



TAMALPAIS UNION HIGH SCHOOL DISTRICT

Staying Connected: Parent/Guardian Guide to Communication in a Phone-Free School Day

As part of our commitment to improving focus, learning, and student well-being, our district will implement a phone-free school day beginning the first day of school in August of 2026. We understand that staying connected with your child is important. This guide explains how you can still communicate effectively when needed.

How to Reach Your Student

Emergency / Urgent Communication

If you need to reach your child urgently during the school day, please contact the school's main office. Staff will ensure your message is delivered promptly or connect you directly with your student if needed.

Examples of emergencies / urgent situations include:

- A sudden illness or injury in the family or other family emergencies that require immediate attention
- Time-sensitive concerns like a change in a medical appointment time or a need to unexpectedly pick your student up early

In the event of an emergency or urgent situation, you can call the main office at:

Archie Williams: (415) 458-3400

Redwood: (415) 945-3600

San Andreas/Tamiscal: (415) 945-3770

Tamalpais: (415) 380-3500

Routine Communication

For everyday, non-urgent matters, direct communication can happen before or after school hours.

Examples of routine situations include:

- Reminders about after-school activities or appointments
- Checking in about homework or plans for the evening
- Coordinating rides or pickups that are already planned
- General updates or "just checking in" messages

In the event of the need for routine communication, you can:

Text your child; they will see messages once phones are accessible after school

A Little Preparation Can Help Eliminate the Need for Daily Communication

- Review schedules and after-school plans together each morning
- Confirm pickup times and locations in advance
- Discuss any changes to the normal routine the night before or before leaving home in the morning
- Encourage your student to check in with the main office if they need to reach you during the day

Why Phone-Free?

- Minimize distractions and fragmented attention
- Improve academic focus and student learning
- Support positive social interaction and engagement
- Promote student well-being and mental health

We appreciate your partnership in making this transition smooth and successful. Together, we can create a more focused and connected learning environment—both in and out of the classroom.