

**A THRIVING
COMMUNITY**

Social events to start
the school year off right

**DEDICATED
EDUCATORS**

Teacher-led clubs

**STUDENTS WHO
SUCCEED**

Spotlight on Tilden
students

Updates from recent
graduates

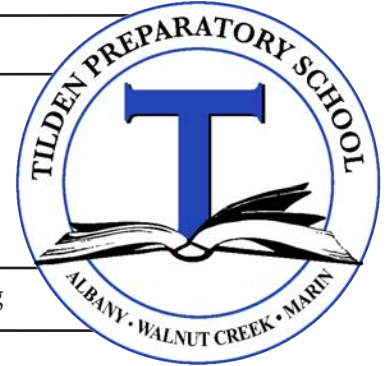
**PREPARING FOR THE
FUTURE**

College Night

NEWSLETTER

• WINTER 2018-19

Tilden Preparatory School



A WASC-accredited college preparatory school offering one-to one instruction and mastery learning



TILDEN PREP MODEL UN CELEBRATES A VICTORIOUS SECOND YEAR

The Walnut Creek Model UN team is back at it! They competed at the Millbrae conference earlier this fall and at the San Francisco conference December 1st and 2nd. At the Millbrae conference, Nick Hashim (12th grade) was recognized as a Superlative Delegate and Oliver Schultz (11th grade) received a commendation.



At San Francisco, Nick Hashim was awarded Outstanding Delegate, Benjamin Hart (11th Grade) and Zen Yoshida (11th grade) were awarded Best Researcher, and Oliver Shultz was given a commendation.

During class, they engage in debate on different topics with a focus on finding solutions. They work together to find and present solutions as well as write position papers and resolutions. Topics range from drug trafficking in South East Asia, access to medication, to nuclear proliferation; basically, any topic that is usually covered at the UN. Students really enjoy the in-class conference simulations.

At conferences, several schools come together to work on solutions as their representative country. This is a great opportunity for our students to work with students from other schools collaboratively at a high academic level. Students are excited about the upcoming international conference this spring at UC Berkeley when schools from all over the world will congregate. Good luck, Tardigrades!

STUDENT CLUBS

ALBANY

Albany clubs are off to a fantastic start this year! Club offerings include Philosophy, Minecraft, Social Justice, Robotics, Film, Leadership, Games, Yearbook, and Fantasy Sports. Philosophy Club is led by Mark Rowles; topics this year that have invited fierce debate include immigration, should we go to Mars just because we can, and capital punishment. Film Club members, under the leadership of Stephen Shymansky, have enjoyed 80's classics such as *ET* and *The Goonies*. Isa Caffe guides the Social Justice Club in becoming more aware of the current issues of today such as cultural appropriation, democracy, voter rights and suppression, the Electoral College, migrants, and trans rights. Robotics Club is organized by Zack Alexander and is currently preparing the Tardigrade Class Robot Battle with micro-mini robots as well as planning a give-away contest to the student with the best project proposal for the use of the kits. The Leadership Club, moderated by Devon Combe, has been instrumental in organizing our campus-wide events such as Halloween and the Gratitude Potluck and hosted discussions on how to spread empathy through the community and SMART goal setting and accomplishment.



WALNUT CREEK



Students involved in the Middle School Social Club have actively taken part in facilitated discussions pertaining to how they can make a difference within their community at Tilden and beyond. They have grappled with what it means to be an advocate and an ally. As an outcome of a unit on the Zones of Regulation where students learned to reflect on their feelings/state of being, students engaged in discussions about issues that impact young tweens/teens and those that are close to them.



From these discussions the idea to hold a student produced talent show to raise money for organizations that they identified as important commenced. The Middle School Social Club cohort successfully auditioned middle school, high school, and staff alike for WC's first talent show. Popcorn and root beer floats were sold to raise money for suicide prevention and Alzheimer's research. It was wonderful to see students of all ages, staff, and faculty alike come together to celebrate the talent within our WC campus and to contribute to raising awareness about the causes that were self-identified by the youngest of our Tilden students.



The Walnut Creek LGBTQ/Social Justice Club which meets on Tuesdays at lunch. Students have been very active in this club which has weekly student-driven discussions about major current events that impact various groups on issues on equality and justice. This year, the club has been working on a few exciting fundraisers. At the moment, they are facilitating and planning a joint fundraiser for the Gill Foundation, an organization that promotes LGBTQ legislation for equal opportunities, with students from UC Berkeley, Campolindo High School, and Acalanes High School. They are planning on-going fundraising efforts towards this cause. For more information, contact Vasch Gerber at vasch.gerber@gmail.com. They are also working with Habitat for Humanity in Oakland to support the local community. For more information, contact Colin Fields at cpf200035@gmail.com.

