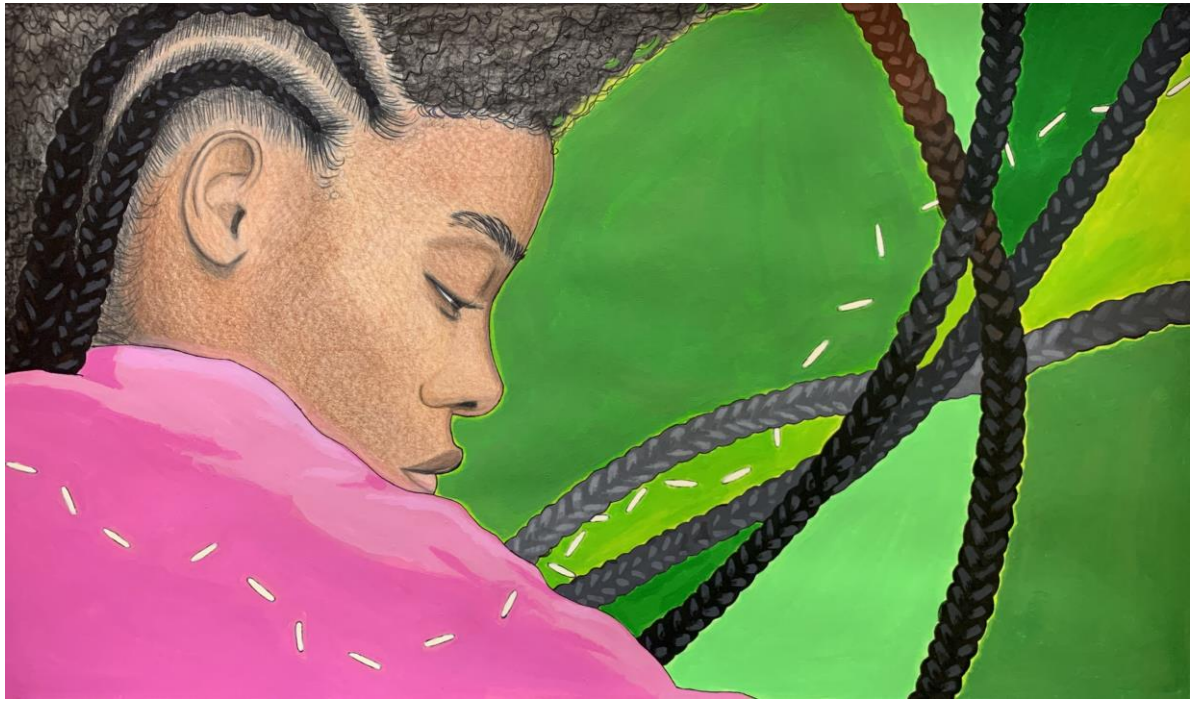


Fort Hayes Opus

Volume 4 Issue 6 February 2022 Artistic

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



"Green and Pink" by Lanelle Pace (Fort Hayes Career Center Art Portfolio Student) from her portfolio entitled "Hair". Lanelle received a silver key for her portfolio in the Scholastic Art and Writing Competition.

**WE WORK
HERE!**
work hard • work together • allow others to work
Fort Hayes MHC | THE FORT

Main Office

Located in Buildings
101 & CAATC/Health

Main Number (614) 365-6681

High School Office 7am – 3:30pm

Office 380-977-5640

forthayeshs@columbus.k12.oh.us

Attendance 380-977-6024

attendance.fhsarts@columbus.k12.oh.us

School Counselors:

Gillman (L-Z) 380-997-6186

Kliner 380-997-6187

Peterson (A-K) 380-997-6188

Career Center Office 7am–3:30pm

Office 380-977-6050

ffcc@columbus.k12.oh.us

Attendance 380-977-6139

attendance.ffcc@columbus.k12.oh.us

School Counselors:

Kanowsky 380-977-6054

Matunas 380-977-6052

What are the Health Benefits of being Creative?

