



## How Thankful We Are!

As we approach Thanksgiving, our thoughts naturally turn to how thankful we are. We are, indeed, thankful for our wonderful students, parents, staff and community. We are among the luckiest high schools in the country. The combination of high levels of student preparation, parental support at home and through our Foundation and PTSA, staff expertise and dedication, and a community that cares about young people have allowed our students to succeed in academics, arts and athletics.

In light of the attacks in Paris last week, we must also acknowledge how fortunate we are for the freedoms we enjoy every day, often without a second thought. Events like these are difficult for all us even though they take place so far away. Some resources to help parents with these challenges are below. Thanks to County Superintendent of Schools Mary Jane Burke for sending these along.

<http://www.fredrogers.org/parents/special-challenges/tragic-events.php>

<http://time.com/4112751/how-to-talk-to-your-kids-about-the-attacks-in-paris/?xid=emailshare>

<http://www.childrennow.org/parenting-resources/seen-tv/>

<https://www.kidpower.org/library/article/safety-inside/>

Despite the tragedies that occur all too often, I am always encouraged and motivated by the words of Nelson Mandela, "Education is the most powerful weapon which you can use to change the world."

Thanks again for all that you do for each other. Ultimately, the strength of our community is our dedication to working together to be our best. Thank you for being such a great community for our young people!

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### Wellness Center Update

Last year, 34% of all 11th graders and 26% of all 9th graders in TUHSD reported chronic sad or hopeless feelings in the past 12 months and 17% of 9th graders and 20% of 11th graders reported seriously considering suicide. The Wellness Center is here to ensure students know how to manage these feelings and get help when they need it. We are putting together a school wide event to promote positive Teen Mental Health during the week of 11/30-12/4. It will focus on stress, body image, managing emotions, anxiety, suicide prevention and more. We are offering classroom presentations on mental health topics that teachers can sign up for that are offered by Wellness staff, Peer Resource students, the Drama Department, and Community Based Organizations and Providers as well as daily lunchtime activities promoting positive mental health and stress relieving activities. We will be sending more information to parents about the event as we

get closer. In the meantime, please contact Jen Kenny-Baum, Wellness Coordinator at [jkennybaum@tamdistrict.org](mailto:jkennybaum@tamdistrict.org) if you'd like to get support for your student.

[Wellness Center Website](#)

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## Sports

As Girls Volleyball continues their tremendous run (NCS semifinals this Wed evening at RHS), winter sports practices have begun! Basketball, soccer, wrestling and cheerleading are working hard every day after school. Go Giants!

[RHS Athletics](#)



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## In Memoriam

The Redwood community sends its condolences to the family, friends and students of former Spanish teacher Stacey Goodwin who passed away recently. Stacey touched the lives of many students and staff at Redwood and our hearts go out to her husband and children. Thanks Stacey for all your enthusiasm and creativity.

Visit our Website

Redwood High School | phone 415-924-6200 | fax 415.945.3675 | [www.redwood.org](http://www.redwood.org)

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