The Walnut Creek Leadership Club is off to a great start this with two fundraisers and a successful Halloween Party and Costume Contest. The first fundraiser, Film for Finnegan, helped to raise money for a prosthetic leg for a baby goat, Finnegan. Club members organized a viewing of *The Princess Bride* and sold concessions. Our second fundraiser was held to benefit the Tourette's Association of America. It was a very successful bake sale that raised \$101. Halloween was a huge success with many students and teachers participating in the costume contest.

Next on the agenda is an ongoing drive for the Camp Fire victims, a December Bake Sale, and preparations for Spirit Week. All fundraisers and drives are student-driven for causes that they truly care about.

MARIN



Arts and Crafts Club has worked on a variety of fun projects, most recent being learning how to make Macrame. For Halloween, they decorated pumpkins and placed them around the school.

Yearbook Club allows students to develop their creativity and organization skills by designing the layout for the school yearbook. It's enlivening to see passions emerge while brainstorming about themes and page ideas. This year, they are especially eager to produce a yearbook that Tilden can be proud of. Stay tuned!

Middle School Social Club has been a great addition to lunch clubs this year! So far we have worked through units on emotional intelligence and mindful thinking. In our emotional intelligence unit we learned about the Zones of Regulation and started a daily check-in when students voluntarily attend club meetings. Students worked on identifying the zones and discussed tools for self-regulation. Our Mindful Thinking unit included learning some mindfulness practices and working on mindful movement. We discussed and practiced a range of activities meant to center and support students by reducing stress, improving focus, and promoting a sense of calm. Coming up are units on Relationships & Peer Pressure, Identity & Gender, Human Sexuality, Body Confidence, Nutrition & Fitness, and Group Projects.

Leadership is a club dedicated to building community at Tilden and making it an even better place for learning. The Leadership Club does this in part by helping organize school events. They helped organize the donut-eating contest at the Halloween party, which was a hit and had both student and faculty participants, as well as encouraged teachers and students to be involved in a costume contest. They provided a Thanksgiving gratitude lunch for students and faculty, and had everyone write down five things to be grateful for. They arranged for a movie night in October featuring *Ghostbusters* and provided free hot cocoa and fresh popcorn. Leadership members felt privileged to attend the Tilden Open House and inform prospective students about their personal experiences at Tilden. One member shared, "I like knowing that I can help make Tilden a better place. I like improving it and making it better for everyone."

Robots and robotics are everywhere in our lives. Here at Tilden Prep, our club aims to explore the world of robotics through building and testing of our very own robots. We use Lego Mindstorm to help us learn about what makes robots so fascinating, from the actual nuts-and-bolts of robotics to the math, sciences, applications, and culture behind them. Our club's goal is to eventually work with robots that are able to compete in challenges and tournaments. For now, we are in the stages of learning the basics.

Tilden's Games Club provides an opportunity for students to play non-electronic games as a community on Fridays at lunch. Everyone is welcome to join each week, and students pick the games we play from our Basket of Games, which includes *Apples to Apples*, *Jenga*, *Jungle Speed*, and more!



HALLOWEEN CELEBRATION

Halloween at Tilden is always a real trick or treat. It is a great time to come together to eat, drink, and be scary. This years' costumes surely did not disappoint!

MARIN



ALBANY



WALNUT CREEK





DAY OF THE DEAD

At the Walnut Creek campus, students and faculty took part in a celebration in honor of Día De Los Muertos (Day of the Dead). Using ideas from the Oakland Museum's annual celebration, students with the mentorship of faculty and staff learned about the origins of the celebration and took part in hands-on activities associated with the day such as crafting, tissue paper flowers, decorating sugar skulls, and bringing in offerings for a communal altar. As an extension of the learning experience, the WC community took part in the building of a collective altar to honor those that have passed on inclusive of our pets.



GRATITUDE POTLUCK

The Albany Campus held their second annual Gratitude Potluck on November 15. We shared delicious Thanksgiving foods. Students and teachers made leaves of what they are grateful for to decorate the Gratitude Tree which now graces our study hall.



