



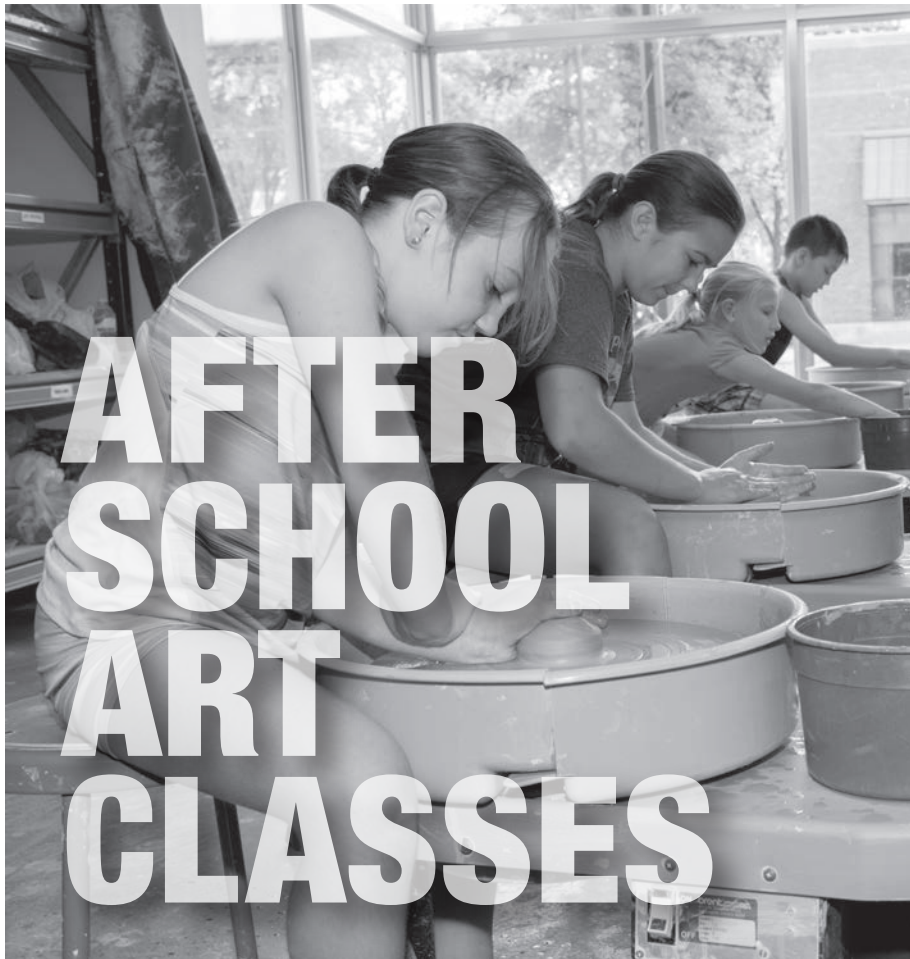
KIDSOURCE

FEBRUARY 2017

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.



AFTER SCHOOL ART CLASSES

Pottery, Painting, Printmaking and more.

Mondays beginning at 4 pm and take place in the Center for Creativity. Classes are designed for students ages 6 – 14.

POTTERY ON THE WHEEL

Monday, February 6 • 4 – 6 PM

FREE STYLE SCREENPRINTING *

Monday, February 27 • 4 – 5:30 PM

\$24 / \$19 members • *\$20 / \$16 members
Register at plainsart.org / 701.551.6100

SCHOOL BREAK CAMP: MINI CLAY WORLDS

Monday, February 20 (President's Day)
9 AM – 12 PM • \$28 / 22 members

Dream up your own miniature **fairy garden** or **Minecraft** world out of clay.

PLAINS **ART** MUSEUM

Katherine Kilbourne Burgum CENTER FOR CREATIVITY
704 1st Ave., N, Fargo • 701.551.6100 • plainsart.org

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.



MOORHEAD
AREA PUBLIC SCHOOLS

Constructing Dreams



For our students to grow, our schools need continued support. For our community to remain vibrant, we must attract and keep strong families. One of the best ways to do that is through a strong school system. *Strong schools means a strong community.*

Learn more. Ask questions. Get answers. Here's how.

