

Tamalpais High School



From the Principal's Perch

Greetings from Tam High. We are fresh off of a spirited Homecoming Week where we saw students participating in a variety of activities including dress-up days, sporting competition, the homecoming rally and dance. We would like to thank all those that came out to support the students or volunteered in different capacities. Your support of Tam High means so much to providing quality, safe, engaging experiences for all of our students. We are looking forward to a great month of October with many more events to come.

Tam High Foundation

For those of you who came to 'Open House', you would have seen the impact that parent support has on campus. The Tam High Foundation invested over \$700,000 on our campus for our last academic year, thanks to the generosity of our parent community. This year as THF has joined fundraising forces with our drama, music and art programs, the goal is to raise \$850,000. I hope you can help them reach their target so we can continue to support all of our Tam High students. Click [here](#) to make a contribution.

Campus Beautification

The event is this Saturday, Oct. 8, from 8:30-12 – meet at the flag pole / PE lockers with garden gloves, tools and water bottle – we will allocate tasks. There is a sign up genius link here:

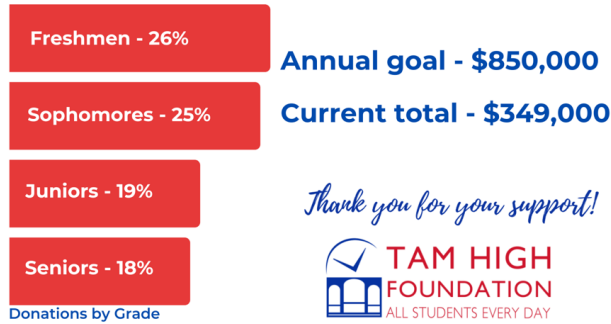
[Campus Volunteers: Tam Campus Beautification - Saturday October 8 \(NEW DATE\) \(signupgenius.com\)](#)

Upcoming Events

- Oct. 5:** Minimum Day
- Oct. 10-15:** CTE Macbeth & Twelfth Night
- Oct. 11:** TUHSD Board Meeting
- Oct. 21:** Tam Unity Day #1
- Oct. 25:** TUHSD Board Meeting



Tam High Foundation News Tam High Foundation Update



Bike Safety Tip: Let's keep each other safe!

Did you know?

- **CA law requires all bicycle riders under 18 to wear helmets.** Helmets for teens and kids are **not** optional.
- 85% of head injuries from motor vehicle collisions could be prevented by wearing a bicycle helmet? (source: [Bicycle Safety | BrainLine](#))
- Wearing a correctly-fitting helmet is key, so it protects you when you need it!

Counseling Corner

October:

12th grade:

In October, college applications are the focus for our seniors. The California public universities have an application deadline of November 30th; counselors are meeting with many seniors individually to help with the application process and are writing letters of recommendation for seniors who have requested one.

9th grade:

Counselors continue to do Meet and Greets with our 9th graders, getting to know them and building a partnership.

Toward the end of October, counselors will host a Resource Hunt for the 9th graders, giving them the opportunity to explore campus for locations where they may find available resources and support.
10th - 11th: the PSAT is administered Oct 15th.

Counselors visited all of the 9th grade Social Studies classes to introduce the counseling program, as well as explain high school credits, graduation requirements, college admission eligibility, and more! Ask your 9th grader about the counseling visit!

What's up with Wellness?

What's up in Wellness?

Wellness is in full swing. We have 7 mental health counselors on our team to support Tam Students. Thanks Tam High Foundation! We have also presented in EVERY 9th grade classroom so they all know who we are, what we do, and how to access support.

HELMET SIZING GUIDE

<p>EYES</p> <p>Only TWO fingers should fit in the space between your eyebrows & the bottom of your helmet</p>	<p>EARS</p> <p>Line your TWO fingers up with the straps; the V of your fingers should be right at your earlobe</p>	<p>CHIN</p> <p>Hook TWO fingers between your chin. There should be no extra space</p>
		



Q-Group

Does your child identify as LGBTQ+? If so, Q-Group runs every Wednesday during tutorial. It is a group run by one of our partners at the SPAHR center. Have your child stop by Wellness to find out more.

Upstander Presentations

We have piloted our Upstander presentations in Journalism and Leadership classes. Moving forward, all 10th grade students should be getting this presentation in their World History classes. If you want to know more about the strategies to being an upstanding, join us at our parent ed event on 10/18. More information about the event will be shared via ParentSquare.

Be An Upstander ~ Workshop with TUHSD Wellness

October 18, 2022 in the evening, Time TBD | Zoom or Kreps (TBD)

Suicide Prevention Event

On Friday 10/21 at lunch, the Wellness Youth Council and Leadership will be teaming up to hold a student run Wellness event that highlights protective factors and how to get resources for yourself or a friend that may be struggling.

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.



J.C. Farr, Ed.D. Principal

jcfarr@tamdistrict.org

700 Miller Ave.

Mill Valley 94941

415-388-3292

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](#)



Pictures on Campus



Music at BTSN



The Tam Campus is looking great!



Club Fair





Latino Heritage Month

Homecoming week:

