

Fort Hayes Opus

Volume 3 Issue 1 September 2020 Focus

**WE WORK
HERE!**

work hard • work together • offer others the work
Fort Hayes MEC | THE FORST

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



Main Office

Main Number (614) 365-6681

High School Office 7am – 3:30pm

Office 380-977-6177

Attendance 380-977-6179

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 380-977-6130

Attendance 380-977-6139

School Counselors:

Kanowsky 380-977-6054

Matunas 380-977-6052



Located in Buildings
101 & CAATC/Health

Staying Focused in an Online Learning Environment

Christina Meherg, University Counselor at Stamford American School Hong Kong

This month, many parents are wondering how they can support their children to meet their learning goals at home. A positive attitude and some simple steps to prepare for online learning will help students to avoid distractions and stay focused on their school work.

(These tips work for teachers as well!)

Prepare your work area

Setting up a designated study area at home is always a good idea for secondary students. To be in the right mindset for learning, students need a dedicated work area, away from the couch or bed. Make sure that the space has good lighting to avoid eye strain and be sure to clear the area of any clutter. In a productive workspace, students will have all their learning materials close by and be able to focus on the task at hand.

Don't forget to have some water nearby as well!

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Information from Career Technical Education

Air Force One, Inc. of Dublin, Ohio announced in September that the company has been chosen by the CCS District to be a private industry partner for the multi-generational commercial HVAC program. This Industry Credential Pathway will provide career opportunities for students and District residents to move into middle-class wage jobs that are recession-proof and provide vital services to area businesses.

Students will have the opportunity to achieve more than six industry ready certifications and the EPA 608 Universal Certification throughout the first year of school. In addition to learning all of the necessary technical skills, high school students will also gain real life job skills. There is a rotating student foreman that will follow closely with the leadership training portion of the curriculum.

Air Force One is also partnering with CCS and other industry leaders to provide a pathway for students to secure internship opportunities during the first and second years of the program.

Counselor Information:

Here at Fort Hayes Career Center, we have a wonderful counseling staff that is focused on ensuring our students have what they need to be successful in their classes. Our counselors have created Google Sites that will enable students to connect to resources that address Mental Health, Self-Care, College and Career, Community, and Virtual Learning.

If your student is in the following programs: Construction Arts, Health Sciences, and/or Community-based programs, Ms.

Kanowsky is their counselor. Her google site is

<https://sites.google.com/columbus.k12.oh.us/kanowskyoffice/home>

If your student is in the following programs: Transportation Systems, Arts and/or Communications, Ms. Matunas is their counselor. Her google site is

<https://sites.google.com/columbus.k12.oh.us/fhccounselorartsauto/home>

If your child is experiencing issues with their District issued Chromebook and/or Hotspot, please be sure to contact your home school. For all general access questions, log in issues, parent/student account issues, please contact the CCS Help Desk at 614-365-8425

Staying Focused in an Online Learning Environment

Christina Meherg

Avoid Distractions

Study distractions can significantly impact your child's potential to learn. Many hours of study at home, may result in only a few hours of quality work and a poor understanding of concepts if student focus is regularly interrupted. To achieve more, students need to log out of social media and switch off other distractions such as online games and television. "I encourage students to listen to music without words if they work better to music. Song lyrics can be distracting when trying to read or write, however movie scores, classical and video game music are proven to increase focus" says Meherg. Students should also let family and friends know how to be considerate when they are studying and keep the area quiet and distraction-free.

Stick to a Schedule

It's tempting to sleep all day and work at night, but students will be more productive if they treat this period of online learning like a regular school day. Stamford secondary students are required to log into classes according to their school timetable, which helps with maintaining a routine. Some students also find that putting on their school uniform allows them to stay focused on the school day ahead. Ms. Meherg recommends using a paper calendar and To-Do List.

Writing down each assignment and when it is due helps students to plan their time better and visually prioritize their workload. "It is also helpful to delete unnecessary emails from your inbox so it doesn't feel so overwhelming."

