Athletics Program
After School Enrichment Program (ASEP)
Fall 2013
Dear Parents,

Welcome to the 2013–2014 school year. This brochure contains information on both our athletics program and our After School Enrichment Program (ASEP). ASEP class sizes are limited so we encourage you to register early.

I am excited to share information on our Athletics Program which is designed to increase participation, boost school spirit, and provide fun learning experiences at an expanded level of competition.

Some highlights are:
- Separate boys and girls teams in some sports;
- Several new schools in our league;
- Away games for some sports;
- Great jerseys and uniforms;
- School spirit events; and
- A special banquet in April to celebrate the end of the sports seasons.

Please read the Bearkats and Intramurals section for details and encourage your age eligible student to join the fun. Go Bearkats!

If you have any questions please contact me by phone @ 713-661-6688, ext. 139 or email me at marktucker@postoakschool.org.

Regards,
Mark Tucker

Athletic Director, Physical Fitness Specialist
ASEP Director

Bearkats

BE A PART OF THE TEAM!
Bearkats is The Post Oak School’s interscholastic sports team. All students in grades 6–8 are eligible to play. The team competes against other area independent schools in cross-country, soccer, volleyball, and basketball. We aim to schedule games against other schools that share our philosophical approach to sports.

HOW TO JOIN
We encourage every student in grades 6–8 to come out for the team. Students must be in good standing in the classroom and must have been in attendance at the week’s practices in order to play at each game.

It is our desire to give every athlete playing time, and playing time will be based on practice attendance and effort at practice. We practice and play after school three days per week, and assume that everyone on the team wants to be at every game and practice. We encourage full and consistent participation because that is better for both the individual player and the team.

Sixth graders may choose whether to play with Post Oak’s Bearkats team or on the more informal intramural squad. Note that the ASEP Running Club is free for Bearkats for additional fitness training and preparation for cross country.

PRACTICES (AND GAME DAYS)
3:30 to 4:30 pm (time for game days varies)
Mondays, Tuesdays, and Wednesdays

(Team members must participate in practice to be eligible to play at the games)

SPORTS SEASON
(separate teams for boys and girls, to be determined based on sign-up)

Fall: cross-country, volleyball, soccer
Winter: basketball
Spring: Track/Fitness
GENERAL SCHEDULE
(game schedule will be announced in the fall)

Aug. 29 Bearkats Day sign up
Sept. 3 First day of athletics
April 15 Bearkats Celebration Banquet

Throughout the year, spirit days will occur in conjunction with certain game days. We ask that students and employees wear Post Oak and Bearkats spirit wear to show support for the team on these days.

PARTICIPATING SCHOOLS
(games will be held at both our school and other schools)

- Memorial Lutheran
- School of the Woods
- St. Catherine’s
- St. Stephen’s
- The Branch School
- and multi-school meets for cross country

FEE FOR BEARKATS
$100

DISMISSAL
All athletics will dismiss from Avenue B.

Post Oak’s Sports Priorities

At The Post Oak School, the physical development of the child is central to our mission. The other priorities of the Athletics program include:

- improve fitness;
- learn skills;
- develop sportsmanship, to respect your own teammates, the other team and the referee;
- have fun playing with friends and classmates;
- learn to work together as a team;
- challenge yourself against worthy competition;
- play hard;
- build school spirit; and
- win gracefully and lose gracefully. Winning is usually more fun, and we like to win; but the young athlete learns about life by experiencing both outcomes. In any event, winning is a lower priority than any of the preceding values.

Intramurals (the Squad!)

This sports squad is offered for Upper Elementary students in grades 4–6. Intramurals will follow the same sports seasons as Bearkats. Students will learn skills and divide into teams for scrimmages. There is no fee for intramurals. If a student is signed up for intramurals, we will expect them to attend every class unless they are in an ASEP class on Thursday.

PRACTICES (AND SCRIMMAGE DAYS)
3:30 to 4:30 pm on Thursdays and Fridays.
ASEP – After School Enrichment Program
After School Enrichment Program Guidelines

Please read all information carefully and keep for future reference.

