

Fort Hayes Opus

Volume 5 Issue 1 September 2022 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.ccsbh.us/FortHayesHS>

Office 380-977-5640

forthayeshs@columbus.k12.oh.us

Attendance 380-977-6024

attendance.fhsarts@columbus.k12.oh.us

School Counselors:

Gillman: class of '24 & class of '23 (N-Z)

380-997-6186

Palmer: class of '26 & class of '23 (F-M)

380-997-6187

Peterson: class of '25 & class of '23 (A-E)

380-997-6188

Career Center Office 7am–3:30pm

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

Office 380-977-6050

ffcc@columbus.k12.oh.us

Attendance 380-977-6139

attendance.ffcc@columbus.k12.oh.us

School Counselors:

Kanowsky: Health and Performing Arts

380-977-6054

Matunas: Visual and Construction Arts

380-977-6052



Summer Garden Guarding

7 Ways to Refocus

By Chonce Maddox

We all know how important it is to avoid distractions during the school day. However, have you ever thought about what you'd do when you do get distracted? How will you get back on track once you've encountered a time suck?

If you always feel like you're behind, the problem may not be your schedule at all. It could be because you're constantly getting distracted. Distractions can use up so much time and energy.

Research shows that it only takes around 30 minutes to refocus after you've gotten distracted. If all your attempts to avoid distractions fall through, don't beat yourself up. You're human. This is why it's important to have a backup plan.

These 7 tips will help you refocus faster when you've been distracted:

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Career Center Program Highlight: Audio Production

Welcome Back to School

Well, it's been another strange start to the school year. Two years ago, it was remote learning and split cohorts, last year it was masks and 10-day quarantines, and this year a teacher strike. I don't know about you, but I'm really tired of living in historic times! Nevertheless, we are back and learning at full speed.

Junior students have been getting their feet wet with Pro Tools and Ableton Live and learning their way around the studio. Seniors have been reviewing what they learned from last year and engaging in lots of creative projects. I am very excited by all the talent in the classes!

This year, we're looking forward to some great performance and engineering opportunities, including Principal's Shows, concerts, the Media Arts Fest, internships, studio sessions, and more. We're going to resume our annual field trip- we're going to Tri-C in Cleveland to see their incredible Recording Arts and Technology program.



School Calendar

Monday, September 12

Shot Tower Gallery Opening: "A Changing World" through October 21

Friday, September 16

School Picture Day

Wednesday, September 21

Open House
High School & Career Center
6:00 – 8:00 pm

Saturday, October 1

Fort Flix on the Green
Seniors Only
7:30 – 10:00 pm

Wednesday, October 12

T. Grubbs Recital
(PA) 6:30 pm

Thursday, October 13

PSAT Testing

Thursday, October 20

Career Center Music Performance
(PA) 6:30pm

Friday, October 21

Professional Development Day
(no students)

Tuesday, October 25

End of Quarter 1

Wednesday, October 26

Records Day
(no students)

Thursday, October 31

Halloween

“7 Ways to Refocus” concluded

1. Identify the Distraction and What It’s Costing You: The first step is to make a conscious effort to identify what is actually distracting you. This will help signal the shift so you can get back on track. The key is to often check yourself to make sure you’re not falling into a time suck trap. Consider what the distraction is costing you and use this as motivation to get back on track. Knowing what is costing you in time, energy or effort can motivate you to refocus faster when you’ve been distracted.

2. Stop Multitasking: It’s much easier to focus on the task at hand when you’re not trying to do several things all at once. You may think you’re getting more done by listening to a podcast, checking email and brainstorming ideas, however you are likely just oversaturating your mental space and will end up taking longer to complete each task.

3. Switch to Something Easier: Sometimes we look for distractions to help us escape a task we don’t feel like doing. Basically, we procrastinate. If you have experienced several failed attempts at getting refocused, your subconscious mind may just be avoiding the task altogether. If your schedule allows, switch gears and do something easier for the next few minutes. Use the surge of accomplishment to propel you to complete the task you’re putting off.

4. Focus on the Present: Daydreaming or planning your future can seem fun, but it’s not always productive. There’s a time and a place for it. When you’re trying to work, think about what you’re doing now and why you need to get it done. Think about the results and plan your strategies later.

5. Time-Block to Focus Better: Try time blocking and batching your schedule. Time blocking is when you organize your day based on a series of time slots instead of listing out everything you need to do. Give yourself a time limit and group similar tasks together. Challenge yourself to focus so you can get things one in record time.