Maria Cohut, Ph.D.

We have been creating since prehistoric times: more than 39,900 years ago, our ancestors left some of their first marks – the outlines of their hands and crude drawings of animals – on the walls of caves. We could go as far as to say that our need to create things is in our blood: this has served us well over the course of time, as we have learned to create tools and shelters, cook food, make medicines for various ailments and set bones. We undertake creative pursuits such as writing, acting, drawing, or dancing simply because we enjoy them. Intuitively, we know that creativity is good for us, and our creative passions make us happy. But what does science have to say about the benefits of creativity?

Improved Mental Health

Drawing, painting, or molding objects from clay has been scientifically proven to help people to deal with different kinds of trauma. In a comprehensive article on The Connection Between Art, Healing and Public Health, Suckey and Nobel say that “art helps people express experiences that are too difficult to put into words.” “Artistic self-expression,” they continue, “might contribute to maintenance or reconstruction of a positive identity.”

Continued on page 2



TI:ME Announces Ryan Van Bibber as the 2022 Teacher of the Year



Each year, TI:ME chooses to recognize an exemplary teacher who leads by example of integrating technology into music education and who assists other teachers in advancing the quality of their own music instruction through technology integration. The award is highly coveted as it is undoubtedly the highest award achievable in the field of Music Technology. Through his work with Columbus City Schools, Columbus State Community College, and with Fort Hayes Career Center, Ryan Van Bibber has shown exemplary dedication in creating meaningful and engaging music instruction with technology. Through his professional work as well as his attendance and presentations at local and national conferences, Ryan has consistently modeled and championed true excellence in teaching. His professionalism, excellence, dedication, and enthusiasm for his craft are a beacon to others of what can be done through the field of music technology, and it is for this reason, amongst others, that TI:ME is proud to award him the 2022 TI:ME Mike Kovins Teacher of the Year Award.

“...Health Benefits of Creativity” continued

A number of studies have also found that writing (especially expressive writing) can help people to overcome trauma and manage negative emotions. In much the same way as visual expression, this type of writing allows people to take negative situations that cannot be changed and integrate them into their life’s story, creating meaning for events that left indelible marks.

‘Immediate Impact’ vs. ‘Long-Term Benefits’

Immediately after writing down one’s experiences, the writer might feel an increase in negative emotions as they recall bad incidents. However, the long-term effects are positive, say Baikie and Wilhelm (authors of a review of studies that focused on expressive writing).

“The immediate impact of expressive writing is usually a short-term increase in distress, negative mood, and physical symptoms, and a decrease in positive mood compared with controls,” they write, adding: “However, at longer-term follow-up, many studies have continued to find evidence of health benefits in terms of objectively assessed outcomes, self-reported physical health and emotional health outcomes.”

Expressive writing doesn’t just help with trauma and negative emotions. A study found that asking people to write about positive experiences and about “the best self” that they wanted to develop in the future was also associated with an increased sense of psychological well-being. Similar effects were noted in a later study that asked participants to write about “intensely positive experiences.”

Brain-Boosting Effects

Speaking of writing, research has also shown that writing things down can help with learning and memorization. However, if you take the shortcut and type the ideas that you want to remember, that won’t actually do you much good. If you want to learn more efficiently, researchers say that you have to go old-fashioned and put pen to paper.

Making music can also have a significant impact on how well different areas of our brains communicate with each other. A published review suggests that individuals with musical training – such as those who learned how to play an instrument – have improved connectivity between the two hemispheres of their brains.

Another creative pursuit that improves our cognition is play-acting. Another study found that older individuals who were encouraged to participate in theater performances had improved psychological well-being after 4 weeks. They also exhibited better cognitive functioning. In particular, the participants experienced better word and listening recall, as well as improved problem-solving abilities.

concluded on page 3

“...Health Benefits of being Creative” conclusion

Physical Health Benefits

“Studies have shown that...individuals who have written about their own traumatic experiences exhibit statistically significant improvements in various measures of physical health, reductions in visits to physicians, and better immune system functioning” write Stuckey and Nobel.

