



LET'S TALK ABOUT THE LEADING NEWS!

TILDEN REMAINS OPEN DURING COVID-19!

Communication and decisive decision making is critical in times of uncertainty. And to say the least, for the past 6 weeks we have found ourselves in a state of International uncertainty. In response to COVID-19, the Tilden Leadership Team came together at the start of the Shelter-In-Place to research, gather facts, and create a plan of action to keep our school community safe.

In doing so, we reached out to the Departments of Public Health in respective counties and the Federal Center for Disease Control to help guide our plan of action. With that being said, we undoubtedly saw that a school closure was on the horizon and acted quickly and deftly in response. Tilden engaged in a comprehensive needs assessment of what it would take to run all of our programs remotely while being able to maintain the same **[Continued on page 2 . . .]**

KRON4 named Tilden Prep Walnut Creek's teacher, Heather Feeney, as the "Hometown Hero" as she teachers in costumes and funny hats to go along with her fun personality. Classes for Heather are only physically distant - not socially distant.



TOP NEWS INSIDE

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TILDEN REMAINS OPEN

[. . . Continued from Page 1] level of quality and individualized instruction that we are known for.

Clear communication plans went out to parents, students, and teachers about what to expect during the transition to offsite learning and the actual process. Teachers were provided with chrome books for remote teaching, and our administration team took part in implementing remote platforms for teaching, learning, and ongoing school communications.

We can't say enough about how our school community came together in a time of crisis knowing that consistency in our student's life for educational and social-emotional well-being was at the forefront of all decisions made. We will continue to monitor the COVID-19 pandemic and what this means for Tilden in terms of safety recommendations and best practices.

"Tilden was able to make remote learning seamless and without disruption to my child's learning. We are very thankful for this as many schools are not in the same situation."

-Parent of a Tilden High School student



STUDENT FEATURE (WALNUT CREEK)

KIRA KIESLER

Kira Kiesler started at Tilden Nov 2015 for her 8th-grade year. She came to Tilden as she was struggling with OCD with PANDAS during her 8th-grade year and needed to find a program with the flexibility and support to accommodate her needs. It turns out that Tilden was an ideal match with wonderful teachers that supported her growth, shared their passion, and classes that she could be passionate about. Today, Tilden allows her the time to take a challenging course load and still run a thriving non-profit, volunteer at Chabot Space and Science Center, and take on a part-time job!

During her sophomore year, she started her non-profit animal rescue, Genevieve's Gentle Heart Rescue. It all started with a piglet, Bella, that needed a home. Today, Bella is 400 pounds with a forever home in Paso Robles. She continues to care for all kinds of animals and helps support them find caring homes including many that have special needs. As of today, she has rescued, rehabilitated, and rehomed over 50 animals. She also arranges for transport, veterinary care, and networks to find support and sanctuaries that can take on the animals. It is important to her to educate [continued on Page 8 . . .]

SOCIAL EMOTIONAL WELLNESS BY REBECCA HAWLEY

It is to be expected that children of all ages feel stress under the current situation. Mental health experts advise that during times of heightened anxiety, finding ways to cope and create stability are key to maintaining optimal social/emotional balance for one's student and family in full. Routine is important. Even if your family is isolated or quarantined, remind students that this too shall pass and, in the meantime, create a daily routine.

It is important to take time to do things at home like listening to music, reading for pleasure, watching movies as a family, playing games, art projects, and taking walks together or alone while practicing social distancing. All of the above help to create a sense of balance and are excellent sources of stress relief.

Allow time for students to discuss what the shelter in place process and distance learning has been like for them. The use of a journal to express feelings is often helpful. Relax your body and incorporate the use of mindfulness practice, breathing methods, yoga, and meditation. [Continued on page 4 . . .]



ALUMNUS FEATURE (ALBANY) TOBY BAZELEY



The summer before I left, after wrapping up my last few classes, I spent a lot of time just relaxing and doing all the things I wouldn't be able to do in Portland. So, in other words, going to a lot of baseball games.

Transitioning from Tilden to Lewis & Clark was easier than I thought it would be. All the first year students got to campus about two weeks before classes started and there were a lot of orientation activities that made it more of a gradual change than an abrupt one. Transitioning in the actual classes wasn't too difficult either, since only one of my classes had over 30 students in the first semester, and the professors are good at letting people settle in

and get comfortable speaking, while also trying to nudge people out of their comfort zone.

