



KIDSOURCE

SEPTEMBER 2016

Dear Families,

An online version of KIDsource is on the school district's website at 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.



BONNIE HANEY DANCE & PERFORMING CO.

BALLET | POINTE | TAP | JAZZ | HIP HOP | LYRICAL | IRISH | CLOGGING | BALLROOM | LATIN
3051 25th St S Suite S Fargo (Family Fare Plaza) | 701-232-9900 | www.bonniehaneydance.com

Bonnie Haney Dance & Performing Co. Presents: The Nutcracker & Holiday Show (Dec. 2016)

***NEW FALL DANCE CLASSES STARTING SOON!**
Classes for Beginners, Intermediate, and Advanced Dancers! (Ages 3 1/2 years old - Teen/Adult)

Over 40 classes weekly for all ages! Register before your choice is filled!

****GUYS NUTCRACKER & HOLIDAY SHOW AUDITIONS****
(September 6th-29th)

15% OFF FIRST MONTHS TUITION
(New Students Only - Expires September 30th - One Discount Per Dancer)

701-232-9900



TAP



IRISH



SWAN LAKE BALLET



JAZZ/HIP HOP/LYRICAL



PRE-BALLET/CREATIVE MOVEMENT

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 Center for Education at 218-284-3400.

Visit the Moorhead Area Public Schools website at www.moorheadschoools.org.

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



FREE AFTERSCHOOL WRESTLING CAMP

presented by:

MOORHEAD WRESTLING &
COMMUNITY EDUCATION



ONLY 60 SPOTS
PER CAMP!!!

Register NOW!!!

online at

<https://communityed.moorheadschoools.org>

or stop in:
Moorhead Community Education
1587 30th Ave. S.
Moorhead, MN 56560

or stop in:
Probstfield Center for Education
2410 14th St. S.
Moorhead, MN 56560

Locations:

YAS15A

SGR - Oct 10th-13th

YAS15B

* Ellen Hopkins - Oct 10th-13th*

YAS15C

* Robert Asp - Oct 24th - 27th*

TIME: 2:45-4:00pm



MOORHEAD WRESTLING CLUB
(chartered club with USA wrestling)

presents

MOORHEAD MAGIC YOUTH WRESTLING

Who: all PreK-6th



What: Youth Wrestling

When: Nov 14th - March
(practice details online)

Where: MHS Wrestling Room

Cost: **FREE**
(required to purchase
USA wrestling card - \$40)

REGISTER TODAY
www.moorheadwrestling.com



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 12th Ave. S
Moorhead, MN

CALL 218-233-6941 FOR MORE INFORMATION
OR VISIT www.marquartstk.com



U-Pick Organic Heirloom Pumpkin & Squash Patch

Over 20 varieties of squash & pumpkins including :
Uncle David's Dakota Dessert, Red Kuri, Early Dakota Howden, Blue Hubbard,
Marina di Chioggia, Jack Be Little, Butternut, Delicata, and Much More!

Located 3 miles north of Moorhead adjacent to the Community Garden at the intersection of 11th St N/Oakport St & 43rd Ave N.

**Last Two Weekends in September & First Two Weekends
in October from 11am-3pm**



Est. 1868
Probstfield Farm
LIVING THE LEGACY

The Patch will be also be open during our Fall Harvest Festival on Probstfield Farm on October 8th from 1-5pm
(More info can be found on our Facebook Page closer to the date)

All Proceeds Benefit the Restoration & Upkeep of the Historic Probstfield Farm!

Patch Information: www.probstfieldfarm.org, Facebook,
pumpkin@probstfieldfarm.org, or 612-558-4216

Register Early

for Fall & Winter Programs!

Fargo Park District's new online registration system makes registering for programs & classes easier than ever!

By creating a new account & registering online, you can:

- receive immediate registration confirmation and receipts
- view course/program information
- manage your account online
- check program availability
- view current and past registrations
- pay your registration online with Visa, MasterCard or Discover cards
- **all with no online convenience fees!**

All programs are first come, first serve and may fill prior to the deadline. Register online at fargoparks.com



499-6060 | fargoparks.com



FUN DAY with your SON DAY

**Saturday,
September 10
Thunder Road
9 - 11 am ONLY
\$5/person**

A morning of go-carts, mini golf, & laser tag for the little man (ages 4-12) & his female role model.



THUNDER ROAD
LASER TAG



499-7788 | fargoparks.com



Awesome Art Afternoon

Saturday, September 10
Anytime Between 1:00-3:00 pm
RDJ Rec Center, 1104 2 Ave S, Fargo

FREE! Spend an afternoon creating fun art projects to take home.

Thanks to a grant from Xcel Energy.



XCELERATE!



701-499-7788 | www.fargoparks.com

Fall FESTIVAL

Rheault Farm
SEPTEMBER 17-18 | 24-25

FUN FALL ACTIVITIES:

- Pumpkin Patch
- Arts & Crafts
- Face Painting
- Carnival Games
- Straw Bale Maze
- Clay County 4H Animals
- Pony Rides/Horse Drawn Rides
- Barrel Train Rides*

***SEPT 18, 24 & 25 ONLY**

FREE ADMISSION
GAME & RIDE DAY PASS \$5.50

SAT 10AM-5PM
SUN NOON-5PM



For More Information:
701.499.7788 • fargoparks.com





YMCA OF CASS AND CLAY COUNTIES
WWW.YMCACASSCLAY.ORG

TRY A NEW KIND OF FAMILY FUN

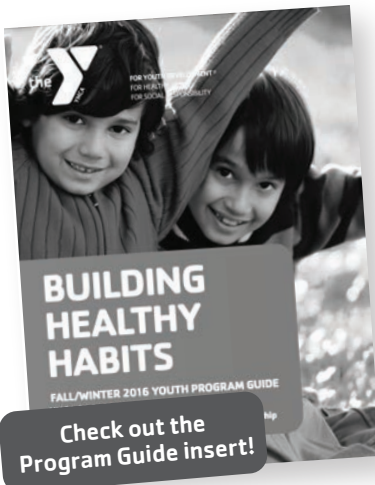
Families can be active together at the Y by taking advantage of all that's included in a Y membership:

- Basketball & Racquetball Courts
- Kids' Gym
- Kid's Play Loft
- Sunday Fun Days **NEW!**
- Climbing Wall
- XerZones - Youth Interactive Center
- Family Activities and Events
- NEW Aquatic Center with zero-depth Kids' Pool
- and more!



**Join the Y in September and pay
NO ENROLLMENT FEE.**

REGISTER NOW FOR FALL PROGRAMS



Check out the
Program Guide insert!

Y Programs Include:

- Gymnastics
- Flag Football
- Basketball
- Dance
- Wacky Science
- AND MORE!

Fall 1: September 6 - October 22

Fall 2: October 24 - December 10

Join in anytime! - Your fee will be pro-rated accordingly!

Browse Programs and Register Now Online
www.ymcacassclay.org/programs

Registration also available by phone 701.293.9622 or walk-in.

MAKE A SPLASH WITH AQUATICS AT THE Y!

FM GATOR SWIM TEAM - Open to swimmers ages six and up! Learn more at fmgators.com

SWIM SCHOOL - Participants ages six months and up will learn water safety, skills and confidence! Learn more at ymcacassclay.org/swimschool



YMCA OF CASS AND CLAY COUNTIES

Youth Basketball League | Grades 2-3

EVERYONE PLAYS! EVERYONE HAS FUN! The YMCA Youth Basketball program encourages friendship, teamwork and fun! This program is possible through generous support of volunteer youth coaches. League format includes:

Boys/Girls Grades 2 & 3 - Non-Scoring – Official timed games with official rules while no score is kept. Each grade has its own division. Practices are one night a week for one hour and games are on Saturday mornings.

Fall Season (Five Games)

November 5 - December 10

YMCA Members: \$50.00

Practice starts the week of October 24, 2016

Non-Members: \$60.00

*Coaches will contact parents with practice schedule prior to this date.

Registration Dates: August 8 - September 18

*After this date, players will be placed on a waiting list. You will only be called if there are openings.

*We can not guarantee that the child will be placed with their school mates.

***There is a \$10.00 late fee for any registrations after September 18, 2015.**

***Please visit www.ymcacassclay.org/youthball for schedules, practice times, and any other important updates. (Dates are subject to change.)**

How to Register: Mail in registration form along with payment to **YMCA, 400 1 Ave S, Fargo ND 58103.**

For more information please call Keegan Murphy 701-364-4116 or Dee Jones at 701.364.4153.