A randomized trial showed that expressive writing helped participants to boost their immune system. Writing was also seen to help with chronic pain management. People dealing with conditions that made them experience chronic pain had improved pain control plus a decline in pain severity after expressing angry feelings in written form over a period of 9 weeks.


Music therapy has immune system-boosting effects as well. Music affects our brains in complex ways, stimulating the limbic-system and moderating our response to stressful stimuli. According to Stuckey and Nobel, listening to music may help to restore effective functioning in processes, as well as in the body’s inflammatory response.

Dance and the Body

Creativity can also be a very mobile endeavor, and this mobility brings its own set of benefits. For instance, a study found that dancing helped to improve shoulder function and had a positive impact on participants’ body image.


Moreover, dancing can be a fun way of staying (or becoming) fit. Recent research has shown that Zumba programs can improve blood pressure and triglyceride levels, while previous studies linked aerobic dance with better weight management. And a Korean study looked at hip-hop alongside aerobic dancing found that participants not only experienced improved psychological moods, but that they also reported lower levels of fatigue.

So, if we can bring some order to our mental or physical states just by journaling, smudging paint, or learning to play the guitar, why not take advantage of that and welcome more art into our lives?



When we don't identify with the cultural capital of students, we can't facilitate their learning.”

DR. MILTON RUFFIN
Principal/Director of Fort Hayes MEC
at Columbus City Schools



SANKOFA 2022:
CELEBRATION OF LEADERSHIP

Recognizing local African-American leaders working to help Central Ohio thrive.




School Calendar

Friday, February 18

FUSE Black History Month
Performing Arts Auditorium 7:00 pm

Monday, February 21

President’s Day – no school
Parent-Teacher Conference Comp
or Professional Development for staff

Thursday, February 24

Romeo & Juliet
Blackbox Theater 7:00 pm

Friday, February 25

Romeo & Juliet
Blackbox Theater 7:00 pm

Wednesday, March 2

school-wide PSAT and ACT Testing

Monday, March 7

Shot Tower Gallery Exhibit:
“Connections”
showing through April 8

Tuesday, March 8

Student Snow Tubing Trip
Leave Fort Hayes at 3:30 pm

Wednesday, March 9

Professional Development Day – no
students

Thursday, March 10

High School Instrumental Concert
Performing Arts Auditorium 7:00 pm





BE EXCELLENT.
BE THE EXCEPTION.
BE FORT HAYES.

Focused Hardworking
Organized Artistic
Resourceful Yearlong
Teachable Engaged
 Scholarly

WE WORK HERE!

CCS is making students
READY FOR SUCCESS

Through:
Instructional Fidelity
Leadership Fidelity
Parent Engagement
Culture and Climate

Fun Fort Fact:

January's Answer:

In 1976 when Columbus City Schools acquired the former army base of Fort Hayes, the purchase price was (f) \$1.

Did you know that the unofficial Fort Hayes mascot used to be an albino squirrel rumored to live on campus? That's one of the reasons the Red-Tailed Hawk is our official mascot – they currently nest on campus:



Columbus City Schools 2021-2022 School Calendar

Dates to Remember

Aug 23 - 25	Staff Professional Development
26-Aug	First Day for Students
6-Sep	Labor Day (schools closed)
15-Oct	Professional Development Day
26-Oct	End of Q1
27-Oct	Records Day
2-Nov	Professional Development Day
24-Nov	Parent Teacher Conf. Comp Day
Nov 25 - 26	Thanksgiving Recess
17-Dec	30 Min Early Release (Holiday)
Dec 20 - 31	Winter Break
14-Jan	End of Q2
17-Jan	Martin Luther King, Jr. Day
18-Jan	Professional Development Day
19-Jan	Records Day
2-Feb	Professional Development Day
21-Feb	Parent Teacher Conf. Comp Day
9-Mar	Professional Development Day
22-Mar	End of Q3
23-Mar	Records Day
14-Apr	30 Min Early Release (Holiday)
Apr 15 - 22	Spring Break
30-May	Memorial Day (schools closed)
2-Jun	Last Day for Students
3-Jun	Records Day

Scholastic Art and Writing competition results are in and below are the awards our students received. The students performed well and we are certainly proud of them!

