MOORHEAD COMMUNITY EDUCATION

KIDsource





CLAY CLUB

CHECK IT OUT ON PAGE 11

Red River Traditional TaeKwonDo

3509 4th Ave S •277-1TKD

The Area's Only Traditional Taekwondo School

Come see why we are the areas largest martial arts school



- COMMENTS FROM PARENTS -

Jenny D
...I recommend RRTKD to all families who are looking to engage in an activity that is enriching for the body, mind and soul.

Marilea B
We have had amazing experiences at Red River Traditional TaeKwonDo. Master Jim is phenomenal working with the students. He clearly cares about them and has high expectations. My kids developed their physical strength and their confidence.

Joseph D
This has been one of the best investments I have ever made in my kids lives.

8th Degree Grand Master

Jim Grimestad with 48 years experience

277-1TKD • 3509 4th Ave S • rrtkd.com

go to RRTKD.COM for more information

FREE 2 week trial

As cold & flu season gets underway, keep this guide handy.

Primary Care Visit, E-Visit, or Virtual Video Visit

Get care for symptoms such as:

- ☐ Cold or flu
- ☐ Sore throat
- ☐ Eye redness
- ☐ Earache
- ☐ Rash
- ☐ Insect bite or sting
- ☐ Painful urination
- ☐ Frequent urination

Urgent Care / Walk-in Care 24/7 Video Visit On Demand

Get care for the same symptoms above and:

- ☐ Minor burns or cuts
- ☐ Minor sprains or strains
- ☐ Minor fractures (In-person only)

Call 9-1-1 or go to the Emergency Room

Get care for severe symptoms such as:

- ☐ Trouble breathing
- ☐ Chest pain
- ☐ Severe pain or serious injury
- ☐ Severe stomach pain
- ☐ Sudden numbness or weakness
- ☐ Fainting
- ☐ New confusion
- ☐ Suicidal thoughts

Not sure what to do?

Scan the QR Code for care options.

If you would like to talk to someone directly, call the Essentia Health Nurse Care Line at:

1-800-714-4646

Essentia Health




HORIZON
ART CLUB PAINTING
GRADES 5–6
TUESDAYS • NOV 3-DEC 8
$50 • 8-9 AM HORIZON WEST
This 6 week art club will teach 5th and 6th grade students painting techniques and tips and tricks all while creating beautiful paintings.
REGISTER HERE



PLAY LIKE A PRO

Jr. NBA Youth Basketball

NOV 2 – DEC 19 | Grades K – 5

Join our inclusive basketball league where every child gets a chance to shine and all participants receive officially licensed Jr. NBA jerseys!

Scan Me

YMCA GIVING TREE

Sponsor a local child and help spread joy this holiday season!

BURN THE BIRD 5K / 10K

THANKSGIVING DAY – FARGO, ND

Register Your Family Today!



YMCA CAMP CORMORANT

JUNE 6 – AUG 13

OVERNIGHT CAMP
DAY CAMP
FAMILY CAMP

REGISTER BEFORE JANUARY 1 AND SAVE!



MINI + YOUTH BASKETBALL

This six-week coed basketball program introduces young players to the fundamentals of the game. Players build core skills through drills and stations. Both groups spend the first three weeks on skill development and the last three on skill review and scrimmages. Teamwork is emphasized throughout, and participants receive a program shirt.

JAN. 5-FEB. 11
Tuesday & Thursdays
Fee: $65.00 ($85.00 after Dec. 7)

GRADES | TIME:
1-2 | 5:00-6:00 PM
3-4 | 6:15-7:15 pm

ADAPTIVE BASKETBALL

The Adaptive Basketball Program is designed to provide individuals with special needs a supportive, engaging, and inclusive opportunity to learn and enjoy the game of basketball. The program focuses on developing skills such as dribbling, passing, shooting, and teamwork in a structured, encouraging environment!

JAN. 4-FEB. 2
Mondays
Fee: $30.00

AGES & TIME:
5:30-6:15 PM | AGES 7-12
6:30-7:15 pm | 13+



LOCATED AT ELLEN HOPKINS ELEMENTARY
2020 11 ST S, MOORHEAD

Register online or call 218.299.5340 to register over the phone!

REGISTER ONLINE!

PARKS AND RECREATION
moorheadparks.com

BIOGirls



A program built to protect & improve the mental health of adolescent girls.

For girls in grades 2-6, BIO (Beautiful, Inside & Out) Girls is a program that includes 12 sessions of positive mentorship, non-competitive physical activity, & connection. An experience meant to be joyful, not just informative.