***Payment must be sent with the registration form.** For frequently asked questions go to www.ymcacassclay.org/forms.

YMCA YOUTH BASKETBALL LEAGUE REGISTRATION FORM

-Payment must accompany this form-

Player 's Name _____ Gender _____ Birth Date _____

Address _____ City _____ ST _____ ZIP _____

School Attending _____

**If Home School or Private school please put school closest to you.

Grade _____ Jersey size _____ YM YL AS AM (sizes are unisex)

Email _____ (We will be sending important information and updates to this address)

Home/Cell Phone: _____

Father 's/Guardian 's Name _____ Work Phone _____

Mother's/Guardian 's Name _____ Work Phone _____

We strive to honor special requests including teammates and coaches, however we are not always able to meet all requests.

BE A VOLUNTEER COACH! We need volunteer coaches at the YMCA. You can coach your child's team. Please fill out all information below. ****All volunteer coaches will have background checks annually.**

YES, I will be a: Coach _____ Assistant Coach _____ Referee _____

Volunteer 's Name _____ Birth Date _____

Address _____ City _____ ST _____ ZIP _____

Phone Number _____ E-mail _____

The Pumpkin Patch

Fargo's Largest Fall Festival

**Over 25 Free
Attractions with
gate admission!**



Sept 17 – Oct 30, 2016

Fridays 1:00 – 6:00

Saturdays 11:00 – 6:00

Sundays 1:00 – 6:00

Thurs, Oct 20 & Fri, Oct 21

1:00 – 6:00

DakotaCarriageCompany.com

7414 40th Ave N, Fargo, ND 58102

701.347.4069

FamilyWellness

A PARTNERSHIP BETWEEN SANFORD HEALTH 

Fall Into Fun! – School's Out Day Camp

Fall Into Fun!

October 20th & 21st from 9:00 AM – 4:00 PM for Ages: 6-11

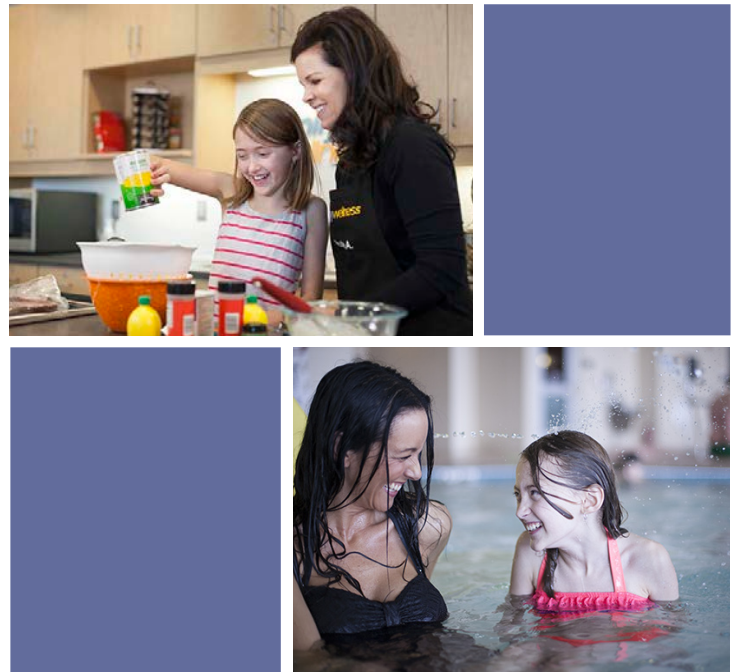
This two day camp will provide your child with high amounts of fun and excitement during their days off from school. Participants will spend their time in the gym playing a variety of games and sports, along with creating waves in the Family Wellness pool. Don't spend your days off bored at home, fall into some fun at Family Wellness! \$70 Members / \$90 Non-Members. Financial Assistance as well as Before and After Care are also available.