Coffee with the Mayor & Superintendent

Visit with the mayor and superintendent to learn more about the city and school district, ask questions and share your thoughts. Sessions will be at **10 a.m. in the Moorhead Center Mall Atrium** on:
May 17

Moorhead Community Education Learning Opportunities Catalog

Read district updates included in the Community Education catalogs published three times annually, in the fall, winter and spring. Catalogs are mailed to school district residents and are available in the community.

Website

Visit www.moorheadschoools.org for news, School Board meeting updates, calendars and much more.

Social Media

Follow Moorhead Schools on Facebook ([facebook.com/MoorheadSchools](https://www.facebook.com/MoorheadSchools)) and Twitter ([@MoorheadSchools](https://twitter.com/MoorheadSchools)).

Learn new skills in Moorhead Community Education classes

Take a healthy cooking class, learn to play piano, make a heart ornament or learn how to draw in color.

Register online at
<https://communityed.moorheadschoools.org>
or
call 218-284-3400

MOORHEAD AREA PUBLIC SCHOOLS

*proudly serves the communities of
Moorhead, Georgetown, Sabin and surrounding area.
Learn more about the district at www.moorheadschoools.org.*

Ever had a great idea for a game?

Want to learn how to learn how to make your OWN Video Games?

PODS

Game Design

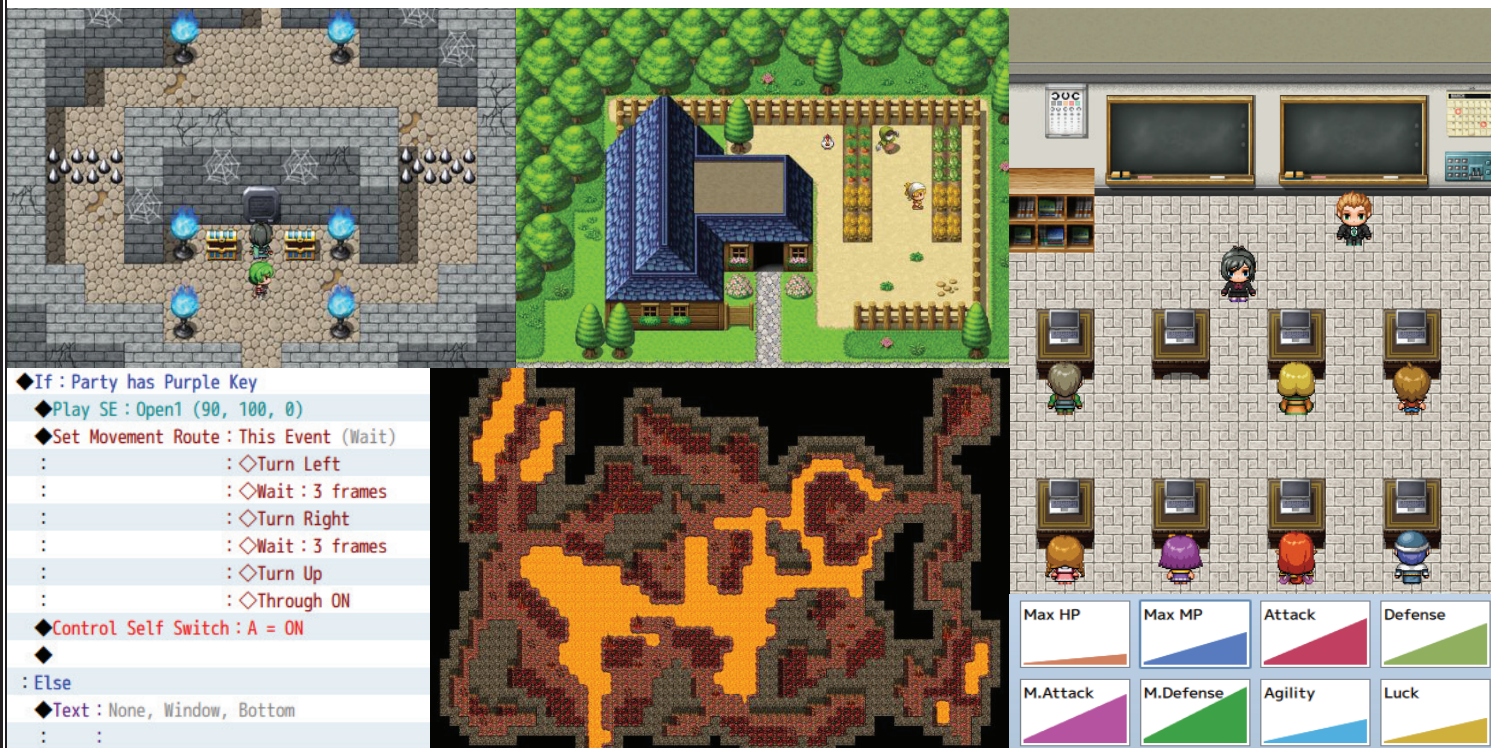
Classes in Moorhead for 4th and 5th graders!