6. Take 5 Minutes: If you keep getting distracted and you don’t have time to switch gears/take a break/switch to something easier, commit to focusing on the work for at least 5 minutes. You can do almost anything for 5 minutes. After your 5 minutes, you may notice that you start to enter a state of intense hyper focus and odds are you’ll be secure in a new workflow and be able to complete the task with minimal distractions.

7. Time Yourself: One of the things I try to do to avoid distractions is time myself when I work on certain things – I set up tasks, time myself and view the results each day, week or month. Timing yourself once you’ve started a task can also help you regain focus even if you get distracted. Trying to ‘beat the clock’ puts a different kind of pressure on you. If you don’t want the clock running longer than necessary, you focus better and keep distractions to a minimum.



Just your everyday, Fort Hayes lunch



Junior Air Force ROTC field trip to the Air and Space Museum

Columbus City Schools 2022-2023 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

WE ARE
HERE - ish

American Red Cross

Give blood. Help save lives.



Blood Drive Fort Hayes MEC

Room 118 - JRROTC
546 Jack Gibbs Blvd.
Columbus, OH 43215

**Friday, September 30, 2022
8:00 a.m. to 2:00 p.m.**

To schedule an appointment contact Mrs. Racanelli.

BE EXCELLENT.
BE THE EXCEPTION.
BE FORT HAYES.

Focused	Hardworking
Organized	Artistic
Resourceful	Yearlong
Teachable	Engaged
	Scholarly

WE WORK HERE!

BE  FORT HAYES

BE EXCELLENT



ATTEND

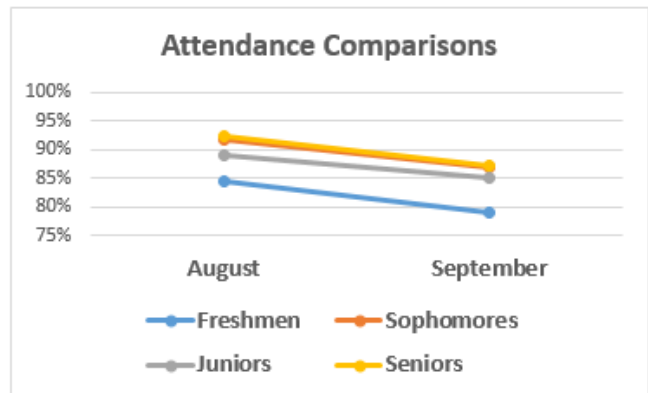
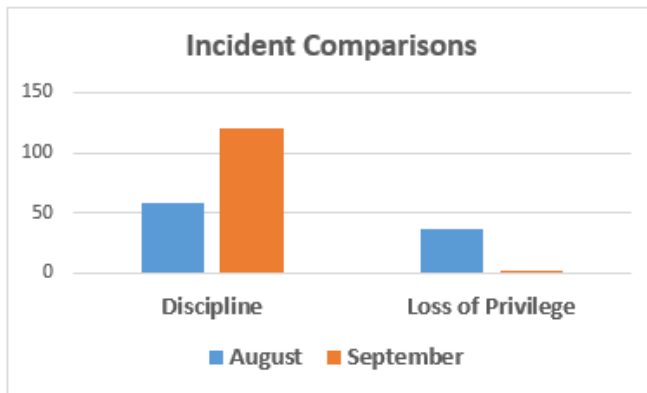
COMPLETE WORK

BEHAVE



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

Please encourage your student to bring a **reusable water bottle** to school with them. Bottled water will no longer be provided, however water fountains and bottle refill stations are available in every building.

TRANSPORTATION UPDATE

Reminder for ALL High School students, **you MUST OPT-IN for transportation services.**

If at any time during the 22-23 school year your student needs a seat on a yellow bus, OPT-IN through the parent portal. Please note that it may take up to 10 business days to get your student routed. If your student is need of transportation to another High School for sports/activities, please have the Athletic Director or Coach email Transportation with the student's name, ID#, activity, location of activity and the time frame of the activity.

STUDENT TECHNOLOGY INFORMATION

Please contact the CCS Help Desk if the student or parent has any General Access Questions, Log in issues or Account Questions. **Columbus City Schools Helpdesk: 614-365-8425**

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

The district has been in the process of inventorying all student Chromebooks. Information about how to get your student a Chromebook (if they have never been assigned one) will be made available as soon as we have the dates/times/locations finalized.

Thank you for your patience.