

Tamalpais High School



From the Principal's Perch

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"Lift every voice and sing, till earth and Heaven ring,
Ring with the harmonies of liberty;
Let our rejoicing rise, high as the listening skies,
Let it resound loud as the rolling sea.
Sing a song full of faith that the dark past has taught us,
Sing a song full of the hope that the present has brought us;
Facing the rising sun of our new day begun,
Let us march on till victory is won."
– James Weldon Johnson

Please join us in the celebration of Black History at Tam. Although we choose February to celebrate Black History, we want to be conscious that "Black History is not a month, it is a lifetime." We take this opportunity to celebrate the many contributions that African-Americans have made to society. We honor those that have come before us and uphold those that continue to do the work of making this world a better place. For more information about Black History, we ask that you explore this wonderful newsletter created by Ross Valley Charter



<https://drive.google.com/file/d/1fQIQfHhow19NcoL64oejU148HmluYxhj/view>

Congratulations to the "Poetry Out Loud" Tam Winners! There were many fabulous performances in our unique 2021 Zoom

Upcoming

Events

- Feb. 2-4:** CTE's Annual Improv Show
- Feb. 2 - 8** - Teen Wellness Series: Trust Me, [via streaming](#)
- Feb. 3:** Minimum Day
- Feb. 3:** ABC's of Honors and AP, 6pm
- Feb. 3** - Let's Talk Community Discussion, Uppers, Downers and All-Arounders. Register [here](#).
- Feb. 9:** TUHSD Board Mtg.
- Feb. 15-19:** February Break--No School
- Feb. 23:** TUHSD Board Mtg.
- Feb. 26:** End of R4 Grading Period

contest. **In first place** is **Marie Bidstrup** with her rendition of the poem, "Domestic Situation," by Ernest Hilbert. **In second place** is **Artemis Frederick** with "What to say Upon Being Asked to be Friends," by Julian Talamantez Brolaski. **In a tie for 3rd place**, are Owen Butler and **Adrienne Murr**. Best wishes to Marie as she will be moving on to compete at the Marin County Competition with a chance to go to states.

We would like to thank **Barbara Kurita-Ditz** who works diligently to keep poetry at Tam alive. Also thanks to all who helped this to happen this year, but especially to English Teachers **Cathryn Bruno, Mike Levinson, Tara Seekins** our parent volunteer judge, **Patty Ginnebaugh**.

Updates: For more information regarding school opening, please monitor communications from the office of **Superintendent Dr. Tara Taupier**.

News from our Counseling Department

February is a big month in the counseling office. Scheduling for the Fall of 2021 has just started and Home Access is open for all students to enter their course requests. The system will be available for students from February 1st through February 12th. Freshman were emailed with a loom video and instructions. Sophomores had their scheduling webinar on January 22nd and Juniors had their scheduling webinar on January 27th. All presentation recordings as well as the Q&A for each of the webinars can be found on the Counseling Website. Please look at the different resources available on the counseling website for good tips, tricks, and course descriptions. Each counselor will host two drop-in zooms for students with more scheduling questions on February 5th and February 10th. Links for those zooms can be found in the recent ParentSquare email as well as in each counselor's Automatic Reply Email. Juniors – you have a mandatory Future Planning Workshop with Ms. Maguire, our College and Career Specialist, on February 12th during tutorial. Make sure to attend! This will be an informative introduction to researching colleges and planning your post-high school life. Additionally, counselors are starting or have started their junior conferences. These are either individual or in small groups depending on the counselor and will take place in February and March. Be sure to check your email for updates on your conference. Seniors, stay in touch with your counselor and keep checking Naviance as well as Ms. Maguire's website for scholarship opportunities. In general, your counselors are always here and eager to work with their students. Please reach out to them for any needs...or just to catch up. Happy February Everyone!

Minimum Day: **Wednesday, Feb. 3**

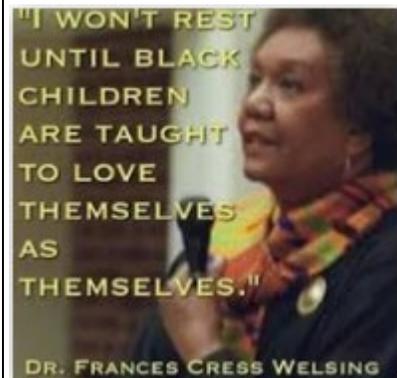
5th period: 8:30-9:30

6th period: 9:45-10:45

7th period: 11:00-12:00

Click below for newsletter:

This Month Spirit of Tam Unity Recipients



“My humanity is bound up in yours, for we can only be human together.”
—Desmond Tutu

Black History Month

The purpose of education is to create in a person the ability to look at the world for himself, **to make his own decisions.**

James A. Baldwin



You don't make progress by standing on the sidelines, whimpering and complaining. You make progress by implementing ideas.

— Shirley Chisholm —

“Education is the passport to the future, for tomorrow belongs to those who prepare for it today.”

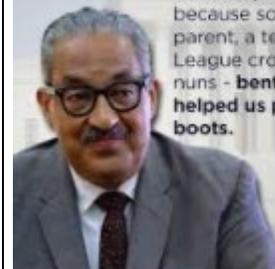
— Malcolm X



"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

— Martin Luther King

None of us got where we are solely by pulling ourselves up by our bootstraps. We got here because somebody - a parent, a teacher, an Ivy League crony or a few nuns - **bent down and helped us pick up our boots.**



Thurgood Marshall

“Hate is too great a burden to bear. It injures the hater more than it injures the hated.”

—Coretta Scott King



What's Up with Wellness?

Sexual Harassment Prevention:

This month, TUHSD will be implementing a sexual harassment prevention training to all students in grades 9-12. The training will be implemented during class time throughout the month of February 2021. It will happen in PE classes for grades 9 & 10; Science for 11th and Social Studies for grade 12. New this school year, Tam has a student run Sexual Assault and Prevention Task Force that collaborates with our Administrative Team and with Wellness. This group was able to give feedback on the discussion guide that will be implemented in the classrooms after the training.

Supporting Students:

Wellness is finishing up with our 9th grade check ins. We are now working on plans to connect with our Seniors and our Student Athletes. We recognize that this is such a hard time for so many of our students.

Reminder: Any student can refer themselves for Wellness services at any time using this [link](#).

Please save the date:

WHAT: Resilient Families: Navigating Substance Use & Abuse through the Teen Years

WHO: Parents/caregivers (families) – We will provide resources for you to implement with your teen

WHEN: March 2nd, 2021 6:30 - 7:30pm

WHERE: The virtual learning community!

Keep an eye out for more information on how to sign up or email jcolvin@tamdistrict.org to sign up today.

As always, if you have any questions, comments, or want to check in about your child, please feel free to reach out to Yvonne Milham, Wellness Coordinator at ymilham@tamdistrict.org If you are looking for resources, check out our [Virtual Counseling and Wellness Website](#).



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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