REGISTRATION
Class sizes are limited, so please register early to guarantee a space for your child and avoid disappointment. Enrollment is on a first-come, first-served basis.

The Fall ASEP semester begins September 3 and ends December 19. ASEP classes are not held the week of Thanksgiving or on any day the children are not in school. Refer to the class descriptions for notice of any other dates classes will not be held for an individual class.

You will only be notified if a course is canceled or full; you will not receive confirmation for each registration.

REGISTRATION DEADLINE
Registration must be completed by August 25. Online registration will be closed at this time.

BILLING
The business office will send you a bill for the class and any additional supply fees. Please do not send payment with your registration form.

REFUNDS
If The Post Oak School cancels a class you will receive a full refund. If you withdraw your child from a class after the first class, you will receive a full refund minus a $15 cancellation fee. After the second class you will receive a 50% refund. Thereafter no refunds will be given for withdrawal from the class.

MAKE-UPS
In the event that a class is canceled by the school, a make-up class will be scheduled. Parents will be notified by email or phone as soon as possible of such cancellations.

STUDENT CONDUCT
• Refer to the Parent Handbook for a more detailed description of behavioral expectations and policies.
• In the event of misbehavior, parents will be notified.
• Consequences for misbehavior will follow the guidelines from the Parent Handbook and may include dismissal from the ASEP class.

DISMISSAL
All ASEP classes will dismiss on Ave. B at the end of the scheduled class. If your child will not be attending their ASEP class or Athletics practice, please inform the teacher 24 hours in advance.
Course Descriptions

Art - Discovering Clay  
(Upper Elementary)  
Mondays 3:30–4:30
Students will discover different techniques and types of clay creations and will use clay as a tool to create sculptures, pottery or hand built vessels.
Instructor: Saida Fagala

Art - Adventures in Painting  
(Lower Elementary)  
Wednesdays 3:30–4:30
Students will learn different painting techniques, and will use a variety of paint: watercolor, acrylic, tempera, gouache and mixed media.
Instructor: Saida Fagala

Beginning French  
(Lower & Upper Elementary)  
Wednesdays 3:30–4:30
Bienvenue to Beginner French Class avec Madame Smith! Join us for adventures in exploring the French language and culture. Students will enjoy learning French through French-as-a-Second-Language Methods imported straight from the France, including immersion, songs, games, videos, etc. This curriculum is suitable for both lower and upper elementary students, beginning students and students with some French experience.
Instructor: Beth Smith

Beginning Sewing Class  
(Lower Elementary)  
Thursdays 3:30–4:30
The children will be introduced to the sewing machine and how it works, learn to do some simple sewing with the machine to make a pillow, and also learn basic hand sewing stitches such as the running stitch, blanket stitch and the overcast stitch to create some small projects. The class will also focus on embroidery, learning basic and more advanced embroidery techniques to create a pillow, small quilt or quilted wall hanging.
Instructor: Julie Parraguirre and Miriam Winton

Intermediate French  
(Lower & Upper Elementary)  
Mondays 3:30–4:30
Bienvenus pour le nouveau semestre avec Madame Smith! Join us to carry on in your adventure in French. In this class, students will pick up where we left off last semester and continue the fun. This class is open to all children who took last semester’s class.
Instructor: Beth Smith

Chess (Lower & Upper Elementary)  
Wednesdays 3:30–4:30, (no class Oct. 2, 2013)
Chess is a classic game of strategy, invented more than 1500 years ago in India. Legend has it that the ruler of India asked his wise men to devise a way to teach the children of the royal family to become better thinkers and better generals on the battlefield. Chess was the result. Chess is also a teaching tool that stimulates children’s minds and helps them to build skills while enjoying themselves. As a result, they become more critical thinkers, better problem solvers, and more independent decision makers. These conclusions have been backed up by educational research.
Instructor: Errol Pinto

Chinese – NIHAOMA After-school Chinese Program (Lower & Upper Elementary)  
Tuesdays 3:30–4:30
NIHAOMA Chinese is an educational organization that offers on-site after-school courses of Chinese language – the second most taught foreign language in the U.S.
By using games, music, video, story books, and hands-on Chinese cultural activities, NIHAOMA makes it
easy and fun to learn the Chinese language. Our courses are designed for China’s official language, Mandarin, including a simplified writing version. Learning materials are rotated every year to avoid repetition.