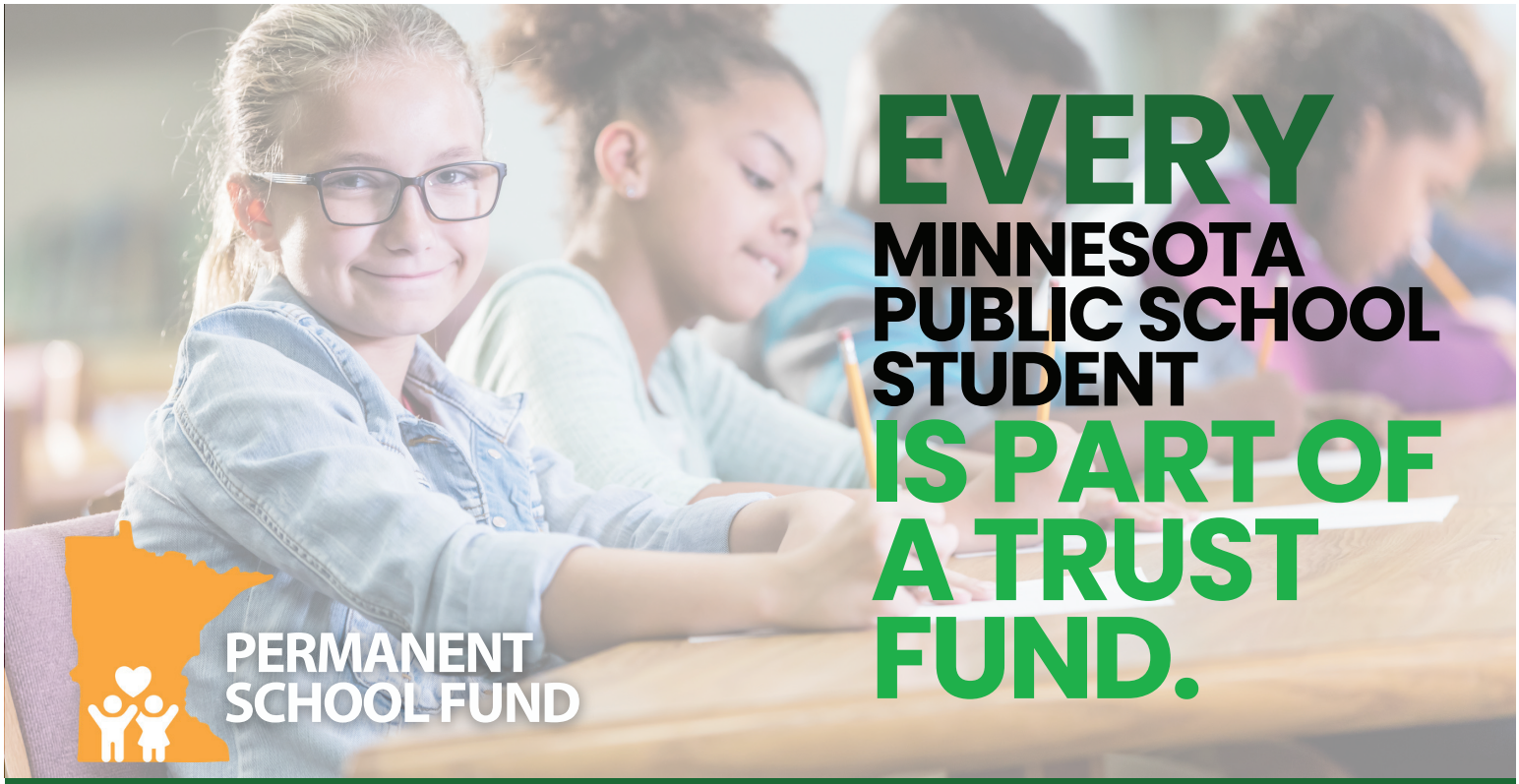
PROGRAMS STARTING EARLY 2027!

"She realized that it wasn't just her going through the emotions and challenges. She now knows how to work through it and use communication and positive affirmations. She looks at her friends in a different positive way and recognizes when they need help or going through a hard time too. It's so important for these young girls to have this mentorship and guidance. The type I wish I had as a young girl going through things too. So thankful for BIO girls."
– BIO Girls Participant Caregiver

REGISTER

*Financial assistance available. Cost starting at $0

BIOGIRLS.ORG | 701-532-0245 | support@biogirls.org



This fall all Minnesotans can vote to pass a constitutional amendment modernizing how Minnesota's Permanent School Fund supports students, schools, and communities.

