

# Fort Hayes Opus

Volume 4 Issue 1 September 2021 Focused

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

Located in Buildings  
101 & CAATC/Health

**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 380-977-6050

Attendance 380-977-6139

#### School Counselors:

Kanowsky 380-977-6054

Matunas 380-977-6052



## The Importance of Being Focused

Why is being focused so important in today's world? What results happen when you are focused? Does being focused make you less stressed? Happier? If it's so important, why don't people focus more?

Being focused on one thing for a certain period allows you to do a better quality of work, more work gets done quicker, and your creative ideas flow easier. Being focused on one task at a time is less stressful on your mind. And being less stressed allows you to be happier.

### **What it means:**

Being focused means that you have clear goals and objectives and your work is dedicated to achieving those goals and objectives. When you are deciding what to do in any given moment; you base your decision on how you can make the most progress towards your goals with the time and resources available. Being focused in the present moment means that you are solely focused on the one activity that you are trying to complete.

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*Fort Hayes Career Center  
Audio Production  
Newsletter from teacher Ryan VanBibber*

We have had a great start to the school year at Fort Hayes! The students have all been enthusiastic and attentive. Juniors are learning how to navigate both the campus and our software. Seniors are meeting everyone in their class face-to-face for the first time, as we were split into two cohorts last year.

So far, both classes have done a group recording project and mic shootout. The seniors set up and helped run sound for the Fort Rally, a bit party to welcome students back to campus. There are plenty of opportunities for all students to get involved with campus activities.

## “...being focused” continued

Anything else is unimportant so you shut out all distractions and give your full and undivided attention to the task at hand.

**The alternative** to focus is doing a whole lot of everything, jumping from one task to another without ever getting a whole lot done. People who are not focused end up spending their time doing anything but their most important work. Their choice of what to do is dictated by urgency, other people’s priorities, bullies who dictate them, whatever feels easiest, whatever makes them feel busiest.

**The difficulty** of being focused is that it is difficult for people to remain focused on one task for a variety of reasons. For one, we live in a world where we are constantly bombarded with TV, radio, cell phones, internet, social media as well as a much larger population that lives closer together than ever before, not to mention the modern economy is almost entirely dependent on consumerism. This means there are more and more disruptive ways to push advertising and marketing messages in front of us. With so many people trying to get our attention, it is even more and more important that we learn to shut it all out and get focused.

### **The benefits:**

You are quicker. When you focus on a single task, avoiding distractions, your brain becomes focused on that task alone. This lets you complete that task much more quickly than if you are trying to complete two or more tasks at once.

You produce higher quality. By giving all your attention to the task without distraction, you can get it done much more quickly and with fewer mistakes. Your work will be of a higher quality as well. Your creativity will kick in too and you’ll come up with new ideas associated with the task at hand.

Less stress. When you are not focused, it is difficult to determine what work you should be doing and what work you shouldn’t be doing such as work that could be done by someone else, can be delegated, outsourced, automated or doesn’t need to be done at all.

## “The Importance of being Focused” conclusion

You can easily end up taking on too much work and you become overwhelmed and overworked which won't take long to experience some severe stress.

You recruit your subconscious mind. Focusing allows your subconscious to do the work. Think about when you learned to ride a bike or drive a car. It was difficult in the beginning, but when you began focusing on what you were doing, your subconscious took over and helped you learn. The same is true in your everyday tasks. Once you begin focusing solely on one task, your subconscious helps you do them quicker easier. While you are busy working on one part of the task, your subconscious mind will be working away on another part.

### Conclusion

It is easy to get carried away with all the new technology which tells you that you can do more things at once; leading to a more productive day. But that is nonsense. It has always been more effective to focus on one task at a time and see that task through to completion before moving on. Being focused is the key to success. It is not about doing the most work; it is about doing your most important work to the highest standard. Only being focused allows you that.

### Air Force Junior ROTC Summer Leadership Program



## School Calendar

**Wednesday, September 15**

(Virtual) Fort Hayes Open House  
5:00 – 7:00 pm

**Friday, September 17**

School Picture Day

**Wednesday, October 6**

High School Class Meetings

**Friday, October 15**

Professional Development Day  
(no students)

**Thursday, October 21**

Career Center Music Concert  
7:00 pm

**Friday, October 22**

National Honor Society Induction Ceremony  
6:00 pm

**Tuesday, October 26**

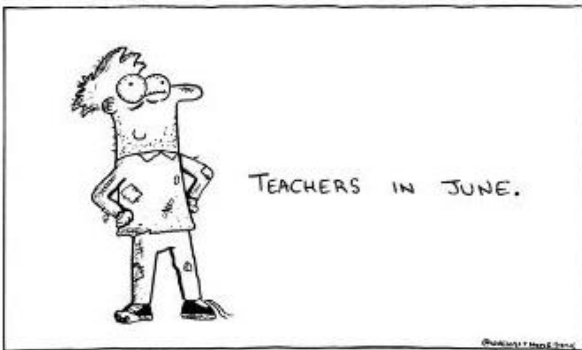
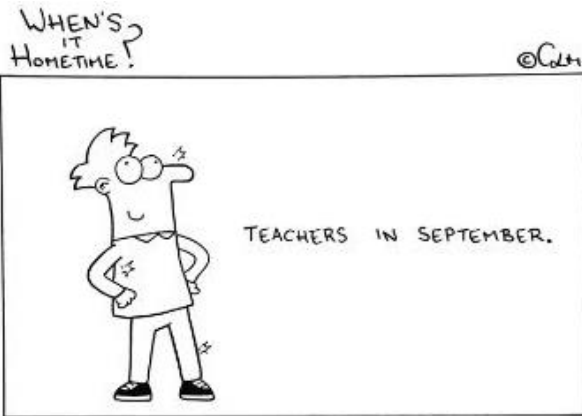
End of Quarter 1

**Wednesday, October 27**

Records Day  
(no students)

**Tuesday, November 2**

Professional Development Day  
(no students)



CCS is making students  
**READY FOR SUCCESS**

- Through:
- Instructional Fidelity
  - Leadership Fidelity
  - Parent Engagement
  - Culture and Climate

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

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

- |             |             |
|-------------|-------------|
| Focused     | Hardworking |
| Organized   | Artistic    |
| Resourceful | Yearlong    |
| Teachable   | Engaged     |
|             | Scholarly   |

**WE WORK HERE!**

***“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 much digital communication right now, the ability to communicate with our parents is even 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](mailto: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
- 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.**

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

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