



Redwood High School Newsletter

LUNCHTIME VOLLEYBALL IN THE SHADOW OF MT. TAM

SEPTEMBER 2014

Wellness Centers Coming to TUHSD!

In March of 2014, the TUHSD Board of Trustees unanimously voted to bring Wellness Centers to TUHSD starting at Redwood High School in Fall 2015. For the 2014-2015 academic year, a new Wellness Director, Jessica Colvin, has been hired to facilitate a school and community needs assessment to design a Wellness Center model that best meets the needs of TUHSD students, families and community.

What is a Wellness Center?

A Wellness Center is a health, mental health, and substance abuse center housed in a school. The Wellness Center's direct services will include 1:1 counseling, support groups, case management, substance use/abuse counseling, mentoring, peer counseling, nursing and health services, reproductive health services, crisis intervention and youth development programs for students. The Wellness Centers will also offer school-wide prevention efforts including health and wellness awareness events, classroom workshops for students, staff/teacher

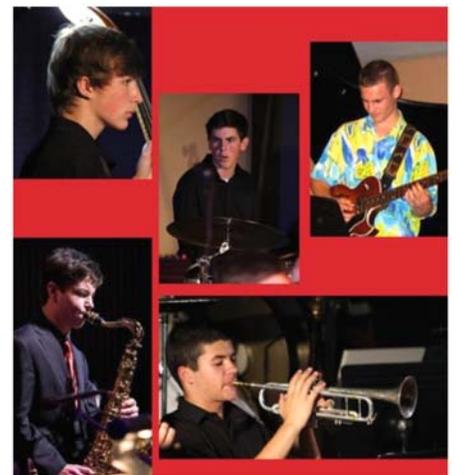
consultation and professional development, parent education and coordination of education and prevention efforts with community partners.

Want to get involved?

This year will be spent assessing what health, mental health and substance abuse services currently exist at Redwood and throughout the district and community. To accomplish this goal we will be talking with staff, students, parents and community members about their vision for a Wellness Center. We need your input! More information will be coming about focus groups and surveys with the Redwood parent community.

Want more Information or have questions?

Please contact Jessica Colvin, Wellness Director at 415-945-1046 or at jcolvin@tamdistrict.org. You can also feel free to stop by Room 105E if you're on campus.



RHS Jazz Musicians

Musicians in our Jazz Band practicing for a recent performance at the Marin Symphony's annual Waterfront Pops concert

Communicating With Us

Communicating with families is key to student success and is one of our highest priorities. Communicating is a two-way process – sharing important information and receiving input and feedback. A Giant thanks to those of you who have shared your thoughts and input on a variety of school topics. Please continue to let us know what we're doing well and how we need to improve.

Whom To Contact

When you have concerns about your student's coursework or success in a particular course, please contact your student's teacher. If you have a more general question related to your student's schedule or need some academic or social/emotional guidance, please contact your student's counselor. For absences, please call 945-3679 and leave a message. If you have attendance questions please contact our attendance office at 945-3624. Our confidential tip line, 945-3693, can be used when you need to let us know about something



RHS Student Art Work

confidentially. General feedback and suggestions can be emailed to rhsinfo@tamdistrict.org. Staff contact email addresses and phone numbers can be found on our website.

Thank you again for your feedback, thoughts and ideas. It takes all of us to make sure all students succeed and I thank you for helping us best serve our students.



RHS Student Art Work

MARK YOUR CALENDARS

Minimum Day Schedule 10/1 & 10/2– See Redwood website for Minimum Day Schedule

California Scholarship Federation - Applications accepted in room 107 for Spring 2014 coursework until Oct. 7

PTSA co-sponsors Body Positive at Tam High Wed, Oct. 1 - 7:15 pm – Tam High Student Ctr.

Prescription/Over-the-Counter Medicine Disposal
Sat., Sept. 27 9:00 – 3:00 CMPA police offices in Larkspur and San Anselmo

Leadership at Redwood



So much of what happens around Redwood is due to the planning and hard work of the Leadership Class. Starting with their arrival at 7am four days a week, the Leadership students show strong commitment and dedication to making Redwood High School not only a fun, but also a socially responsible place to be.

So far this year, the Leadership students have packed and facilitated the sale of 1,235 Right Stuff packages, the main funding source of student activities on campus. They also planned and hosted our Back to School Dance for over 1,100 students. In addition, they helped rally students for game day, where they passed out Red Zone T-shirts and brought support to our soccer team, and planned two club days where over 40 clubs signed up new members. Currently, they are in the throes of organizing Homecoming week starting October 6, with a rally on October 9, and culminating with a game and dance on October 11. Also coming up this semester are the Halloween costume

contest, the Thanksgiving food basket creation, and elections for the freshman class officers.

In addition to raising Giant spirit, Leadership students also create and participate in broader community events such as the Fundraiser for a Cause, the Associated High Schools of Marin organization, and many more. They show appreciation to the teachers and staff throughout the year, and they manage the budget and accounts of all of the student organizations.

Thanks, Leadership Students, for your hard work and dedication to making the Redwood High School community the most fun and spirited high school around!

REDWOOD CLUB DAYS



Students gather at lunch time to sign up to participate in clubs.



Trade 4 Hope Club hosts display and table for sign-ups .



Entrepreneur Club is seeking new members on Club Day.

FOR MORE INFORMATION

Students interested in joining a club can attend the club’s lunchtime meeting. For more information about clubs, contact Patty Segovia in Room 107, tel. 945-3622. psegovia@redwood.org.

Students interested in starting a new club should pick up new club information in Room 107.

Athletics Update

This year, our Athletics department has been busy hiring new coaches while providing ongoing support to our existing coaches. Redwood continues to be fortunate to have coaches who are both dedicated and passionate about the development of our student athletes. One area of focus this year is the importance of open communication between our coaches, parents and athletes. It is our goal to ensure that everyone is working together to ensure a positive and rewarding experience for all of our student athletes.

At the start of each season our Athletic Director, Jessica Peisch, meets with all coaches to review many of the nuts and bolts and requirements of the coaching position and to provide coaches the opportunity to share with each other and reflect on their coaching experiences.

This recent tweet from the Positive Coaching Alliance was also sent out to all of our coaches, just as a reminder of the impact they have on students.

"Coaches should realize their words and actions – even a single word – good or bad, might be remembered for a lifetime."

The 2014 fall sports season is up and running, with MCAL games now being played. We have over 400 student athletes participating on eighteen different sports teams/levels in the current fall season. We are excited to see so many of our students involved in our athletic program.

We continue to promote the importance of positive school spirit among the entire student body. Students are encouraged to promote and support our Redwood Giants in a positive way, and not to put down our competitors or officials.

Social Media

If you are looking for more regular communication about day-to-day events and activities at Redwood High School, you can find us on Social Media.

- Facebook Page: <https://www.facebook.com/pages/Redwood-High-School/355847257835858>
- Twitter: @RHSGiants411
- Instagram: RHSGiants411

