

Tamalpais High School



From the Principal's Perch

In case you missed it, Tam High received some great news last Wednesday. Tamalpais High in the Tamalpais Union High School District is being recognized as a **2021 California Distinguished School!** Presented by the California Department of Education (CDE) and sponsored by California Casualty, the 2021 California Distinguished Schools Program recognizes California schools that have made exceptional gains in implementing the academic content and performance standards adopted by the State Board of Education for all students. In 2021, California is using a multiple measure accountability system to identify eligible schools based on their performance and progress on the state indicators as specified on the California School Dashboard (Dashboard). Information about the Dashboard is available on the CDE California School Dashboard and System of Support web page at:

<https://www.caschooldashboard.org>.

This California Distinguished School recognition is a community award. This represents the hard work and dedication of the students, staff, parents, and the greater community. We are thankful for all of the contributions from each stakeholder that makes Tam High a special place to come to school and work.

Teacher Appreciation Week

May 3rd-7th marks Teacher Appreciation Week. This year has been a remarkably challenging year for our teaching staff. From starting the year fully remote, to moving into hybrid instruction and finally welcoming students back to in-person learning (while still having



Congratulations to Tam High-California Distinguished School 2020-21!!



Teacher Appreciation Week!

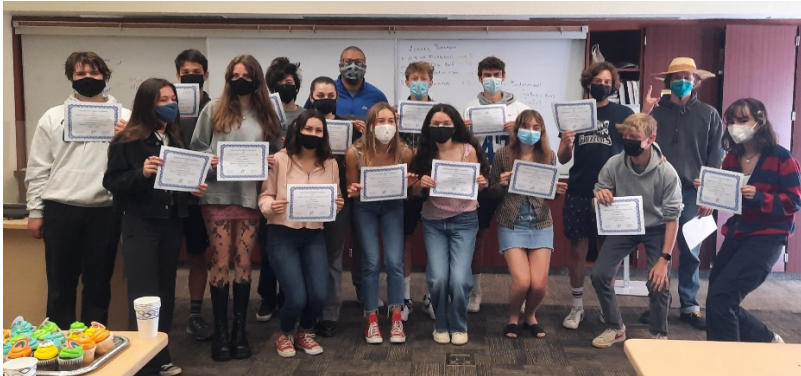
Started the week sweet!

some zoomers). We are asking that you take a moment and recognize all the great teachers that you have had in your lives. Send a kind note, share a thought, or demonstrate kindness to reflect the positive impact that teachers have had. We also know from experience that some of the best teachers are not in the classroom. Consider those that teach us lessons that have helped shape us into becoming the people that we are. Please recognize all the teachers that have made a positive difference in your life.

AP Testing

AP testing is soon upon us. If you have a student in an AP class that has signed up for an exam, you have been receiving communications to get you and your student prepared. Please see [this document](#) for all recent communications. You can find the schedule of AP exams [at this link](#). Please note that most exams are being taken digitally at home. Our teachers have been working hard to prepare your students for the exam and will be sure that all have an opportunity to practice. Students will be excused from classes for the day to take their exam at home if they are taking a digital, at-home exam. Please keep an eye out for further communications as we get closer to your exam date and reach out to Assistant Principal Connor Snow (csnow@tamdistrict.org) or AP Secretary Sylvia Mathews (smathews@tamdistrict.org) if you have any questions.

Pics from Campus



Congratulations to Mock Trial for an outstanding year!

Upcoming Events

May 4,7: AP Testing

May 11: TUHSD Board Mtg., 6:00 pm via zoom

May 17-June 1: AP Testing

May 25: TUHSD Board Mtg., 6:00 pm via zoom

May 31: Memorial Day-No school

June 2: 7:00 pm Senior Awards Ceremony place TBD

June 10: 3pm Tam Commencement Ceremony



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





Listening to some tunes at lunchtime during Tam-Unity Day!



Tie dying in Mead Theater during Homecoming!



Congratulations to our Marin Foundation Outstanding Student Athletes- Ella Bogan and Tucker Bougie! (pictured w/Coach Bernstein)



Tam-Unity Day Announcements!



Baseball team all dressed up!



Basketball team working hard!



S.O.A.R. Workshop with Staff

What's Up With Wellness?

Wellness is available for both in person and virtual students:

Wellness is available for students to drop in daily. In addition wellness providers are seeing their ongoing students in person (for those at school) and virtually for those at home. 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 has participated in the 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 Wellnest [here](#). Thanks to the Tam High Foundation for funding full access to this app for students until the end of 2021!

Most students have had access to download the app during tutorial. If students haven't yet had the rollout in their classroom, they can also download and sign in themselves (using their Tam student email) instructions for access can be found on the Wellness instagram [@tam.wellness](#)

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 Soccer getting ready!

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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