

# Fort Hayes Opus

Volume 6 Issue 4 December 2023 Teachable

*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

10 writers from Fort Hayes competed in the first annual Just Write Ohio Columbus Regional Tournament earlier in December and WON! Fort Hayes is Division 1 (9-10) Champions, Division 2 (11-12) Champions and overall Grand Champions!

## How Teachable Are You? by Ashleigh Slater

*The good news is, teachability is something that can be – well – taught. Here are a few lessons I'm putting into practice.*

"Just wait until you're in your 40's," I told a few of my 30-something friends. We talked about how our personalities had morphed as we aged through different decades of life. As we did, I mentally recalled how in my 20s and even in my early to mid-30s, I had often felt the need to prove myself. I wanted others to view me as capable, intelligent and informed. But now in my 40s, that has changed.

"I'm more comfortable," I explained. "I realize there's a lot that I don't know, and I'm OK with admitting that to others." You may not be in your 40s yet, but you have most likely entered adulthood. Since I'm probably a few years ahead of you, a word of advice: Do you know what I wish I'd been better at back then? Teachability.

### Where teachability starts

The word *teachable* means *able to be taught*. But I believe there's more to teachability than what this simple definition tells us. Let's dig deeper and ask: *What makes us able to be taught?*

Think back to your middle or high school years. Just because you were in an environment where things were taught doesn't mean you always learned, right? Sometimes you tuned out your teacher. Perhaps you weren't interested in the content of a lesson or didn't like how the teacher explained concepts. I get it. I've been there, too. I'm more of a communications, history and theatre girl, so I don't remember much from my science labs. I didn't think I would need that information later in life. Or perhaps you *were* interested in the lesson and wanted to learn, but were confused. Instead of asking questions, you tried to figure it out on your own. You didn't want to look stupid in front of your teacher or classmates.

*Continued on page 3*

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

**High School Office 7am – 3:30pm**

<https://www.ccsch.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.ccsch.us/FortHayesCC>

Office 380-977-6050

[fhcc@columbus.k12.oh.us](mailto:fhcc@columbus.k12.oh.us)

Attendance 380-977-6139

[attendance.fhcc@columbus.k12.oh.us](mailto:attendance.fhcc@columbus.k12.oh.us)

**School Counselors:**

Kanowsky: Health and Performing Arts

380-977-6054

Matunas: Visual and Construction Arts

380-977-6052

## *Career Center Highlight:*

### *Fitness and Wellness Masterclass*

excerpt taken from the CTE monthly newsletter



Fort Hayes Career Center students enrolled in the Fitness and Wellness program received a masterclass from Mr. Charles Gibson with Charles Gibson Fitness, LLC.

Mr. Gibson shared his keen insight and experiences in entrepreneurship, knowing your 'worth', capitalizing on strengths, acquiring help in areas needing improvement, and the importance of continuing education to diversify community opportunities.

Ms. Pate's Fitness & Wellness students were engaged in Mr. Gibson's presentation and asked thoughtful questions!

You can find the full copy of the December Career Technical Education Newsletter [here](#)

## School Calendar

### Saturday, December 16

Saturday School

8:00 – 12:00 pm

Driving Simulator Lab

8:00 – 12:00 pm

### Tuesday, December 19

Principal's Show

12:00 – 2:00 pm

Early Release for Winter Break

2:00 pm

### Wednesday, December 20 through Tuesday, January 2

Winter Break, no school

### Monday, December 25

### Tuesday, December 26

### Monday, January 1

all CCS offices closed

### Wednesday, January 10

Campus Tour

2:45 – 3:45 pm

### Thursday, January 11

High School Play 7:00 pm

### Friday, January 12

High School Play 7:00 pm

### Saturday, January 13

Saturday School

8:00 – 12:00 pm

High School Play 7:00 pm

### Monday, January 15

Martin Luther King, Jr. Day, no school

### Tuesday, January 16

Staff Professional Development, no school

## “How Teachable are You?” concluded

Whatever the reason, the truth is you and I weren't able to be taught because we weren't humble enough. We either didn't realize our need to learn something, or we did but we were too concerned with appearing incompetent or ignorant to admit it.

Teachability starts with humility, but I believe we can be humble and still not be teachable. Humility without teachability is what I call being *passively humble*. We have a very realistic view of ourselves and are OK admitting we don't know something, yet we never take the initiative to change our lack of knowledge, skill or experience. Think old dog, no new tricks. Or in my case, algebra class, no questions. But if humility doesn't automatically make us teachable, what does?

### What teachability is, and why it matters

True teachability happens when humility meets an active interest in others. It is relational. It relies on you and me noticing and engaging someone else and their skills, expertise or passions. Because teachability is relational, its over-arching goal shouldn't be “me-centered”. While it's good to become more skilled, knowledgeable and well-rounded, there's a problem if we're only asking: *What can I learn? How can this benefit me? How can I become a better version of myself?*

### How to become more teachable

Looking back at my 20s and 30s, I wouldn't say I wasn't teachable. I waited for opportunities to find me instead of seeking them out. And because I often needed to prove myself, I wasn't always open to learning from others if it made me feel foolish. Now older and (hopefully) wiser, I'm intentionally trying to do better.

