



# KiDsource

FEBRUARY 2016

Dear Families,

An online version of KIDsource is on the school district's website at [www.moorheadschoools.org](http://www.moorheadschoools.org). Under Schools in the top menu, choose Community Education and from there select Programs. Scroll down the page until you see KIDsource. Then select the issue you would like to see.

KIDsource is distributed to all elementary students in Moorhead. Copies of KIDsource are available in the Horizon main office each month for your middle school student to pick up if interested.



**February 20 | 10 am- 2 pm**  
**MB Johnson Park**

## **FROSTY FUN FOR ALL TO ENJOY!**

Join us for a bonfire, hot chocolate, cross country skiing, sleigh rides, winter games, snowshoeing and much more!



218.299.5340 | [moorheadparks.com](http://moorheadparks.com)

## **COLLEGE FOR KIDS & TEENS**

**Registration opens February 17<sup>th</sup>**

Summer camp program for ages 6 to 18

**June 13-16 AND June 20-23, 2016**

**July 11-14 AND July 18-21, 2016**

Classes include arts, science, technology, fitness, nature, computers, sports and much more!

Register for 3 classes and the 4th one is free!  
Need-based scholarships are available.



**Learn more at:**

[mnstate.edu/collegeforkids](http://mnstate.edu/collegeforkids)

[facebook.com/msumcollegeforkids](https://www.facebook.com/msumcollegeforkids)

twitter: @CFKMSUM

**Contact:**

Shireen Alemadi, Director

[cfk@mnstate.edu](mailto:cfk@mnstate.edu)

218.477.2579



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



KIDsource is published through the cooperation of many agencies in Moorhead and coordinated through Moorhead Community Education. If you have any questions, suggestions or articles, please call the Community Education office, Probstfield Center for Education, 284-3400.

Visit the Moorhead Area Public Schools website at [www.moorheadschoools.org](http://www.moorheadschoools.org).

