

Red Tail Review

December 2020

Tamalpais High School



From the Principal's Perch

2020 has been one of the longest years of any of our lives. The pandemic, social unrest, the fires, the presidential election, and the general stressors of life have created some of the greatest challenges of our lifetime. Yet, here we are in the midst of it all on the verge of welcoming the start of a new year. Keeping an attitude of gratitude has been the most stabilizing method of self-care that I have practiced throughout this year. No matter the circumstances and challenges, expressing gratitude continues to make it all manageable. I ask that you take a few moments to utilize this mindful strategy and consider what you are grateful for?

Partnership:

As I have mentioned in previous messages, your support and partnership is critical to the success of Tam High. As an example, our partnership with the Tam High Foundation has never been stronger. In the last month, the Tam High Foundation awarded over \$150,000 in grants - these range from classroom tech equipment to allow our students to learn together whether they are at home or remote to much needed additional outside campus seating. We know this is a difficult year for many and only 27% of Tam families have made a donation this year. On this Giving Tuesday, we ask that if you are in a position to give, no matter how much, then please do support the efforts of the Tam High Foundation by clicking [here](#). We receive over \$600,000 worth of funding from THF every year and your support is needed!



Upcoming Events

Dec. 15: TUHSD Board Mtg.

Dec. 15-18: Finals Schedule:

Tues., 12/15

- 0 period 7:10-8:25
- 1st 8:30-10:30
- 2nd 11:-1:00

Wed., 12/16

- Mand. Support 8:30-10:30
- 2nd 11:-1:00

Thurs., 12/17

- 0 period 7:10-8:25
- 3rd 8:30-10:30
- 4th 11:-1:00

Fri., 12/18

- 6th 8:30-10:30
- 7th 11:-1:00

Winter Break:

December 21-January 5

Jan. 6: 2nd Semester starts



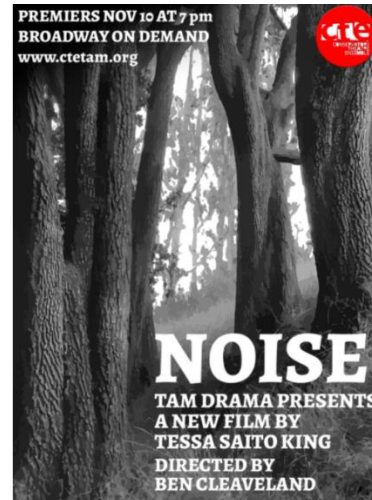
Managing Expectations:

As we prepare for our eventual return to school, we want to begin the conversation of developing the mental mindset that students and families will need to support our collective success. Upon our return to school, we do not want students to expect “business as usual”, with the freedom of movement and activities that are usually associated with Tam High. We will each need to modify our behavior, to support and follow our safety protocols to ensure that we can remain open during the hybrid model. While additional information will be provided during informational sessions, some of the behavioral changes are as follows:

- Mask must be worn at all times inside the school building. Mask must properly fit around the face and sufficiently cover the mouth and nose
- Eating
 - Students must remain on campus during lunch
 - Students may remove their masks when they are OUTSIDE and STILL.
- No shared small appliances (*microwaves, etc.*) will be available
- Hand Sanitizer stations are available around campus for use before and after eating.
- Tents will be placed around campus for coverage.
- Additional benches, tables and trash cans have been purchased by the Foundation to support on campus lunches.
- Students are encouraged to bring a personal water bottle with them to campus.
- Water fountains have either been converted to touchless filling stations or turned off.
- Students may remove masks to quickly take sip of water but are encouraged to do so while outside.
- Students may also remove mask to snack, but should do so while outside and distant from others.

Counseling Corner

Counselors are working hard to support our students and aiding the seniors in their college application process. Seniors, for those with January deadlines, remember that counselors will not be available over the holiday break so make sure to connect and get help/information before December 18th. Do not wait until the last minute. Check Ms. Maguire's website for College and Career updates as well as application and financial aid workshop recordings. You got this and we are proud of you! Please do not hesitate to reach out. Juniors, we will be having Junior Night, junior conferences, and planning workshops for you next semester – try not to worry, we have you covered! For now, focus on finishing the semester strong and exploring future opportunities through the College and Career website and Naviance.



“Noise” is available on Broadway on Demand through June 1st. You can access “Noise” at <http://ctetam.org/> or “Noise” on Broadway on Demand!

**This Month Spirit of Tam
Unity Recipients**



We are approximately 3 weeks away until the end of the first semester. This is a time where we want to encourage students to give their best effort in finishing the semester strong. We recognize that distance learning has been a challenge for both high achieving students, and students that struggle with school. Grades this semester may not accurately reflect a student's true ability. We want to empower students to utilize the mandatory support hours on Wednesday's and Friday's to make up any missing assignments, request meetings time with teachers or request additional support. Our teachers, counselors and staff are here to support you in achieving success. Finals week begins December 15th, please see the schedule for additional information. Let's finish strong!

What's Happening on Campus



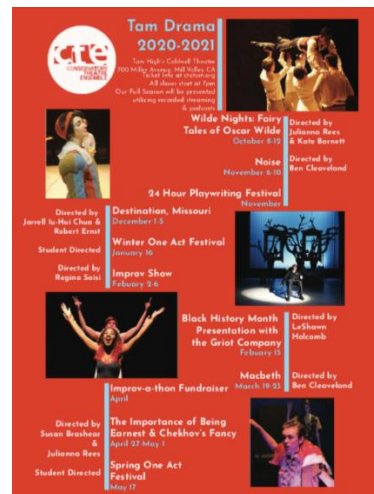
Some Holiday Office Spirit!



Getting our classrooms tech ready!



Check out our CTE 2020-2021 Season!



On-site Covid Testing for Staff



What's Up With Wellness?

December 8th 7-8:30pm - Community Book Read + Discussion with author and health educator, Shafia Zaloom. Teens, Sex, Consent and Relationships. Register [here](#) Purchase the book [here](#) or any other bookstore. The book is a phenomenal resource about how to talk to your kids about sex. Really looking forward to this event!

Next week (12/7-12/11) is Stress Less Week at Tam - Wellness will be hosting daily lunchtime (Zoom) activities including, yoga, mindfulness, sharing your pet, art and more. Come join us in stressing a little less the week before finals. We will be sharing the links and calendar of events with all students soon!

Wellness has been checking in with 9th graders in their PE classes and will continue to do check-ins through the New Year. Our providers have shared that it is so nice to connect with the students, provide resources, and refer them for additional wellness services as necessary.

As always, if you have any questions, concerns, or comments, please feel free to reach out to Yvonne Milham, Wellness Coordinator at ymilham@tamdistrict.org if you are looking for resources, check out our [Virtual Counseling and Wellness Website](#).

J.C. Farr, Principal

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
700 Miller Ave.
Mill Valley 94941
415-388-3292

[Google Classroom Home Support Tutorial](#)

[Canvas Home Support Tutorial](#)

