

The Red Tail Review

Tamalpais High School Newsletter

From the Principal's Perch

During the month of November our school community will enjoy a week off for Thanksgiving break. The coming vacation led me to think about the idea of gratitude. The Yale Center for Emotional Intelligence defines gratitude as "a state of mind that arises when you affirm a good thing in your life that comes from outside yourself, or when you notice and relish little pleasures." The center describes the benefits of gratitude including an increase of joy, love, and enthusiasm. The center further explains that gratitude is a virtue that can be cultivated by paying attention to what we may take for granted and expressing it. To begin cultivating an attitude of gratitude on the Tam campus, I want to express the following: I am grateful for the community in which I work. I am grateful for the students, staff, and parents that make Tam an amazing place to work every day. Working at Tam brings me joy, and I feel fortunate to be the principal of such an awesome, thriving school. Consider taking a few minutes of each day to express gratitude with your student and have them share with you in return. Let us work together and foster a positive atmosphere on our campus and in our greater community.



**Splash Day in
Marine Biology**



Gratitude!



Leadership Retreat!

Mindfulness

Recently I have engaged in conversations where people have expressed the anxiety and stress that comes for students during the month of October. With the pressure of exams, projects, early decision for seniors, and the general stressors of life, students are often stressed and/or anxious. To help reduce the anxiety of your student and provide them with the tools to effectively deal with the pressures of high school, I ask that you consider mindfulness. **Mindfulness through Breath:** When we are stressed or anxious, we often take shallow breaths into our chest. By breathing deeply into your belly, you can use your breath to calm both your body and mind. To practice mindful breathing, place your right hand on your belly and your left hand on your chest, feeling the gentle rise and fall of your breath. Count to three as you inhale, then count to three again as you exhale. Close your eyes, too, if

breath. Count to three as you inhale, then count to three again as you exhale. Close your eyes, too, if that feels comfortable. Before having your student engage in activities or important tasks, ask students to engage in mindfulness through breath to calm themselves.

Behavioral Expectations

Over the last couple of weeks an assistant principal has visited your student's classes to discuss Tam's School Wide Behavioral Expectations. The general message that students should have received is that all students help to ensure that our learning environment is safe, inclusive and orderly; we are all united in the effort to have an exemplary school. Also included in that citizenship talk was a document that outlined behavior expectations in detail. We believe that it is important for all students to read and understand this document. As such, we have included a link to the document [here](#). Please read and keep for your reference. If you have questions, please direct them to your assigned Assistant Principal.



SOAR Students



**CTE Production of
Our Town**



Water Polo Team

Tardy Sweeps

To support the expectation that students arrive on time to class, Administration and Campus Supervisors will soon begin conducting periodic **Tardy Sweeps**. The process for tardy sweeps consists of the following: once the bell rings signaling the commencement of a chosen class, an announcement over the public address system will instruct teachers to lock their classroom doors. Administrators and campus supervisors will circulate the campus and collect students, bringing them to room 2020. In 2020, students will be issued a tardy sweep pass to class and be assigned an after school detention (Wednesdays or Fridays from 2:50-3:20). Students will not be allowed to enter their scheduled class without a tardy sweep pass during this period. Students who fail to serve their tardy sweep detention will be placed on Social Probation for 30 days.

We recognize that conducting tardy sweeps represent a cultural change for our site. For that reason, we will forewarn students when tardy sweeps will be conducted. We hope to encourage on time behavior from our students and look forward to more time focused on instruction. In support of this cultural shift, please have a conversation with your student and emphasize the importance of arriving to class on time.

Tam High's New Emergency Preparedness Council

The purpose of Tam's NEW Emergency Preparedness Council is to ensure that our school safety plan meets or exceeds the safety standards required by the state. The EPC includes a broad range of

stakeholders, including two parents (Michelle Terrell, and Elaine Wilkinson), two teachers (Erin Gilbert, and Barbara Kurita-Ditz), three students (Peyton Brock, grade 9, Aiofe Ambrose, grade 11, and Erin Edgar, grade 12), Officer Ryan Smith, from the Mill Valley Police Department, Maggie Lang, from the Community Emergency Response Team, and assistant principal, Wendy Stratton. The team will convene monthly, and met for the first time on October 26. In an effort to assess the status quo, the group engaged in a SWOT analysis to identify the current strengths, weaknesses, opportunities and threats with regard to safety at Tam. Next steps will include a closer review of our current safety plan, an assessment of staff training needs, and research on safety plans from campuses like Tam High.

Tam Drills Practice: Our school community participated in the Great Shakeout (earthquake drill) on October 18th, and have scheduled our first Lockdown Drill for November 8th.

If you have interest in hearing more about the work of the EPC, please contact Wendy Stratton (wstratton@tamdistrict.org, (415)380-3528



Great Shakeout!
Way to Drop, Cover
& Hold On!



Feel Good Friday!



Feel Good Friday

Upcoming Events in November

Nov. 1-5: Our Town

Nov. 9: End of R2 Grading Period

Nov. 10: CTE Dance-a-thon, 12pm-10pm

Nov. 12: Veteran's Day-No School

Nov. 19-23: Thanksgiving Break-No School

Nov. 29-30: Fine Arts Winter Fair



J.C. Farr, Principal

Please visit our website at tamhigh.org for all the latest news at Tam or follow us on Twitter at @tamhigh and @tamhighprin.

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