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





## Lakeland Mental Health Center

*Help Today for a Better Tomorrow*

**1010 32nd Avenue South, Moorhead, MN**  
**1-218-233-7524**  
**[www.lmhc.org](http://www.lmhc.org)**

**24 hour Emergency/Crisis**  
**1-800-223-4512**

**Depressed?**

**Grieving?**

**Anxious?**

**Stressors?**

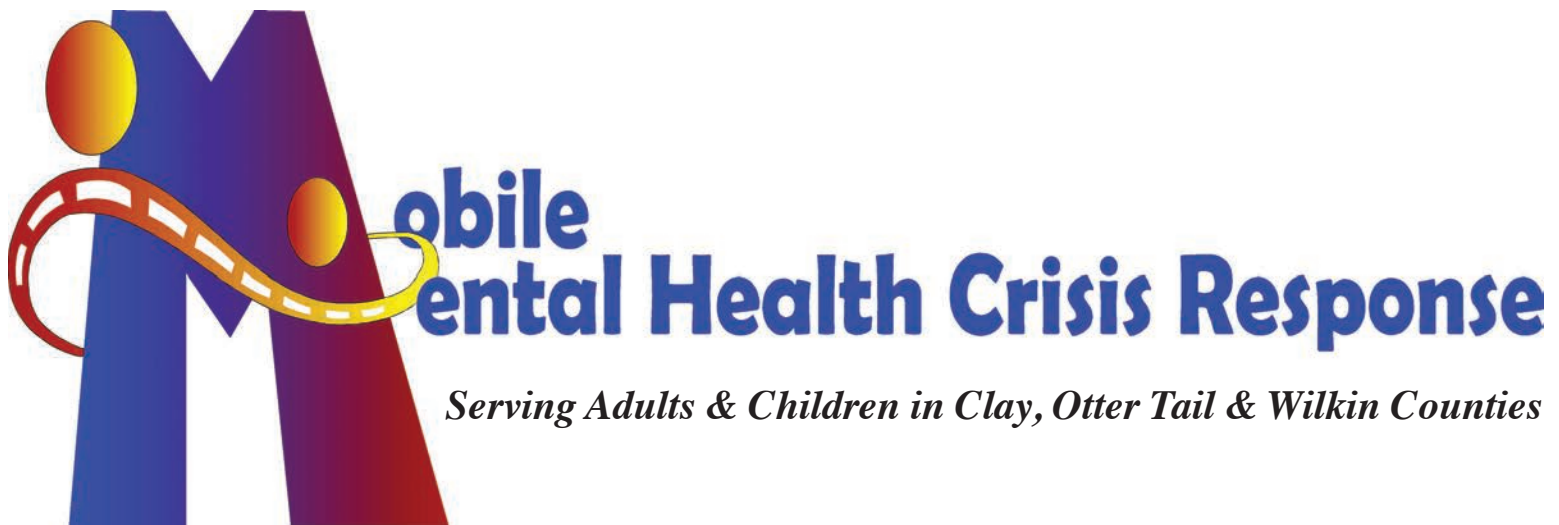
**Problems Sleeping?**

**Difficulty Coping?**

**Feeling Confused?**

**Overwhelmed?**

**Negative Thoughts?**



***Help for you on the Phone or in your Home - 1-800-223-4512***

Monday through Friday : 4 p.m. to 10 p.m.  
Weekends and Holidays : 1 p.m. to 11 p.m.  
Phone support 24 hours a day, 7 days a week

- Help for adults, children & families in their homes.
- Connection to mental health services.
- Coordination & follow up with current mental health service providers.
- Stabilization to reduce hospitalizations & out-of-home placements.
- Skills training to minimize future crisis.

# Youth Ice Fishing Derby



Bring your rod and try your luck at the Youth Ice Fishing Derby!

Saturday, February 27  
South Woodhaven Pond

Registration begins at 1:30 pm  
Derby from 2:00-3:30 pm

**SCHEELS**



701-499-6060

www.fargoparks.com



## Your Family Counts

Being counted on the school district census is important, so your family can take advantage of early childhood programs and receive important school information when you need it. If you or someone you know recently moved into our district or had an addition to the family, including birth or adoption, complete the online census form at [www.moorheadschoos.org/census](http://www.moorheadschoos.org/census) or call Community Education at 218-284-3400.

### Letting Our Little Lights Shine!

**Open House**  
February 18th  
5:30-7:00 pm

Christian Preschool

3-Year-Old Classes  
Tuesday and Thursday mornings

4 and 5-Year-Old Classes  
Monday, Wednesday, and Friday mornings

Five-day Pre-K Class  
Monday through Friday afternoons

Triumph Lutheran Brethren Church  
2901 20th Street S  
Moorhead, MN 56560  
218.233.4048  
[www.littlelightspreschool.com](http://www.littlelightspreschool.com)  
[little.lights@triumphlbc.org](mailto:little.lights@triumphlbc.org)

## We're Ready For Our New Spuds!

### Moorhead Area Public Schools Kindergarten Registration

February 9, 2016 • 7 a.m. – 6 p.m.

February 10, 2016 • 7 a.m. – 3:30 p.m.

Register at Probstfield Center for Education, 2410 14th St. S.

Students must be 5 years of age on or before Sept. 1, 2016.

Please bring proof of your child's birthday.

Register for free all-day kindergarten



**MOORHEAD**  
AREA PUBLIC SCHOOLS

### Considering the district's K-5 Spanish Immersion Program for your child?

Learn more by meeting with the principal, speaking to immersion parents or visiting the school. Call the Probstfield Elementary office at 218-284-3800 or the Ellen Hopkins Elementary office at 218-284-4300.

To enroll your child in the Spanish Immersion Program register Feb. 9-10, 2016, at Probstfield.



Registration packets with Spanish Immersion Program information will be mailed to age-eligible students on the school district census in mid January. For more information call 218-284-3370, email [info@moorheadschoos.org](mailto:info@moorheadschoos.org) or visit [www.moorheadschoos.org](http://www.moorheadschoos.org).

# kidquest

**FREE fun for the whole family!**

Registration begins two weeks prior to each event.  
Call 701.551.6100 or visit [plainsart.org](http://plainsart.org).

**PRESS + PRINT Saturday, February 6 • 1 – 4 PM • FREE**

Printmaking is a fun way to explore making multiple images. Create, press, and print an image with dimension. Explore prints in the galleries, collaborate on a community project, and create an edition of your own artwork in the studio.

**GREAT ART FREE FOR ALL Saturday, March 5 • 1 – 4 PM**

This Kid Quest is for the adventurous and daring artist. After exploring the many materials artists use, you will have the freedom to create as you like using a wide variety of materials that have been hiding out in our Kid Quest closet!

**NEW! AFTER SCHOOL CLASSES** register at [plainsart.org](http://plainsart.org) • 701.551.6100

**STUDIO FREESTYLE** Tues, Feb 9 • 4 - 5:30 pm • \$24 / \$19 members

**ART LAB** Thurs, Feb 18 • 4 - 5:30 pm • \$24 / \$19 members

**POTTERY ON THE WHEEL** Mon, Feb 22 • 4 - 6:30 pm • \$24 / \$19 members



Katherine Kilbourne Burgum  
CENTER FOR CREATIVITY  
704 1st Ave., N, Fargo  
701.551.6100 • [plainsart.org](http://plainsart.org)

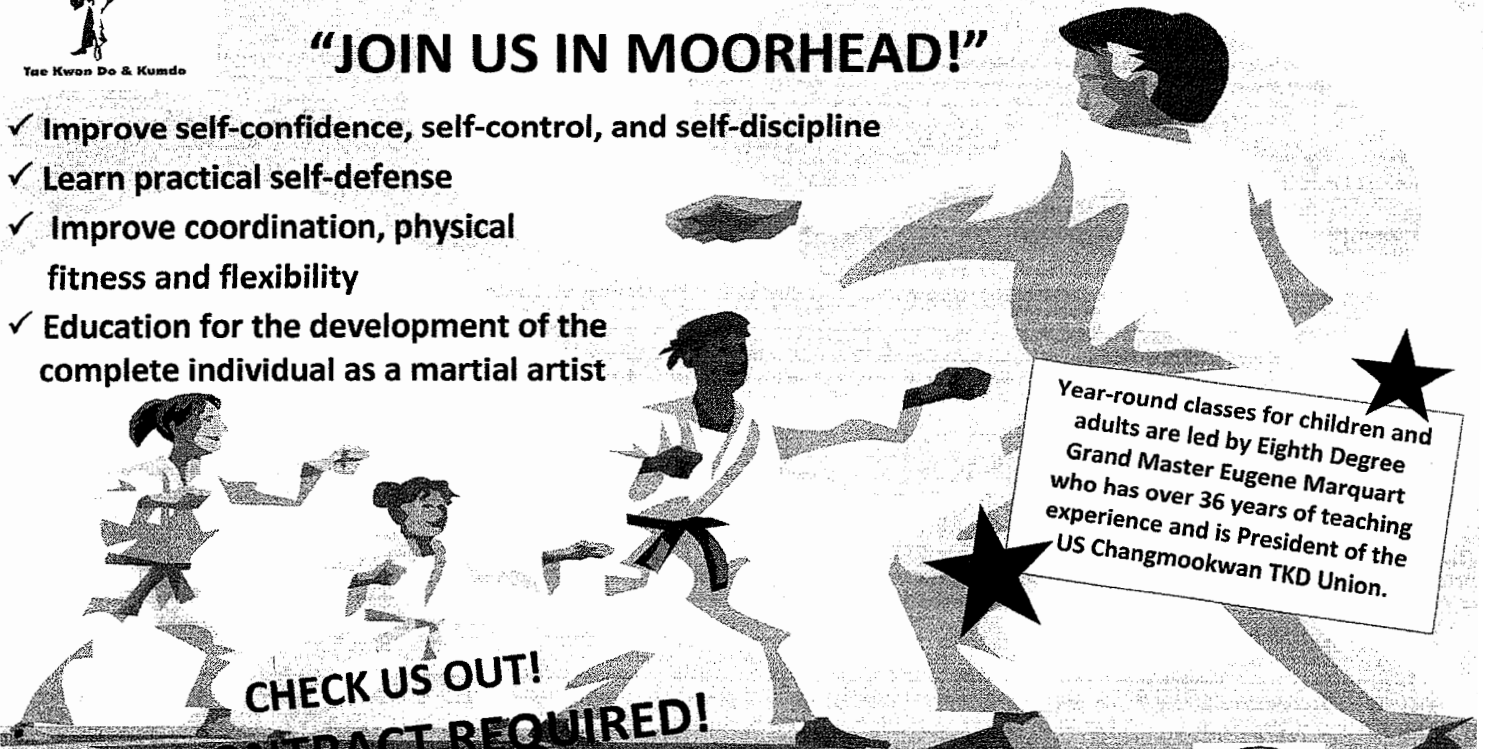
Kid Quest is made possible by a grant from Xcel Energy. With additional support from Minnesota Public Radio.