MOCK ELECTION

On November 6th, as over 100 million American citizens went to the polls, Marin Tilden students also cast their votes. After a group presentation about the importance of participating in elections and a discussion of how to make an educated decision about propositions, they went to a voting booth and completed their mock ballot. They considered the candidates for Governor and Senate, along with 11 statewide propositions. 12 Tardigrades participated and showed the diversity of opinion among students at Tilden. Three seniors were eligible to vote in the midterm election and took this right seriously. Thank you to Lander Duncan, an 8th grade student interested in politics, for running the school lunch information session and acting as voting booth monitor.



GUEST SPEAKER NELL BRANCO

In our discussion about anxiety we talked about the different types of anxiety we see most commonly in teens. Whether or not a student has a clinical level of anxiety there are some common signs we see in our high school students: constant worry, excessive avoidance, social fearfulness, perfectionism, and somatic symptoms (headaches, stomach aches, increased heart rate, etc). Instead of avoiding the situations where anxiety is triggered, we talked about practicing being in those situations but with a different approach. We broke down 'the anxious cycle' by looking at how our thoughts affect how we feel and how we behave. This cognitive behavioral approach can intervene at each step (noticing our thoughts, using an alternate internal message, and using breathing to slow down our increased heart rate). As parents, we can support our teens as they practice these skills. We can celebrate and bookmark their successes and help them in their own problem solving through whatever new challenge they face.



COLLEGE NIGHT

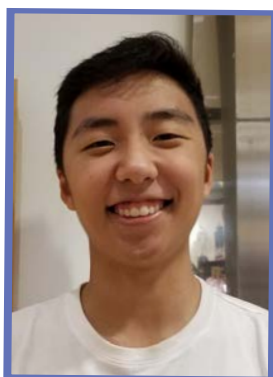
Melissa Masland provided an informative college night for parents and students. She offered advice on finding the right "fit" for each student, how to generate a list of colleges, create an education plan, the importance of exploring extra-curricular activities. She also talked about how to craft a well thought out application and prepare for standardized tests. Ms. Masland offered insight into preparing for college visits, so that students can get the most out of their time and energy, and how to focus on clarifying their individual strengths and potential contributions to colleges they are interested in. She stressed the importance of applying to a range of colleges and how students can be challenged to apply to colleges which fit their interests, rather than choosing those that are popular with their peers. <http://www.maslandeducationalconsulting.com>

COOKIE DECORATING PARTY

Both the Walnut Creek and Albany campuses hosted our annual cookie decorating event. This year was particularly special as it was held as a fundraiser for the victims of the North Bay Fires. A fun time was had by all while raising money for an important cause.



CONGRATULATIONS TO OUR NATIONAL MERIT SCHOLARS!



Grant Park
CLASS OF 2019
WALNUT CREEK



Liam Foster
CLASS OF 2019
ALBANY

This year we are thrilled to congratulate Grant Park from Walnut Creek and Liam Foster from Albany who have earned the National Merit Scholar recognition! This special honor is awarded based on students' PSAT/NMSQT scores. The National Merit Scholarship Program is a United States academic scholarship competition for recognition and university scholarships administered by the National Merit Scholarship Corporation (NMSC), a privately funded, not-for-profit organization based in Evanston, Illinois. The program began in 1955.



STUDENT SPOTLIGHT



Will Brashares
CLASS OF 2020
ALBANY

Junior Will Brashares is enjoying his third year at Tilden's Albany campus where he is currently taking Honors English 11, Honors United States History, Honors Chemistry, Algebra 2, American Sign Language, and The History of Baseball. Being "a man of the sciences," Will's favorite course has been chemistry. Will appreciates Tilden's adaptability and that the experience of "one-to-one learning is like having a permanent tutor." Will is an active member of our campus community in the Fantasy Sports and Leadership Clubs. Will also wrote the proposal for the Albany campus to install a fish tank and created its aquascape.

In his free time, Will plays both soccer and golf. Will is also extremely passionate about nature. He goes on annual backpacking trips to Yosemite with his family. He is also fortunate to be able to join his father, an ecologist at UC Berkeley, in adventuring places around the world. This last year, they went to Madagascar to conduct a study of the native Nosy Be Blue Panther Chameleons to monitor the health and size of the population. His favorite trip was to Kenya where they tagged hippos using a crossbow in order to examine the impact of the species on the local river.