Junior Chef School

Mondays, October 3rd- 24th 6:30-7:30 PM
with Nicolle A, Healthy Cooking Instructor

Do you have a young chef in your home? Has your child attended a few cooking classes and ready for a little more? Family Wellness is pleased to offer a 4 week youth cooking program. This group will meet 4 Mondays in October and focus on cooking and baking basics. During these 4 weeks, class participants will work with burners/stove, oven, and small kitchen appliances. They will learn about food safety and meal planning. This will be a true hands-on experience. Early registration is encouraged as space is very limited. For ages 10-14.

\$39 Members / \$59 Non-Members



Edible Art & Play!

Mondays, October 3rd-24th 5:30-6:00 PM for Ages: 3-5 (program is for both child & parent/caregiver)
with Nicolle A, Healthy Cooking Instructor

Join us in the kitchen to "Play with Your Food!" That's right! We are going to use all of our senses while we make a fun, artistic, healthy snack. This class would be ideal for preschool age children who may be thought of as "picky eaters." Eating incorporates all of the 5 senses and sometimes smaller children need more time (through play) to work through eating issues. That is exactly what we will do during this class...play and eat!

\$39 Members / \$59 Non-Members

Other Programs and Classes available:

Creative Masterpiece Program on Mondays, September 12th – October 17th from 5:30-6:30 PM for ages 7-12

Kids Healthy Cooking Class -Breakfast Buddies on Saturday, September 17th from 10-11:00 AM

Kids Healthy Cooking Class – Creamy Quesadillas on Thursday, September 27th from 6-7:00 PM

Call 701-234-2400 to register or if you have questions contact: Matt at matthew.melchior@sanfordhealth.org

2960 Seter Parkway, Fargo ND 58104 | 701.234.2400 | www.familywellnessfargo.org



Lakeland Mental Health Center

Help Today for a Better Tomorrow

1010 32nd Avenue South, Moorhead, MN

1-218-233-7524

www.lmhc.org

24 hour Emergency/Crisis

1-800-223-4512

Depressed?

Grieving?

Anxious?

Stressors?

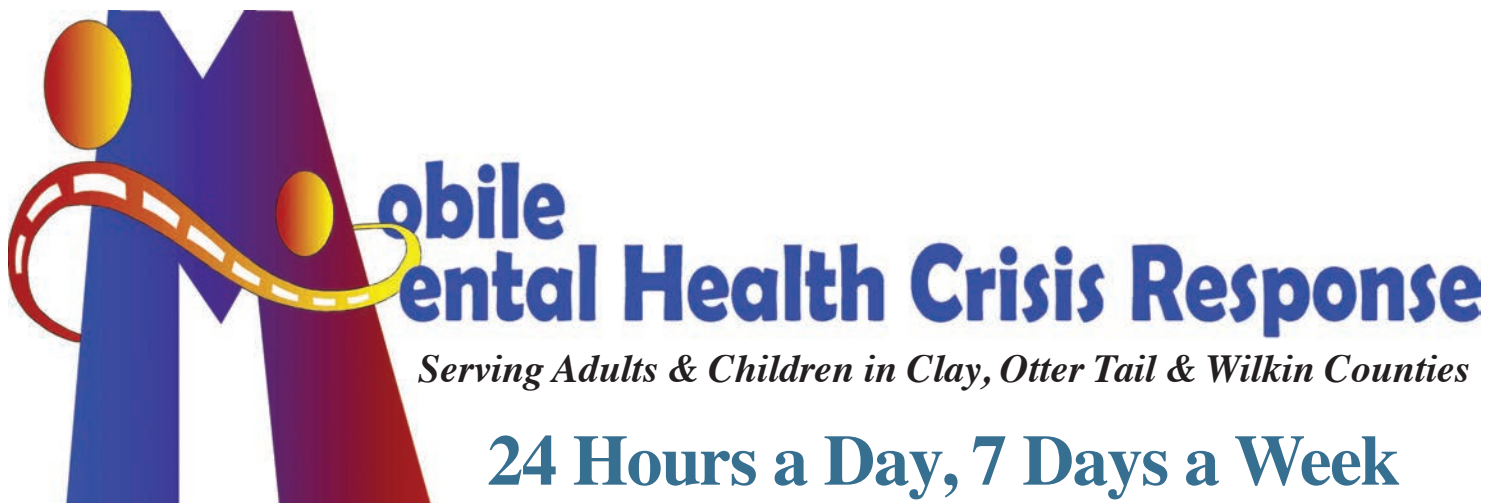
Problems Sleeping?

