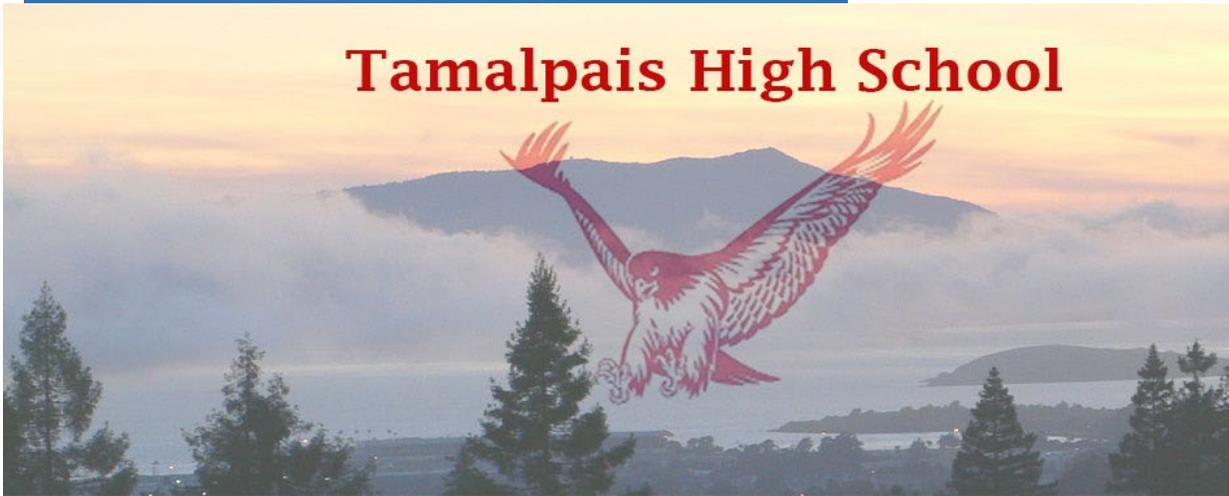


Tamalpais High School



From the Principal's Perch

**"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 the 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"**

– J. Rosamond Johnson and James Weldon Johnson

Happy Chinese New Year! Today we celebrate the Year of the Tiger. Wishing all a healthy and prosperous new year.

The month of February also marks the celebration of Black History Month. We ask that you join us in celebrating the many contributions that African-Americans have made to this nation and the world. We honor those that made sacrifices, overcame adversity and challenge to triumph. We uphold African-Americans that continue to do the work of making this world a better place.

We would also like to take a moment to celebrate all stakeholders in the Tam Community. January has been a challenging month, but we have worked through it together with everyone giving more of themselves to support the whole. We thank the Tam High Teachers and Staff, the PTSA, and most importantly our students for showing up as their best selves to overcome the Omicron surge. As we continue to see the number of cases of COVID decrease, we look forward to reinvigorating campus life and the many activities that celebrate the richness of our community and make Tam a great place to come to school and work each day.

Upcoming Events

Feb. 1: TUHSD Board Mtg., 6:00 pm

Feb. 2: Minimum Day

Feb. 12: Campus Beautification Day, 9-1

Feb. 15: TUHSD Board Mtg., 6:00

Feb. 18: End of R4 Grading Period

Feb. 21-25: February Break

Congrats to Christina Amoroso!!



Note from Tam High Foundation

Thank you Tam community!

The Tam High Foundation is happy to share that they have hit their 2021-2022 fundraising goal of \$650,000. Thank you for helping the Foundation reach their goal, these critical funds will continue to provide invaluable support to our students, staff and facilities.

If you are interested in finding out more about the Foundation's work and potentially serving on their Executive Board in 2022-2023, please email info@tamhighfoundation.org. This is a great opportunity to serve the Tam community

Welcome Newest Campus Assistant!



Lynnette Egenlauf is from Marin City and is a graduate of Tamalpais High School. After graduating from Tam she went on to attend Alabama State University. Returning back home to Marin, Lynnette went on to earn her AA from College of Marin in Social and Behavior Science.