Instructor: Ms. Jiayano Pang

Choir – Singing is Communication
(Lower & Upper Elementary)

*Thursdays 3:30–4:30*

Ensemble singing is a powerful group activity. We focus on blending your love of music into a musical gift which can be shared with everyone. Bring your voice and your best attitude and you will quickly learn to be a better singer! Members of the choir will put their best foot forward while polishing their performance abilities for friends, relatives and other audiences. Our repertoire will come from a wide variety of sources and languages.

Come on and join us in sharing your musical passion!

Instructor: James Winslow

Montessori Model UN
(Upper Elementary & Middle School)

*Registration for MMUN includes both fall & spring sessions. The last class is April 3, the week before the UE April trip. No class Oct. 3, 2013 and Feb. 20, 2014. Thursdays 3:30–5:00*

The Model UN program, usually open to selected students from various high schools and universities, provides them with an opportunity to simulate the experience of being an ambassador representing a country in the United Nations. They participate in a forum where they can gather to debate current global economic, social, and political issues such as poverty, illiteracy, war, and other human rights.

Maria Montessori saw that students 9 years old and up have the capacity, enthusiasm, the compassion, and the willingness to respond to a need, to espouse a cause, to right a wrong, to establish social justice, to create a moral order, and also to take active steps to be agents of peace. Consequently, the Montessori Model UN (MMUN) program was established in 2006 which gave younger students in Upper Elementary and Middle school (9–15 years) in Montessori Schools around the world the opportunity to participate in this program without a process of selection or restriction. The idea is to gather Montessori students to an international forum, have them represent different countries in the world as delegates, deliberate upon current topics being discussed in the UN, negotiate aid and assistance, formulate draft resolutions which reflect the country’s foreign policy they are representing, and, in a truly democratic manner, vote these resolutions into place in the actual UN Assembly Hall in New York. (More at www.montessori-mun.org)

We are inviting the students of the Upper Elementary and Middle School (years 4–8) to participate in the Montessori Model UN 2013 program. The Middle School trip will take place from April 2–5, 2013, and the Upper Elementary trip will be from April 9–12, 2014. Parents who wish to accompany the students as chaperones can indicate their intention upon registration.

Although we are very excited about this idea, we would like to reiterate that students will need to commit their time and effort very seriously to this project. It is expected that student delegates, who expect to go as MMUN country representatives, demonstrate a high level of responsibility and commitment, and show courtesy and cooperation at all times.

*Please note that in addition to the registration fee for this class, there are additional associated expenses for the trip to New York which include the registration fee, air fare, hotel accommodation and the cost of food. The estimated cost, based on the trip last year, is approximately $1200, however the actual figure will be calculated accurately once the arrangements have been made.*

Instructors: Errol and Maya Pinto

Music lessons - Private and Small Group
(2nd grade and higher)

Lessons will be offered Monday and Wednesday afternoons, beginning at 3:30 p.m., in half-hour time slots. Small group lessons will be limited to three students. To enroll your 2nd grade and higher student for private lessons on an instrument or for more advanced vocal prep., please select this class and Mr. Winslow will contact you with times and rates.

Instructor: James Winslow
Spanish (Lower Elementary)
*Thursdays 3:30–4:30*

The purpose of this class is to teach lower elementary students the Spanish language through interactive, fun, and hands-on activities. The student will learn through fun yet educative approaches such as plays, projects, and role-playing.

