

Tamalpais High School



From the Principal's Perch

**"Women belong in all places where decisions are being made. It shouldn't be that women are the exception." –
Ruth Bader Ginsburg**

February was an outstanding month at Tam High as the Black Student Union and Associated Student Body, along with our faculty and staff worked together to produce many great activities and events in celebration of Black History Month. We are very proud of those collaborative efforts, which culminated in our first ever Black Business Marketplace (see pictures below).

March represents Women's History Month. We ask that you take some time to appreciate and celebrate women and all of the accomplishments and contributions that women have made, and continue to make, in our society.

We are approximately two-thirds through the school year. We thank our students and staff for persevering through all the changes that COVID 19 has presented. Soon mask mandates will disappear and we will look to resume all of the activities and opportunities that make Tam a special place to come to school and work.

Attendance Update - Each week, 8 total students who have perfect attendance from the prior week (no absences or tardies) will be entered into a weekly drawing for Tam Swag! There will be 2 winners each week per grade. Winners will be announced during Wednesday's tutorial. Winners will come up to the office after the announcement to claim their reward. Make it to all your classes on

Upcoming Events

Mar. 8: TUHSD Board Mtg.

Mar. 9: Freshman Advisory

Mar.13: Daylight Savings

Mar. 16: Site Council Mtg.

Mar. 17: St. Patrick's Day
Open House

Mar. 18: Minimum Day

Mar. 22: TUHSD Board
Mtg.

Mar. 28-30: WASC Visit



time for an entire week to be entered into the weekly drawing automatically!

We are including this incentive as a means to support on-time attendance. We ask for your continued support in having students get to school on-time, each day.

Counseling Corner

Welcome Molly Couto - Counselor



I've been a high school counselor since 2013 in the East Bay. Before I was a counselor, during college I worked as a teller at a bank, an after-school program, a student aide at a private Catholic school, an accounting assistant at a networking company, a CFO and then Registrar and Attendance Clerk at a private Catholic High School.

In addition to my Master's Degree in Counseling with a Marriage and Family Therapy focus and a School Counseling Credential from St. Mary's College of Moraga, I have a teaching credential from Holy Names University (Oakland) and a Bachelor's Degree in Child Development from San Jose State University.

When I'm off work, I like to walk my 3 dogs at the beach, read books, make quilts, sing in a community chorus, and tap dance!

What's Up With Wellness?

What's up in Wellness!

Wellness Week: The week before break, Wellness Youth Council ran its first ever Wellness Week! Students participated in Wellness-themed activities including writing valentines to themselves, doing self-care playlist bingo, answering trivia questions, and helping make a communal self-care mural. Participants were entered in a drawing to win prizes, including a giant squishmallow! Thanks to



everyone who participated--we hope you had fun and learned more about Wellness and self-care strategies!



Wellness Film Series: Mission: Joy + Expert Panel -- March 15, 2022 Join us in our 4th year of our [Teen Wellness Film Series](#) - a partnership between

**This Month Spirit of Tam
Unity Recipients**



**JOIN THE
DISCUSSION**
**3/2/22 @
7:00 pm**

Click [here](#) to register

In the fifth of six conversations in the Let's Talk Community Discussion series for 2021-22, we will talk about how communities and schools can implement protective policies that can prevent underage substance use and provide support for students faced with substance-related consequences. Our speakers will share their experience on how laws, policies and restorative justice practices work together to protect our young people and guide future decisions.

[TUHSD Wellness](#) and the [California Film Institute \(CFI\) Education](#) with our second film of the 21-22 series - [Mission: Joy - Finding Happiness in Troubled Times](#). Join us in person at the Rafael Film Center on March 15 at 7pm for the film screening and live panel or join us online and stream the film and recorded panel March 16-20, 2022.

The Rafael Theater screening will be followed by an in-depth panel discussion featuring:

- PEGGY CALLAHAN, co-director, *Mission: JOY*
 - EMILIANA SIMON-THOMAS, Ph.D, Science Director, [The Greater Good Science Center](#) at the University of California, Berkeley
- * Additional guests to be announced

*The panel discussion will be recorded and available for viewing as part of the streaming program.

PURCHASE TICKETS HERE:

AT THE RAFAEL WITH LIVE PANEL [GET TICKETS](#)

TUESDAY, MARCH 15 • 7:00

\$12.50 General | \$9. Senior • Youth • Matinée | \$7 CFI Members

STREAMING RAFAEL @HOME + RECORDED PANEL

[PRE ORDER NOW](#)

AVAILABLE MARCH 16-20

\$12 General | \$7 CFI Members – Member number required

VALID FOR 48 HOURS | [STREAMING FAQ & SUPPORT](#)

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.

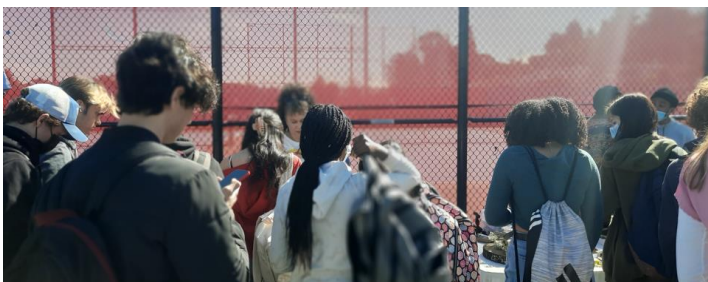


J.C. Farr, Principal

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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Black History Month at Tam



Pics from Campus



Campus Cleanup!



Ceramic students in their new aprons! (Thank You PATH!)

Wrestling at NCS



Basketball & Cheer Senior Night



Therapy Dogs at Tam

Mountain Bike Club takes 1st place!