Difficulty Coping?

Feeling Confused?

Overwhelmed?

Negative Thoughts?



Help for you on the Phone or in your Home

1-800-223-4512

- 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.

The summer is almost over! Are your kids having those back-to-school blues?

We've got the perfect cure!

Contact us TODAY and find out
how your child can improve their
physical fitness, learn self-
discipline and respect for others,
and have a blast doing it!

**Be sure to ask for our
Back-to-school special!**



Kids 3 yrs+ Teens Adults

701.237.6800

www.ATAfargo.com

4480 23rd Avenue South • Fargo ND • 58103



Music Lessons



Teacher-Student Coordinator
701-492-8973 ~ ewolff@q.com
Visit our website at fmmta.org

FMCTED 

Acting Classes

Fall 2016

Adventures in Storyland:
Mother Goose on the Loose
Ages 4-6
10-11 a.m.
Tuition: \$70

Stage Creations:
Spooky Specters and Spirits
Grades 3-4
12:30 p.m.-1:30 p.m.
Tuition: \$70

Creative Dramatics:
Fun with Fall Creatures
Grades 1-2
11:15 a.m.-12:15 p.m.
Tuition: \$70

Singing the Story:
The Songs of Cinderella
Grades 1-4
1:45 p.m.-2:45 p.m.
Tuition: \$85

call 701.235.6778
or visit fmct.org
for more info!

Acting:
Auditioning and
Ensemble Building
Grades 5-8
1:45 p.m.-3 p.m.
Tuition: \$75

*Fall classes are on Saturdays beginning September 24
and run for six weeks until October 22

Parent Aware 4 Star Rated!



Summer School Age Program

- Summer swimming lessons at MSUM
- Fun and Educational Field trips
- Playground and large outdoor area
- Homework help
- Piano lessons available on site

Little Stars Preschool

- Awesome teachers, small classes
- Creative Curriculum
- TNT fitness program
- Bi-monthly school year music enrichment program
- Monthly intergenerational visits at River Pointe Senior Living Center
- Summer swimming lessons at MSUM
- Full day and morning preschool options

401 40th Ave. South,
Moorhead, MN 56560
(701) 212-6637

www.bethesdaallstars.com



Child Care Hours:
Monday through Friday, 7am-6pm
Ages 3-12

**Call Today!! Now enrolling!!
September 2016 morning preschool**

Morning preschool options:
Mon, Wed, & Fri 8:30a-12p
or Mon-Fri 8:30a-12p
(school year programming only)
Requirements:
Students must be 3 years old and
potty trained

We **BELIEVE** that every individual is able to unlock their potential through movement.

NEW Occupational Therapy & State of the Art Sensory Gym

TNT Kid's Fitness has hired Leslie Pladson, Occupational Therapist and opened the largest "public" sensory gym in the nation. The 2,200 sq. ft. state of the art space will include a three story play structure with the following:

- Zip line
- Rock wall
- Monkey bars
- Ladders
- Crash pit
- Swings
- Ropes
- Slides
- and much more!

Who can benefit? Children ages 21 and under

- Autism Spectrum Disorders
- Sensory Processing Disorders
- Down's Syndrome
- Cerebral Palsy
- Behavioral Difficulties
- Vision Difficulties
- Cognitive Disorders
- Social Skill Deficits
- Developmental Delay
- Decreased Strength and Endurance
- Traumatic Brain Injury



Want to learn how Occupational Therapy can benefit your child?

Set up an appointment to meet Leslie by contacting leslie@tntkidsfitness.org or 701-551-5020

**Gymnastics * Special Needs * Ninja Kids * OT
Cheer * Birthday Parties * After School Program**

Special Needs Classes



NOW offering a variety of special needs classes including:

1:1 Private Sessions: Child has the opportunity to participate at their own pace

Small Group Sessions: Child participates with 3-6 individuals with similar abilities

Inclusive Sessions: Child participates in regular recreational gymnastics or fitness classes with simple modifications

Contact **Nate@tntkidsfitness.org** to sign up your child today!