Instructor: Irma Alarcon

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Stamp Collecting (Lower & Upper Elementary)
*Mondays 3:30–4:30*

Besides being the most popular hobby in the world, stamp collecting has many advantages for the elementary child. One of the psychological characteristics of this age group is that children are attracted to collections of all kinds: from baseball cards to pebbles. Creating a collection and maintaining it seems to come naturally to them. Stamp collecting as a hobby provides the student with an awareness of and an appreciation for different countries and cultures. Through stamp collecting students will learn political geography, capital cities, flags, currencies, flora, fauna, famous personalities, historical events, art forms, inventions and much more. Learning through this hobby is a fascinating and absorbing activity.

Instructor: Maya Pinto

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Running Club (Lower Elementary–Middle School)
*Tue., Wed. and Thu. mornings from 7:20–8:15 a.m.*

The running club is available to Elementary and Middle School students and their parents. This class is designed to promote health, fitness, and stamina. Please meet in the gym at 7:20 a.m. to stretch. It is important that all participants arrive on time. If your child is enrolled in Elementary/Middle School morning care program, or if he/she is participating in Bearkats, participation in the running club is free of charge.

Instructor: Mark Tucker

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Yoginios (Lower Elementary)
*Thursdays, 3:30–4:30*

Yoginios: Yoga for Youth® is an OHMazing™ interdisciplinary kids yoga curriculum in English, Spanish, and Sanskrit. This yoga for kids program weaves together the eight limbs of yoga with original art, music, games, stories, and other mindful, sensory-integrated activities to promote flexibility, strength, balance, collaboration, civic and social responsibility, mindfulness, nutrition, and wellness both on and off the yoga mat.

Instructor: Beth Reese

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ASEP Teachers

Irma Alarcon was born and raised in Colombia. Her career in education began in 2003 as a Spanish instructor for the Continuing Education Program at the University of Houston, where she was certified as an Accelerated Language Teacher. She is a member of the American Council of the Teaching Foreign Language (ACTFL) and the Southwest Conference on Language Teaching (SWCOLT). Irma has been part of the Post Oak family since 2004 as an Upper Elementary Assistant and Substitute Teacher for multiple grade levels.

Andrea Dilger joined The Post Oak School in 2009. She received an athletic scholarship to play fastpitch softball at Barry University in Miami Shores, Florida, where she earned her BS degree in physical education. After graduating, Andrea went on to play and coach professional fastpitch softball in Germany for five seasons. After her professional athletic career she began teaching physical education to Elementary and Middle School students.

Saida Fagala, Ceramic artists and art teacher, was born in Baku Azerbaijan. She holds an MFA from the Baku State University of Culture and Fine Arts. After moving to the US in 1998, Saida began teaching art at City Art Works as a part-time arts instructor. She also taught at the School of the Woods and MECA system before teaching full-time at HSE-Endeavor from 2009-2013. Saida is a member of the Texas Clay Arts Association, Houston Clay, and Houston Artists Collective. She shows her work at exhibitions and in commercial galleries in town.
ASEP Teachers (continued)

**Beth Smith** has a BA in sociology/social work from Clemson University. She received TEFL training and certification in Barcelona, Spain. She obtained an AMI Elementary diploma from WMI and an M.Ed. from Loyola University in Maryland in 2010. Prior to discovering her love of teaching, Beth worked as a psychiatric social worker. Beth’s teaching experience includes two years in the French public school system and one year in a Montessori lower elementary classroom in the Atlanta suburbs. Beth is a fluent French speaker, an avid baker and cook, and an outdoor adventurer. She enjoys fine art, music, and travel. Most of all, she is passionate about sharing her love of learning with children.

**Jiayao Pang** has 18 years of Chinese teaching experience. In the past two years, Ms. Pang was presented with “Outstanding Achievement Award” by the Consulate-General of China in Houston. In both 2009 and 2010 her students represented the U.S. to compete in the greatest international Chinese proficiency competition “The Chinese Bridge.” One won the third place worldwide.

**Julie Parraguirre**, a Reno, Nevada native, has a B.A. in Economics from the University of Nevada and a J.D., cum laude, from the University of San Diego School of Law. For eleven years she practiced labor and employment law in Houston, representing management. Shortly after the birth of her third son in 1998, Julie decided a career change was in order, earned her AMI Primary diploma, and began teaching Primary at Post Oak in 2001.