Will says that he simply loves animals and appreciates the importance of conservation for the future of our planet. It is fascinating to engage Will in a conversation on this topic as he is extraordinarily knowledgeable and his genuine enthusiasm for the subject is evident. In his home, Will has built himself a bass pond in addition to maintaining six aquariums and keeping snakes, geckos, turtles, and dogs. As a hobby, Will has bred leopard geckos, poison dart frogs, and currently focuses on coral propagation. It is certainly no surprise that Will aspires to pursue a career in zoology.

Victoria Da Conceicao is a senior this year and along with preparing her college applications and finishing out her first semester of classes she is also the CEO and Founder of Alzheimer's Brain Box, <https://www.alzheimersbrainbox.com>. She started the company over the summer in order to create a product that can help with quality of life for Alzheimer's patients. The feedback has been that not only on these boxes beneficial to Alzheimer's patients but they benefit others just as much. She is also donating 10% of the profits to benefit Alzheimer's research. She is passionate about the cause due to having a grandmother that suffers from the disease. She has been a witness to the day-to-day struggles that her grandmother has to work through and the limitations of medical field to meet all the needs of Alzheimer's patients.

Alzheimer's Brain Box has opened opportunities for Victoria to participate in fundraising events here in Walnut Creek such as the Walk to End Alzheimer's. She interviewed with Al Dia, a news media group that focuses on stories that challenge Latino stereotypes, to discuss the work she is doing and the path that took her to it (<http://aldianews.com/articles/leaders/entrepreneurs/teen-takes-lead-fight-against-alzheimers-startup/54535>).

Victoria has always been interested in going into medicine but she is finding her niche through this company and is excited to see the impact she can have from the business side on medical research. She is actively finding ways to grow her business and hopes to continue to work on the business side of medicine. She is grateful to the opportunity that Tilden has afforded her with a flexible schedule to work on the business as well as her course work.



Victoria DeConceicao

CLASS OF 2019
WALNUT CREEK



BLAST FROM THE PAST



Danie Norris

CLASS OF 2016
WALNUT CREEK

When I first came to Tilden, I was a sophomore in high school and was very hesitant to leave my public school. Leaving my friends and starting over was my worst nightmare. I had always struggled in classes at my public school, but managed to pass. Once I started my sophomore year, I immediately knew something was wrong. I started to fail the majority of subjects and eventually gave up. I started to tell myself that trying wasn't worth it anymore if I was just going to fail in the end. My parents saw that I had lost hope and looked into alternatives for me. Luckily, they found Tilden.

When my second semester began, I was enrolled as a full-time student. I had been tested for a learning disability and found out I had an auditory and language processing disorder. After learning this about myself, I felt embarrassed and abnormal compared to other students. However, I knew that Tilden was my only hope if I wanted to succeed and get into a college. Once I started classes, my feelings completely changed about leaving public school. My teachers wanted me to thrive in classes and always pushed me to do better. The one-on-one teaching between students and teachers was most effective and allowed me to fully grasp what I was learning. Even when I struggled, they made it a priority to make sure I understood what I was learning. I met so many new friends and still keep in touch with the majority of them. I continued to stay at Tilden through my junior year and my grades were a resemblance of Tilden's success, turning my GPA into a 4.0.

I am now currently a junior at the University of Oregon and couldn't be happier. I found my passion in journalism and classes are now no longer a struggle for me. Tilden was my second chance and it's because of the amazing teachers that I am where I am today.

After Tilden I continued my education at UC Santa Cruz. I'm currently on track to graduate in four years with B.A.'s in Politics, Community Studies, and Critical Race and Ethnic Studies. My favorite class so far has been Power and Media. At UCSC I've had several amazing opportunities that got me involved on campus and in local politics. I'm currently a reporter for the student-run newspaper, City of a Hill Press, and an organizer for an environmental group, Education for Sustainable Living, that puts on an accredited lecture series in the spring. I was pleased that my idea for "narratives of hope" was chosen as the overall theme for the year. I have met a lot of really empowering people and have been able to network with community members; I am working on keeping those connections. I am have gotten super into climbing and do that pretty much every weekend. I am proud to say that I have been able to balance my workload and I made the Dean's List for fall quarter.

The close connections I developed at Tilden helped me to prepare for the workload and opportunities at college. My teachers at Tilden worked with me to develop time management other skills that have served me well as a college student and adult.



Peter Disney

CLASS OF 2018
ALBANY