The classes that I've liked the most have been the two philosophy classes I've taken, one of them talking about personal identity, and the other being a logic class.

I think there were two things that helped the transition most, the first being developing my skills as a writer. Two of my four classes in my first semester were pretty writing intensive, and my English classes at Tilden really helped me develop my writing skills and style. The second thing that really helped **[Continued on Page 8 . . .]**

ALBANY'S CAMPUS EVENTS

Some of the activities we have enjoyed at the Albany campus include:

Presentation by Sea Scouts

Sea Scouts offers weekly meetings, overnight and weekend cruises, competitive events, and a 1 to 2-week cruise each summer. Activities include sailing, swimming, pulling boat, line handling, navigation, engineering, vessel maintenance and repairs, service projects, and a host of other team-building and vocational activities.

Representative from Landmark College

Landmark College is exclusively for students who learn differently, including students with a learning disability (such as dyslexia), ADHD, or autism spectrum disorder (ASD). We champion a strengths-based model and give students the skills and strategies they need to achieve their goals. A fully accredited, not-for-profit institution, Landmark College offers bachelor's and associate degrees and summer programs to assist a wide range of high school and college students with learning **[Continued on Page 4 . . .]**



ADOLESCENTS AND ANXIETY BY TAMAR GOTTLIEB

In February, we were honored to have Dr. Genevieve Weiscovitz speak to Tilden families about anxiety and adolescents. The teen years are emotionally challenging, so much is changing, inside and out. Teens today are incredibly hard on themselves, amplified by social media and high expectations, opportunities for unhealthy comparisons are everywhere. Teens are often pushed to the limits of their coping skills to manage the pressures in their lives. Often, this stress can develop into anxiety or mood symptoms. In this presentation, Dr. Weiscovitz explored how anxiety presents in teens, and when to know when teens may benefit from professional help. She explored "self-talk" -the way we talk to and about ourselves- as a window into self image. Parents learned how to harness the power of self-talk as a tool to build confidence and resiliency for teens. Dr. Weiscovitz has recently opened her private practice on Solano Ave next to Tilden. She is available for student and family sessions.

SOCIAL EMOTIONAL WELLNESS

[. . . continued from Page 2] The mind-body connection is critical during high times of stress.

Remember that children/youth no matter how old are looking to the adults for reassurance and safety. Adult self-care is hard to do yet needed in these times so we can be there for our students/children.



WALNUT CREEK: TEACHER FEATURE LARA FOWLER

Lara Gabrielle Fowler has been a teacher at Tilden since Summer 2014. She has an extraordinary breadth of knowledge and passions she shares with students, teaching all the Humanities courses and several Foreign Language courses: Spanish, French, Italian, and Russian.

Lara's interest in languages started early. She grew up monolingual with English, but started asking her parents to teach her another language when she was 7. Her first foreign language was Spanish, and developed an interest in Russian at 17. Lara became fluent in the language through one-

on-one lessons (much like the ones Tilden offers!) and time spent in Russia. She considered working for the United Nations and began her study of French with that in mind—but upon discovering that she had a deep passion for French language and literature, she ended up majoring in French rather than International Relations. For a planned trip to Italy, she taught herself Italian out of a book. Most recently, she won a competition to pick up a language in 3 months, and became functionally fluent in Yiddish between June and August of last year.

[Continued on Page 5 . . .]



ALBANY'S CAMPUS EVENTS

[. . . Continued from Page 3] differences.

Film Club has enjoyed watching: *The Incredibles*, *Moonrise Kingdom*, *Spirited Away*, and *Remember the Titans*.

Some of the interactive lunchtime activities both students and teachers have participated in during our All Student Meetings are whipped cream pie eating contests, Kahoots, cookie decorating and friendship appreciations for Valentine's Day.



ALBANY: TEACHER FEATURE

ISA CAFFE



Tilden is proud to feature Isa Caffé, Tilden's Science Department Head, as our teacher interview for this newsletter. Isa is a true inspiration. Born in Salvador, Brazil, she immigrated to the USA with her mother and sister when she was nine years old. Isa did not speak any English, yet was soon navigating the American school system. She says it felt scary, and that "all eyes were on me". "It was hard to find my voice, to speak up". At a young age, Isa learned to be resilient and to focus on her uniqueness as a strength, rather than feeling wrong for being "different".

