

## RED TAIL REVIEW

# Tamalpais High School



## From the Principal's Perch

**"We are beginning to understand that the world is always being made fresh and never finished; that activism can be the journey rather than the arrival: That struggle doesn't always have to be confrontational but can take the form of reaching out to find common ground with the many others in our society." – Grace Lee Boggs**

**A Mindful Minute** – We want to take an opportunity this morning for everyone to take a collective deep breath. Just for a few seconds, stop wherever you are reading this message and just breathe. In through the nose, out through the mouth. Just a few more times with me, in the through the nose, out through the mouth. This mindful breathing exercise is essential to maintaining good mental health and helpful in addressing the anxiety that many are feeling on days like this during these unprecedented times.

**Gratitude** – We want to take this opportunity to thank the many volunteers, donors, and community partners that continue to step in the gap in making Tam High a wonderful place to come to school, work, and be part of. With the many moving parts that make Tam High, we could not begin to complete all the activities and events without so many of you that give willingly of your time, energy, and passion. As we continue toward the end of the semester, and a return to in person learning, we will continue to need each of you in various capacities to continue to provide the support for us to strive toward reaching our collective goals. We cannot thank you enough for your partnership.

## Upcoming Events

- Nov. 4:** Let's Talk Discussion (Navigating teen substance use), 7pm, via zoom
- Nov. 6:** End of R2 grading period
- Nov. 6-10:** CTE Production of Noise

## Week of November 9th:

### **Monday and Friday:**

- Period 5: 8:30-9:45
- Mandatory Support: 9:55-11:10
- Lunch: 11:10-11:50
- Period 6: 11:55-1:10
- Period 7: 1:20-2:35
- Period 8: 2:40-3:55

### **Tuesday and Thursday:**

- Period 0: 7:10-8:25
- Period 1: 8:30-9:45
- Period 2: 9:55-11:10
- Lunch: 11:10-11:50
- Period 3: 11:55-1:10
- Period 4: 1:20-2:35

**Wednesday: No School**

**Congratulations** – We would like to take this opportunity to acknowledge the following students for their recognition as commended scholars in the 2021 National Merit Scholar Program; **Kleigh Carroll, Odesa Goldberg, Ayman Hayat, Alexander Kraemling, Logan Little, Aeneas Nicholas, Samantha Ramacher, Drew Schwartzman, and Jonah Schwartzman.** Congratulations on this outstanding honor.

At this time we would also like to recognize senior **Carly Ramacher.** Carly has been qualified as a semifinalist in the 2021 National Merit Scholarship Program. As one of 16000 high school seniors who are semifinalist, Carly has an opportunity for one of the 7600 National Merit Scholarships offered in the spring. Congratulations to Carly and we wish her well moving forward in the scholarship program.

**Update** – At Tam the Administrative, Clerical, and Custodial staff are working diligently on a daily basis toward preparing our facilities and staff for in person learning. Please continue to monitor communication updates from our district Superintendent Dr. Tara Taupier for pertinent information regarding target dates for in person learning.

## What's Up with Wellness?

### 9th Grade Wellness Check ins

Wellness Providers are checking in with every 9th Grade Student at Tam in their PE class (unless guardians opted out of a check in for their student). If you are a parent of a 10-12th grade student and would like Wellness to check in with them, let Yvonne know ([ymilham@tamdistrict.org](mailto:ymilham@tamdistrict.org)). Since we have been Distance Learning this Fall, we made this [video](#) to introduce our 9th graders to Wellness and what we offer. Check it out!

### New Groups

In addition to our Cessation group and our group for students who identify as LGBTQ+ we will be offering 2 new groups in the coming weeks.

- **Narratives of Color** is a safe space for young women of color in the Tam District to come together, share their experiences, gain tools of reflection, identity, communication, and support towards empowerment and full expression. This group will be facilitated by Miss Amber Allen- Peirson.
- **The Heirs Society** are a brotherhood of Young Men of Color (and their allies) who discover their abilities of discernment and practice their skills of precision focus in order to craft and realize maximum potential. This group will be facilitated by Daniell D. Young, LCSW

As always, if you have concerns about your child please reach out to your child's counselor and/or Wellness for support and check out the resources available on our [Virtual Counseling and Wellness Center](#).

**Nov. 23-27:** Thanksgiving Break



*This Month Spirit of Tam  
Unity Recipients*



### J.C. Farr, Principal

Please visit our website at [tamhigh.org](http://tamhigh.org) for all the latest news at Tam or follow us on Twitter @tamhigh and @tamhighprin and Instagram #farrprincipal



Tamalpais High School  
700 Miller Ave.  
Mill Valley 94941  
415-388-3292  
[jcfarr@tamdistrict.org](mailto:jcfarr@tamdistrict.org)

## Halloween Trick or Treats!



Enter if you dare!



Leadership is ready to pass out candy....



To all our spooky friends!



## Parent Tips-Google Classroom and Canvas

As we continue with our distance learning and continue our planning for our hybrid return in January, we want to say thank you for your ongoing partnership in the education of your students. This partnership between home and school has never been more strong!

Over the past half of a semester, teachers and students have become more knowledgeable with our online platforms, Canvas and Google Classroom, we want to make sure that educational partners at home have the same comfort level. Linked to this email are parent tutorials for both platforms.

Thank you again for your ongoing partnership and collaboration during these unprecedented times.

[Google Classroom Home Support Tutorial](#)

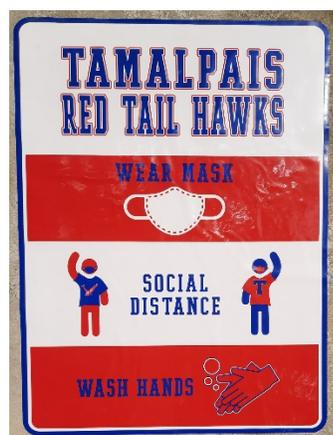
[Canvas Home Support Tutorial](#)



National Merit Scholars!



Link Crew Event!



Getting Campus Ready!