kid VENTURES

West Fargo Public Schools

November
2026

WEST FARGO

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

Primary Care Visit

Virtual Video Visit

E-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 or Walk-in Care

24/7 Video Visit On Demand



Get care for the same symptoms as above and:

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

Call 9-1-1

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?

1-800-714-4646
Speak with a nurse from our Nurse Care Line.

EssentiaMyChart.org
See your online care options.

EssentiaHealth.org/CareNow
Learn more about same-day care.

Essentia Health

Sylvan Learning℠



Grateful for Their Growth

OFFERED SERVICES

- READING
- MATH
- WRITING
- STUDY SKILLS
- HOMEWORK SUPPORT
- ACT PREP

November Special

Mention "AD-Ventures" to learn more about our special offer!

VISIT OUR WEBSITE

(701) 499 - 4300

sylvan@sylvanfargo.com

3033 Brandt Drive S., Suite A
Fargo, ND 58104

Keep your student on track this school year.

Learning Should Be Personal.™

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!

The Power of a Single Yes

A SINGLE YES CAN CHANGE A LIFE.



Nexus Family Healing is seeking compassionate individuals and families to become Host Home providers for youth with disabilities in North Dakota.

By opening your home and sharing everyday life, you can help build:

- Independence
- Meaningful relationships
- Confidence and life skills
- A true sense of belonging

Host Home providers offer a safe, supportive family environment while helping youth thrive in their community.

LEARN MORE ABOUT BECOMING A HOST HOME PROVIDER

Call: 701-280-9545
Text: 701-850-9335
Visit: NexusFamilyHealing.org

Nexus FAMILY HEALING

NexusFamilyHealing.org

FAMILY FUN STARTS HERE!

Programs, camps, celebrations & more at Family Wellness

15 Years Family wellness
A PARTNERSHIP BETWEEN SANFORD HEALTH

SCHOOLS OUT DAY CAMPS

Veterans Day Camp | Wed, Nov 11 | 9 AM–4 PM | Ages 6–10

Gobble Till You Wobble Camp | Wed, Nov 25 | 9 AM–4 PM | Ages 6–11

$60 Members | $70 Non-Members per camp

KIDS' HEALTHY COOKING

Homemade Frozen Yogurt | Tue, Nov 10 | 5:30-6:45 PM

Pumpkin Bars | Fri, Nov 20 | 5:30-6:45 PM

Ages 7-15 | $20 Members | $30 Non-Members per class

MAKE A SPLASH! POOL PARTIES

Celebrate birthdays, team parties, or family fun with a pool party at Family Wellness.

Members $150 | Non-Members $190

Select Friday evenings, Saturdays & Sundays



MORE THAN A GYM. A PLACE FOR THE WHOLE FAMILY.

Discover Family Wellness memberships for fitness, family activities, and more.

LEARN MORE & REGISTER

familywellnessfargo.org | 2960 Seter Parkway, Fargo

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

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}

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

Save the Date → **PARENT OPEN HOUSE:**
TUESDAY OCTOBER 27TH
5:30-7:00 PM

JOIN ANYTIME THRU THE SEASON!

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

Make family time something they look forward to.
And make it easier on you.



Family Seed gives you a simple, ready-to-go guide for **playful, meaningful family time.**



Get your first 4 Family Seeds **FREE!**

- Ages 4–8 + siblings
- At-home family time made easy
- A tiny story that brings a theme to life
- Playful rituals+ shared activities
- Simple ways to grow together all week.

familyseedproject.com

Scan to start growing together

Grow a family culture your kids will remember.



Art classes for all ages and levels

PLAINS ART MUSEUM
DOWNTOWN FARGO
FREE GENERAL ADMISSION

More Than

A SCHOOL. A COMMUNITY.

WEST FARGO PUBLIC SCHOOLS

RENT OUR SCHOOL FACILITIES







Our gyms, commons, and library spaces are perfect for, practices, tournaments, meeting, workshops, and so much more!

AVAILABLE
SEPTEMBER 16th - MAY 14th

50% STUDENT DISCOUNT
Organizations with at least 85% currently enrolled WFPS students qualify for discounted rental rates and scheduling priorityt!

LEARN MORE & APPLY
Click here

(701)499-9977 facilityrentals@west-fargo.k12.nd.us

Waterford | UPSTART

Build Strong Skills for **Kindergarten**

At Home, No-Cost



Waterford Upstart gives North Dakota families a no-cost way to build reading, math, and science skills at home through fun, personalized learning. With just 15 minutes a day, 5 days a week, children can build essential skills and confidence for kindergarten success.

North Dakota Families Are Seeing Results



"As a busy working mom, it helped me so much to know my child was learning. I could feel relaxed while she learned. Waterford helped my daughter develop those foundational reading and writing skills."

Rosina Appiah, North Dakota Parent

95% of caregivers feel more confident about their child starting kindergarten after using Waterford

Limited Spaces Available — Sign Up by November 30
See if your child qualifies and enroll today.

For North Dakota children born between 8/1/2021 and 7/31/2022 who will enter kindergarten in 2027, with priority given to children attending LE Berger.

Enroll Today