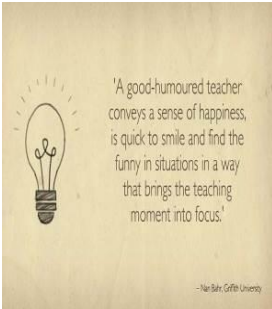


# Fort Hayes Opus

Issue 7 March 2019

Yearlong



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

GEORGE COUROS

## Be Excellent

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



## 10 Simple Ways to Learn Something New Every Day

by Marla Lepore

Main Office



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

**High School Office 7am – 3:30pm**

Office Ext. 76177; Attendance Ext. 76179

Guidance Counselors:

Gillman (L-Z) 76186

Kennedy 76187

Peterson (A-K) 76188

**Career Center Office 7am–3:30pm**

Office Ext. 76050; Attendance Ext. 76139

Guidance Counselors:

Kanowsky 76054 Matunas 76052

Opportunities to learn something new are everywhere. You just have to be on the lookout. Here are a few tips for finding ways to learn something new every day:

### Get reacquainted with your inner child

Children like to experiment and figure out new things, but as adults, we tend to dismiss something that’s unfamiliar or assume we already know all there is to know about it – which is almost never true to anything or anyone. Think like your childhood self. Explore the unfamiliar thing from all angles. Ask questions. Test it out. Find out what other people think about it.

Find out what *you* really think about it.

In Bldgs. 101 & CAATC/Health

continued on page 2



thoughts  
on  
*being*



## Yearlong

*“I may not be there yet, but I’m closer than I was yesterday.”*

*“A river cuts through a rock not because of its power, but its persistence.”*

*“Good, better, best. Never let it rest. Til your good is better and your better is best.”*

St. Jerome

*“Perseverance is stubbornness with a purpose.”*

Josh Shipp

## ‘10 Ways...’ continued

**Treat mistakes as information, not failure**  
When you’re hung up only on outcomes, you’ll lay judgement on your mistakes. Instead, investigate the mistake and find out what it teaches you. Treat the process of figuring out what went wrong as a win in itself, and you’ll be more likely to learn from those mistakes and use that powerful knowledge going forward.

**Get out of the office  
(however you define your day-to-day “office”)**

Go for a walk, eat lunch with someone in a different department, take a different route to your next client meeting – whatever it takes to break up the routine. If you do the same things every day, you’ll miss the chance for unexpected encounters and discoveries, and you’ll lose out on the critical “mind wandering” time that helps you generate new ideas and make mental connections.

**Use your phone**

Let’s face it – you’re looking at it anyway. Download an app that gives you a daily reminder, prompt, question or tip. Depending on your preferences, you might be motivated by something like a fun learning game or you might need a more linear planning tool. Find what works for you, and use it to hold yourself accountable.

**Listen to a podcast, watch a video, subscribe to a newsletter, or read something that challenges you or focuses on a topic outside your area of expertise**

Go for variety, and look for those that don’t necessarily validate your point of view. Then make it a point to keep your mind open. Plan to identify one tangible thing you can take away from them every time.

**Work on the fundamentals**

If you want to learn something that’s complex or requires advanced knowledge, don’t get overwhelmed by diving right into the tough stuff. Follow Elon Musk’s advice: Learn the basics and the conceptual framework before you try to master the more advanced material. The details need something to hang on to.

**Use your current skills and interests as the stepping stone to a new one**

Love to cook? Try a recipe in a completely new cuisine or using a new piece of equipment. Great at fixing cars? Try restoring one or building an intricate model. Do a lot of writing? Try your hand at a specific poetic form you don’t normally use. Get inspired thinking about where you can go next.



## “10 Simple Ways to Learn Something New...” conclusion

### Get physical

Learning is a mental process, and a new study suggests there are even more brain benefits to physical activity than previously understood.

Keep your brain primed for new learning by staying active, whether that's by playing sports, hitting the treadmill or going dancing. The key is to find activities you enjoy and will stick with.

### Phone a friend

Or a mentor. Or an expert. Or someone who simply thinks completely differently than you do. And always be willing to return the favor. You can learn something new by teaching and advising others just as you do through your own development. LinkedIn founder Reid Hoffman has his three “go-to” people. Who are yours?

