

# Fort Hayes Opus

Volume 6 Issue 1 September 2023 Focused

*The mission of Fort Hayes is to create expectations of excellence within students through challenging and collaborative learning by blending the arts, academic and career programs.*



## Main Office

Located in Buildings  
101 & CAATC/Health

**Main Number (614) 365-6681**

**High School Office 7am – 3:30pm**  
<https://www.ccsdoh.us/FortHayesHS>

Office 380-977-5640  
[forthayeshs@columbus.k12.oh.us](mailto:forthayeshs@columbus.k12.oh.us)  
Attendance 380-977-6024  
[attendance.fhsarts@columbus.k12.oh.us](mailto:attendance.fhsarts@columbus.k12.oh.us)

**School Counselors:**  
Gillman: class of '27 & class of '24 (N-Z)  
380-997-6186  
Palmer: class of '26 & class of '24 (Gr-M)  
380-997-5395  
Plesea: class of '25 & class of '24 (A-GI)  
380-997-3410

**Career Center Office 7am–3:30pm**  
<https://www.ccsdoh.us/FortHayesCC>

Office 380-977-6050  
[fhcc@columbus.k12.oh.us](mailto:fhcc@columbus.k12.oh.us)  
Attendance 380-977-6139  
[attendance.ffccc@columbus.k12.oh.us](mailto:attendance.ffccc@columbus.k12.oh.us)

**School Counselors:**  
Kanowsky: Health and Performing Arts  
380-977-6054  
Matunas: Visual and Construction Arts  
380-977-6052

## 10 Tips on How to Stay Focused in High School

Focusing on high school classes can be difficult if you don't love every class, and you might find that it's more interesting to talk with friends or keep up with your favorite TV shows and social media accounts. However, it's important to stay focused so that you can learn what you need and graduate with the credentials you want to help you reach your future goals.

**1. Identify your learning style:** One of the first steps toward knowing how you can stay focused in high school is to identify your unique learning style: auditory (hear a lesson out loud), visual (needs to see words on a page), tactile/kinesthetic (apply lessons to hands-on experiences). To identify your learning style, you can take an [online quiz](#), ask your parents/teachers, or process on your own how you usually like to learn. Once you understand how you learn best, you can try to position yourself to learn this way. Even if your teacher doesn't teach the way you like to learn, you can create ways to review material that activates this type of learning. You can also let your teachers know what you believe your learning style is. They may not be able to accommodate you individually every time, but they will try to help however they can.

**2. Actively participate in class discussions:** Another great way to stay focused in your classes is to actively participate! This may seem obvious, but when you take an active role in class discussions, you take more ownership over the material you're learning. You will also be more likely to remember information and want to pay attention in class. This will help your grades, since participation is often part of those grades, but it will also help you stay engaged. As a result, you will enjoy the experience much more and classes will speed by. Even if you're shy, try to challenge yourself to participate however you can. Try writing down ideas as you think of them while your teachers/classmates are speaking so you can read your notes if you're nervous about speaking in public. Writing notes will also help you remember material and make your own personal connections to it.

*Continued on page 3*

## Career Center Highlight:

### Fort Hayes Career Center Construction Students attend Insulating Concrete Form Installer Course

excerpt taken from the CTE monthly newsletter



The Insulating Concrete Forms Manufacturing Association (ICFMA), National Ready Mix Concrete Association (NRMCA), and Ohio Concrete recently led FHCC Construction students through a two-day Insulating Concrete Form Installer course.

ICFMA members provided the free two-day course. The knowledge gained will give students a strong foundation in ICF installation and best practices they can use in their careers.

The course has been approved by the Ohio Department of Education to award a 6-point Industry Construction Credential. An industry-recognized credential is a verification of an individual's qualification or competence in the field. According to the Ohio Department of Education, the process of earning an industry-recognized credential allows students to experience education *through work, about work and for work*. Students learn more deeply by practicing and applying their knowledge through work and employment experiences – learning *through work*. Earning an industry – recognized credential is one of the multiple options to earn a high school diploma.

To read more about this opportunity and other Career Technical Education News, please visit the CCS CTE October [newsletter](#).