So, how can you and I become more teachable? Here are a few things I'm putting into practice:

**1. Ask others for input.** The first step in becoming more teachable is to clearly understand how teachable you already are. The truth is, we don't always have an accurate perception of ourselves. Choose a friend or family member you're close to and ask them, “Do you think I'm teachable? Am I able to admit that I don't know things, and do I actively seek opportunities to learn from others?” Then, be receptive to what they share with you.

**2. Make room in your schedule.** After you understand how teachable you are, it's time to look at your schedule. I didn't embrace teachability as much as I could have in my 20s and 30s because I was too busy. I now try to purposely leave time open on my calendar. What's your schedule look like? Do you have time to ask your grandma to teach you her secret meatball recipe or to listen to your dad's latest discovery in your family genealogy? If not, your calendar may be too full.

**3. Notice what others are interested in.** This may be a no-brainer, but taking an interest in others means noticing what others are interested in. We can often be so wrapped up in our lives that we don't see other people. Slow down and be observant; making room in your schedule gives you more time to notice those around you. How does your neighbor spend her time? Maybe she gardens and grows the most flavorful tomatoes you've ever tasted. What is your coworker always talking about? It might be his love of photography or the outdoors. As you notice others' interests, start thinking about which interests you share.

**4. Ask to learn more.** Even if you make room in your schedule, you won't have time to take an active interest in learning from everyone around you; that's not realistic. But when you identify something that you already have an interest in or are curious about, it's easier to make a connection and learn more. You may have always wanted to start a garden, but don't have a green thumb. Ask your neighbor to teach you what she knows. Maybe you can get some hands-on experience by helping her with her herbs or veggies. As you do, it's a perfect opportunity to get to know her better and help her feel seen, listened to, and loved by you.

### A lifelong learner

It's easy to view my 20s and 30s in hindsight and identify how I've changed and what I could've have done better. Sometimes when I do, I'm tempted to live in regret and feel grief over the opportunities I missed or handled poorly. But as I talked with my friends that night, I didn't welcome regret. Instead, I embraced another opportunity to be teachable, learn from my mistakes, and continue changing. No matter what age you are, you can do the same.



# 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 5	Spring Break
8-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

please have your receipt ready and call the  
main high school office for pick up options



CCS School Spirit Wear  
(click [here](#) or scan the QR  
code on the left)

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

Focused  
Organized  
Resourceful  
Teachable

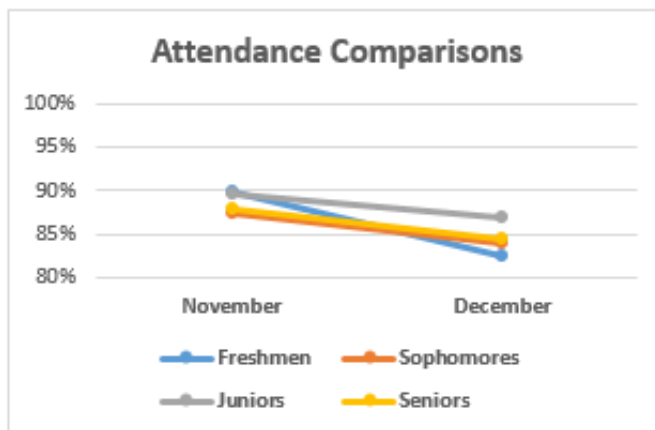
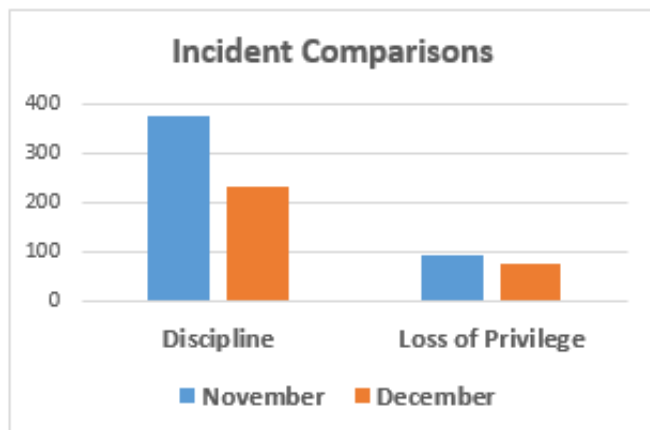
Hardworking  
Artistic  
Yearlong  
Engaged  
Scholarly





# 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.ccsch.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 will require the student's name and student ID.*



Nationwide Children's Hospital now offers school-based vision services to students in need of eye care. Hospital experts can provide comprehensive exams, glasses adjustments and more—right at school. For more information, visit [NationwideChildrens.org/Care-Connection](https://www.NationwideChildrens.org/Care-Connection). See the school nurse or call (614) 355-2590, option 7 to schedule an appointment.



**NATIONWIDE CHILDREN'S**  
When your child needs a hospital, everything matters.