Photography Juniors:

Brielle Coleman- 1 Honorable Mention
Chaniya Daniels- 1 Silver Key
Rosalie Gengras- 1 Silver Key
Zoe Latta- 2 Honorable Mention/ 1 Gold Key
Samaya Norman- 2 Honorable Mention/ 1 Silver Key
Maria Rosales- 3 Honorable Mention/ 1 Gold Key

Photography Seniors:

Skye Cole- 1 Silver Key
Sydney Davenport- 5 Honorable Mention/ 1 Gold Key
with the American Vision Nomination/
Portfolio Honorable Mention
Raleigh Frame- 1 Silver Key/ 1 Honorable Mention
Sam Garcia- 3 Honorable Mention/ 1 Gold Key
Lovell Posey- 1 Gold Key
Keandre Russell- 2 Gold Keys/ 1 Silver Key
Ehynocence Smith- 1 Honorable Mention
Myrsades Turns- 2 Gold Keys
Hope Meadows- Portfolio Honorable Mention

Art Portfolio Juniors:

Alison Hamen- 1 Honorable Mention
Nick Immelt- 1 Honorable Mention

Art Portfolio Seniors:

Evelyn Albanese- 1 Honorable Mention
Alyssa Gibson- 1 Honorable Mention
Candi Gonzalez-Lopez- 3 Honorable Mention/
Portfolio Honorable Mention
Camerson Hughes- 1 Honorable Mention
Mackenzie Kempton- 1 Honorable Mention
Maylena Marshall- 3 Honorable Mention/ 1 Silver Key
Lanelle Pace- 1 Gold Key/ 2 Silver Key/ 3 Honorable
Mention/ Portfolio Silver



"A Train Ride to the Sea," a play by Fort Hayes senior *Jane Nolte*, has been selected for the MadLab Young Writers Short Play Festival 2022! The play will be produced and performed by the MadLab Theatre Company.



Every year the Japanese students participate in the National Nengajo (new year card) Competition. This year, Japanese 3 student *Emma Moore* brought home a second place with her New Year Card 2022 – the Year of the Tiger





Parent Page

Parent Portal: What is that?!

It is the way within Columbus City School District that parents are able to access all of their students' information: from grades, attendance, teacher contact information, missing assignments, paperless applications to fee payments.

Most importantly, it is our way of communicating with YOU.

With so much digital communication right now, the ability to communicate with our parents is even more important than ever (this includes district communication about virtual days and calamity days). In order to do that, we must have your correct contact information.

Please, Please, Please update and verify your:

- Contact Email
- Contact Phone number

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

Forgot Your Password?

Email: parentportalaccess@columbus.k12.oh.us

Or call the CCS FACT Line at
614-221-FACT (3228)

<https://www.ccsd.us/FortHayesHS>

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

STUDENT TECHNOLOGY INFORMATION

If your student needs a **Chromebook or Hotspot** please contact the school and we will set up a time for pick up.

Please contact the CCS Help Desk if the student or parent has any:

- General Access Questions
- Log In issues
- Account Questions

Columbus City Schools Helpdesk:
614-365-8425

If your child has a **broken** Chromebook, Hotspot or broken/lost Power Adapter, please contact the school to schedule a time for an exchange.

Remember that students are supposed to bring their Chromebooks to school (fully charged) to use in classes throughout the day.

High School Email

forthayeshs@columbus.k12.oh.us

High School Attendance Email

attendance.fhsarts@columbus.k12.oh.us

Career Center Email

fhcc@columbus.k12.oh.us

Career Center Attendance Email

attendance.ffcc@columbus.k12.oh.us