This experience and empathy allows Isa to connect with and support her work with Tilden students, and her patients at the Berkeley Free Clinic where she

volunteers. Her passion for science and academia propelled her to excel in school, despite feeling that college "wasn't for her, a poor immigrant kid". Isa's high school biology teacher encouraged her interest in science and application to college.

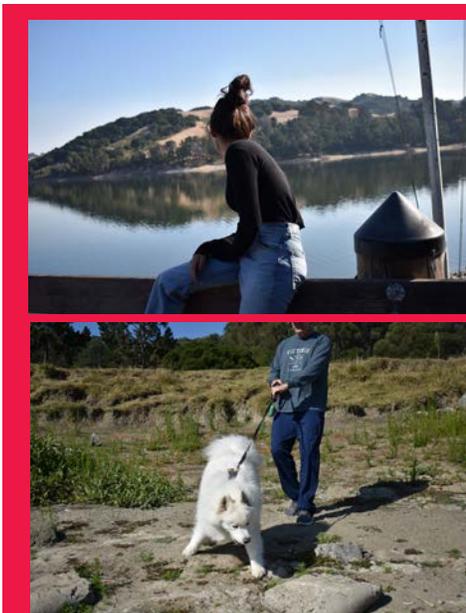
Isa brings this ability to inspire and mentor to her students. She encourages them to reach for the high bar, to fulfill their potential. Isa has a passion to "be of service to others," and is looking towards a degree in nursing, and ultimately in teaching nursing, to fulfill this. Tilden is fortunate to have Isa leading Tilden's Science Department, inspiring students and facilitating the Social Justice club.

LARA FOWLER

[. . . Continued From Page 4]

In addition to her work at Tilden, Lara also works as a classic film writer. On her blog Backlots, located at backlots.net, she writes about movies from 1890's up to approximately 1968 (though sometimes more recent films get attention, too!) She loves the opportunities it opens for her, including covering film festivals across the country and interviewing film industry professionals. For the past seven years, Lara has been writing a book about silent film actress Marion Davies, which has taken her all over the world for research. Once a year she travels to Provence in the south of France to meet with Davies' great-niece, who has become a close friend. Her next project will likely be a biography on Olivia de Havilland, for whose Supreme Court case last year Lara was a news breaking reporter on Backlots.

If you ask Lara what she loves most about working at Tilden, she will say, "all my students!" She loves the opportunity to synthesize her passions and make learning exciting. "In US History, when we're learning about the development of the assembly line for factory production, I can bring in the clip from the Charlie Chaplin film [Continued on Page 6 . . .]



PHOTOS FROM TILDEN WALNUT CREEK'S FIRST FISHING TRIP!



LARA FOWLER

[. . . *Continued from Page 5*] Modern Times where Charlie works on an assembly line. The students love it." She also loves using the two bookend musical numbers from Gold Diggers of 1933 to show how the nuances of how the public reacted to the Depression. Additionally, her many travels can lead to lively conversations in foreign language classes that go beyond the book and into the everyday applications of the culture.

In the future, she aims to keep writing about film and studying languages. During the COVID crisis, she has been doing daily volunteer translation work in Russian and French for asylum seekers and medical patients. It makes her happy to be able to contribute in this way, in addition to the important work she does for the Tilden community!

You can visit Lara's blog by scanning this QR Code:



STUDENT FEATURE (WALNUT CREEK) BRANDON BECK

Brandon Beck, a Walnut Creek Junior, lobbied on Capitol Hill this past February for continued funding for research and acceleration of treatments for rare diseases, and for increased awareness of key legislation and policies affecting the rare disease community. He was honored to join more than 900 advocates in Washington D.C. for Rare Disease Week 2020, hosted by the Rare Disease Legislative Advocates (RDLA), a program of the EveryLife Foundation for Rare Diseases. The whirlwind week of training, meetings, and networking empowered Brandon to build relationships with legislators and other advocates and use his experiences

and skills to ensure the voices of all rare disease patients are heard.

