

Tamalpais High School



From the Principal's Perch

Attitude of Gratitude - Last year someone described my communication as similar to Ted Lasso. At the time, I did not know what that meant, so I did a little investigating. I had my wife add Apple TV to our list of subscriptions, so that I could watch the show. Interestingly, I found the show entertaining and actually informative about leadership. I gravitated to Ted's positive messaging and the ways that he worked with the Soccer Club to build credibility. I saw the comparison to my messages, as I am a happy person and choose to view the world from an optimistic lens. That is because I choose gratitude on a daily basis and intentionally focus on expressing thankfulness for the people, things, and opportunities I have in my life. I am grateful to show up daily to my job, to work with your students, and the opportunity to demonstrate love for others. As a community, I am asking that you join me in choosing gratitude as part of the way we work together. Tam is not perfect by any means and has areas that need to improve, yet it is important that we express gratitude for what we do have. I look forward to working with you all and meeting you soon.

Attendance – This year Tam has promoted Nathan Bernstein into the role of Dean of Student Success. Mr. Bernstein will be providing support for students and will be reaching out to students with attendance challenges. Please help support our attendance work by ensuring that your child arrives by 8:15am. An 8:15 arrival will give our students time to navigate the campus and get to class comfortably. Recently, I asked Nathan to share his take on attendance. He said, **"You are most successful in the classes you**

Upcoming Events

- Sept. 6:** TUHSD Board Meeting
- Sept. 7:** Club Fair @ tutorial
- Sept. 8:** Back to School Night, 6pm
- Sept. 9:** Minimum Day
- Sept. 10:** Campus Cleanup
- Sept. 20:** TUHSD Board Meeting
- Sept. 26-30:** Homecoming Week



show up to on time.” Let us remind our students to demonstrate gratitude for a free public school education by promoting on-time behavior and habits.

Parent Engagement – By now, I hope that you have seen the announcement for **Back To School Night**. BTSN will be held **Thursday, September 8th at 6:00**. Join us at 5:00 if you would like to eat at the food trucks, or share in the celebration of community building with other families.

Campus Beautification is Saturday, September 10th. This is an opportunity to lend a helping hand to our wonderful campus. If you have a special skill or just want to come out support, meet at the Flagpole by the Gym at 9:00 with a positive attitude and ready for work.

Safety Concern Report If you have any concerns about potential threats to the safety of students, staff and community at any TUHSD school, please fill out this form: [Safety Concern Report Form](#)

Safe Routes to School E-Bike Information Please click [here](#) to read important information regarding E-Bikes.

Raising the Bar, Keep Youth Events Substance Free As new and returning families head back to the classroom, we want to share with you a resource about healthy modeling and our partnership together with [Raising the Bar](#), Keep Youth Events Substance Free.

Tam High Foundation News

We need you Tam community!



One click to support all our students.



Campus Beautification

SATURDAY, SEPT. 10, 8:30AM - 12PM



BUY TICKETS ONLINE

USE THE QR CODE BELOW, OR VISIT GOFAN.CO & SEARCH TAMALPAIS HIGH SCHOOL



TAMALPAIS RED-TAILED HAWKS VS ARCHBISH-OP RIORDAN CRUSADERS
SEPTEMBER 10, 2022 | 02:00 PM



Purchase your game tickets at GoFan!

The Tam High Foundation impacts every student and teacher at our school - from new furniture in the classroom to keeping the Wellness center open 5 days a week. Last year they invested in over 50 different grants and programs at Tam High, which amounted to \$750,000.

This year they have joined forces with PATH, THUMB and CTE to make it even easier to contribute.

To date, 10% of Tam families have donated to the Tam High Foundation 2022-2023 campaign. To help them reach their combined fundraising goal of \$850,000, please click [here](#).

What's up with Wellness?

What's up in Wellness?

We hope your children are easing into the school year. The start can be challenging with so many transitions and new things to adapt to. Remind them that we are here if they need additional support. A focus on sleep, eating well, and moving your body can help during this time.

9th Grade

Wellness will be presenting in EVERY Social Issues classroom in September doing our Wellness 101 presentation. It is a fun and interactive presentation that orients students to all the offerings and supports available in Wellness. Each presentation ends with a "field trip" to the Wellness Center. It is much easier to go somewhere when you are struggling if you have been there before. Looking forward to meeting our newest Hawks. This presentation will also be offered to parents on 10/18/22. Be on the lookout for ParentSquare emails about parent education.

Upstander Presentations

We are piloting a presentation created by our very own Sophia Kauffman in the Journalism and Leadership classrooms. This presentation gives students the tools needed to be upstanders to create a safe space for the Tam Community. We are hoping to expand this presentation in the future to reach more students.

Therapy Dogs

We partner with Marin Humane Society to provide Therapy Dogs some lunches on Tuesday and Thursdays. The dogs are usually in front of school near the morning drop off zone. Students can hang with the dogs and relieve some stress before class. Make sure to have your student follow us on Instagram @tam.wellness so they know when they can snuggle a pup.



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Please visit our website at tamhigh.org for all the latest news at Tam or follow us on Twitter @tamhigh and @tamhighprin and Instagram #farrprincipal
Tamalpais High School

For all the latest news at Tam, please be sure to read out [daily bulletin](#)



For more information and Wellness resources, please visit our [website](#) and/or follow us on Instagram: @tam.wellness. If you have any questions about Wellness, please send me an email ymilham@tamdistrict.org.

Pictures on Campus



2022-23 Staff Picture



Staff back to school!



Welcome Class of 2026!





Girls Tennis off to a smashing start!



Refreshing Root Beer Floats!



Girls Field Hockey!