Take a break from screen time

Using paper and pencil for tasks as much as possible is a great way to have a break from the screen and avoid eye strain. It is also important to get up and stretch regularly. Even if it's just a ten-minute walk or some exercises in the house, students will feel revitalized and rejuvenated after some activity away from the desk.

Stay in Touch

Encourage your child to reach out and ask for help when problems come up. It is vital that students communicate clearly and advocate for themselves during this period of online learning. "Teachers can't help if they don't know you're struggling," Ms. Meherg shared. This month, it is also important to stay connected with people. Parents should ensure they are available to listen and to speak with their children. Dinner table conversations are a great opportunity to check-in with children, to hear about their day and discuss what they are learning. "Whether it's a group chat or spending more time with family, make a conscious effort to not become isolated." Social connections are essential for good mental health and well-being, particularly during times of stress or anxiety.

During the District's virtual learning status, CCS will distribute free meals to any child 18 and under. Families will be assigned a meal site location closest to their home address, and will be offered five (5) breakfast and lunch meal packs to support their nutritional needs on every Wednesday (starting September 9, 2020).

Meal packs will be available for pick-up from 11:00 am – 1:00 pm and 5:00 pm – 7:00 pm until further notice.



MEAL PICK-UP ACCESS CARDS

will be allocated on the recipient's first visit to their designated meal site, and should be presented thereafter to obtain the meals provided. Families are encouraged to visit the site closest to their residence.

Please direct any questions or concerns to:

factline@columbus.k12.oh.us



REGION 1	REGION 2
1 WEST High School 175 S. Powell Ave., 43264	1 INDEPENDENCE High School 5175 E. Refugee Road, 43232
2 WEDGEWOOD Middle School 3810 Briggs Road, 43228	2 JOHNSON PARK Middle School 1130 S. Waverly Street, 43227
3 STARLING K-8 145 S. Central Ave., 43222	3 SHERWOOD Middle School 1400 Shady Lane Road, 43227
4 AVONDALE Elementary 741 Hawks Ave., 43222	4 EASTHAVEN Elementary 2360 Gamet Place, 43232
5 BURROUGHS Elementary 531 South Richardson Ave., 43204	5 LEAWOOD Elementary 7677 S. Hamilton Road, 43227
6 HIGHLAND Elementary 40 S. Highland Ave., 43223	6 WOODCREST Elementary 5221 E. Livingston Ave., 43232
7 SULLIVANT Elementary 791 Griggs Ave., 43223	
8 WEST BROAD Elementary 2744 West Broad Street, 43204	
9 WEST MOUND Elementary 4151 W. Mound Street, 43223	
REGION 3	REGION 4
1 SOUTH High School 1100 Ash Street, 43206	1 CENTENNIAL High School 1441 Bethel Road, 43220
2 BEATTY/TREVITT Elementary 515 Trevitt Street, 43203	2 COLUMBUS GLOBAL ACADEMY 4277 Kent Road, 43224
3 BUCKEYE Middle School 2950 E. Parsons Ave., 43207	3 COMO Elementary 2980 Reis Ave., 43224
4 CEDARWOOD Elementary 775 Blairfield Drive, 43207	4 CRANBROOK Elementary 908 Incker Blvd., 43221
5 EAST COLUMBUS Elementary 3100 E. Seventh Ave., 43219	5 INDIANOLA INFORMAL K-8 251 E. Weber Road, 43202
6 LINCOLN PARK Elementary 578 E. Markston Ave., 43207	6 SALEM Elementary 5242 Garvey Road, 43229
7 LIVINGSTON Elementary 525 E. Livingston Ave., 43205	7 WEINLAND PARK Elementary 211 E. Seventh Ave., 43201
8 WATKINS Elementary 1520 Watkins Road, 43207	
REGION 5	REGION 6
1 BEECHCROFT High School 6200 Beechcroft Road, 43229	1 EASTMOOR ACADEMY 417 South Weyant Ave., 43213
2 MEDINA Middle School 1425 Huy Road, 43224	2 LINDEN-MCKINLEY STEM ACADEMY 1320 Duxberry Ave., 43211
3 MIFFLIN Middle School 3000 Agler Road, 43219	3 BERWICK Alternative K-8 2655 Scottwood Road, 43209
4 WOODWARD PARK Middle School 5151 Kent Road, 43229	4 LINDEN PARK ECE 1400 Myrtle Ave., 43211
5 WOODWARD PARK at WALDEN 1860 Walden Drive, 43229	5 SOUTH MIFFLIN Elementary 2305 Middlehurst Road, 43219
6 DEVONSHIRE Elementary 6286 Arrieside Drive, 43229	6 WINDSOR STEM ACADEMY 1219 E. 12th Ave., 43211
7 INNIS Elementary 3399 Kahr Blvd., 43224	
8 NORTHTOWNE Elementary 4767 Northtowne Blvd., 43229	