Since the fifth grade, Brandon has struggled to attend school while coping with chronic health issues that include daily migraines and a sleep disorder. His experiences with the challenges of these disabilities shaped his desire to assist others with rare diseases. In the U.S., a rare disease is defined as a condition that affects fewer than 200,000 people across the nation. As a trained Youth Ambassador for Narcolepsy Network and a member of the Youth Ambassador Advisory Team, **[Continued on Page 8 . . .]**

PHOTOS FROM THE WALNUT CREEK CAMPUS



STUDENT FEATURE (ALBANY) MARINA SHERMAN



Marina Sherman, Senior (Class of 2020), spent six months studying abroad in Seville, Spain in her sophomore year of high school. After coming back from Spain, she transferred to Tilden in the first semester of her junior year to take advantage of the flexible scheduling and mastery learning. Marina set her goals at Tilden and completed her senior year early. She now is preparing for life after Tilden.

With the assistance of a college counselor, she found the college application process to be uncomplicated and straightforward. Marina plans to pursue a B.S. in Nursing at Arizona State University at the

Edson College of Nursing and Health Innovation. She would like to eventually work in an ER or become a school nurse. She plans to use the Spanish she learned in Spain in her future career.

In her free time, Marina enjoys hanging out with her friends, singing, dancing, listening to music, painting, playing with animals, and meeting new people. She feels her experience at Tilden has given her the tools to advocate for herself in larger college classes and that she will be able to utilize her ability to adapt and modify her study skills. Marina will miss all the help her teachers gave her but feels the close connections she has formed with her teachers have "helped

her mature as a person and become a more responsible student." She looks forward to the many new experiences to come in her years at Arizona State and "hopes to be able to attend for fall 2020 if COVID-19 does not prevent it." Everyone at Tilden wishes Marina success at Arizona State University!



PHOTOS FROM THE ALBANY CAMPUS



KIRA KIESLER

[. . . Continued from Page 2] people about factory farming and the impact on animals and climate change. Kira is so thankful for the support of her previous teacher, Kristine Suyama, to spark her interest in science in 8th grade. She found a passion for astronomy and is a member of Galaxies Explorers at Chabot. In 2018, she worked on building a radio telescope and from that have received pings from Jupiter. She also works with students on the weekend with educational programs and activities at Chabot.

Next school year, she plans to go to Carnegie-Mellon to major in Physics and hopes to eventually get a Ph.D. in Astrophysics. We wish her all the best and are so grateful to have had her be a part of our Tilden Family!

Visit Genevieve's Gentle Heart Rescue on Instagram @Ggh_rescue.



TOBY BAZELEY

[. . . Continued from Page 3] me was getting comfortable self-advocating to teachers. It made it a lot easier to go to office hours with professors and either get help or just build a relationship with them, so I'm not just another face in the class.

I've been writing for the Pioneer Log, the school newspaper, which has been a lot of fun since I can write about pretty much whatever I want as long as it gets editor approval. This past semester I've started going to philosophy club events, including a colloquium on Plato's Republic, and I joined/revived an existentialist reading group where we read Camus' The Plague (which has become very relevant). I also have gone to a number of French club activities.

I've started learning how to play guitar this past semester!

BRANDON BECK

[. . . Contined from Page 6] Brandon advocates for people with sleep disorders by giving presentations to schools and other organizations. He also meets with the medical community to inform doctors and other health professionals about the psychological and social impact of narcolepsy and the importance of early and accurate diagnosis of the disorder.

On Capitol Hill, Brandon met with Senators, Representatives and Congressional staffers, including Representatives Eric Swalwell and Jackie Speier, who were receptive to the legislative "asks" that address some of the unique needs of the rare community. By telling his story, Brandon shined a light on the emotional side of the need for policy changes and increased funding for rare diseases. During this life-changing week, Brandon gained first-hand knowledge of the legislative and budgeting processes, enhancing his studies of history and government at Tilden.

Brandon is a member of Tilden's Leadership, Debate, and Social Justice Clubs, and founded the Music Club. He is a singer and actor who has appeared in numerous featured roles in regional theatre. Brandon was also a national Top-40 Finalist at the 2019 Songbook Academy @, where he performed at the Palladium in Carmel, Indiana. At the Academy, his voice continued to improve under the guidance of renowned professors, singers, and actors, including Grammy and Tony Award winners and nominees Michael Feinstein, Melissa Manchester, Sylvia McNair, and Laura Osnes.

Scan this QR code to watch the Songbook Academy 2019 Week in Review:



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more and register your
student at Tilden!

