



Welcome to Redwood

Class of 2028 Parents &
Parents of Transfer Students



The Counseling & Wellness Team

Room 103

School Counselors: Elijio Arreguin, Jeff David, Candace Gulden, Caroline Miller (Intern), Katie Paulsen, Ian Scott, and Tami Wall

College and Career Specialist: Becky Bjursten (Room 111 - College & Career Center)

Counseling Secretary: Simone Davis

Records Secretary (Transcripts): Diana Fernandez

Wellness Coordinator: Spencer DeWoody

Wellness Outreach Specialist: Ariel Ziegler

Logistics

- Keep contact information up to date for communication - email, phone & address
- Redwood online resources:
 - Course Guide
 - Parent/Student Handbook
 - Department websites
 - Staff contact information
 - Attendance

Apps to download:

- ParentVue 
- Canvas (observer account) 
- Parent Square 

Activities and Getting Involved

- [Clubs](#) - Club Day
- [Athletics](#)
- Extracurricular activities
- Internships (age 16 or older)
- Jobs and Community Service advertisements in our [College and Career Center \(CCC\)](#)

Graduation and College Requirements

All students are automatically enrolled in courses REQUIRED:

- To earn a TUHSD high school diploma

AND

- For eligibility to apply to UCs/CSUs directly from high school

Subject requirements for diploma are slightly different

- PE is required by the state of California and cannot be waived for sports
- World Language is not required to earn TUHSD diploma, but is required for 4 year colleges and universities

[*Frequently Asked Questions regarding scheduling](#)

Logistics of Grades & GPA

- Report card versus semester grades
 - 6 report periods, 2 semesters
- Last day to add a course: 5th day of the semester
 - Fall - August 27, 2024
 - Spring January 14, 2025
- Last day to drop a course is 1 week after the R1/R4 report period ends

Academic Support

Teacher (the first point of contact)

Students should seek support for academic/curriculum concerns, questions about grades, missed instructional time, homework, a poor grade on an assessment/test/exam/etc.

When

- **SMART** - Wednesday & Friday
 - Students must attend - there are NO waivers
 - They can get a pass to see another teacher on Wednesdays
- **Other teacher times** - check directly with the teacher for appointments

Academic Support - Tutoring

Peer Tutoring

- After school in the Redwood Library
 - Mondays until 4:35pm
 - Tuesdays until 4:30pm

Math Tutoring

- No COST!!
- Taught by Redwood math teachers
 - Ms. Hong - Mondays 3:30-4:30 (room 281)
 - Ms. Kristal Tuesdays 3:40-4:40 (room 261)
 - Before School - TBD

Support Services

Support with School Counselor for personal, social, emotional concerns as well as academic

- Students will meet with counselors on September 10th and 11th in their English class
- January 2025 - Course Advising

Students should be the first point of contact with school staff. We recommend that the student copy a parent on the email, rather than the parent sending the email. *Why?*

- Encourages self-advocacy
- Develops relationships with teachers, counselor, and other staff members
- Builds capacity for independence

Support Services

College and Career Center offers an abundance of information about planning for college, jobs, internships, and community service.

Technology Support - Send email to help@tamdistrict.org

The Wellness Center



The Wellness Center

Spencer DeWoody
Wellness Coordinator



Support Services - The Wellness Center

The Wellness Center coordinates and provides health, mental health, sexual health, and substance abuse services and programs on campus!

Direct services:

- Short term Individual Counseling
 - Community Partnerships & Interns (BACR, SPHAR and more!)
- Group Support - Examples of groups offered:
 - Support for LGBTQ+ students
 - Grief/Loss group
 - Friendship/Connection group for young women
- Sexual health clinic (Marin Community Clinic)
 - Every 3rd Friday, starting 9/13

Support Services - The Wellness Center

Prevention and Education:

- Health and wellness classroom presentations
- School wide health education events
- Parent education events

Resources can be found on [The Wellness Center](#) Website

- crisis supports, anxiety reducing tools and more!

Contact Spencer DeWoody for questions or more information:

415-945-3678 or sdewoody@tamdistrict.org

Marin Healthy Youth Partnerships

Be the Influence is a parenting program which seeks to **delay** adolescent substance use and prevent harmful consequences associated with underage use. As a member of the BTI community, you can take comfort in the fact that **YOU ARE NOT ALONE** in dealing with the challenging job of keeping our local teens healthy and safe; web site: Betheinfluence.us

Let's Talk Marin 9th grade families may have received a copy of *Let's Talk - A Toolkit for Navigating teen substance use in Marin County*. This project is a collaboration with Marin County Office of Education, Marin Health and Human Services, Rx Safe Marin and Marin Healthy Youth Partnerships.

Monthly Community discussions with local experts with first one on October 5th called "Just Say Know". Register at letstalkmarin.org under community discussions.

Marin Healthy Youth Partnerships website: <http://mhyp.org>



Questions & Answers