

Tamalpais High School



From the Principal's Perch

Greetings Tam Community,

For those of you who have never met me, I once again say hello and welcome. My messages to you may appear cheery, rosy, and full of positivity. That is not because Tam is perfect or without flaws or issues. My messages are positive because I choose gratitude daily. For me, the pandemic represented a loss of control over the things that happened around me and sometimes to me. I had no control over if we were open or closed, virtual or in person. What I learned during that time was my attitude was something I did have control over. So I chose an attitude of gratitude and to be thankful for the things I may have taken for granted before. I ask that you consider practicing gratitude as a way of shaping your worldview and inform how you interact with others. Gratitude changed my life. Perhaps it can change yours. - Principal Farr

We have been in school for 10 days now and I must say that the energy on campus feels great! We have been impressed with our student body adapting to being back in person and adjusting to the demands of the normal school day. We recognize that students had not been in class for the full-length of a school day in 18 months and it would take time to develop the stamina to remain mentally focused for the duration of the day. We want to continue to encourage students to get plenty of sleep and be ready to learn each day.

We appreciate the fantastic Tam High Counselors for going above and beyond to get students situated in classes.

Upcoming Events

September 6: Labor Day-
No School

September 9: Back to
School Night, 6pm, virtual

September 10: Minimum
Day, dismissal at 1:00

**September 13: Schedule
Change--Periods 1-4
(T/Th schedule)**

September 14: TUHSD
Board Mtg.

September 16: School
Holiday-No School

September 28: TUHSD
Board Mtg.



September is National Attendance Awareness Month! To partner with us toward improved attendance, please read through the following document and discuss with your student. We thank you in advance for supporting the effort to have every student in class on time every day.

[Supporting Your Student Attendance](#)

Punch & Punctuality!
Treats for showing up on time!



Friday Night Lights!



Staff working on Restorative Practices



We would also like to say thank you to the faithful few that turned out for Campus Beautification Day. Indeed a small but mighty group. Stay tuned for other opportunities to support our beautification efforts.



WELCOME BACK!

Back to School Staff Picture



Welcome Back Students!



Getting ready for staff luncheon thanks to our fabulous PTSA

Thank you to the Tam High Foundation!

We are fortunate as a school community to have the support of the Tam High Foundation, who, thanks to you, are able to fund projects across campus that reach all of our students. This is a small selection of their work so far this year:



Please contribute if you can, so far 6 % of Tam families have made a donation this year, every dollar makes a difference: [Annual Parent Campaign](#) | [Tam High Foundation](#) | [Mill Valley, CA](#)

What's Up With Wellness?

- It is so nice to be able to see students in person in the Wellness center. We are seeing quite a bit of students who are struggling with some anxious feelings and stress as we transition back to school. Please let your child/ren know that we are here and they can come and talk to us. They are not alone.
- We are open **5 days a week!** Wellness is no longer closed on Wednesday thanks to the **Tam High Foundation**. We are also **offering tea and water again**, though students must drink the tea outside at this time.
- Students are allowed to **drop-in to Wellness** and hang out before school, after school, or during lunch (though they must eat outside). If a student is feeling like they need 10-15 minutes to emotionally regulate, they may come to Wellness during class time.

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



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As always, I am so grateful to be a part of this incredible school community and look forward to growing together in the year ahead. 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