Without raising existing taxes or costing Minnesotans more money.

Minnesota's Permanent School Fund

Minnesota's Permanent School Fund (PSF) is one of the oldest funding sources for public education in our state.

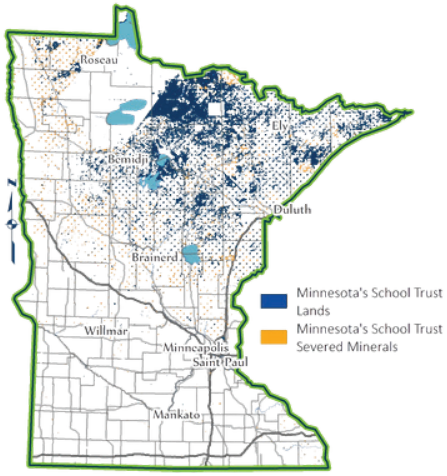
Constitutionally established in 1858, the PSF is built on proceeds from public lands set aside to support public education. It acts as a permanent endowment, continually generating revenue from Minnesota's natural resources.

Over 2.5 million acres plus 1 million mineral-rights acres remain today, intermingled with county, federal, tribal, and private lands. Revenues from timber sales, mining, land leases, and other resource activities contribute to the fund. Assets are invested by the State Board of Investment to support current and future generations of students.

MORE INFORMATION HERE!

www.minnesotaPSFamendment.org

WHERE ARE THE SCHOOL TRUST PUBLIC LANDS?



Office of School Trust Lands, State of Minnesota

- 92% of trust lands are located in 10 northern Minnesota counties, as most southern lands were sold in the 1800s for agriculture.
- Lands include forests, grasslands, farmlands, construction aggregate, and mineral production.
- A significant portion is low-lying, inaccessible wetlands.

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WHAT ARE MINNESOTA TRUST LANDS?

Many acres of public land were set aside and put into a trust in the Minnesota Constitution in 1858 for a single and specific purpose: to generate revenue for public schools. This trust is called the **Permanent School Trust.** In the late 1800s much of the land in southern Minnesota was sold to private interests to promote development and agriculture. Today, over 2.5 million total acres plus 1 million acres used for mineral rights remain.

2.5 million total acres

$23 billion fund value

$388 million distributed in past 10 years

WHAT IS ON THE BALLOT AND WHY?

Passed in a strong bipartisan effort by the 2026 Minnesota Legislature, the November 2026 constitutional amendment would modernize how the existing fund is distributed.

- ✓ **Almost doubles** the annual distribution percentage from 2-2.5% to 4.5% annually.
- ✓ Will **increase** per pupil annual distribution by an estimated $33 per student.
- ✓ Allows **more stable** and **predictable fund** distributions.

ONLY modernizing existing fund distributions

NOT raising existing taxes

WHY THIS MATTERS FOR MINNESOTA

Every community benefits

Every district. Every public school student. Every corner of Minnesota. Urban, suburban, rural. Traditional public, charter, and tribal school. Money sent directly to districts or schools with no strings attached.

Financial best practices

The proposed amendment is based on recommendations from a multi-year review of the existing fund structure in order to update the fund with current financial best practices.

More money per pupil

The proposed constitutional amendment would almost double per pupil payout to districts. Without raising any existing taxes for Minnesota residents.

Protecting the future

If passed, this amendment will better support today's students while ensuring the fund's balance is preserved for future generations.

THE PROPOSED BALLOT QUESTION

OFFICIAL BALLOT LANGUAGE

"Shall the Minnesota Constitution be amended to increase the funding going to all school districts from the permanent school fund, which is a fund that supports school districts without raising individual income or property taxes, effective July 1, 2027?"

CRITICAL MINNESOTA VOTING RULE

LEAVING THE BALLOT QUESTION BLANK IS A "NO" VOTE.

If you or any other voter skips this question on their ballot but votes for other races, it is counted as a "No" vote.