Staff Calendar

Monday, October 5
BLT Meeting 2:45 pm

Monday, October 12
Columbus Day

Friday, October 16
Staff Professional Development
No School for Students

Tuesday, October 27
End of Quarter One

Wednesday, October 28
Records Day
No School for Students

Tuesday, November 3
Staff Professional Development
No School for Students

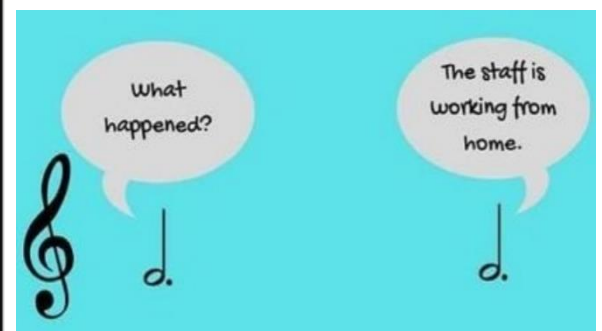
Monday, November 9
BLT Meeting 2:45 pm

Wednesday, November 11
Veterans Day

Monday, November 16
Columbus Day

Wednesday, November 25
Parent Teacher Conference Comp Day
No School for Students

Thursday, November 26-27
Thanksgiving Holiday
No School





Please follow this link for District Updates as well as information regarding Virtual Family Engagement Sessions and Learning Extension Centers.

<https://www.ccsos.us/domain/3474>



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

Columbus City Schools 2020-2021 School Calendar

Dates to Remember

Aug 24 - Sept 4	Staff Professional Development
7-Sep	Labor Day (schools closed)
8-Sep	First Day for Students
16-Oct	Professional Development Day
27-Oct	End of Q1
28-Oct	Records Day
3-Nov	Professional Development Day
25-Nov	Parent Teacher Conf. Comp Day
Nov 26 - 23	Thanksgiving Vacation
18-Dec	30 Min Early Release (Holiday)
Dec 21 - Jan 1	Winter Break
15-Jan	End of Q2
18-Jan	Martin Luther King, Jr. Day
19-Jan	Records Day
3-Feb	Professional Development Day
15-Feb	Parent Teacher Conf. Comp Day
23-Mar	End of Q3
24-Mar	Records Day
1-Apr	30 Min Early Release (Holiday)
April 4 - 9	Spring Break
31-May	Memorial Day
3-Jun	Last Day for Students
4-Jun	Records Day

***“The curriculum tells you ‘what’, not ‘how’.
The ‘how’ is the artistry in education.”***

George Couros



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 many things going digital right now, the ability to communicate with our parents is more important than ever. 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.ccsdh.us/ParentPortal.aspx>

Forgot Your Password?

Email:

parentportalaccess@columbus.k12.oh.us

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

STUDENT TECHNOLOGY INFORMATION

If your student needs a **Chromebook or Hotspot** please contact the school principal 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
- Login 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.

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

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