## School Calendar

### Saturday, September 9

Saturday School  
8:00 – 12:00 pm

### Friday, September 15

School Picture Day

### Monday, September 18

Fort Hayes MEC Open House  
6:00 – 8:00 pm

### Wednesday, September 20

Staff Professional Development  
No students

### Friday, September 22

Blood Drive for American Red Cross  
8:00 – 2:00 pm

### Saturday, September 23

Saturday School  
8:00 – 12:00 pm

### Saturday, September 30

Saturday School  
8:00 – 12:00 pm

### Saturday, October 7

Saturday School  
8:00 – 12:00 pm

Driving Simulator Lab  
8:00 – 12:00 pm

### Wednesday, October 11

Career Center Music Concert  
7:00 pm

### Thursday, October 12

PSAT and NMQST Testing Day

## “...Tips to Stay Focused...” concluded

**3. Create a productive learning environment for yourself:** Of course, you don't always have a lot of control over your learning environment, but exert whatever control you can. This might mean you sit near the front of the room in the classroom, make sure you aren't sitting next to a friend who will distract you, or situate yourself in front of a window to make you feel more comfortable. You can also keep inspiring quotes or photos around you to remind you to pay attention as you learn.

**4. Take notes.** As previously mentioned, taking notes will help you to remember material and also allow you to connect personally to the material. However, don't just take notes to take notes. Find a way to take notes that makes sense to you so that you can read them later and understand what you've written. Make diagrams, write in bullet points, or use color-coded pens. You can even draw pictures if that helps you understand and remember content. However you take notes, you should find a way that works best for you and will allow you to use your notes to review material for tests at a later date.

**5. Preview and review material:** Previewing material before class and reviewing material after class will help your focus. If you know what your lesson is going to be about, consider looking over any classroom material prior to your class or even doing some of your own research. This will prime your brain to learn and understand the material and might even give you some talking points for class discussions. Another strategy is to review material you've learned right after class is over. This tactic will help you solidify that information in your mind and allow you to process what you've learned. This doesn't have to take long, just five minutes or so after a class, but you'll be surprised how effective it can be.

**6. Keep a calendar for assignments and deadlines:** It's easy to rely on parents or teachers to help you remember important deadlines, but you will focus much better if you keep track of all of that information on your own. Keep a calendar, whether on an electronic device or in a physical planner, to help you remember when assignments are due. This will train you for your future as a college student and/or employee and will help you take control of your own destiny while in high school. If you use your phone to keep track of deadlines, you can even set reminders to study or review material. These reminders will help keep you on the right track while you're wading through your high school lessons.

**7. Eliminate distractions:** In a digital society, eliminating distractions seems impossible. However, if you want tips on how to focus in high school, this is probably the most important one to consider as a starting point. Though you might think you're multitasking when you text a friend or check social media while learning, studies have shown that you can't actually multitask. Instead, you can only focus on one task at a time. So, if you receive a text or social media notification during class, your attention will inevitably be diverted to that notification. To avoid these types of distractions, keep your phone out of your learning space. Turn off social media notifications during class. You can download anti-distraction apps to block distractions from ever getting to you in the first place.

**8. Practice healthy habits:** Keeping up with your health is an important area of focus no matter how old you are or in what year of school. When your body is functioning properly, your mind will focus better, and you will be better equipped to stay on task during your classes. Get plenty of sleep, drink water, and eat healthy meals. Take time in hours when you're not in classes or other activities to exercise. Meditate if you need to quiet your mind. Essentially, follow all the healthy habits that you've heard about over time. Though making healthy choices does not always feel fun, your body and brain will thank you.

**9. Make connections:** Make connections between your lessons and the world around you. Find ways to relate class concepts to your own life or examples in the news. This will help you remember material and also likely spark your passion for a topic. Learning should not just be about getting high grades and preparing for a future in college or the workplace; learning should also be fun.

**10. Keep your future goals in mind:** Finally, you will inevitably focus much more in high school if you keep your future goals at the forefront of your mind. Why does doing well in high school matter to you? What do you hope to achieve when you graduate? Do you have a target college or internship? Write down your future goals and keep them close to your work space during classes. These goals will remind you why you want to focus on high school, even when that can feel difficult.

All the work you're doing now will be worth the effort in the future when you reach your goals! That should be motivation enough to stay focused. You've got this!