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

**CHECK US OUT!  
NO CONTRACT REQUIRED!**

2615 12<sup>th</sup> Ave. S  
Moorhead, MN

CALL 218-233-6941 FOR MORE INFORMATION  
OR VISIT [www.marquartstk.com](http://www.marquartstk.com)





2016 BABE RUTH BASEBALL AND FASTPITCH SOFTBALL  
PLAYER REGISTRATION INFORMATION

**DEADLINE FOR BOTH BASEBALL AND SOFTBALL February 28th**

BASEBALL REGISTRATION: Dec.15th – FEB. 28th  
YOU MUST REGISTER BY THIS DATE TO GUARANTEE A ROSTER SPOT

AGES: 7 – 15 YEAR OLD

GIRLS FASTPITCH SOFTBALL: Dec.15th – FEB. 28th  
YOU MUST REGISTER BY THIS DATE TO GUARANTEE A ROSTER SPOT

AGES: 7 – 18 YEAR OLD

ON – LINE REGISTRATION AVAILABLE AT  
[WWW.MOORHEADBASEBALL.COM](http://WWW.MOORHEADBASEBALL.COM)  
LOOK ON HOME PAGE

IF YOU HAVE QUESTIONS PLEASE CALL 218-284-2777  
BETWEEN 10 AM – 2 PM MONDAY - THURSDAY

# Familywellness

A PARTNERSHIP BETWEEN SANFORD HEALTH 

## Start Thinking About Summer!

Camp Registration Opens March 1st

### Camp Carnival

**Tuesday, March 1st. 5:30-7:30pm at Family Wellness**

Camp Carnival is a fun, free, family event where you get to sample activities from our upcoming youth summer camps! Participants will get the opportunity to dip their toes into a little bit of each camp theme from sports to art, and even the wild wilderness. Come on by to see the sights, explore the hands on activities, and let your taste buds explode with carnival treats. Activities include: large bounce houses, family dance, obstacle courses and much more. Summer camp registration will be available at a discounted, early bird price, for all who are interested in signing up at the carnival. All ages are welcome! Registration encouraged- call 701-234-2400 to register.

**Free!**

### Full Day Camps:

#### **Creative Cooking Camp**

June 6th - June 10th

#### **Creative Builders Camp**

June 13th - June 17th

#### **Super Summer Sports Camp**

June 20th - June 24th

#### **Camp Fuel**

July 11th - July 15th

#### **Family Wellness Camp Imagination**

July 18th - July 22nd

#### **Wild Wilderness Camp**

July 25th - July 29th

#### **Camp Summer Splash**

August 1st - August 8th

#### **Camp Heroes for Youth with Diabetes**

August 8th - August 12th (tentative)

#### **Spectacular Sports Camp**

August 15th - August 19th

Camps are 9am-4pm Monday - Friday with before care and after care available. For kids ages 6-11.

