

AD-VENTURES FOR TEENS



A Publication of the Fargo Public Schools

Research proves adolescents with a non-familial role model have higher self-esteem, better psychological well-being, and greater satisfaction in life.



positive mentorship.



life-skills lessons.

BIO Girls curriculum is evidence-based and research-proven; equipping participants with the skills necessary to combat societal pressures and recognize their inherent values.



physical activity.

More about BIO Girls:
biogirls.org



BIO Girls uses **non-competitive** physical activity to teach participants accountability, goal setting, and how to manage stress and anxiety. We have programs that use running, cross-training, yoga, art and more.



AD-VENTURES FOR TEENS is published through the cooperation of many agencies in Fargo/Moorhead and coordinated through the Fargo Public Schools. If you have any questions, suggestions or articles, please call 446-1112.

Publication in AD-VENTURES FOR TEENS does not constitute School District endorsement of a program, product or service.



4 Everyday Tips To Build Resilience in Your Child

We all want our children to be adaptable to life's challenges. Use these tips to start practicing resilience skills from a very young age.

- **Keep a solid routine.** Consistency is comforting for children. Set specific times for homework, meals and free play.
- **Demonstrate self-care.** Show the value of eating right, exercising and getting enough sleep.
- **Set goals together.** Try learning a new instrument or skill together as a family.
- **Prepare them for changes.** Talk openly about things like new schools, relocation or new siblings even if they are a long way out.



Find more ideas at ParentsLead.org

PARENTS LEAD

YOUTH ART CLASSES



Ann Arbor Miller

POTTERY ON THE WHEEL (Ages 9-13)

Saturday, October 12, 10 AM-12 PM

Saturday, November 2, 10 AM-12 PM

STYROFOAM PRINT SELF PORTRAITS

(Ages 4-7)

Tuesday, October 22, 6-6:45 PM

CRIKEY! COIL CROCODILES (Ages 4-7)

Saturday, October 26, 10-10:45 AM &

11:30 AM-12:15 PM

FAMILY GELLI CARD PRINTING (All Ages)

Monday, November 4, 6-8 PM

GELLI PRINT GREETING CARDS

(Ages 4-7)

Tuesday, November 19, 6-6:45 PM

PINCH POT SNOWMAN

(Ages 4-7)

Saturday, November 23, 11 AM-12:15 PM

More classes including adult (16+)

plainsart.org/create & 701.551.6100

PLAINS ART MUSEUM

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the **CLUB** TEEN CENTER

- The CLUB Teen Center programs are designed specifically for grades 6-12 and empower teens to find their voice and achieve success through after school experiences.
- Hours are after school until 7:30 pm Monday - Friday.
- Transportation during the school year is provided from Discovery Middle School and Carl Ben Eielson Middle School via The CLUB transport.
- Membership in The CLUB is free and extends annually from June 1 - May 31.

To register, email schedule@bgcrrv.org.

Boys & Girls Clubs of the Red River Valley

BGCRRV.org | 701.235.2147



For more info:

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or

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Oct. 27: Kathie Brekke & the
42nd Street Jazz Band

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2PM • MAIN LIBRARY

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Did your child receive a weekly food backpack from school last year? Do you need some extra food to get through the week?

If your child received a food backpack from school last year or you need help getting enough food this year, we invite you and your child to complete brief surveys for a research study being conducted by North Dakota State University.

» Please scan the QR code or type in the link below to join our study.

» As a thank you from us you will be entered into a drawing for four \$25 gift cards for participation.

It only takes about!

10 minutes



ndsu.edu/hdfs/foodsurvey

If you have any question regarding the study please contact Dr. Joel Hektner
701.231.8269; joel.hektner@ndsu.edu



NDSU NORTH DAKOTA STATE UNIVERSITY

MUSIC Lessons



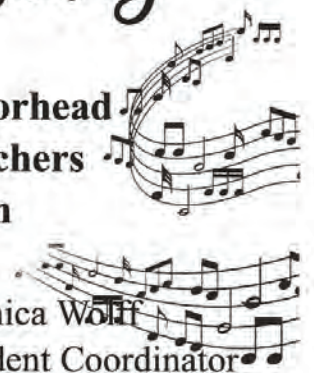
**Fargo-Moorhead
Music Teachers
Association**

Contact Monica Wolff
Teacher-Student Coordinator

701-367-5270

ewolff@q.com

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AMVETS AMERICANISM

Poster/Essay Contest

Grades 2-12



Contact or Scan QR Code

Rick Olek rbyanks@yahoo.com (701) 371-3070
Angie Lekander marwurf7@gmail.com (701) 261-7592

Poster Grades 2-5



Essay Grades 6-12



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- 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.

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