Creating Video Games - Beginner

\$110/child

CODE	LOCATION	DATES & TIMES
YAS20A	Reinertsen Elementary	(Jan 12, 19, 26, Feb 2, 9; 3:00 - 5:00)
YAS20B	Hopkins Elementary	(Feb 16, 23, Mar 2, 16, 23; 3:00 - 5:00)
YAS20C	Robert Asp Elementary	(Mar 30, Apr 6, 13, 20, 27; 3:00 - 5:00)

To register for classes, visit Moorhead Community Education at <https://communityed.moorheadschoools.org> and check out our website at www.podsgamedesign.com!



Facebook: PODSgamedesign Twitter: @podsgamedesign
Email: podsgamedesign@gmail.com

“It’s a Phase, Don’t Miss it!”



As a parent, we often hear “It’s a phase, enjoy it now” Just wait until they are teenagers. It is true that every child seems to be constantly in a “phase” of development that can test our patience and give us thoughts of “I can’t wait until they grow out of this stage – this phase”

I’d like to challenge us all to think of the phases our children go through in a different way. Each “phase” is a chance for us to impact how our children learn, grown, and become the adult we want to see. It makes sense that we want to be present during each phase our children go through, even the challenging ones. But in our high tech, “always in touch” world of today, are we truly present?

Have you ever stopped to consider how much of life you missed out on because you were looking at your phone? Or cruising through your Facebook page, checking out what everyone you know and their friends are doing? Or that – one more work email that just has to get out? Guilty! I’ve missed out on my children’s little life moments answering a text message, trying to win just one more level on Candy Crush; not to mention the times making a phone call while driving between “kid” errands.

When we aren’t present with what is in front of us, we miss out. We miss out on that cute smile they flashed our way, we miss out on the amazing, rambling conversation about our child’s day as we drive them home from school or sports practice. Little tidbits of life that slip away, never to be replicated. All because, we were checking out the new Facebook posts on just how cold it really is in Minnesota. Newsflash- It’s cold!

The good news is it is a new year. Let us all make 2017 the year we put down the phone, close the iPad, tablet and laptop, and look up and be “present” in the little and big moments in our children’s lives. The text message will still be there, the Facebook posts live on forever. But our “Mom, Dad, look at me moments” are here and gone. Try it and see what happens!

Clay County Local Advisory for Children’s Mental Health



Familywellness

A PARTNERSHIP BETWEEN SANFORD HEALTH 

2017 SUMMER CAMPS

Camp Registration opens February 1st

Early Bird Registration Now - March 2nd
Save 5% with Early Bird Pricing!

\$175 Family Wellness & YMCA Members

\$195 Non-Members

June 5 – 9: Creative Cooking

June 12 – 16: Super Summer Sports Camp

June 19 – 23: Creative Builders Camp

June 26 – 30: Soaking in the Sun

July 10 – July 14: Imagination Station

July 17 – 21: Wild Wilderness Camp

July 24 – 28: Camp Summer Splash

July 31 – 4: Camp Fuel

August 7 – 11: Cookapalooza

August 14 – 18: Spectacular Sports Camp



Camp Carnival | Thursday, March 2nd from 5:00-7:00 PM

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. 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! Suggested \$5 per Family Donation. 100% of proceeds benefiting the Inspire Wellness Initiative.

Register Online, at the Family Wellness Front Desk or call 701.234.2400!

If you have questions contact Matt at matthew.melchior@sanfordhealth.org

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



YMCA OF CASS AND CLAY COUNTIES

WWW.YMCACASSCLAY.ORG



facebook.com/ymcacassclay



@ymcacassclay



@ymcacassclay

Get ready for the

BEST SUMMER EVER!

YMCA Summer Camp registration now open!

Camp Cormorant

Resident Camp | Ages 7-15

Join us for a traditional sleepaway camp experience! Choose from specialty camps like ropes course, art, wilderness and more!

