AD-VENTUR FOR KIDS

A Publication of the Fargo Public Schools

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



310 Girls



life-skills lessons.

positive mentorship.

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



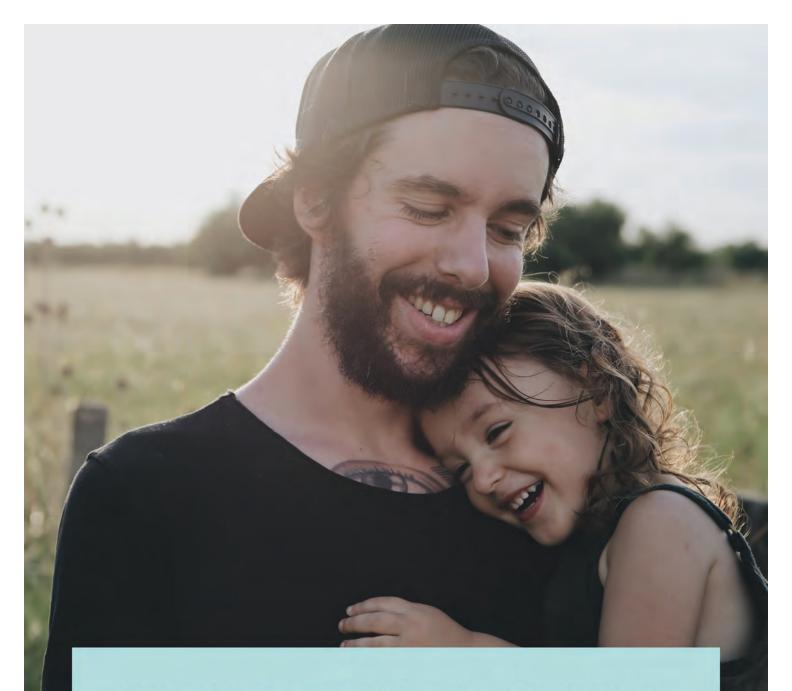
More about BIO Girls: biogirls.org



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 KIDS 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 KIDS does not constitute School District endorsement of a program, product or service.



4 Everyday Tips To Build Resilience in Your Child

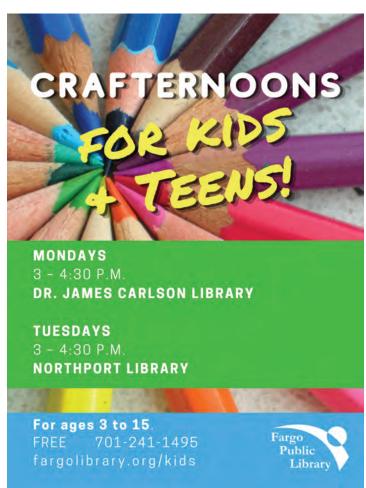
We all want our children to be adaptable to life's challenges. Use these tips to start practicing resilience skills from a very young age.

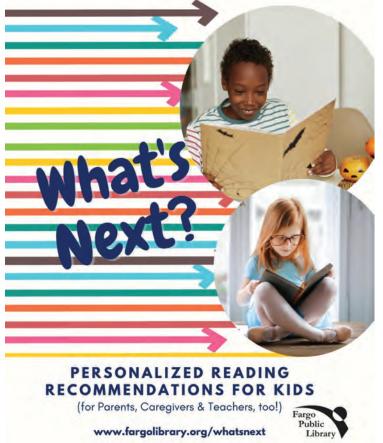
- **Keep a solid routine.** Consistency is comforting for children. Set specific times for homework, meals and free play.
- **Demonstrate self-care.** Show the value of eating right, exercising and getting enough sleep.
- **Set goals together.** Try learning a new instrument or skill together as a family.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



PARENTS LEAD











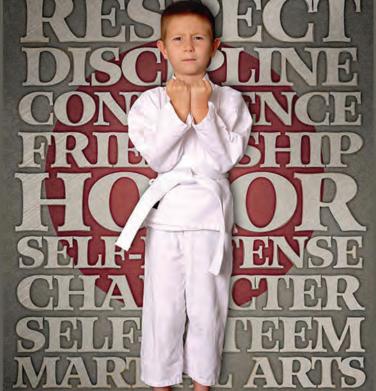
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POTTERY ON THE WHEEL (Ages 9-13) Saturday, October 12, 10 AM-12 PM Saturday, November 2, 10 AM-12 PM

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)

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More classes including adult (16+) plainsart.org/create & 701.551.6100

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Katherine Kilbourne Burgum CENTER FOR CREATIVITY 704 1ST AVE., N, DOWNTOWN FARGO









Northeast: West Fargo, ND

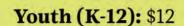
BIG Event

Explore Science, Technology, Engineering and Math (STEM) in a fun and interesting way!

