

Tamalpais High School



From the Principal's Perch

The Year To Persevere – I would like to take this opportunity to celebrate our students, staff, and parents for persevering through this challenging school year. We started the year in full distance learning, transitioned to hybrid, and finally moved into in-person learning while caring for one another and demonstrating concern for our collective well-being. Though we were not perfect, I am proud of the efforts that everyone has made throughout the year.

As I have written at various times of the school year, practicing gratitude was the strategy that I utilized most often to support my mental health. Rather than focus on what was lost, I chose to focus my mind on what I appreciated. The good people, things, and activities in my life. This next section is therefore dedicated to some of the parent volunteers that I am grateful for. While I could easily write an exhaustive list, I am focusing on a few that have played key leadership roles during this school year.

Parent Volunteers Board Recognition

Tan High Foundation – **Stephanie Alamin-Cuccaro**, Chair; **Susan Boyle**, Vice Chair

Retiring THF Board Members - **Ingrid Tolson**, **Barbara Cohen**, **Justine Corey-Whitehead** and **Suzanne Alpert**

PTSA Executive Board – **Emily Uhlhorn**, President; **Jenny Silva** VP of Communications; **John Thurman**, Financial Secretary; **Christi Holbrook**, Secretary, Food Bank and Do it All; **Stephanie Young**, Tam Gift Drive

Athletic Boosters – **Jennifer McGhie**, President

Tam TV – **Iona and Derek Scobie**

Upcoming Events

June 2: 7:00 pm Senior Awards Night, 6-8 @Mead

June 7: *Senior Week Activity: "Day on the Green"*

June 8: TUHSD Board Mtg., 6:00 pm via zoom

Senior Week Activity: Checkout 9-12/Rehearsal 12:30-2:30

June 9: *Senior Activity: Breakfast 9-11/Rehearsal 11-1*

June 10: Last Day of School!

3pm Tam Commencement

June 29: TUHSD Board Mtg., 6:00 pm via zoom

What's Up With Wellness?

We also wanted to make sure that you are aware of the resources that will still be available for your students throughout the summer months:

- Our [TUHSD Virtual Wellness and Counseling](#) website reflects the services and resources available while school is not in session. On the web-site, you will also see this [flowchart](#) to help your students navigate mental health services.
- Should your student need crisis support over the summer months, please refer to [this list](#) of numbers to call or text for 24/7 support. Wellness Staff and School Counselors will not be checking emails after the end of the school year.
- [Learn](#) how racism affects youth health and well-being. See our health and wellness resources for students of color [here](#).
- If you are interested in exploring mindfulness techniques or keeping up with an existing practice, check out these [free mindfulness apps/tools](#).
- Your student has free access to Wellnest, a mental health journaling app designed by a Tam Alum and funded by THF. Download Wellnest from the app store and sign up using your Tam email address. If they don't have an iPhone, they can access the app by going to [app.wellnest.co](#) (Wellnest is iOS only at the moment)

Introducing Barrow Hall!



Tam is pleased to announce the renaming of the Lower Keyser building to Jewel Barrow Hall. Jewel Barrow was first hired at Tamalpais High School in April 1968. Jewel held several positions including Instructional Aide and Community Worker (1979-1997), Staff Assistant (1998-2011), Para educator (2011-2016). TUHSD records do not go back far enough to know her

first position. **Jewel retired in June 2016 after 48 years of service to Tam students! Jewel was an institution at Tam.**

Jewel served Tam High in many capacities over 48 years, longer than any other full-time TUHSD employee. Not only that, she is a Tamalpais High School alumna... Her whole life has been Tam. She bleeds blue and red.

Jewel was named the Golden Bell Marin County Classified Employee of the Year in 2008.



This Month Spirit of Tam Unity Recipients



Campus Beautification! Before:



This would be the first TUHSD facility named for a classified employee and would be only the second TUHSD facility named for a person of color following the Bessie Chin Library at Redwood.

Jewel was an essential asset for many athletic directors as she worked supervision or the entrance gate to many Tam, MCAL and North Coast Section athletic events.

Pics from Campus



Seniors Breaking out at Rally!



Music Together! At Senior Rally

And....After!



June Finals Schedule

Monday, June 7:

1 st period	8:30-10:30 (final)
Break	10:30-10:45
2 nd period	10:50-11:20
3 rd period	11:30-12:00*
4 th period	12:10-12:40
Lunch	12:40-1:15
5 th period	1:20-1:50
6 th period	2:00-2:30
7 th period	2:40-3:10

Tuesday, June 8:

2 nd period	8:30-10:30
Break	10:30-10:45
3 rd period	10:55-12:55*

Wednesday, June 9:

4 th period	8:30-10:30
Break	10:30-10:45
5 th period	10:55- 12:55*

Thursday, June 10:

6 th period	8:30-10:30
Break	10:30-10:45
7 th period	10:55-12:55*

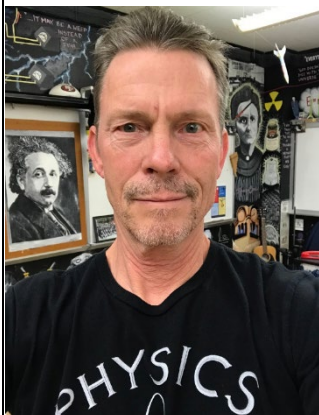
Friday, June 11:

Teacher Work Day
Non-Student Day
*Bulletin Read

Congratulations!

Congratulations to our retirees!

Dave Lapp



Dave has been teaching High School physics for 4 decades and the number of miles he has commuted back & forth from Petaluma is greater than the distance to the moon!

The physics mural he started in his classroom in 1995 has been added to every year by his students!

Karen Kubitschek (on the right)!

Karen started with the district in the 2002-03 school year at San Andreas, transferring to Tam in 2005-06 where she's been ever since!

Karen is an avid (passionate, ardent, devoted, zealous, fanatic) Giants fan. We wish her many happy Giant's games in her future!



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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And to the Coach of the Year...Matthew LemMon!

Coach LemMon is as hardworking as they come. Matthew is a team player in all aspects when it comes to doing what is best for students. Whether it be training students at 6am or coaching practices at 8pm. Matthew steps in whenever there is a space to be filled and adapts instantly.

Matthew's ability to connect with students is by far his greatest success. He cares for his players and students and is able to not only show that he cares but voices it as well. His leadership style carries on to his players, as he is able to create mini-coach versions of himself through his players, which in turn hold every player accountable.

He has high expectations of his players whether it be grades, time management, discipline, responsibilities, and in general being a good human. This might seem like a given, but the day-to-day grind to continually hold students accountable can be rigorous. All students come to the program with different challenges and resources and Matt is able to recognize and alter his relationships as needed to best support his students.