**Fall I Session:
Aug. 22 - Oct. 22**
Register Online NOW
at tntkidsfitness.org!

Classes for girls and boys
ages 18 months and older
including:

- Preschool Gymnastics
- Recreational Gymnastics
- Ninja Kids
- Cheer
- School's Out Day Camps



Want to play Spud Hockey?

*The legend of Moorhead
Hockey starts with our youth...*

Moorhead Youth Hockey offers a variety of programs for boys and girls who are 4-18 years-old. Players learn teamwork, sportsmanship, and the fundamentals associated with the game of hockey while having fun and learning life-long social skills. Our programs are as follows:

Rookies: boys & girls ages 4-6 (<i>must turn 4 by June 30th, 2016</i>)	Mites/8U girls: ages 7-8	Squirts/10U girls: ages 9-10
PeeWees/12U girls: ages 11-12	Bantams/15U girls: ages 13-14 (& 15 YO girls)	JR gold boys: ages 15-18

Online registration opens August 1st!

Register online at USA Hockey first, then come to the MYHA site and complete our registration. Our player registration opens on August 1st and offers an easy payment plan!!

For more details, go to our website and click the "Registration" tab.

www.moorheadyouthhockey.com

Sign up online!

Online Player
Registration:
Opens August 1st

To register with
USA Hockey:
www.usahockey.com

Be watching the
site for details on
Fall Parent
Orientation
meetings

Fun and
affordable!!

MOORHEAD YOUTH HOCKEY

707 SE Main Ave
Moorhead MN 56560
218-233-5021

www.moorheadyouthhockey.com



FALL/WINTER ACTIVITY PROGRAMS

Art Classes and Camps begin Sept 17

5th and 6th Grade Coed Volleyball
Mondays, Sept 19-Oct 24

Tiny Treasures (Ages 3-4)
Tuesdays and Thursdays, Sept 20-Nov 10

Swim Lessons (Ages 6 months and up)
Saturdays, Sept 24-Nov 19 (no class Oct 22)

Sports Sampler (Ages 3-6)
Saturdays, Oct 1-Nov 19

Learn to Skate begins Thurs, Oct 6 or Sat, Oct 8

Tae Kwon Do (Ages 5 and up)
Tuesdays and Thursdays, year around

Register online at moorheadparks.com
For more information, call 218.299.5340.

Agility Resilience Respect Self Defense
Discipline Awareness Balance



Now enrolling for Summer Programs
Ages 6-12

3 months for \$100 or first month free with purchase of uniform

701-232-2774

824 Main Ave Fargo
www.northwindaikikai.com

Schedule:

Tuesday and Thursday
4:25-5:15 pm

North Wind Aikikai admits students of any race, color, and national or ethnic origin.



The Fargo-Moorhead Youth Choir

FMYC is more than a choir! **It's where I meet friends.** It's where I learn great works of music. **It's where I can perform.** It's a sense of belonging. **It's where I work hard and play hard.** It's where I am inspired and can inspire others. **It's something I am proud of.** It's more than a Choir!

Join Us Fall 2016 !

Fmyouthchoir.org or
bethjansen@fmyouthchoir.org



Children's MUSIC ACADEMY

For Children Ages 3-8

- Ear Training
- Note Reading
- Rhythm and Harmony
- Keyboard and Singing

Music Skills That Last A Lifetime

www.childrensmusicacademy.org

701-771-0116 or jackiez@childrensmusicacademy.org



TRI-CITY STORM SOCCER CLUB

IGNITE THE PASSION

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 teams for players of all ages, abilities, and commitment levels, you can be sure to find an environment that is just right for you. Come join us and experience the excitement first hand!



SELECT



RECREATIONAL



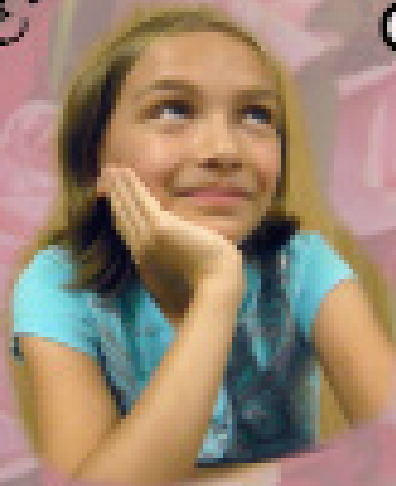
ADULT

(218) 233-6139

www.tricitystorm.org



Don't just
imagine it...



