Community Education
MOORHEAD AREA PUBLIC SCHOOLS

WINTER 2021
featuring virtual and in-person classes!

Knead This Way
with Noreen Thomas
Make, bake and serve bread within two hours! *More details on page 16.*

Hundreds of programs for **adults, teens & kids**
- INCLUDING ART, ONLINE CERTIFICATE PROGRAMS, COOKING AND MORE -



SUMMER EXPLORER PROGRAM

YMCA School Age Child Care

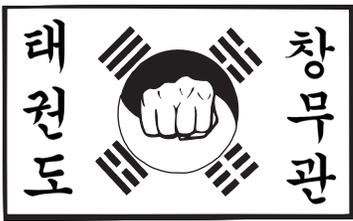
The YMCA Summer Explorers Program offers full day care and learning during the summer months for Grades K - 5. Our unique program model combines fun with hands-on learning and exploration - including outdoor play, STEM and art activities, math and literacy, character development, games, and more!

Summer 2021 Theme | Quest for Adventure

Join us on an exciting adventure as we overcome challenges and obstacles, and more. Travel back in time to life before the Xbox or iPad as we band together as a team to solve riddles and brainstorm solutions to puzzling dilemmas. We'll explore a wide range of indoor and outdoor activities where everyone gets a chance to shine!

ymcacassclay.org/schoolage

Kindergarten - 5th Grade | 20+ Area Locations | Financial Assistance available! | childcare@ymcacassclay.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

trollwood
PERFORMING ARTS SCHOOL

ARTSPARK

FOR ALL KIDS AGE 6-11

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

SAVE \$
REGISTER BY APRIL 1ST
FOR A \$15 DISCOUNT!

DREAM IT.
LEARN IT.
LIVE IT.

Visit 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.

ARTSPARK REGISTRATION FORM 2021

Please return this completed registration form along with payment fee, and/or any voucher or financial aid forms to **Trollwood Performing Arts School**.

Mail: 801 50th Ave S, Moorhead, MN 56560 | **Email:** trollwood@fargo.k12.nd.us | **Fax:** 218-477-6501

Student Name _____
Date of Birth (M/D/Y) _____ Gender _____
Age (as of August 31, 2021) _____
Grade Completed (Spring 2021) _____
Current School Name (Spring 2021) _____
Home Address _____
City, State, Zip _____
Home Phone _____

Living with (check one): Mother Father Both Other

Check Relationship and PRINT NAME BELOW:

Mother Stepmother Guardian _____
Address (if different than above) _____
Employer _____
Job Position/Title _____
Work Phone _____ Home Phone _____
Mobile Phone _____
E-mail Address _____

Check Relationship and PRINT NAME BELOW:

Father Stepfather Guardian _____
Address (if different than above) _____
Employer _____
Job Position/Title _____
Work Phone _____ Home Phone _____
Mobile Phone _____
E-mail Address _____

Check the one category that best describes your predominant racial/ethnic identity:

American Indian or Alaskan Native
 Asian or Pacific Islander Black or African American
 Bosnian Caucasian (white) Hispanic or Latino
 Middle Eastern or Arab American Other _____

T-shirt Size: YOUTH S M L XL XXL
ADULT S M L XL XXL

Parent/Guardian: Please read, sign, and date below:

Consent is granted to Trollwood for the use of media images, interviews, and survey responses involving my child for publicity and marketing purposes for the organization.

Signature _____ Date _____

Note any conflicts with session schedule: _____

Emergency contact (English speaking):

Name _____
Relationship _____
Day Phone (very important!) _____

Please note medical issues/allergies or special needs including social, emotional or behavioral issues Trollwood should be aware of (this information is confidential):

Please note your preferred health care provider (only to be used in case of emergency): _____

Check Desired Session:

AGES 6- 8 (age by August 31, 2021)

- June 7-11** Ben Franklin Middle School, 1420 8th St N, Fargo
- June 14-18** Carl Ben Eielson Middle School, 1601 13th Ave S, Fargo
- June 21-25** Carl Ben Eielson Middle School, 1601 13th Ave S, Fargo
- July 12-16** Discovery Middle School, 1717 40th Ave S, Fargo
- July 19-23** Trollwood, 801 50th Ave S, Moorhead
- July 26-30** Trollwood, 801 50th Ave S, Moorhead

AGES 9-11 (age by August 31, 2021)

- June 7-11** Ben Franklin Middle School, 1420 8th St N, Fargo
- June 14-18** Carl Ben Eielson Middle School, 1601 13th Ave S, Fargo
- June 21-25** Carl Ben Eielson Middle School, 1601 13th Ave S, Fargo
- July 12-16** Discovery Middle School, 1717 40th Ave S, Fargo
- July 19-23** Trollwood, 801 50th Ave S, Moorhead
- July 26-30** Trollwood, 801 50th Ave S, Moorhead

*Friend/Sibling Request: _____

*we will do our best to honor friend/sibling class requests

Fee: \$250 per one week session

\$15 Early Registration Discount (if by April 1) - \$ _____

*West Fargo Voucher (if applicable; attach to form) - \$ _____

\$25 Late Fee if after May 14 or June 18 + \$ _____

Total Fee \$ _____

Payment Enclosed \$ _____

Balance Due \$ _____

*West Fargo Public Schools offers a \$100 voucher for West Fargo School District enrolled students.

Payment Options (please check one):

- Option 1:** Fee payment in FULL with completed form.
- Option 2:** Choose a payment plan (**Credit Card REQUIRED**):
 - \$75 down payment w/2 equal monthly payments of \$ _____ to complete balance due.
 - \$75 down payment w/3 equal monthly payments of \$ _____ to complete balance due.
- Option 3:** Financial Aid application submitted. (In the event financial aid is not fully awarded, please indicate your payment preference. By completing option 2, monthly payment amounts may be determined after financial aid award has been decided.)

Payment Method (please check one):

- Check or Money Order/payable to Trollwood Performing Arts School
- Cash
- Credit Card (If choosing credit card, our office will contact you.)

ALL programs and locations are subject to change due to COVID-19.