

Fort Hayes Opus

Volume 7 Issue 1 September 2024 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.



Fort Rally 2024 was a huge success complete with student DJ's, inflatables, club sign ups and a Kona Ice Truck.

Tips on how to Stay Focused in High School

By Matthew Whalen

Focusing on high school classes can be difficult if you don't love every class, and you might find that it's more interesting to talk with friends or keep up with your favorite television shows and social media accounts. Sometimes, the mere act of focusing is not even the problem, but rather what to focus on that can make life in high school frustrating.

No matter what else is happening in the world, it is imperative that you as the student focus in high school. It may not feel as important in the moment, but it is a huge step towards a college career and beyond.

Main Number (614) 365-6681

High School Office

7:00 am – 3:30 pm

<https://www.ccssoh.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 '27 & class of '25 (O-Z)
380-997-6186

Palmer: class of '26 & class of '25 (G-N)
380-997-5395

Plesea: class of '28 & class of '25 (A-F)
380-997-3410

Career Center Office

7:00 am – 3:30 pm

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

Office 380-977-6050

fhcc@columbus.k12.oh.us

Attendance 380-977-6139

attendance.ffccc@columbus.k12.oh.us

School Counselors:

Bryant: Health and Performing Arts
380-977-4890

Matunas: Visual and Construction Arts
380-977-6052

Main Offices

High School in Building 101

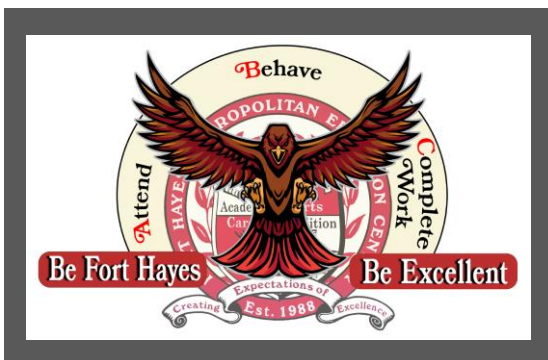
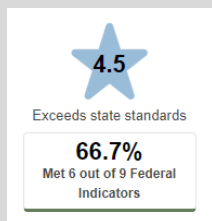
Career Center in CAATC & Health

Career Center Highlight:

CCS Career Tech Program Earns 4.5 Stars on State Report Card

The Ohio Department of Education and Workforce released the [2024 Ohio School Report Cards](#) on Friday, September 13, 2024, quantifying the hard work of students and staff in districts across the state. Columbus City Schools Career Tech program earned an impressive 4.5 stars out of 5 from the State Department of Education and achieved more than a six percent increase in third grade reading proficiency.

During the 2023-2024 school year, the Columbus Career and Technical Planning District made significant gains in preparing students for careers and post-secondary success. Our Career and Technical Education teachers engaged in professional development focused on work-based learning and industry-recognized credentials, enhancing our students' ability to master technical skills. Advisory boards allowed staff to develop lessons aligned with End-of-Course WebXams with an industry perspective. Students are demonstrating their competencies while earning the OhioMeansJobs Readiness Seal.



Tips on How to Stay Focused...

Identify Your Learning Style

The first step in better focusing techniques is knowing how you focus best. This can be auditory, visual, tactile/kinesthetic, or a variety of them. To identify your learning style, you can take an [online quiz](#), ask your parents and teachers, or just sit with yourself and think about how you usually like to learn. It may take a few trial and error to know this about yourself, but it will come in handy for many years. Once you understand how you learn best, you can try to position yourself to learn this way. Even if your teacher doesn't teach how you like to learn, you can create ways to review material that activates this type of learning.

Actively Participate in Class Discussions

Another great way to stay focused in your high school classes is to participate actively! This might seem obvious, but when you take an active role in class discussions, you will take more ownership over the material you're learning. You will also be more likely to remember information and want to pay attention in class. It is always hard to speak up at first, but you will find that it gets easier each time you raise your hand. And suddenly, you'll have a vested interest in the conversation. It might even inspire your friends and classmates to join in if they see you raising your hand. This will likely help your grades since participation is often part of those grades, but it will also help you stay engaged. As a result, you will enjoy your experience much more, and classes will speed by.