Camp Koda

Day Camp | Ages 6-11

Try a new and unique each week at Camp Koda! Campers will swim, laugh, sing and make new friends during themed camp weeks!

Busy Beaver Camp

Half-Day Camp | Ages 3-5

Keep little minds and bodies busy all summer long with a half-day "camping" experience designed just for preschoolers!

Camp scholarships available!

Learn more about all our camps and download a registration form at ymcacassclay.org/camp

LEARN. PLAY. GROW.

Winter/Spring Youth Program Registration NOW OPEN!

UPCOMING SESSIONS: Feb 6 - March 11 | March 20 - April 22

Join us for programs including:

- > Rock Climbing & Advanced Climbing Clubs | Ages 7-15
- > Baton Twirling and Competitive Show | Ages 4-18
- > Gymnastics | Ages 2 and up

- > Swimming Lessons | Ages 6 months and up
- > Youth Basketball | Ages 4-7
- > and more!

Visit ymcacassclay.org/programs to see all upcoming programs and session details.

Scholarship assistance is available.



Join us for upcoming events!

Visit ymcacassclay.org/events or call 701.293.9622 for registration info.

Saturday Fun Night

February 4 | 4:30-9:30pm

Schlossman Y | Ages 5-12

Kids can join us for a fun-filled night in the Xerzone, Climbing Wall, Basketball Gym and Kids' Gym!

Holiday Parent's Night Out

February 10 | 5-8pm

Fercho Y | Ages 6wks - 11 years

Enjoy a night out while kids participate in Valentine's fun and games!

Mardi Gras in the Xerzone

February 25 | 1-3pm

Fercho Y | All Ages

Join us for an afternoon of wacky games, healthy snacks and FUN! FREE and open to the community!

FIND A CHARITY TO LOVE ON GIVING HEARTS DAY!

Join us February 9 for a community day of giving! All donations to the Y will be MATCHED (up to \$4,000)! All contributions we receive will benefit local youth through scholarships for child care, summer camp and more!

Learn more and see all participating charities at impactgiveback.org

Legally Blonde The Musical JR - Musical Theater Camp

(For students completing grades 5-8 in Spring of 2017)

A Moorhead Community Education and
Fargo Moorhead Community Theatre (FMCT) collaboration

**LEGALLY
BLONDE**
The Musical 

Students completing grades 5-8 can join us for this adventure in musical theater! Everyone who enrolls in this G-rated musical will be cast. Our four-week program will balance theater education with performance rehearsals. Students will receive voice instruction, develop dance skills, delve into character development, and master theater vocabulary and concepts.

During the rehearsal portion of the day, students will interact through ensemble-building exercises and block, choreograph and sing the elements of their characters.

A parent meeting is scheduled for June 1 from 6-7 p.m in the Moorhead High School Auditorium.

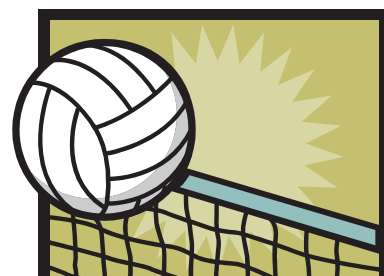
Auditions are the first day of rehearsals on June 5. The program will culminate in performances on June 28 and 29 at 2 p.m. and 7 p.m.

To register, go online at <https://communityed.moorheadschoools.org> and select Courses for Youth and Family then Summer Enrichment Camps or call Moorhead Community Education at 218-284-3400.



2017 Concordia Youth Volleyball Camp: July 10-12

- For girls and boys entering Grades 3-5
- From 9:00-11:15 am each day
- Cost: \$85
- Check-in at 8:30 am on Monday, July 10
- Campers grouped by age and ability
- Held at Concordia's Memorial Auditorium
- Each camper receives a free t-shirt and volleyball
- A fun introduction to volleyball: no experience necessary! 😊
- Register Online
- Website: www.CobberVolleyballCamps.com





We would like to invite you to be part of the Moorhead Crush Girls Fastpitch program! We offer girls ages 7-18 skills in teamwork, confidence, skill building and lifelong friendships on and off the field.

Teams include:

- 8U (ages 7-8) * *New for Summer 2017*
- 10U (ages 9-10)
- 12U (ages 11-12)
- 14U (ages 13-14)
- 18U (ages 15-18)

Travel Teams will also be available for 10u-18u

Registration starts Monday, January 2nd and runs through Friday, March 23rd. Mark your calendars because it's going to be AWESOME!

