

Room Parents:

Kristal Ferchau
Liz Mena
Alisa Wittkop

Teachers:

Mike
Sylvia

Egrets

**2025
- 2026**

Egrets: 2025 - 2026



Egrets (Grade 7)

Wentian
Cai



Egrets (Grade 7)

Iris
Cizek



Egrets (Grade 7)

Hannah
Dai



Egrets (Grade 7)

Raufei
Du



Egrets (Grade 7)

Alexander
Friesen



Egrets (Grade 8)

Bhavya
Golani



Egrets (Grade 7)

Daphne
Kalman



Egrets (Grade 7)

Vihaan
Katukuri



Egrets (Grade 7)

Evie
Kementsietsidis



Egrets (Grade 7)

Oliver
Kurniawan



Egrets (Grade 8)

Zachary
Latner



Egrets (Grade 7)

Ezra
Lewis



Egrets (Grade 8)

Zack
Lilly



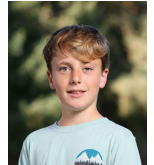
Egrets (Grade 7)

Marco
Mena



Egrets (Grade 8)

Casey
Moorehouse



Egrets (Grade 8)

Noah
Salzman



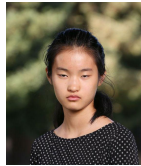
Egrets (Grade 7)

Casper
Sears



Egrets (Grade 7)

Elan
Valek



Egrets (Grade 8)

Bella
Wang



Egrets (Grade 8)

Anton
Wittkop

Mike Orlando

Herons (7/8) Humanities HS Counseling

- I've been lucky enough to be able to spend most of the summer outdoors, hiking and backpacking -- including a week working with Freya leading several Helios alums through the Sierra Nevada backcountry!
- In July I participated in a teacher institute at George Washington's Mt. Vernon, working with museum and estate staff as well as colleagues from around the country exploring the intersection between the ideals of the founders and the injustices of slavery in colonial America.
- I'm looking forward to another week of Helios backpacking camp at Pt. Reyes before seeing all of you again back on campus in August!



Sylvia Major

Egrets (7/8) Science



- The highlight of my summer has definitely been fostering kittens.
- Our cat has turned out to be a good foster mama and she hopes we will keep one.



Wentian Cai

Grade 7



Fun Facts:

- Hockey Player
- Drones Flyer
- Math Learner

Wentian's Family

Left: Susanna (Mom)
Middle: Wentian Cai
Right: Zhihong Cai, (Dad)



Say Hello!

zhihong.cai@heliosschool.org,
na.song@heliosschool.org

Egrets

Iris Cizek

Grade 7



Fun Facts:

- I went two sleepaway camps this summer (Foxfield and Kennolyn).
- Right now my favorite books are the Unwanted series, Princess Diaries, and any book about horses.
- I like reading, playing pickleball, and going to the beach.
- I ride horses, I like crocheting, and I have 4 chickens.

Iris's Family

Iris, Nick (Dad), Jen (Mom) Anton
(brother)



Say Hello!

jennifer.burns@heliosschool.org,
nick.cizek@heliosschool.org

Egrets

Hannah Dal

Grade 7



Fun Facts:

- Hannah discovered a new passion for bouldering and visited Korea this summer with her family and grandparents.

Hannah's Family

David (Dad), Leo (Brother), Ying (Mom), and Grandparents



Say Hello!

jing.dai@heliosschool.org,
ying.jin@heliosschool.org

Egrets

Raufel Du

Grade 7



Fun Facts:

- Raufel's hobbies are 3M (minecraft, marble runs, and math)
- Raufel traveled in China during the summer, enjoying a variety of experiences, from seeing a 4000-year-old bronze divine tree to experiencing modern technology in science museums
- He is looking forward to starting 7th grade at Helios!

Raufel's Family

Min (Mom), Raufel, Xiaohua (Dad), Sister (Chian-Shin, age 13)



Say Hello!

min.gong@heliosschool.org,
xiaohua.du@heliosschool.org

Egrets

Alexander Friesen

Grade 7



Fun Facts:

- I am a shorts-wearing, history-exploring, debate-and-speech-loving, song-singing, golf-swinging, lap-swimming, puzzle-cracking, professional overthinker who started at Helios in 6th grade.
- This summer I traveled, performed, explored battlefields, and tackled tricky number problems — all fueled by my favorite foods such as pasta and mint chocolate chip ice cream.