### Partial Day Camps:

#### **Basketball Camp**

Ages 6-8: June 27th - June 30th from 8:30-9:30am

Ages 9-12: June 27th - June 30th from 10-11am

#### **Sports Sampler Camp**

Ages 4-7: June 27th - June 30th from 11:30-12:30pm

Ages 7-11: June 27th - June 30th from 12:30-1:30pm



Want more information? Go to:  
[www.familywellnessfargo.com/schedules](http://www.familywellnessfargo.com/schedules)  
and go to the youth camps link.

Sign up at the Family Wellness front desk  
or call 701.234.2400 to register.





Children's Dental Services

**Smiles Across Minnesota**

Children's Dental Services and Smiles Across Minnesota provide preventive dental services, such as teeth cleaning, sealants, oral hygiene and dental fluoride, to uninsured or under-insured children, birth to 18 years, in the district. CDS makes the dental appointment for your child to be seen at his or her school.



Forms are available at the school office and should be returned to the health office in your child's school. Contact Children's Dental Services at 612-746-1530 with questions.

*A child's smile says the same thing in any language.*





**Martial Arts is  
a FUN, SAFE and  
EXCITING activity  
the entire family  
can enjoy.  
More families  
(over 900,000 students)  
train at ATA.**



changing one million  
**LIVES**

*Stop by and see  
why we are the  
LARGEST and BEST  
in the country.*

*Ask about our  
family specials!*



**MARTIAL ARTS**  
4480 23rd Avenue South  
Fargo ND 58104

**701.237.6800**

[www.ATAfargo.com](http://www.ATAfargo.com) [atafargo@ideaone.net](mailto:atafargo@ideaone.net)



"ATA Martial Arts of Fargo"



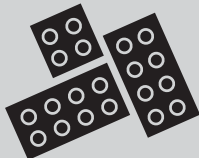


**YMCA OF CASS AND CLAY COUNTIES**  
**WWW.YMCACASSCLAY.ORG**

# LEARN. PLAY. GROW.

Register for Youth Programs today!

**UPCOMING SESSIONS:**  
 Feb 22- April 2  
 April 4-May 14



**LEGO® Club**  
 Ages 6-12



**Swim Lessons & Swim Team**  
 Ages 6 mo. & up



**Basketball**  
 Ages 4-7



**Baton Twirling**  
 Ages 4-18

To learn more or to register, visit us online at: [ymcacassclay.org/programs](http://ymcacassclay.org/programs)

## Upcoming Events

### Saturday Fun Night

February 6 | 4:30 - 9:30pm  
 Schlossman Y | Ages 5-12 years old



Kids will enjoy a fun-filled night of interactive games, climbing wall activities, ping pong and much more! A healthy meal & snack will be provided.

Y Members: \$18  
 Non-Members: \$25

### Giving Hearts Day

February 11 | All Day

Donate to the Y on Giving Hearts Day! All proceeds will benefit the Partner of Youth Annual Campaign, which provides scholarships for are youth to atten summer camp, participate in child care and engage in youth programs!

Donate online at [IMPACTGIVEBACK.ORG](http://IMPACTGIVEBACK.ORG)

### Flip Turns & Freestyle Skills Clinic

February 20 & 21 | 1:00-5:00pm  
 Fargo North High School  
 Open to competitive swimmers of all ages!



Develop a competitive edge with more speed, efficiency and technique. Clinics are hosted by the FM Gator Swim Team. Visit [fmgators.com/news](http://fmgators.com/news) for more information and to register!

### HEART Rate Central in the Xerzone

February 27 | 1-3pm  
 Fercho Y  
 All Ages (Ages 7 and under must be with an adult)

Join us for fitness activities, crafts, games and snacks.

