

Grandparents Ministry

Volume 32

September 2025



Register for our next Monday night event!

Join us for a light supper of soups and bread followed by a special speaker who teaching on the topic of grandchildren and screens. [Register](#)

- **Date:** Monday, Oct. 27
- **Time:** 6-8 p.m.
- **Location:** College Park Church gym



Speaker: Laura Hickman is a licensed mental health counselor and ambassador for [ScreenStrong](#). She is certified in Indiana in the fields of tech addiction and digital health.



Did you know...

- At birth the brain has a lifetime supply of brain cells. It is the connections (synapses) that account for brain growth.
- Exercise helps develop sensorimotor systems.

- The recommended amount of sleep needed for a healthy 5-12 year old is 9-12 hours a night.
- During sleep, cerebrospinal fluid washes in and out of the brain, helping to clear out waste and toxins.
- The frontal cortex, which helps make good decisions and controls impulses, won't be fully developed until age 25.
- The average teen spends 9 hours a day on a device.
- No filter exists today that removes 100% of pornography from your child's device.
- The World Health Organization reports that video games and social media are addictive activities.
- Dopamine is a powerful molecule in the brain that helps us experience pleasure, which prompts us to do the activity again.
- Algorithms are the way companies determine what a person clicks and likes. That information is used to customize our feeds and holds the potential to control our screen behavior.

All facts taken from [ScreenStrong](#) and "Kids' Brains and Screens" by Melanie Hempe.



New Grandparenting Class Starts Soon

- [Register](#) for the next Sunday morning video series from Legacy Coalition
- Class runs from September 21-November 2
- Sundays, 9-10 a.m.
- Room E|106
- Hosted by the Grandparents Leadership Team



There is a need that grandparents can help us meet! Would you consider serving at Park Night? **Right now, there is a waitlist of children who would love to participate, but more volunteers are needed before additional children can be accepted.**

College Park joyfully nurtures the faith of children. Park Night is one opportunity for children in our church and community to be disciplined. Park Night meets on Wednesday nights throughout the school year and is a midweek touchpoint for families and others passionate about discipling children.

Your serving would help move children off the waitlist. Also, if you have grandchildren who are interested in attending Park Night, they are automatically moved off the waitlist. Membership is required to serve.

We are seeking help in the following areas:

- Nursery and Preschool
- Table Leaders in Elementary
- Teachers in Preschool and 5th/6th grade

2025-26 Dates

- Sept. 3, 10, 17, 24
- Oct. 1, 8, 29
- Nov. 5, 12, 19
- Dec. 3, 17
- Jan. 14, 21, 28
- Feb. 4, 11, 25
- Mar. 11, 18, 25
- Apr. 15, 22, 29

If you are interested in serving at Park Night, please contact:
Codie Thompson, Elementary Coordinator
317.532.8654 or codie.thompson@yourchurch.com

We look forward to discipling the next generation with you!

You are receiving this email because you attend an event or have shared your email with the Grandparenting Ministry at College Park Church. If you received this email and believe it was an error, please reply back to let us know. Visit www.yourchurch.com/grandparents for more information.