Alexander's Family

Larissa (Mom), Paul (Dad),
Alexander



Say Hello!

larissa.friesen@heliosschool.org,
paul.friesen@heliosschool.org

Egrets

Bhavya Golani

Grade 8

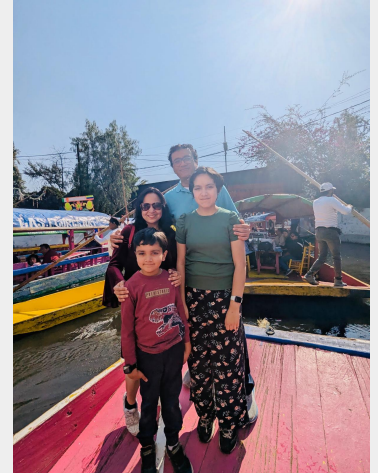


Fun Facts:

- I am at blue belt level in taekwondo
- I visited Dubai this summer and saw the Burj Khalifa

Bhavya's Family

Bhavya, Rachit (Brother), Guru (Dad), Komal (Mom)



Say Hello!

guru.golani@heliosschool.org,
komal.balani@heliosschool.org

Egrets

Daphne Kalman

Grade 7



Fun Facts:

- I love cats, D&D, making digital art on my iPad and this year I started to play the violin.

Daphne's Family

Top: Matan (Dad), Daphne (Egret), Anna (Mom). Bottom: Talia (sister), Ben (brother)



Say Hello!

anna.kalman@heliosschool.org,
matan.kalman@heliosschool.org

Egrets

Vihaan Katukuri

Grade 7



Fun Facts:

- My favorite sport is football
- I love sushi (even though I am super allergic to it)
- I hate movies and tv shows but love video games
- I spent about a hundred hours making electronic music this summer, and love Pokemon
- I spent this summer arguing with my friends over who gets the front seat and traveled to Canada and Tennessee

Vihaan's Family

Vihaan, Maanvi (sister, Osprey), Jay (Dad), Kavitha (Mom)



Say Hello!

jayasimha.katukuri@heliosschool.org,
kavitha.rapolu@heliosschool.org

Egrets

Evie Kementslotsidis

Evie's Family

Grade 7

Fun Facts:



- I like to draw, sew, and knit.
- My favorite books are Wonder and the Inquisitors Tale.
- Over the summer, I read a couple of Agatha Christie books and really enjoyed them.
- We traveled to Greece this summer where I got to hang out with my cousins and grandma.
- I went to a cooking and sewing camp, and have started making my own clothes and baking for my family.

Tasos (Dad), Artemis (The Boss),
Evie (The Artist), Vilka (Mom)



Say Hello!

vilka.tzouras@heliosschool.org,
anastasios.kementsietsidis@heliosschool.org

Egrets

Oliver Kurniawan

Oliver's Family

Grade 7

Fun Facts:

Mona (mom), Donny (dad),
Oliver, and Flynn (younger
brother)



- I like math, history, and chemistry, and I play the cello and speak a bit of some languages.
- I traveled to Japan this summer, where I learned more about the samurai, the bombing of Hiroshima, and other things.
- Foods I like include sushi, crepes, cheese fondue, bitterballen, and stroopwafels.
- Over the summer I read *The Lord of the Rings*.
- One of the weirdest things I learned this summer is about Potoooooo, a British racing horse.



Say Hello!

mona.soetanto@heliosschool.org,
donny.kurniawan@heliosschool.org

Egrets

Zachary Lattner

Grade 8



Fun Facts:

- Zachary loves to play LARP, Minecraft, Nintendo Switch games (such as Zelda) and strategy board games.
- He also loves to read fantasy books.
- He is a huge animal lover and has two Cavalier King Charles Spaniels named Copper and Annie.
- Zachary loves to travel and spent a few weeks in Japan, Italy, and Greece this summer.

Zachary's Family

Tanya (mom), Riley, Chris (dad), Zachary



Say Hello!

tanya.lattner@heliosschool.org,
chris.lattner@heliosschool.org

Egrets

Ezra Lewis

Grade 7



Fun Facts:

- Ezra loves hiking, camping, LARP-ing, and D&D.
- He loves to read, and his favorite author is Brandon Sanderson.
- His favorite place to travel is Hawaii, and he saw Kīlauea erupt when he visited there this summer.

Ezra's Family

Ezra, Shabneez (Mom), John (Dad), Dahlia (Sister)



Say Hello!

john.lewis@heliosschool.org,
shabneez.kotadia@heliosschool.org

Egrets

Zack Lilly

Grade 8



Fun Facts:

- I love playing soccer, reading & hanging out with my dog Milo.
- This summer I went whitewater rafting on the Middle Fork of the Salmon River in Idaho. It was 100 miles of class 3 and 4 (out of 5) rapids!
- I also created a ceramic fish at pottery camp, took care of the animals at the Ohlone Elementary farm (chickens, goats, and sheep), and learned how to melt and create with glass in glass working camp.
- I played ton of soccer with my friends and team, did a lot of mountain biking, and visited my grandparents in TX.