Other ways to get involved before the summer season starts include:

- Winter clinics
- Spring ball (For grades 6,7 and 8)
- Spring Kick Off events
- and MORE...*

Parents - Interested in coaching, being on a committee, or just getting involved in a great organization? Please feel free to contact us with interest, questions or concerns at info@moorheadcrush.org or...

Alicia Gulbranson- President 701.552.1590

Todd Kiser- Vice President 701.388.5057

Check us out at www.moorheadcrush.org and Like us on Facebook (facebook.com/moorheadcrush) or Twitter (twitter.com/moorheadcrush)!!!!



Awesome Art Afternoon

Saturday, February 11

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.





701-499-7788 | fargoparks.com

Destination Anchor Island

Fargo South High Indoor Pool
Saturday, February 4
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!

499-7788 | fargoparks.com



Butterfly Ball

March 3 or 4 (choose one)
6:30-9:00 pm
Ramada Plaza + Suites
(1635 42nd St S, Fargo)

Young ladies, ages 4-12, create memories with your dad, step-dad, uncle, grandfather or other male role model at this semi-formal event featuring music, dancing + photo opportunities. Light refreshments will be served.

Tickets On Sale

Tuesday, February 7 at 8:00 am
online only at: fargoparks.com
\$20 per person



499-7788 | fargoparks.com

Youth Ice Fishing Derby

Saturday, February 25
South Woodhaven Pond

Registration: 1:30 pm
Derby: 2:00-3:30 pm

Bring your rod & try your luck!
Event is for youth age 15 & under. Bait provided (while supplies last).



Thank you to our event sponsors:




701-499-6060 | fargoparks.com



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?

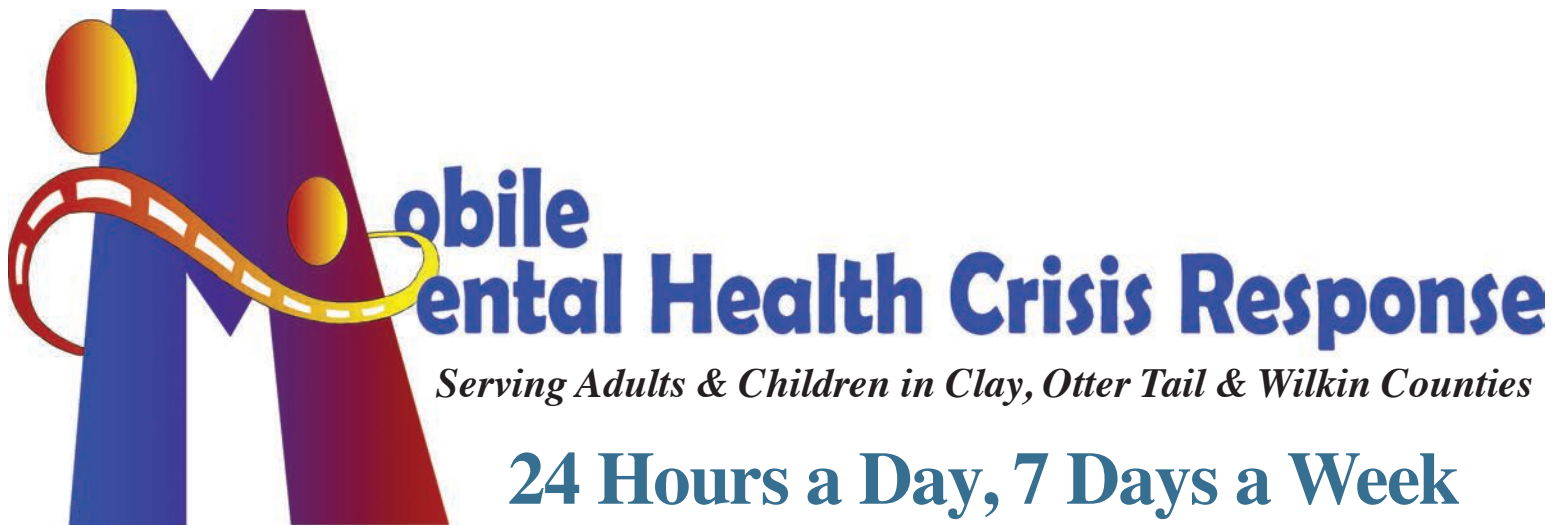
Problems Sleeping?

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.