PERMANENT SCHOOL FUND

msba

www.minnesotaPSFamendment.org

2026-27 SEASON

MOORHEAD MAGIC
YOUTH WRESTLING

BOYS & GIRLS • PreK (age 4) through 6th Grade

PRACTICES BEGIN
NOV 10 - GRADES 1-6
NOV 16 - PreK-K & Girls Only

PRACTICE TIMES

PreK – K
Mondays 6:30 – 7:00 pm
Starts Mon, Nov 16

Girls Only
Mondays 7:15 – 8:00 pm
All ages welcome • Starts Nov 16

Grades 1 – 3
Tue & Thu 6:15 – 7:00 pm
Starts Tue, Nov 10

Grades 4 – 6
Tue & Thu 7:00 – 8:15 pm
Starts Tue, Nov 10

No youth practice on nights of Varsity HS meets.
Girls are welcome at their grade-level practice too!
Season wrap: PreK-K early Feb | Grades 1-6 early March

COST & SIGN-UP

PreK – K	GRADES 1 – 6
$50	$100

How to register (2 easy steps)

1. Purchase USA Membership wrestling card ($60).
This is a requirement and must be purchased before registering for the program. You must upload a PDF of the membership card during program registration. This cost is non-negotiable and scholarships do not cover this cost.

2. Register at moorheadwrestling.squadfusion.com

Scholarships available — email us if you need help.

WHERE WE WRESTLE

Moorhead High Wrestling Room
Inside the Moorhead Sports Center (east side of MHS).
Enter Door 19 - west end of the football field / gym then go LEFT.

Parent-meeting - date TBD.

Space is limited and it's recommended that parents do not stay in the room.

WHAT TO BRING

- Filled water bottle + athletic clothes
- Wrestling shoes or clean, dry tennis shoes
- Headgear optional - no zippers, hats, jewelry
- No street shoes on the mats - ever
- Singlets needed for tournaments only

Hustle. Learn. Have fun.

ALSO GOOD TO KNOW

Magic singlet $50 check - refunded at season end if returned undamaged. Hand-out last week of November.
Volunteer fee $200/family check - held and only cashed if you cannot help. Collected at the Parent Meeting (TBD).
Help needed at the mid-January Friday youth tournament: table (score/time), concessions, trophies. Sign-up Genius coming later.

JOIN THE MAGIC!

Register: moorheadwrestling.squadfusion.com
USA card: usawmembership.com • Questions: mhdmagicwrestling@gmail.com


HORIZON
CLAY CLUB
GRADES 5-8
TUES/NOV 3-DEC 8
$50 • 8-9 AM • HORIZON WEST
Does your student like to get a little messy and build with clay? Then clay club is for them. Students will complete one project as a club, then will have time to use clay techniques to make their own ideas come to life.
REGISTER HERE

TECH TEAM
WRESTLING CLUB
2026-2027 SEASON

TECH TEAM WRESTLING



PRE K-6TH GRADE BOY AND GIRLS

ALL SKILL LEVELS WELCOME

NOVEMBER 2ND - MARCH 25TH

TECH TEAM TRAINING CENTER

524 7th AVE NE, WEST FARGO
{BEHIND PRAIRIE SUPPLY}

Save the Date → **PARENT MEETING:**
TUESDAY, OCTOBER 27TH
6:00 PM

Beginner/Group 1
TUES: 5:30-6:30PM
THURS: 5:30-6:30PM

Advanced/Group 2
MON: 6:00-7:30PM
TUES: 6:45-8:15PM
THURS: 6:45-8:15PM

JOIN ANYTIME THRU THE SEASON!

TECH TEAM WRESTLING | TECHTEAMWRESTLING.COM
QUESTIONS? EMAIL COACH HAYDEN - TECHTEAMWRESTLING@OUTLOOK.COM

NLSA Marlins Swim Club
Come Swim With Us!

DOES YOUR CHILD LOVE THE WATER?

THE NLSA MARLINS IS A COMPETITIVE SWIM CLUB THAT IS THE PERFECT PLACE TO BUILD SKILLS, MAKE FRIENDS, AND HAVE A BLAST. DIVE IN TODAY!

REGISTRATION IS NOW OPEN!

For kids ages 5+

Child must be comfortable alone in the water.

*Financial assistance available

INTRO SESSIONS

only **$99**

Want to test out the waters first?
Try one of two options:
- Intro to Competitive Swimming
- 2 week trial



More Information at
www.NLSAMarlins.com

NORTHERN LIGHTS MARLINS SWIMMING



PARKS AND RECREATION
moorheadparks.com

Register online or call 218.299.5340 to register over the phone!

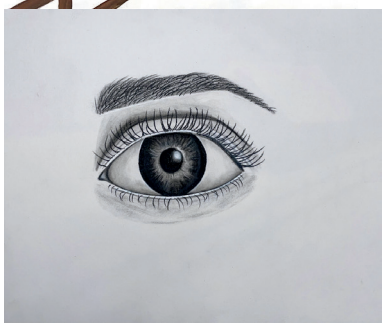
Register online!

