

AD-VENTURES FOR KIDS



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.



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.



positive mentorship.



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 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.



Find more ideas at [ParentsLead.org](https://www.ParentsLead.org)

PARENTS LEAD

TECH TEAM WRESTLING CLUB

2024-2025 SEASON

PRE-K THROUGH 6TH GRADE
BOYS AND GIRLS
ALL SKILL LEVELS WELCOME

COACHED BY GARLINGTON TRAINING CENTER

PARENT OPEN-HOUSE
TUES OCT. 29TH
5:30-7:00PM

BEGINNER/GROUP 1
TUES: 5:30-6:30PM
THURS: 5:30-6:30PM

ADVANCED/GROUP 2
MON: 6:00-7:30PM
T & TH: 6:45-8:15PM

TECH TEAM TRAINING CENTER
524 7TH AVE NE, WEST FARGO
(BEHIND PRAIRIE SUPPLY)

NOVEMBER 4TH - MARCH 29TH

TECH TEAM WRESTLING | TECHTEAMWRESTLING.COM
CALL/TEXT: COACH SHANE @ 701-200-9171

CRAFTERNOONS FOR KIDS & TEENS!

MONDAYS
3 - 4:30 P.M.
DR. JAMES CARLSON LIBRARY

TUESDAYS
3 - 4:30 P.M.
NORTHPORT LIBRARY

For ages 3 to 15.
FREE 701-241-1495
fargolibrary.org/kids

What's Next?

PERSONALIZED READING RECOMMENDATIONS FOR KIDS

(for Parents, Caregivers & Teachers, too!)

www.fargolibrary.org/whatsnext

Serving Students K-12!

Classes, performances, and technical theatre opportunities for all ages!

trollwood PERFORMING ARTS SCHOOL

Winter Academy starts in January!
www.trollwood.org



For more info:

Call

701-237-3430

or

701-371-9183

TEACH YOUR CHILD
RESPECT
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MARTIAL ARTS



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Uniform to all

NEW

Students!!

We ARE the

#1 Gym in Fargo/Moorhead

for over 47 years!

Classes for Youth and Adult ages 5 and up!

After School Program offered (with school pickup!)

***Structured Environment**

***Discipline Focus and Respect**

***Physical Fitness**

***Self Defense**

FREE Transportation for after school program!

Northwestmartialarts.com

1430 Main Av. Fargo

Our guarantee: If you can find a more qualified staff within 100 miles of Fargo we will pay your first months tuition at that gym!

YOUTH ART CLASSES



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

Katherine Kilbourne Burgum CENTER FOR CREATIVITY

704 1ST AVE., N, DOWNTOWN FARGO

When School Is Out, Clubs Are In!

At the Boys & Girls Clubs of the Red River Valley, we offer innovative out-of-school time programs designed to help youth excel in school, develop strong leadership skills, and lead healthy, productive lives.

BGRRV.org | 701.235.2147 | 13 Fargo Locations!



BOYS & GIRLS CLUBS
OF THE RED RIVER VALLEY

GREAT FUTURES START HERE.

STEM



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.



Youth (K-12): \$12

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.



Butler CAT

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ENGINEERING • IMAGINER

Dakota Fence

AES
2

Cass County
Electric Cooperative

FIRST
INTERNATIONAL
BANK & TRUST
live first

DOOSAN Bobcat



AMVETS AMERICANISM

Poster/Essay Contest

Grades 2-12



Contact or Scan QR Code

Rick Olek rbyanks@yahoo.com (701) 371-3070

Angie Lekander marfworf7@gmail.com (701) 261-7592

Poster Grades 2-5



Essay Grades 6-12



Sponsored by Fargo AMVETS Post 7/Auxiliary 1001 1st Ave S. Fargo ND 58103

www.FargoAMVETS.com (go to menu Info & Links)



CEF
CHILD EVANGELISM
FELLOWSHIP



You're invited to **GOOD NEWS CLUB**

Free! Sponsored by Child Evangelism Fellowship of ND, Inc.



What is it?

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 spiritual 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.



Who can attend?

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

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!



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

follow us on Facebook



DO WE SHOW UP IN YOUR NEWSFEED?



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Follow @FargoNDSchools on Twitter(X)



Fargo Public Schools

APPLY TODAY!

Start a Fargo Public Schools application by visiting www.fargo.k12.nd.us/apply

- Full, part-time and substitute positions available
- Public Employees Retirement System (PERS)
- Collaborative working environment with a focus on students

Join Our Team!

**Custodians,
Food Service Workers
& Paraeducators**

***Make a difference with
Fargo Public Schools!***

QUESTIONS?

FPS Human Capital

HumanCapital@fargo.k12.nd.us

701.446.1035





3509 4th Ave S • 277-1TKD

Red River Traditional TaeKwonDo

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 46 years experience

277-1TKD • 3509 4th Ave S • rrtkd.com

go to RRTKD.COM for more information

FREE 2 week trial