



Back-to-School Health Checklist for Families
By: Dr. Christopher Brown, MD, MPH, FACP, FASN

The new school year is here! Beyond pencils and notebooks, let's equip our children with healthy habits that support their learning and growth. Here are some of the the top essentials:

1. **Vaccinations:** Ensure your child is up to date on school-required immunizations, including boosters.
2. **Adequate Sleep:** Children need 9–11 hours of sleep nightly. Rest improves learning, behavior, and immunity.
3. **Balanced Meals:** Prepare nutritious breakfasts and lunches with fruits, vegetables, and whole grains to fuel concentration. Avoid sugary snacks that spike energy but hurt focus.
4. **Dental Health:** Regular brushing, flossing, and dental check-ups help prevent cavities that can distract from learning.
5. **Physical Activity:** Encourage at least 60 minutes of active play daily to strengthen bodies and minds.
6. **Handwashing:** Reinforce good hygiene to prevent the spread of colds and flu.
7. **Screen Time:** Limit non-school screen time to 1–2 hours a day. Excess screen use affects sleep and academic focus.
8. **Mental Health:** Check in with your child emotionally; adjusting to new routines can be stressful.
9. **Eye Health:** Back-to-school is a great time for vision checks, which can detect poor vision which can be an impediment to learning.

Healthy habits not only protect our children but also set them on a path for lifelong well-being. As Proverbs 22:6 reminds us, *“Train up a child in the way he should go, and when he is old, he will not depart from it.”*

Resource: Centers for Disease Control and Prevention ([cdc.gov](https://www.cdc.gov))

Disclaimer: This article is intended for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a qualified healthcare provider regarding any questions you may have about your health or safety.

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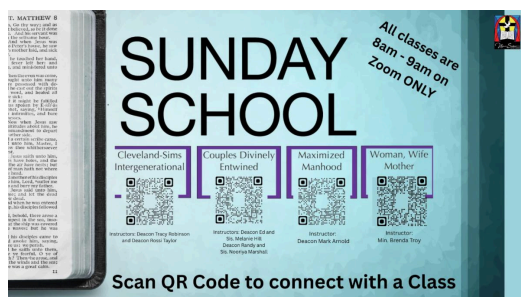
Fall Revival – September 29th thru October 1st



Click image to enlarge it and view in more detail.

The New Salem Fall Revival is coming to Corinthian Baptist Church from September 29 to October 1 at 3161 E. Eth Ave., Columbus, OH. Join us for three evenings of worship, uplifting music, and messages from Rev. Dr. Claybon Lea, Jr. All are welcome to experience encouragement, faith renewal, and fellowship. Bring your family and friends to this special event.

New Salem ONLINE Sunday School Classes



Click image to enlarge it and view in more detail.

Join us each Sunday online for our traditional Sunday School Classes starting at 8:00am.

For more information contact Rev. Dr. Monica Lowe, director of Maturity at mlowe@newsalemcare.com or 614 930-2242.

Register for NSI Fall Classes



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The Maturity Department presents NSI Fall Classes, available in person and online for 3-6 weeks. Courses include Essence of Praise and Worship, The Deborah's Anointing (for all genders), Joseph: Victory in Adversity, and Armor of God. Classes run October to December on Sundays, Wednesdays, and Thursdays. Register by September 21st.

Cleveland-Sims

Couples Divinely Entwined

Maximized Manhood

Woman, Wife, Mother

For details, contact Rev. Dr. Monica Lowe at mlowe@newsalemmares.com or 614-930-2242.

Essence of Praise & Worship:
A journey through Music

The Deborah's Anointing

Joseph: Victory in the Face of
Adversity

The Armor of God: Our Love
Suit! Eph. 6: 10-18

Join a Care Group



Click image to enlarge it and view in more detail.

We invite you to join a care group to further your understanding of your Christian journey while engaging with fellow parishioners. Please scan the QR code to complete your registration.

For details, contact Rev. Dr. Monica Lowe at mlowe@newsalemmares.com or 614-930-2242.

[Register Here](#)

Promiseland Children's
Ministry:
Volunteer Leaders Needed!



Click image to enlarge it and view in more detail.



We're looking for dedicated Sunday Leaders to help oversee weekly operations, support teachers, assist with check-in, and create a welcoming environment for kids and families. No experience required—just a heart for service.

Also, Promiseland is enrolling for the 2025-26 school year.

To learn more or sign up, contact Minister Brenda Troy at btroy@newsalemcare.com.

Volunteer For Promiseland

Enroll for Promiseland

Baptism



Click image to enlarge it and view in more detail.

Baptisms will take place on Sunday, August 31. Please scan the QR code to register or contact the Pastoral Office at (614)930-2204 or jbrewton@newsalemcare.com.

Register Here

Baby Dedications



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Baby Dedications will take place on Sunday, August 31 right after service in the Chapel. Babies must be under 1 year old, and one parent must be a member. To register, scan the QR code or contact the Pastoral Office at (614)930-2204 or e-mail jbrewton@newsalemcare.com.

Register Here

Men's Retreat



**NEW SALEM
MEN'S RETREAT
OCT 23-25
2025
DETROIT, MICHIGAN**

REGISTRATION: \$500

 **INCLUDES: HOTEL,
BREAKFAST, LUNCH,
LOCAL ATTRACTIONS
AND ALL MATERIALS**

 **Hilton
Garden
Inn®
DOWNTOWN DETROIT**

 **Director of Membership: Rev. Landon J. Adams
ladams@newsalemcare.com -- 614.930.2206**



Click image to enlarge it and view in more detail.

Don't Miss the 2025 Men's Retreat in Detroit! Adventure, Brotherhood, and Growth Await

Registration is now open for the Men's Retreat, happening October 23–25 at the downtown Hilton Garden Inn. Your registration includes hotel, breakfast, lunch, and access to Detroit's attractions.

Reconnect with friends, make new connections, and help shape the future of men's ministry at New Salem. Celebrate your service, share stories, and discover new ways to live with purpose.

Invite your ministry partner or crew and join us for a meaningful retreat. Secure your spot today.

[Register Here](#)

Hospitalization/Bereavement

New Salem Hospitalization & Bereavement Line



To report a hospitalization or death in the family,
contact the church, at **614 554-6417** or email us at
crt@newsalemmares.com



Click image to enlarge it and view in more detail.

This is an important reminder to all New Salem Members. If you need to report a hospitalization or death to the church, please call **614 554-6417** or email **crt@newsalemmares.com**.

Call

Email

Morning Worship Recap

August 24, 2025 | 10 AM



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New Salem Missionary Baptist Church | 2956 Cleveland Avenue | Columbus, OH 43224 US

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