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

**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!

Winter Session: Jan. 2 - March 4

Register Online
at tntkidsfitness.org!

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

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

You're invited!

Want an unforgettable birthday?
Celebrate your birthday at TNT
Saturday or Sunday
Visit tntkidsfitness.org
for more information



School's Out Day Camps

If school is out for the day, come to TNT and play!



Includes: Fitness & gymnastic
stations, sports & games, arts
& crafts, educational lessons,
healthy lunch & snacks

2016-2017 dates now available at tntkidsfitness.org

Open Gyms

Preschool Open Gyms August 25 - May 13

Ages 18 months - 5 years*
Thursday: 11:00am - 12:00pm
Friday: 10:00am - 11:00am
Saturday: 8:15am - 9:15am
*One active helper needed for
every two children

School Age Open Gyms

Ages 6-14 years
7:00-8:30pm

February 10, February 24,
March 24

Register online at tntkidsfitness.org

Register online at tntkidsfitness.org



2017 BABE RUTH BASEBALL PLAYER REGISTRATION

DEADLINE FOR BASEBALL February 28th

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

AGES: 5 – 15 YEAR OLD

ON – LINE REGISTRATION AVAILABLE AT
WWW.MOORHEADBASEBALL.COM
LOOK ON HOME PAGE

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



**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!*

ATA

MARTIAL ARTS
4480 23rd Avenue South
Fargo ND 58104

701.237.6800

www.ATAfargo.com mbeyer@atafargo.com



"ATA Martial Arts of Fargo"

Warning Signs of a Reading Difficulty

If a child exhibits 3 or more of the following warning signs, they may be displaying signs of Dyslexia.

Kindergarten and First Grade

- Difficulty connecting letters to sounds
- Failure to understand that words come apart
- Difficulty learning sight words quickly and recognizing them in stories
- Difficulty sounding out words that are not already memorized
- Difficulty sounding out even the simplest words in Kindergarten, such as mat, cup, bit, pot, or pin.
- Reading errors that show no connection to the sounds of the letters
 - Saying *big* for *goat*, or *fish* for *from*
- Reading that is very choppy and labored in mid-late First Grade
- Difficulty spelling
- History of reading difficulty in the family
- Complaints about how hard reading is or avoiding the task

Mid-Late Elementary

- Slow, choppy, inaccurate reading
 - Guesses at unknown words
 - Skips or misreads small, common words (at, to, the, of, for)
 - Ignores suffixes, such as -ed
 - Difficulty sounding out unknown words and fixing errors independently
- Terrible spelling
 - May memorize words for test each week, but forgets them after the test & doesn't use them when writing
- Difficulty reading multi-syllable words, leaving out sounds or complete syllables
 - conible for convertible; rebersbal for reversible
- Homework that never seems to end
- Very slow progress in learning to read
- Lowered self-esteem and lack of confidence in their academic ability.



Middle School and High School

- History of reading difficulty
- Limited vocabulary
- Poor written expression
 - Difficulty putting thoughts down on paper
- Reading continues to be slow and labored
- Continues to guess or skip unknown words
- May have to read something 2 or 3 times to understand it
- Embarrassment caused by oral reading
- Terrible speller
- Difficulty pronouncing unfamiliar names of people or places
- May drop out of high school
- Has difficulty passing entrance exams for college



***20% of children have dyslexia.
Waiting to see if they will
catch up is not the answer.***

***Call 218-359-0505 today to
schedule an evaluation***

LITTLE LIGHTS PRESCHOOL

OPEN HOUSE

THURSDAY, FEBRUARY 23rd

5:30^{PM} - 7:00^{PM}

AN INTERACTIVE AND INFORMATIVE EVENT FOR CHILDREN AND THEIR PARENTS



NOW ENROLLING FOR 2017-2018

www.LittleLightsPreschool.org

218.233.4048

Little.Lights@triumphbc.org

2901 20th St. S. Moorhead, MN 56560



OFFERING AN ACTIVE, HANDS-ON EDUCATIONAL EXPERIENCE WITHIN A CHRIST-CENTERED ENVIRONMENT

WE'RE READY FOR OUR NEW SPUDS!

Moorhead Area Public Schools Kindergarten Registration

February 7, 2017 • 7 a.m. – 6 p.m.

February 8, 2017 • 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, 2017.

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. 7-8, 2017, 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@moorheadschoools.org or visit www.moorheadschoools.org.



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





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