

## Tamalpais High School



### From the Principal's Perch

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"It's the most wonderful time of the year." The winter holidays are my favorite, so I am looking forward to the break coming after finals. I hope you all had a wonderful Thanksgiving break and are excited about ending the calendar year. I want to acknowledge that the holidays are not always a joyful time for everyone. I ask that you be considerate and kind to others and support those that may be having a difficult time.

December represents the end of the first semester at Tam High, and we want to make sure that students end the semester giving their best effort and demonstrating evidence of their learning. I advise that students do so in healthy ways, making sure that they are getting plenty of rest, practicing mindfulness, and emotional regulation. Studies show that students perform better with rest than they do with trying to cram in an additional hour of study for finals. Encourage your students to go to bed at a reasonable hour to be fresh, alert, and ready to give their best effort.

### Parent Engagement

We would like to take this opportunity to say thank you to the students and parents that supported Softball Field Day (See pictures). We also would like to thank Tamalpais Paint for their generous donation toward the painting of our dugouts. Many thanks!

### Upcoming Events

**Dec. 1:** Winter Music Concert, 7:00 pm, Mill Valley Community Center

**Dec. 2-6:** Women of Shakespeare

**Dec. 8:** Prospective Student Info Night, 6:00 pm

**Dec. 13:** Schedule Change: Periods 1-4 (dismissal 3:20)

**Dec. 14:** Schedule Change: Period 1 Final, Periods 5-7 (dismissal 3:10)

**Dec. 14:** Site Council Meeting

**Dec. 15:** Finals - Periods 2 & 3 (dismissal 1:10)

**Dec. 16:** Finals - Periods 4 & 5 (dismissal 1:10)

**Dec. 17:** Finals - Periods 6 & 7 (dismissal 1:10)

**\$75,000 STILL TO RAISE...**  
**31% FAMILIES HAVE DONATED...**



*We are grateful to everyone who has donated so far. Please help us reach our goal, with ALL students benefiting from the funds raised!*

## Supporting our Students

### Tutorial

This is a reminder that attendance at Tutorial is mandatory. We have observed students attempting to wonder off campus on Wednesdays and Fridays. We expect students to attend Tutorial and stay for the duration of the period. With finals and semester grades coming in the next three weeks, we ask that you work with your student maximize the time during tutorial, either studying, reading, or getting the extra support to ensure success.

### Parking

This is also a reminder that parking at Safeway is not allowed. We acknowledge that as a school we have limited parking, so we ask that you consider alternative forms of getting to school, especially if you live within a less than 10-mile radius. Parking in staff lots is also not allowed. We appreciate your support in promoting alternative means of transportation to and from school, and responsible driving and parking for those that need to drive to school

### Behavioral Expectations at Games

As we embark on the winter sports season, we would like to remind our students, parents, and guests of our expectations at sporting events. As members of the Tam High community, we want to represent our school with high character and sportsmanship.

#### **MCAL: Expectations at Athletic Contests**

- Masks are required for all indoor events.
- Work with each other ahead of time about sportsmanship.

**Dec. 20-Jan. 4:** Winter Break

### FINAL EXAM SCHEDULE:

#### **Monday, December 13**

**1<sup>st</sup> period** 8:30-9:55

**Break** 9:55-10:00

**2<sup>nd</sup> period** 10:10-11:35

**Lunch** 11:35-12:10

**3<sup>rd</sup> period** 12:20-1:45

**4<sup>th</sup> period** 1:55-3:20

#### **Tuesday, December 14**

**1<sup>st</sup> period** 8:30-10:30 (final)

**Break** 10:30-10:40

**5<sup>th</sup> period** 10:45- 11:55

**Lunch** 11:55-12:40

**6<sup>th</sup> period** 12:40-1:50

**7<sup>th</sup> period** 2:00 -3:10

#### **Wednesday, Dec. 15**

**2<sup>nd</sup> period** 8:30-10:40

**Break** 10:40-10:50

**3<sup>rd</sup> period** 11:00-1:10

#### **Thursday, Dec. 16**

**4<sup>th</sup> period** 8:30-10:40

**Break** 10:40-10:50

**5<sup>th</sup> period** 11:00-1:10

#### **Friday, Dec. 17**

**6<sup>th</sup> period** 8:30-10:40

**Break** 10:40-10:50

**7<sup>th</sup> period** 11:00-1:10

- Keep students off-field/courts/pool. Non-participating students shall stay off all playing areas during, before, and at half time of any contests.
- Watch for unsportsmanlike acts, chants, yells from the crowd. Spectators may be ejected for inappropriate behavior. Including but not limited to:

- turned backs
- newspapers in front of face
- cheers based at harassing the other school
- yells directed toward a player on the opposing team
- yells directed toward the opposing school
- yells directed toward the official(s) or booing.
- harassing other team's players
- profanity
- offensive signs

- responding to the other school's inappropriate cheers
- Fans should never interfere with officials, team warm-up or playing of the game.
- All types of noisemakers are prohibited: such as sirens, tooters, cowbells, megaphones, squawkers, etc., shall be prohibited at all indoor contests.
- Additionally, noisemakers are not allowed at NCS post-season events.
- sitting in the other school's designated cheering area

- An official may award a technical foul to a team for unsportsmanlike conduct on the part of a coach, player, spectator or cheering section. Administrators may remove a spectator for inappropriate behavior. Repeated unsportsmanlike conduct, particularly on the part of the cheering section or individual spectators, may cause forfeiture of the contest.
- Cheering Sections: Should focus on team support



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



### **School Rules!**



Race work with Lori Watson

### **Pics from Campus**



Congratulations to Girls Cross Country-placing 4<sup>th</sup> in state, 2<sup>nd</sup> in section, 1<sup>st</sup> in MCAL! And to Caden Carney, 1<sup>st</sup> place at CIF State Cross Country meet!!





Getting ready for Volleyball!



Sofball Field Day!!



## What's Up With Wellness?

**Winter Stress Less** - This year we are collaborating with Leadership to offer Stress Less activities at lunch in front of the Student Center. Please tell your student(s) to check us out and de-stress the week before finals. All activities are free of charge and available to all students.

- Monday - Make your own aromatherapy spray
- Tuesday - Pet therapy dogs
- Wednesday - Wish tree
- Thursday - Cookies and Coloring
- Friday - Stress Ball Making

### Upstander Workshop -

**WHAT:** TUHSD Wellness has created a workshop to educate students about how to interrupt harm and bias of all kinds. On



**J.C. Farr, Principal**

Please visit our website at [tamhigh.org](http://tamhigh.org) for all the latest news at Tam or follow us on Twitter @tamhigh and @tamhighprin and Instagram #farrprincipal  
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December 7, 2021, we will be sharing this workshop with parents/caregivers. In this workshop, students will learn the difference between a bystander and an upstander, strategies to interrupt harm and bias including the 3 D's - Distract, Delegate, Direct - and have the opportunity to practice in different scenarios that come up at school and with peers. We will explore different approaches to being an upstander when it comes to sexual harassment and assault, drugs and alcohol, suicide prevention and biased speech and behavior using interactive teaching methods including reflections, activities, scenarios and videos.

**WHEN:** December 7, 7-8:30pm

**WHERE:** On Zoom (See Link + Password below)

<https://tamdistrict-org.zoom.us/j/93088864400?>

Password: upstander

For more information and Wellness resources, please visit our [website](#) and/or follow us on instagram: @tam.wellness. If you have any questions about Wellness, please send me an email [ymilham@tamdistrict.org](mailto:ymilham@tamdistrict.org).