Bring your family and join us for BIG Event! Girls and their families will have a blast enjoying interactive sessions and exhibitor booths while you learn more about Girl Scouts! Work at your own pace through the different activities, and be entertained by science demonstrations. Don't miss out on this one of a kind Girl Scout event!

Limited Time Offer

Join Girl Scouts and receive a free ticket (\$12 value)! Redeem at the event with proof of membership.



Pre-K and under: Free

Adult: Free

Date: Sunday, October 6

Time: 1:00 - 4:00 PM

Location: Red River Valley Fairgrounds -

Butler Building

Registration: Tickets available online and at the door. Visit gsdakotahorizons.org/events

to learn more.





















AMVETS AMERICANISM



Poster/Essay Contest Grades 2-12



Contact or Scan QR Code

Rick Olek <u>rbyanks@yahoo.com</u> (701) 371-3070 Angie Lekander <u>marfworf7@gmail.com</u> (701) 261-7592

Poster Grades 2-5



Essay Grades 6-12





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You cinvited to

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Sponsored by Child Evangelism Fellowship of ND, Inc.



Good News Club® is an exciting, fun-filled weekly club for kids.

Dynamic Bible Lessons

- · Creative Learning Activities
- Inspiring Missionary Stories
 - · Meaningful Fun Songs
 - Life-Changing Scripture Memory



Your child will learn:

• Respect for Authority • Moral Values

Character Qualities
 Biblical Principles



Who teaches the club?

Specially trained Christians who are concerned for the spirital well-being of your child teach the club. All club workers are screened as required by CEF's Child Protection Policy to ensure your child's safety.



All boys and girls, grades K-5th, regardless of religious background. Parents are also welcome to attend with their child.

Club Info

When: Once a Wk. Time: After school (most clubs 2:30-4:00 PM) Where: Fargo Elem. Schools Register/More Info at: www.ceffm.org/club; Email: office@ceffm.org; Call/Text: 701-200-4865

This FREE club is open to all students. Check out our website page to see if a club is at your school. If no club at your school, please let us know your interest.

The United States Constitution requires schools to respect the right of all external organizations to distribute flyers to students at school if the school permits any such organization to distribute flyers. Accordingly, the school cannot discriminate among groups wishing to distribute flyers at school and does not endorse the content of any flyer distributed at school. The school encourages parents to assist their children in making choices appropriate for them. This is not an activity of the school or the school district.

See what's happening at the YMCA!





Basketball league

Develop basketball skills, teamwork, sportsmanship, and a love for the game in a fun setting. Find more information about leagues, practice, games, and more on our website.

ymcanorthernsky.org/youth-basketball

Fall 2: Oct 21 - Dec 14



YMCA KIDS CLUBS - A CLUB FOR EVERY KID!

No matter what your kiddo's curiosity, we have options for hands-on fun and learning. Discover more and register: **ymcanorthernsky.org/kidsclubs**

Rock Climbing | Arts & Crafts | Creative Cooking | Parents and Me
Explorers Club | Lego & Science & Engineering | Pokemon & Minecraft Club



Sports Performance

Sept - Dec

Level 1 | Ages 8 - 12 | Level 2 | Ages 12 - 18

Develop the basics of weight training, speed training, agility, and more. Work with a trainer to improve your game while having a blast!

ymcanorthernsky.org/sports-performance



Gymnastics

Fall 2: Oct 21 - Dec 14

Boost confidence, build technical gymnastics skills, stay active, and have a BLAST! We offer four levels to accommodate all levels of skill and experience.

ymcanorthernsky.org/gymnastics

YMCA of the Northern Sky | ymcanorthernsky.org | 701.293.9622 | @ymcanorthernsky





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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.

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