**Errol Pinto** holds both the AMI Primary and Elementary teaching diplomas and has been a teacher since 1991. He joined Post Oak in August 2003 as a Lower Elementary teacher, and since 2004 he has taught in Upper Elementary.

**Maya Pinto** attended a Montessori school in India as a child. She has a BA (Honors) in English Literature from the University of Delhi, India, and also holds both the AMI Primary and Elementary teaching diplomas. She has been a Montessori teacher since 1983. Since 2006, she has taught in a Lower Elementary classroom. In 2012, she began teaching in Upper Elementary.

**Beth Reese, Ph.D., E-RYT, RCYT**, is the founder and executive director of Yogiños: Yoga for Youth. Beth is a teacher with over 20 years of experience with pre-K–12 grades in art, windsurfing, skiing, and yoga. She has a PhD in art museum education and has taught art history and art museum education at the university level. A yoga practitioner for over 14 years, Beth is the mother of three OHMazing yogis under the age of 13.

**Mark Tucker** has taught at The Post Oak School since March of 1994. He attended a junior college to play baseball after graduating from Aberdeen High School in Aberdeen, MS. Mark has worked as a park ranger, a park and recreation director, and a fitness specialist in a treatment program. He received his BA in organizational management from Ashford University.

**James Winslow** spent his formative years in Detroit, Michigan, soaking up great musical influences. His musical lineage includes vocal and instrumental music of all genres. He also has considerable experience in the area of drama and technical theater. James received a bachelor’s degree in music at Rice University and followed that with post-graduate/graduate studies in orchestral conducting at Rice and Sam Houston State University and a Texas Music Teacher Certification (K–12) through St. Thomas University. James has, since 1989, taught all aspects of music to students of all ages.

**Miriam Winton** was born and raised in Miami, Florida. She received her B.A. in Education from the University of Florida, and earned her M.Ed. from Florida International University. Miriam was first introduced to Montessori education when she came to Post Oak as a substitute teacher in 1997 and then worked as an assistant at the primary level for two years while taking her Montessori teacher’s training. She received her AMI Primary diploma in August 2000. Miriam has been a Primary lead teacher for 13 years and has directed Post Oak’s summer program since 2003.
# Course List – Fall 2013

September 3–December 19, 2013 (no classes November 25 & 26)