ART

LOCATED AT ALM PARK
1300 ELM ST S, MOORHEAD







Penguin Pals

Create a chilly-cute penguin in the step-by-step painting class designed just for kids! Artists will build creativity while learning painting techniques.

Thursday, Dec. 3 | 6:00-7:30 pm
Age: 9-12 | Fee: $15.00

Rustic Barn - Adult Art Class!

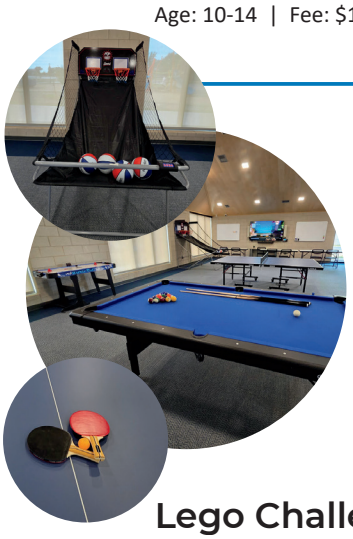
Bring a rustic barn to life under a cool winter sky. This adult painting class is perfect for relaxing and learning layering techniques to create depth in winter landscapes.

Thursday, Jan. 21 | 6:00-7:30 pm
Age: 18+ | Fee: $15.00

Seeing in Charcoal

Artists will learn how to draw a realistic eye using charcoal, focusing on shading, contrast and blending techniques to create depth and detail.

Thursday, Feb. 11 | 6:00-7:30 pm
Age: 10-14 | Fee: $15.00



Game Zone

Join us for a fun place to relax, connect, and play! Participants can drop in and rotate between playing pool, ping pong, air hockey and hoops. There will be music, and plenty of fun social time.

Jan. 12-Feb. 25
Tuesday & Thursdays from 4:00-6:00 pm
Age: 10-14 | Fee: $60.00

Slime Time

In this class, kids will create two customized slimes using different textures, colors, scents and add-ins. It's a perfect blend of creativity, sensory play, and messy fun!



Monday, Jan. 18
- 10:30-11:45 am | Ages 6-8
- 1:30-2:45 pm | Ages 9-11

Fee: $25.00

Lego Challenge

Unleash your creativity in this hands-on LEGO building class! Participants will explore themed builds and creative challenges while learning problem-solving and teamwork skills. Each challenge is a mystery until revealed by the instructor.



Saturday, Nov. 21
- 9:00-10:00 am | Ages 6-7
- 10:30 am-Noon | Ages 8-10

Fee: $20.00

LOCATED AT THE OASIS ROOM AT ROMKEY PARK
800 19 ST S, MOORHEAD

BAD ACE MARTIAL ARTS

MOORHEAD

Stronger Kids. Confident Adults. A Healthier You.

NEW STUDENTS WELCOME! THIS NOVEMBER



BRAZILIAN JIU-JITSU

LEARN TO DEFEND | IMPROVE FITNESS
BUILD CONFIDENCE | BE PART OF A TEAM



SHOU SHU KUNG FU

BUILD CHARACTER | IMPROVE FOCUS
GAIN SELF-DEFENSE SKILLS

- THE ENTIRE FAMILY WELCOME
- KIDS AS YOUNG AS 4 YEARS OLD
- PARENTS TRAIN FREE
- MULTIPLE CLASSES 5 DAYS A WEEK
- FLEXIBLE TRAINING OPTIONS

2 FREE CLASSES

COME SEE WHAT WE'RE ALL ABOUT!

Come in to train, stay because you're part of a family.

badaceacademy.com

BADACE MARTIAL ARTS ACADEMY

TNT Kid's Fitness & Gymnastics

Gymnastics & Ninja Classes

Register today for gymnastics & ninja classes





SCHOOL'S OUT DAY CAMP

Nov. 11
Nov. 12
Dec. 28

Dec. 29
Dec. 30
Dec. 31

Register today at tntkidsfitness.org



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

Grades K - 5

7:30am - 5:30pm

Cost: $47

Scan for class schedule

tntkidsfitness.org

2800 Main Ave. Fargo
701-551-5000

tntkidsfitness



COME DANCE with US

Claim your **FREE** Trial Dance Class!

At Gasper's School of Dance, we believe every dancer belongs. Whether your child is taking their very first class or continuing their dance journey, we have a place for you in our dance family!

DANCE CLASS MOVEMENT WITH INTENTION

- Ages 2 - adult
- All Levels Welcome
- Huge variety of dance styles

GASPER'S SCHOOL of DANCE

2 Fargo Locations
701-234-9440

GaspersSchoolofDance.com