FREE and open to the community.



# SUMMER CAMP REGISTRATION NOW OPEN!



Check out the camp brochure included with this issue for full details and registration information!

## What is your child doing before and after school?

Enroll your child in a YMCA School Age Program! Youth can explore areas of interest, receive homework assistance, stay active and meet new friends! The Y has over 25 locations around the Fargo/Moorhead area - find one near you (maybe right in your own school)! [www.ymcacassclay.org/schoolage](http://www.ymcacassclay.org/schoolage)



# Destination Anchor Island

Fargo South High Indoor Pool  
Saturday, February 6  
1:00-5:00 pm  
\$2.00 per swimmer

Escape the cold & take a cruise  
to Destination Anchor Island.  
Enjoy this Caribbean party  
with music, prizes &  
fun for the whole family!

fargopark DISTRICT  pepsi  
499-7788 | www.fargoparks.com

# Awesome Art Afternoon

Saturday, February 13  
Anytime Between 1:00-3:00 pm  
RDJ Rec Center, 1104 2 Ave S, Fargo

**FREE!**

Thanks to a grant from  
Xcel Energy.

Spend an afternoon  
creating fun art  
projects to take home.

fargopark DISTRICT  XCELERATE!  pepsi  
701-499-7788 | www.fargoparks.com



## TRI-CITY STORM SOCCER CLUB

### IGNITE THE PASSION!

Come experience the world's most popular sport with TC Storm Soccer Club - Fargo, Moorhead and West Fargo's largest and longest running club. With programs, leagues and tournaments for players of all ages, skills and commitment levels, you can be sure to find an environment that is just right for you. Come join us and experience the excitement firsthand!

More info and registration at  
[www.tricitystorm.org](http://www.tricitystorm.org)  
Call us at (218) 233-6139



**REC**

Soccer for everyone  
Pre-K to 8th grade



**SELECT**

Travel soccer  
for ages 9-18



**ADULT**

Rec leagues  
for ages 16+





**Kid's Fitness  
& Gymnastics**

2800 Main Ave. Fargo, ND 58103  
www.tntkidsfitness.org



**Unlocking potential  
through movement**

**Spring Session**

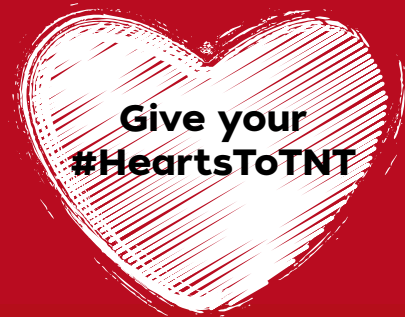
**February 22 - May 14**

**Online Registration**

**Opens February 1**

**Open Gyms  
February 5th & 19  
Ages 5 - 14  
Time: 7:00pm - 9:00pm**

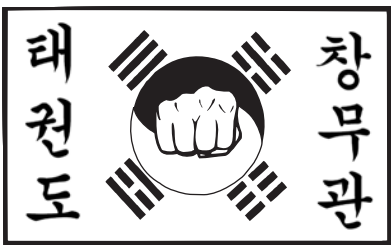
**Birthday Parties  
Celebrate your birthday  
with us at TNT!  
Saturdays & Sundays  
Contact for availability**



**Giving Hearts Day**

**impactgiveback.org**

*February 11, 2016*



1335 Main • 277-1TKD

# Red River Traditional TaeKwonDo

The Area's Only Traditional TaeKwonDo School

## Classes for All Ages

## AUTHENTIC...

## REAL...

## TRADITIONAL...



**Grand Master Jim Grimestad  
with 37 years experience**

7th Degree Grand Master Jim trains & tests in Korea  
This is a traditional martial arts school not a sport

277-1TKD • 1335 Main Ave Fargo • [rrtkd.com](http://rrtkd.com)

go to [RRTKD.COM](http://RRTKD.COM) for more information

# FREE 2 week trial