Create a Productive Learning Environment

Never allow the way you are learning to be dull, help your focus using your imagination and ingenuity. Of course, you don't always have a lot of control over your learning environment, but exert whatever control you can. For instance, you could sit near the front of the classroom to help with your focus. Or you could avoid sitting next to a friend who you know will distract you from the material. You can also keep inspiring quotes or photos around you to remind you to pay attention as you learn. Find a photograph of an inspiring figure and stick it on a laptop or daily binder. Allow the image of what they accomplished be a reminder of what you might one day accomplish. But remember that it all starts in a classroom.

Take Notes

As previously mentioned, taking notes will help you to remember material and also allow you to connect personally to the material. However, don't just take notes to take notes. Find a way to take notes that makes sense to you so that you can read them later and understand what you've written. Make diagrams, write in bullet points, or use color-coded pens. You can even draw pictures if that helps you understand and remember content. However you take notes, you should find a way that works best for you and will allow you to use your notes to review material for tests at a later date.

“...How to Stay Focused” concluded

Preview and Review Material

Previewing material before class and reviewing material after class will also help your focus. If you know what your lesson is going to be about, consider looking over any classroom material prior to your class or even doing some of your own research online. This will prime your brain to learn and understand the material and might even give you some talking points for class discussions. Another strategy is to review the material you've learned right after class is over. This tactic will help you solidify that information in your mind and allow you to process what you've learned. This doesn't have to take long, just five minutes or so after a class, but you'll be surprised how effective it can be. But this small act of patience to really internalize the material will help develop a deeper understanding of it.

Keep Up with the Deadlines

While you're in high school, it's easy to rely on parents or teachers to help you remember important deadlines. But you will focus much better if you keep track of all of that information on your own. Keep a calendar to help you remember when assignments are due. This will train you for your future as a college student and/or employee and will help you take control of your own destiny while in high school.

Eliminate Distraction

Though you might think you're multitasking when you text a friend or check social media while learning, studies have shown that [you can't actually multitask](#). So, if you receive a text or social media notification during class, your attention will inevitably be diverted to that notification. To avoid these types of distractions, keep your phone out of your learning space. You can even download [anti-distraction apps](#) to block distractions from ever getting to you in the first place.

Practice Healthy Habits

Keeping up with your health is an important area of focus no matter how old you are or in what year of school. When your body is functioning properly, your mind will focus better, and you will be better equipped to stay on task during your high school classes. Get plenty of sleep, drink water, and eat healthy meals. Take time in hours when you're not in classes or other activities to exercise. Meditate if you need to quiet your mind. Though making healthy choices does not always feel fun, your body and brain will thank you.

Make Connections

Make connections between your lessons and the world around you. Find ways to relate class concepts to your own life or examples in the news. This will help you remember the material and also likely spark your passion for a topic. Learning should not just be about getting high grades and preparing for a future in college or the workplace; learning should also be fun. Make connections with your teachers and classmates as well. Remember that your teachers and classmates are human beings with feelings, fears, and goals as well.

Never Forget your Future Goals

Finally, you will inevitably focus much more in high school if you keep your [future goals](#) at the forefront of your mind. Write down your future goals and keep them close to your workspace during classes. As previously mentioned, find an image that inspires you to achieve a similar goal. These goals will remind you why you want to focus in high school, even when that can feel difficult. All the work you're doing now will be worth the effort in the future after you look back and see all the goals that you have reached. That should be motivation enough to stay focused.

meet your Family Ambassadors



This will be my second year serving children and their families at Fort Hayes Career Center as Family Ambassador. Previous to becoming an Ambassador I worked in the Fort Hayes main office which started me on the track to really getting to know the ins and outs of this Family of Fort Hayes. I am the Mama Hen, greeting students and families as kids are dropped off, checking on students throughout the day, making check and connect calls, and being there on those special days like graduation to make sure you are supported and look your best for those photos. I am grateful to work with such a great team working closely with administrators and PBIS and assisting with events. My goal is always to uplift others, create a welcoming environment, and to build trusting relationships between families, students and the school.

I am very excited to be here this year as the new Fort Hayes High School Family Ambassador!

I am transitioning from the frequent substitute position I had at the Fort Hayes campus where I came to love the learning environment, the administration, the students desire to learn, and the sense of community that is nurtured here at Fort Hayes Metropolitan Education Center. I am blessed to be a mother of two students in the Columbus City School system and know how important it is to have trusted relationships established between school and families. I am looking forward to working closely with school faculty and staff to foster collaborative relationships between home, school, and community partners to support the academic, social-emotional, and behavioral outcomes of all students.