Make it happen!

Camria Ballet Academy

Registrations now
being accepted

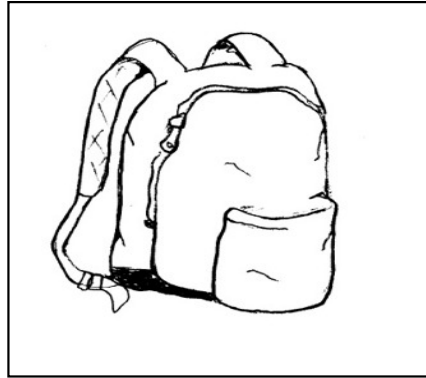
Ballet, Pointe,
Contemporary/Lyrical,
Jazz, Tap

All levels Ages 4 - 18



Hwy 75 North, Moorhead
www.camriaballet.com
218-236-0511 218-233-4166

School Days! Excitement and Tummy Aches!



The first day of school! Excitement! Anticipation! Happiness! Anxious! Anxiety! For many, the first day of school brings out a variety of emotions for child and parent alike. For most, the day will be one of excitement and anticipation, happy to see their “school “friends that they have missed over the summer. For others, the day starts with “tummy aches”, anxiety and a reluctance to separate from mom or dad at the classroom door. First day jitters are a normal experience and one that can be dealt by providing lots of assurances that they will have fun at school and that you will be back to get them later that day. If your child is one of those that struggles with separation, or his/her worries seem to impact their ability to enjoy and participate in school, additional strategies may be needed to address those emotions and assist your child in making that transition to school.

The first step in helping your child is to talk with him/her about what they enjoy about school, what they are worried about and help them come up with some strategies for dealing with those concerns. Talk with your child’s teacher, school counselor and even the bus driver to let them know that your son or daughter is having some adjustment issues. Additional strategies include: plan a fun activity for after school so the child has something to look forward to; arrange for the child to meet one of their friends when you bring them to school or they get off the bus so they have someone to talk or play with; discuss with your child what they will be doing in school that day, preparing them for any changes in the schedule; a bedtime routine will help the child gets plenty of rest and a morning routine will help with being anxious about getting ready for school.

If your child experiences more than the typical school day jitters or it lasts longer than the first couple of weeks, you should share that information with your child’s pediatrician. One in five youth in our community struggle with their mental health making it difficult to go to school, hang out with friends and participate in community activities. For information on mental health resources in Clay County click on mental health services at www.claycountymn.gov

This article is brought to you by the Clay County Local Advisory Council for Children’s Mental Health

Do you have a preschooler or know someone who does?

Call 218-284-3800 for appointments

October 7
November 4
December 9
January 13

All Minnesota children are required to attend a free screening. Please schedule screening soon after your child's third birthday.

Early Childhood Screening is a quick and simple check of how your child is growing and developing.

To make an appointment for your child's screening or if you have questions please call the Early Learning Center at 218-284-3800 or visit us at Probstfield Center for Education, 2410 14th St. S.

Ready...Set...Grow!

Becky Gulsvig (stage actress) • Mark Voxland (electrician)
Dean Hornbacher (CEO) • Louise Dovre Bjorkman (judge)
Matt Cullen (professional hockey player) • T. L. Solien (artist / professor)
Phil Seljevold (athletic director) • Julie Buckley, M.D. (radiologist)

**What do these individuals all
have in common?**

**They are members of the
*Moorhead High School
Hall of Honor***

The Moorhead High School Hall of Honor recognizes alumni, faculty, staff and other community members who have demonstrated notable accomplishments or provided significant contributions to their school, community or society.

The 2016-17 induction ceremony is

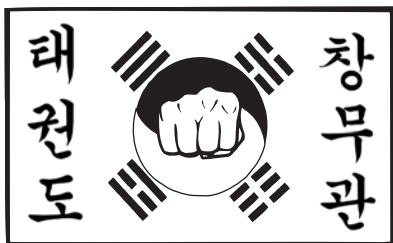
Oct. 8, 2016.

Call 218-284-2346 for ticket information.



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.moorheadschoools.org/census or call Community Education at 218-284-3400.



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 38 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

go to RRTKD.COM for more information

FREE 2 week trial