

Tamalpais High School



From the Principal's Perch

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"Service is the rent we for the privilege of living on this earth." – Shirley Chisholm

Happy New Year to each and every one of you! This winter break was very different than years before. I was home for 95 percent of it, able to rest, rejuvenate and reflect on the year that was 2020. As challenging as 2020 was, I continued to reflect on the bright spots, like the decrease in my dry cleaning bill, the freedom of wearing house shoes during meetings, and eating dinner with my wife more frequently.

As we embark on a New Year, I look forward to better days to come, where we can resume the activities that make Tam High a magical place to come to school and work. Until we are able to come together, I ask that you stay safe, practice social distancing, wear a mask and follow all of the guidelines and protocols.

In the Spirit of Tam-Unity,
J.C. Farr, Principal

What's Up With Wellness?

Students of all grade levels will be participating in the Kognito Friend2Friend Suicide Prevention Workshop during the month of January 2021 in their English classes. Friend2Friend introduces the concept of mental health and strategies for improving mental wellness. Most importantly, it provides students with practice in

Upcoming Events

Jan. 11-22: Senior photos

Jan. 12: TUHSD Board Meeting

Jan. 18: MLK Day-No School

Jan. 21: Incoming Prospective Student Info Night, 6pm

Jan. 27: Session with Deborah McKnight-Save the Date!

Jan. 28: AVID Parent Info Night, 6pm

Jan. 31: Parent ads for yearbook due



talking with a friend who may be struggling and connecting them to a supportive adult. If you do not want your child to participate, please fill out this opt out [form](#) by January 8th.

Wellness is continuing to check in with our 9th graders during their PE classes. Our providers are connecting with students, providing resources, and referring them for additional wellness services as necessary.

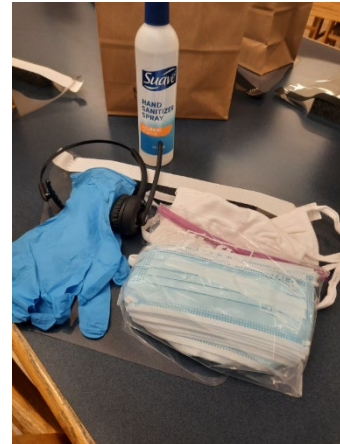
As always, if you have any questions, concerns, or comments, please feel free to reach out to Yvonne Milham, Wellness Coordinator at ymilham@tamdistrict.org. If you are looking for resources, check out our [Virtual Counseling and Wellness Website](#)

What's Happening on Campus?

Link Crew getting ready to welcome Freshmen!



PPE for Teachers



Just follow the arrows...



Thank you to our fabulous PTSA! Book bags & Juice Girl lunch voucher!



Freshmen are in the house!!



Course Selection for 2020/21

Course Selection Requests for 21-22 School Year

It is difficult in these current times to imagine that we are keeping an eye forward to next year while keeping our eyes on distance learning. For our students, there is comfort in routines and part of a high school rhythm is the annual course selection for the next school year. We are presenting this information as TENTATIVE knowing that our context changes daily.

Here are some resources and some important dates that you will want to review together WITH your students. Our staff and counselors will be part of informing students and supporting them with questions about their choices as well.

Key Points to Consider

- These are Course Selection REQUESTS. Your student is not SCHEDULED into these choices until we run a final scheduler later in the year. We may not run classes due to low interest, and we may have limited seating in some classes due to staffing issues
- We base our staffing on the selections that students make in February. It is important for students to carefully consider their choices and review the course guide, their transcript and work with their

***This Month Spirit of Tam
Unity Recipients***



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



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Mill Valley 94941
415-388-3292

[Google Classroom Home](#)
[Support Tutorial](#)

counselor to be sure of these selections. After the Home Access deadline, any request to CHANGE the selections will be collected via a google form. These **may or may not** be honored given our staffing constraints and availability in course

- TUHSD Board of Directors have policy regarding schedule changes, teacher changes, adding and dropping courses and graduation requirements. All relevant policies can be found at the [TUHSD website](#) and in the Course Guide attached to this email.

Important Resources

[21-22 Course Guide](#)

[AP/Honors Matrix](#)

Key Dates

- **January 18th - January 29** - Students will begin to learn about course choices through in class presentations and elective fair/workshop activities. Many of these will be via video or zoom.
- **February 1-12** - Current 9 thru 12th students will input their course request into Home Access with support from counselor classroom/zoom presentations
- **February 26th** - Final day to enter course requests into Home Access
- **March 29th - April 1** - Home Access will be opened for VIEW ONLY so students can check course selections.

Parent/Community Events

Race: What is My Work & How Do We Move Forward During this Racial Uprising, Part 2

Please join us for the second interactive session with Deborah McKnight, a racial equity transformation consultant via Zoom on January 27th from 6:30-8:30. All parents and caregivers are welcome, whether they attended Part 1 or not and registration will be available via Eventbrite next week. This interactive session includes breakout rooms and small group discussions and will include affinity spaces.



[Canvas Home Support Tutorial](#)



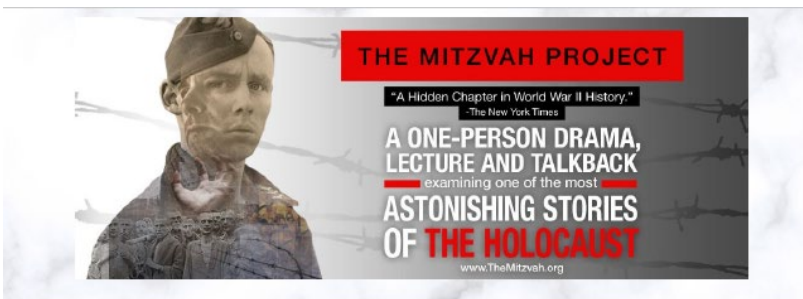
Link Leaders greeting Freshmen!



Teachers getting tech training!



Some suggested pre-reading/listening for the first session included the book "White Fragility" written by Robin D'Angelo and the podcast series "Nice White Parents". Additional pre-work for the second session is viewing the posts from the Marin BIPOC Instagram thread with your children and engaging in conversation with them.



The Mitzvah Project January 28th 2021

Recommended for ages 14+

FREE Live Streamed Performance for:

Students 10:00am -11:30am

Community 5:00pm-6:30pm



Roger Grunwald

The Mitzvah Project is a combination theater, history lesson and conversation- in which actor, playwright and child of a Holocaust survivor, Roger Grunwald, explores one of the most shocking aspects of the Jewish experience during the Second World War. Appropriate for ages 14 and above.

Mr. Grunwald will lead a discussion with the audience following the performance.

[Register here](#)

Questions: Education Services 415-499-5870

Take a Moment to be Mindful

Basic mindfulness meditation

1. Sit on a straight-backed chair or cross-legged on the floor.
2. Focus on an aspect of your breathing, such as the sensation of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale.
3. Once you've narrowed your concentration in this way, begin to widen your focus. Become aware of sounds, sensations, and ideas.
4. Embrace and consider each thought or sensation without judging it as good or bad. If your mind starts to race, return your focus to your breathing. Then expand your awareness again.