You can find the Family Ambassador Newsletter [here](#)

School Calendar

Thursday, September 19
Senior Officer Elections

Friday, September 20
SkillsUSA Officer Elections

Thursday, September 26
Career Center Music Concert
Performing Arts Auditorium
6:00 pm

Friday, October 4
DT40 Masterclass

Faculty Fuse
Performing Arts Auditorium
7:00 pm

Friday, October 11
Shot Tower Gallery Pop Up Show: Latino
Heritage Month through October 12

Saturday, October 12
Saturday School
8:00 – 12:00 pm

Thursday, October 17
Principal's Show

Friday, October 18
Professional Development Day for Staff
no school for students

Senior Hayride

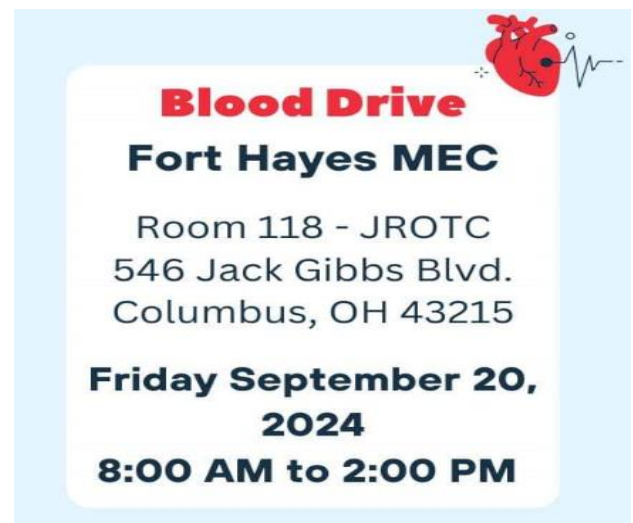
Tuesday, October 22
End of Quarter 1

Wednesday, October 23
Records Day
no school for students

SEPTMBER IS...



...AWARENESS MONTH



Blood Drive
Fort Hayes MEC
Room 118 - JROTC
546 Jack Gibbs Blvd.
Columbus, OH 43215
Friday September 20,
2024
8:00 AM to 2:00 PM

BE EXCELLENT.
BE THE EXCEPTION.
BE FORT HAYES.

Focused

Hardworking

Organized

Artistic

Resourceful

Yearlong

Teachable

Engaged

Scholarly



Parent Page

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, as well as paperless applications (for school choice, summer school and career tech).

[Parent Portal Annual Update](#)

The Annual Update can be accessed in the Parent Portal by clicking "More" and then "Annual Update."

Forgot Your Password? Email: parentportalaccess@columbus.k12.oh.us

[Overview of the Portal and the Mobile App](#)

The [2024-2025 Student Guide to Success](#) is now available.

The publication contains important documents that must be filled out and returned to your student's school of attendance OR completed as part of the Parent Portal Annual Update (preferred method) in Infinite Campus.

If your scholar has a form on file and remains at the same school this year, a new form will not have to be submitted. A new form must be submitted if your scholar has changed schools or matriculated to a new school.

Separate forms must be on file for each individual student.

[Bus Route Information](#)

Adjusting our transportation system may take approximately **two weeks** as we roll into the new school year. Every year, schedule changes, drivers familiarizing themselves with new routes, traffic variations, construction, and unpredictable weather can affect services. ****REMINDER **** Beginning this school year (2024-2025), the District's transportation department will no longer mail bus route information to families' homes.

Transportation eligible families will now receive their child's bus routing information through Parent Portal.

- You can access your child's bus information by clicking on the Transportation tab within the Parent Portal.
- ***Charter Non-Public students and families will receive their child's bus routing information from their respective schools and NOT in Parent Portal.***

Important New Security Measures for CCS Sporting Events

Columbus City Schools is committed to ensuring the safety of our students, staff, and visitors. As we begin the new school year and the fall sports season, we want to inform you of new security measures that will be in place starting with our first football games on August 23.

All spectators will be processed through a single-entry point using EVOLV High-Speed Weapons Detection Systems to enhance safety. Key guidelines include:

- Student IDs: Required for entry.
- Middle School Students: Must be accompanied by a parent or adult guardian.
- Bag Restrictions: No bags larger than 5x8 inches, and no strollers allowed.
- Ticket Sales: No admission or ticket purchases after the third quarter.
- New this year, admission or ticket purchases will be prohibited after the end of the third quarter. Spectators are also prohibited from re-entering after leaving the facility.

We appreciate your cooperation in following these measures to ensure a secure and enjoyable experience for everyone. Your support is vital to maintaining a safe environment.