## ASEP – AFTER SCHOOL ENRICHMENT PROGRAM

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY</th>
<th>TIME</th>
<th>AGE</th>
<th>ASEP TEACHER</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>French 2 (13 classes)</td>
<td>Monday</td>
<td>3:30–4:30</td>
<td>Lower &amp; Upper</td>
<td>Beth Smith</td>
<td>$185</td>
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<td></td>
<td></td>
<td></td>
<td>Elementary</td>
<td></td>
<td></td>
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<tr>
<td>Upper Elementary Art (13 classes)</td>
<td>Monday</td>
<td>3:30–4:30</td>
<td>Upper Elementary</td>
<td>Saida Fagala</td>
<td>$185 + $25 supply fee</td>
</tr>
<tr>
<td>Stamp Collecting (13 classes)</td>
<td>Monday</td>
<td>3:30–4:30</td>
<td>Lower &amp; Upper</td>
<td>Maya Pinto</td>
<td>$185</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Elementary</td>
<td></td>
<td></td>
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<tr>
<td>Private music lessons</td>
<td>Mon. or</td>
<td>as scheduled</td>
<td>2nd grade and higher</td>
<td>James Winslow</td>
<td>Determined by schedule</td>
</tr>
<tr>
<td></td>
<td>Wed.</td>
<td>w/ Mr.</td>
<td></td>
<td></td>
<td>with Mr. Winslow</td>
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<td></td>
<td></td>
<td>Winslow</td>
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<tr>
<td>NIHAOMA Chinese Program (15 classes)</td>
<td>Tuesday</td>
<td>3:30–4:30</td>
<td>Lower &amp; Upper</td>
<td>Jayao Pang</td>
<td>$280 + $30 supply fee</td>
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<tr>
<td></td>
<td></td>
<td>Elementary</td>
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<tr>
<td>Beginning French (15 classes)</td>
<td>Wednesday</td>
<td>3:30–4:30</td>
<td>Lower &amp; Upper</td>
<td>Beth Smith</td>
<td>$210</td>
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<td></td>
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<td>Elementary</td>
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<tr>
<td>Lower Elementary Art (15 classes)</td>
<td>Wednesday</td>
<td>3:30–4:30</td>
<td>Lower Elementary</td>
<td>Saida Fagala</td>
<td>$210 + $25 supply fee</td>
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<td>Lower &amp; Upper EL Chess (14 classes)</td>
<td>No class 10/2</td>
<td>3:30–4:30</td>
<td>Lower &amp; Upper</td>
<td>Errol Pinto</td>
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<td></td>
<td></td>
<td>Elementary</td>
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<tr>
<td>Beginning Sewing (15 classes)</td>
<td>Thursday</td>
<td>3:30–4:30</td>
<td>Lower Elementary</td>
<td>Julie Parraguirre &amp;</td>
<td>$210 + $20 supply fee</td>
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<td></td>
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<td></td>
<td>Miriam Winton</td>
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<tr>
<td>Choir (15 classes)</td>
<td>Thursday</td>
<td>3:30–4:30</td>
<td>Lower &amp; Upper</td>
<td>James Winslow</td>
<td>$210</td>
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<td></td>
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<td>Elementary</td>
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<tr>
<td>Montessori Model UN (24 classes) (through 4/3) No class 10/3/13 and 2/20/14</td>
<td>Thursday</td>
<td>3:30–5:00</td>
<td>Upper Elementary &amp; MS</td>
<td>Errol &amp; Maya Pinto</td>
<td>$960 + associated fees</td>
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<td>(see description)</td>
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<td>Yogiños (15 classes)</td>
<td>Thursday</td>
<td>3:30–4:30</td>
<td>Lower Elementary</td>
<td>Beth Reese</td>
<td>$225</td>
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<td>Spanish (15 classes)</td>
<td>Thursday</td>
<td>3:30–4:30</td>
<td>Lower Elementary</td>
<td>Irma Alarcon</td>
<td>$210</td>
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<tr>
<td>Running Club</td>
<td>Tues.–Thurs.</td>
<td>7:20–8:15 a.m.</td>
<td>Lower &amp; Upper EL &amp; MS</td>
<td>Mark Tucker</td>
<td>$100</td>
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## POST OAK ATHLETICS

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>DAY</th>
<th>TIME</th>
<th>GRADE</th>
<th>COACH</th>
<th>PRICE</th>
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<tbody>
<tr>
<td>Beakrats (If signing up for Beakrats, do not sign up for M–W ASEP classes)</td>
<td>Monday, Tuesday, and Wednesday</td>
<td>3:30–4:30 (except game days)</td>
<td>Sixth grade &amp; Middle School</td>
<td>Mark Tucker &amp; Andrea Dilger</td>
<td>$100</td>
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<tr>
<td>UE Intramurals</td>
<td>Thursday and Friday</td>
<td>3:30–4:30</td>
<td>Upper Elementary</td>
<td>Mark Tucker &amp; Andrea Dilger</td>
<td>No charge</td>
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</tbody>
</table>
ASEP & Athletics Online Registration – Fall 2013

As part of our Go Green effort, ASEP and Athletics registration will be online this year. Please follow the instructions below:


2. Under My Forms/Documents, click on Program Registration.

3. On the Registration home page, select ASEP Registration Form. If you have any existing or pending registrations (listed separately by students), they will be listed in a table in the center of the screen, where you can check status, continue to work on partially completed registration, begin another registration, select or modify courses and programs.

4. After completing the registration form, you will be able to select the ASEP courses. If there are registrations for multiple students, each student’s payment details are listed separately.

5. After submitting course selections, users are taken directly to the payment page. Payment is not due at time of registration. Payments can be made via eCheck or check voucher when you receive your e-statement.