

Red Tail Review

April 2021

Tamalpais High School



From the Principal's Perch

Spring has sprung and if you have not noticed, my Gonzaga Bulldogs are set to win a NCAA Men's National Basketball Championship. Yes, I am a tuition paying, overdue library fee having, dorm room cleaning Doctoral candidate at Gonzaga University. I have earned the right to say Go Bulldogs!

We have appreciated having this time to get to know our students during in-person learning. To the students and families that continue to zoom, we have not forgotten about you. This entire year has been about adaptations, and the coming weeks will be no different. We recognize that there will continue to be anxiety for our student and we are here to support a successful transition back into being on campus more. To support a successful transition to one cohort, including travel recommendations (Spring Break) please take a moment to review the following document:

https://docs.google.com/document/d/1QhXMnBp13mNVzt-ihnzAbt51k4TEh4fcO_7yLRoPJNA/edit?usp=sharing

We would like to thank our parent organizations, **THF, PTSA, Athletic Boosters, PATH, and THUMB**. The support and contributions of our parents have been nothing short of remarkable. The amount of parent volunteer contributions has been tremendous, supporting our seniors with great lunch time moments, and sharing food from local vendors.

We also would like to highlight a new addition to Tam. In the past month, the Tam Athletic Boosters has successfully launched Tam TV, live broadcasting sporting events, capturing the greatness of our student-athletes on the field.

Upcoming Events

Apr. 5-9: Spring Break

Apr. 13: TUHSD Board of Trustees Mtg.

Apr. 23: End of R5 grading period

Apr. 27-May 1: CTE The Importance of Being Earnest

Apr. 27: TUHSD Board of Trustees Mtg.

Apr. 12 & 19: All students virtual

Apr. 13: 100% in-person learning starts!



Tam TV will also be broadcasting our performing arts, as well as other major events to come. Stay tuned for more events.

Please join me in showing gratitude for our **classroom monitors**. Our classroom monitors (members of our community) quickly stepped into the gap to help address our personnel shortage. Without our classroom monitors, we would not have been able to open school in March. We thank you for your professionalism, dedication, and willingness to support our school in a time of need. As our teachers come back into the classroom, we salute you for your efforts.

Congratulations!

Congratulations to **Vicko Cesko**. Vicko has been named our Classified Staff, Golden Bell winner! The following excerpt was written about Vicko. "Vicko has put in so much time and energy in person and calling students/staff to ensure distance learning was working in terms of tech. He helps in an instant with a smile on his face and has been so patient with us all and so kind towards our students as they panic. This would

NOT work without him being amazing at his job. He has sat with me a variety of times to troubleshoot everything under the sun and I could not be more thankful."



Congratulations also to **Grace Backer**. Grace has been named our Certificated Staff, Golden Bell winner. The following excerpt was written about Grace. "Grace was the Teacher Leader of the science department during a lot of turnover and has been an amazing support to all of the new teachers who have joined the science department. She has provided time, support, suggestions, and a shoulder to cry on for so many people, and

is a role model as a teacher and colleague. As an instructional coach and new teacher mentor, Grace is the consummate professional. She is supportive, and finds great ways to coach teachers and improve how we serve students at Tam. As an AVID instructor, she has developed close relationships with her students and has worked through many changes with them."



Congratulations Grace!

And last (but not least), congratulations to our **AIM Teaching Team (Mike Goldstein, Mike Lavezzo, and Sharilyn Scharf)** in celebration of the news that AIM students recently won two National Student Emmy Awards! The National Association of Television Arts and Sciences, the Emmy organization, holds a competition every year to judge the best video

This Month Spirit of Tam Unity Recipients



productions by high school students in a variety of categories. If you have a chance, please check out the winning docs:

["We Still Matter"](#) by Ashalia Dawkins, Sophia Kerner, Lauren Pyfer, and Talia Smith

["A Period Piece"](#) by Maren Curtis, Bella Ivory, Evie Robson, and Skye Schoenhoeft

WHAT'S HAPPENING ON CAMPUS



*Senior
Lunches --
thank you
PTSA!!*

*Friends in
the sun at
lunchtime!*



SPORTS ON CAMPUS



**Girls'
Lacrosse**

JV



**First Football
game of season**



Swim Meet!



What's Up With Wellness?

Wellness is available for both in person and virtual students:

Once we return to one cohort after Spring Break, Wellness providers will continue to provide service for both in person and virtual students. Students who are on campus will meet with Wellness providers on campus and those students remaining virtual will connect with their providers via Zoom. All students can also refer themselves to Wellness using QR codes placed around campus or fill out this self-referral [form](#).

Wellnest - New App for Tam Students:

Tam Wellness is excited to announce that our school is participating in the first major roll out of a new student emotional health and wellness app called [Wellnest](#). This app was developed by a Tam HS Alum (class of 2016) and Michigan graduate and is a gamified mindfulness app designed to support student mental health and wellness through guided journaling. Check out Tam Alum, Tommy welcoming students to Wellness [here](#).

Thanks to the Tam High Foundation for funding full access to this app for students until the end of 2021! Students should be receiving access to this app during tutorial before the end of April.

Whil - Free Mindfulness App for Tam Students/Parents and Caregivers:

This year has been hard, and we know developing a mindfulness practice can help us get through hard times. TUHSD Wellness has been able to secure a third year of FREE access for our whole community thanks to a Tam High parent who founded [Whil](#) and has generously agreed to provide it to the entire TUHSD community of students, staff and parents/caregivers.. This program/app is used by Harvard University, Intuit and other well-known businesses and universities who purchase the program annually as a resource for their staff and students.

HOW DO I GET STARTED?

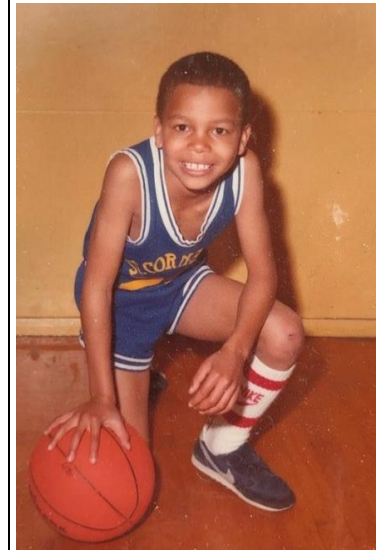
- All TUHSD parents/caregivers can create their own [Whil](#) account by signing up here: <https://connect.whil.com/sponsor/tamfamily>
- Your students will be getting an email that encourages them to sign up for a teen account too by going to <https://connect.whil.com/sponsor/tamstudents> and signing in using their student Tam District email address

** Note: You can use whil.com through your computer or on an app but you must first use the URL above to sign up for free access before downloading and using the app. Thanks!*

As always, if you have any questions, comments, or want to check in about your child, 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](#).



GIRLS' GOLF



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
jcfarr@tamdistrict.org
Tamalpais High School
700 Miller Ave.
Mill Valley 94941
415-388-3292