Zack's Family

Zack, John (Dad), Kathy (Mom),
Sam (Brother)



Say Hello!

john.lilly@heliosschool.org,
kathy.howe@heliosschool.org

Egrets

Marco Mena

Grade 7



Fun Facts:

- I made a lot of pens over the summer.
- I liked the pinball museum that we went to in Budapest.
- I like to build legos, read, and swim.

**Marco's
Family**

Grandma, Marco, Marco (Dad),
Liz (Mom), Julian (Heron)



Say Hello!

elizabeth.mena@heliosschool.org,
marco.mena@heliosschool.org

Egrets

Casey Moorehouse

Grade 8



Fun Facts:

- I traveled to the East Coast to play in the National Championships for Field Hockey.
- I play soccer and other sports.
- I love animals and writing fiction.

**Casey's
Family**

Casey (Heron), Mary (Mom),
Elizabeth (Sister)



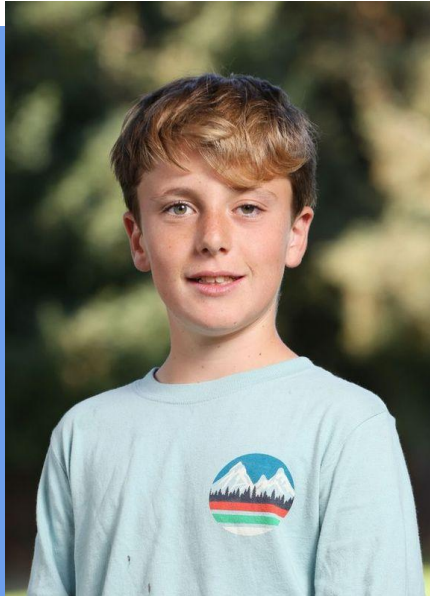
Say Hello!

mary.wheeler@heliosschool.org

Egrets

Noah Salzman

Grade 8



Fun Facts:

- I went to the Netherlands and Germany this summer, and I have been enjoying chess and tennis.

**Noah's
Family**

Noah, Aliza (Sister), Julia (Mom),
Eric (Dad), Ari (Brother)



Say Hello!

julia.salzman@heliosschool.org,
eric.freeman@heliosschool.org

Egrets

Casper Sears

Grade 7

Fun Facts:

- I like fantasy books and graphic novels.
- This summer I did a canoeing camp in the Boundary Waters, and a 15-day backpacking camp in the Trinity Alps of Northern California.
- You can usually find me in a tree or with my friends.



Casper's Family

Shawn (Dad), Laura (Mom),
Casper



Say Hello!

laura.sears@heliosschool.org,
shawn.sears@heliosschool.org

Egrets

Elan Valek

Grade 7



Fun Facts:

- Went to the South Pacific and snorkeled with sharks.
- Likes flag football, Niners, sharks, Pokemon, fruit, politics, EDM, stuffies

**Elan's
Family**

Bryan (Dad), Yael (Mom), Oren
(Brother), Elan



Say Hello!

yael.valek@heliosschool.org,
bryan.valek@heliosschool.org

Egrets

Bella Wang

Bella's Family

Grade 8



Fun Facts:

- Traveled to Taiwan and Shanghai.
- Read the Biggest Ideas in the Universe, Quanta, the Secret Life of Fungi, and An Immense World.
- I like Terry Pratchett, reading, math, fungi, and spending time with friends.

Catherine (Mom), Lydia (Sister),
Bella, Plato (Dad)



Say Hello!

plato.wang@heliosschool.org,
catherine.fang@heliosschool.org

Egrets

Anton Wittkop

Grade 8



Fun Facts:

- This summer I hiked the Narrows at Zion National Park
- I'm a very comedic person. I love telling jokes, making up puns and comedy bits, and being silly.
- I love to play guitar and write songs.
- I like to play funny tabletop games like Cards Against Humanity and Dumb Ways to Die.
- I'm really into creative activities like drawing, Minecraft modding, AR, and songwriting
- I love to hang out with my dog, Kaya

Anton's Family

Anton (Heron), Luka (Falcon), Alisa (Mom), Tobi (Dad), Kaya (lightning fast super pup)



Say Hello!

alisa.wittkop@heliosschool.org,
tobias.wittkop@heliosschool.org

Egrets