While at College of Marin, she played both Basketball and Softball. Lynnette has the utmost passion for working with students of all ages and has given this passion back to her community. She has coached Softball and Basketball for the past 10 years and is an active board member for the Marin City Community Service District. Lynnette was the PE Coach at Willow Creek Academy before the charter school unified with Bayside Martin Luther King Jr. Academy last year.

Pics from Campus



Covid Testing—thanks to our amazing team headed by Kaki McLachlan and helpers Patty, Nancy & Lisa G. & Lisa C.!



Our PTSA Rocks! Thank you all!

Basketball at Tam!



This Month Spirit of Tam Unity Recipients



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 jcfarr@tamdistrict.org



Environmental Science Students getting recycling going on campus!



Campus Life!



Tamalpais High School
700 Miller Ave.
Mill Valley 94941
415-388-3292

BLACK HISTORY MONTH FACTS!

* In 1926, Carter G. Woodson — an African American historian who graduated from Harvard with a Ph.D. — founded Negro History Week to highlight the history, lives, and contributions of Black Americans to American society. In 1976, Negro History Week stretched into a month-long celebration under President Gerald Ford.

* Black History Month takes place in February for good reason. Woodson wanted to honor President Lincoln and Frederick Douglass who were both born in February. Lincoln is well known as the American President who, in 1863, issued the Emancipation Proclamation. This proclamation announced the freedom of American slaves in the Confederate States of America.

* Frederick Douglass escaped from American slavery in 1838 to become a renowned abolitionist, speaker and writer. He wrote several speeches and books, including “A Narrative of the Life of Frederick Douglass, an American Slave”.

What's Up With Wellness?

Therapy Dogs - This week (Tuesday, Thursday and Friday) Wellness will have therapy dogs on campus in front of the arches at lunch time. Dogs make everything a little bit better.

Escape the Vape - Parent/Caregiver Resources and Education - Tuesday 2/8 from 7-8PM

WHAT: The Escape the Vape presentation will educate parents/caregivers on what e-cigarettes and cannabis vapes are, how they work, and which are the most popular devices among teens. We will address the up to date health implications of using these products, focusing on nicotine, and cover environmental impacts and disposal of products. We will also discuss marketing tactics tobacco companies use to sell their products and appeal to young people, including flavorings and social media marketing. Finally, we will talk about the regulation—or lack thereof—these products and present resources to help student cessation efforts. Please join us for this informative presentation!

WHO: TUHSD Wellness welcomes our partner, Jasmine Gerraty of [Marin Healthy Youth Partnerships](#), [Bay Area Community Resources](#) and the [Marin County Tobacco Control Program](#) who will be facilitating this presentation.

WHERE: In virtual community via Zoom at <https://tamdistrict-org.zoom.us/j/98526628157>

We hope you are able to join us for this event; however, if you can't make it, we hope you take some time to learn more about this important issue by taking a look at the following resources including a previously recorded Let's Talk Vaping presentation, vaping FAQs, articles, quite resources etc.

- ["Let's talk Vaping" Presentation Video](#)
- [Vaping FAQs and articles](#)
- [Quit Resources for Teens](#)

Thank you for supporting the health and well-being of our students,

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.

* In addition to Woodson, many civil right activists and protestors contributed to Black history, including Rosa Parks, Malcolm X, Mary White Ovington and Martin Luther King Jr. Sociologist W.E.B. DuBois, a founding member of the civil rights organization NAACP, was a prominent Black intellectual who wrote extensively on Black struggles.

* **Heavyweight Champ:** Jack Johnson became the first African American man to hold the World Heavyweight Champion boxing title in 1908. He held onto the belt until 1915.

* **First Lawyer:** John Mercer Langston was the first Black man to become a lawyer when he passed the bar in Ohio in 1854. When he was elected to the post of Town Clerk for Brownhelm, Ohio, in 1855 Langston became one of the first African Americans ever elected to public office in America.

* **Supreme Court Justice:** Thurgood Marshall was the first African American ever appointed to the U.S. Supreme Court. He was appointed by President Lyndon B. Johnson and served on the court from 1967 to 1991.