### Learn how you think to make it easier for you to learn

If you understand how you prefer to think and learn, you can make the learning process a lot more palatable. I'm not a highly technical thinker and barely made it through my high school computer programming class, so I assumed I “couldn't do” computer work. But in my first job out of college, I learned how to use the Mac in a snap. The interface immediately engaged my preference for metaphors, visuals and design. Not only that, the process of learning how to use it changed my mindset about computers. Learning doesn't have to be like it was in school. Find out what really engages you, and then use that knowledge to your advantage.

## Important Dates

March 10: Daylight Savings  
 March 13: 90 minute early release  
 March 17: Saint Patrick's Day  
 March 25: Records Day **no school**  
 March 27: Senior Pictures 10:00 am



## March Events

**Concentration 11  
 Annual Fort Hayes AP  
 Art Exhibition**  
 (SCGOhio Art  
 815 N. High St. Suite H & N)  
 March 2 through 30

**Sanctuary  
 High School Dance  
 Performance**  
 (Performing Arts Auditorium)  
 March 8 & 9, 7:00 pm

**Women's Palette,  
 Women with a History,  
 40 years of Fine Art**  
 (Shot Tower Gallery)  
*The group was conceived in 1978 for the recognition of professional women artists in Central Ohio who were producing quality work but did not have adequate exposure. Exhibits by S. Accetta, B. Alexander, D. Burns, C. Curry, V. Edwards, S. Ford-Lyles, J. Heller, K. LaValley, M. Norris, J. Platt, J. Reynolds, S. Schreiber and L. Suwalski*  
 March 11 through April 12

**Junior Parent College  
 Night**  
 (Performing Arts Auditorium)  
 March 12, 7:00 pm

**Berklee Scholarship  
 Concert**  
 (Performing Arts Auditorium)  
 March 29 & 30

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

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



# Columbus City Schools School Calendar

## Dates to Remember

Aug 20-22	- Professional Development Days
23-Aug-18	- First Day of School for Students
3-Sep-18	- Labor Day
12-Sep-18	- 90 Min Early Release (Staff PD)
10-Oct-18	- 90 Min Early Release (Staff PD)
19-Oct-18	- Professional Development Day
23-Oct-18	- End of Q1 (42)
24-Oct-18	- Records Day
6-Nov-18	- Professional Development Day
14-Nov-18	- 90 Min Early Release (Staff PD)
21-Nov-18	- Parent-Teacher Conf. Comp Day
Nov 22 and 23	- Thanksgiving Vacation
12-Dec-18	- 90 Min Early Release (Staff PD)
21-Dec-18	- 30 Min Early Release (Holiday)
Dec 24 thru Jan 4	Winter Break
9-Jan-19	- 90 Min Early Release (Staff PD)
15-Jan-19	- End of Q2 (45)
16-Jan-19	- Records Day
21-Jan-19	- Martin Luther King, Jr. Day
13-Feb-19	- 90 Min Early Release (Staff PD)
18-Feb-19	- Parent-Teacher Conf. Comp Day
13-Mar-19	90 Min Early Release (Staff PD)
22-Mar-19	End of Q3 (45)
25-Mar-19	Records Day
18-Apr-19 Apr 19 thru 26	30 Min Early Release (Holiday) Spring Break
27-May-19	Memorial Day
30-May-19	Last Day of School for Students
31-May-19	Records Day (41)

CCS is making students  
**READY FOR SUCCESS**  
Through:  
Instructional Fidelity  
Leadership Fidelity  
Parent Engagement  
Culture and Climate

Our goal is to  
“Be Excellent” by being  
**FORT HAYES**

<b>Focused</b>	<b>Hardworking</b>
<b>Organized</b>	<b>Artistic</b>
<b>Resourceful</b>	<b>Yearlong</b>
<b>Teachable</b>	<b>Engaged</b>
	<b>Scholarly</b>

## Photos

**Page 1:** Wintery in front of Building 64

**Page 2:** A student examining the crime collaboration among the English, Math, Nursing, Photography, and Theater Departments; Our FANTASTIC Custodial staff on a recent calamity day

**Page 3:** More images of the collaborative crime scene; Shot Tower surrounded by snow