# Columbus City Schools 2023-2024 School Calendar

## Dates to Remember

4-Sep	Labor Day (schools closed)
20-Sep	Professional Development Day (no students)
20-Oct	Professional Development Day (no students)
24-Oct	End of Q1
25-Oct	Records Day (no students)
7-Nov	Professional Development Day (no students)
Nov 20-24	Wellness Week/Thanksgiving Recess (schools closed)
22-Nov	Parent Teacher Conf. Comp Day (no students)
19-Dec	30 Min Early Release (Holiday)
Dec 20-Jan 2	Winter Break (no students)
12-Jan	End of Q2
15-Jan	Martin Luther King, Jr. Day (schools closed)
16-Jan	Professional Development Day (no students)
17-Jan	Records Day (no students)
7-Feb	Professional Development Day (no students)
19-Feb	Parent Teacher Conf. Comp Day (no students)
6-Mar	Professional Development Day (no students)
15-Mar	End of Q3
20-Mar	Records Day (no students)
28-Mar	30 Min Early Release (Holiday)
Mar 29-Apr 14	Spring Break
24-Apr	Professional Development Day (no students)
27-May	Memorial Day (schools closed)
30-May	Last Day for Students

WE ARE  
HERE - ish



Fort Hayes High School

## Spirit Wear Sale



\$15

available in red or grey  
sizes XS through 2XL



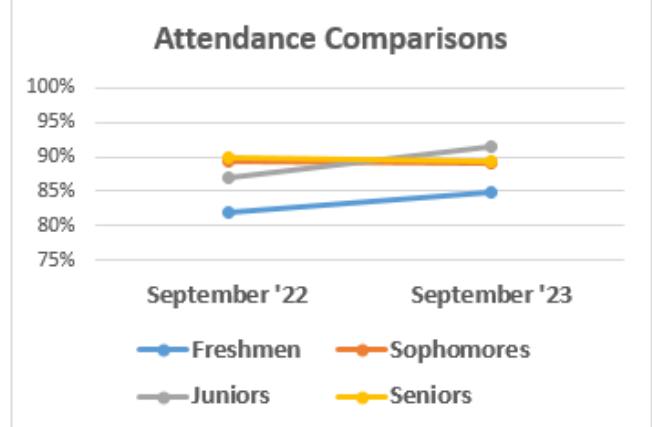
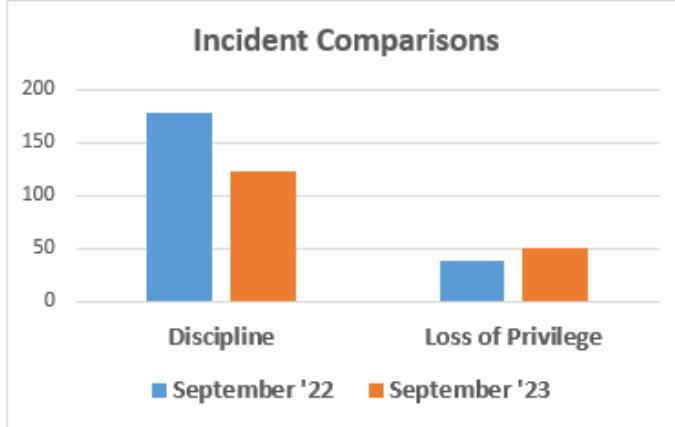
BE EXCELLENT.  
BE THE EXCEPTION.  
**BE FORT HAYES.**

Focused	Hardworking
Organized	Artistic
Resourceful	Yearlong
Teachable	Engaged
	Scholarly



# Parent Page

## PBIS Trending Data



## **News you Need to Know:**

Your **Parent Portal** account allows you to access the following information on your student(s) teacher contacts, grades and course schedules, daily attendance, missed assignments, fees and how to pay them, paperless applications (for school choice, summer school and career tech). Please, update and verify your:

Contact Email & Contact Phone number

The link to the Parent Portal is: <https://www.ccsoh.us/ParentPortal.aspx>

**Forgot Your Password?** Email: [parentportalaccess@columbus.k12.oh.us](mailto:parentportalaccess@columbus.k12.oh.us)



## STUDENT TECHNOLOGY INFORMATION

**Please remind your students that they are supposed to bring their Chromebooks to school (fully charged) to use in their classes throughout the day.**

Beginning this school year, students should keep the same device. When repairs are needed, we will repair and return that same device to the assigned student unless that device is deemed unrepairable by an IT Technician. *Please note - any requests submitted through the scenarios shared below will require the student's name and student ID.*

Place a new device request with the building assigned IT Technician by accessing our [Chromebook Request Portal](#) and clicking the link that says, "**New Chromebook**". Students should report issues directly to any staff within the building (teacher, secretary, librarian, etc.). The staff member should submit a repair request with the Building assigned IT Technician by accessing our Chromebook Request Portal and clicking the link that says, "**Repair Chromebook**". *The students will keep their device for now. The IT Technician will reach out to the person who requested the repair or the student to troubleshoot the issue with the device.*