That’s the subtitle of *Nurture Shock*, a book by journalists Po Bronson and Ashley Merryman. The first chapter, “The Inverse Power of Praise,” caused quite a stir when it was first published as a cover story in *New York* magazine. The story popularizes the work of Stanford psychologist Carol Dweck and her book *Mindset: the New Psychology of Success*. Dweck discovered why it’s bad to praise a child’s intelligence. Bad? Don’t we want to build self-esteem? Doesn’t praise do so? Unfortunately, when we praise a child for being smart, we unintentionally set him up to avoid tackling difficult tasks. Why? A child thinks, “If I don’t get it easily, maybe I’m not so smart after all,” so avoiding difficult tasks protects his identity as a Smart Kid.
What's a parent to do? Praise effort. If a child puts in real effort, praise that. In fact, it is effort that builds competence, and competence builds confidence. We want our children to persevere in the face of difficulty—not to bail out when the going gets tough. Hard work and perseverance are better predictors of success than intelligence.

Each chapter of *Nurture Shock* challenges our common knowledge about children:

- “The Lost Hour”: children get one hour less sleep than they did 30 years ago. The cost: IQ points, emotional well-being, ADHD, and obesity.
- “Why Kids Lie”: All kids lie. Parents are no better than 50/50 at detecting a child’s lies. And teachers are only slightly better. How can we encourage kids to be truthful?
- “The Search for Intelligent Life in Kindergarten”: Private schools and public school programs for the gifted routinely use intelligence tests to screen young candidates. New science says the results are wrong—73 percent of the time.
- “The Sibling Effect”: the most brutal person in a child’s life is often a sibling. Why siblings really fight.
- “Plays Well with Others”: Why has modern parenting failed to produce a generation of kinder, gentler kids? Is *Clifford the Big Red Dog* really better TV viewing than *Power Rangers*? Is it bad for children to see their parents argue?

*Nurture Shock* is a smorgasbord of ideas about children, and based on contemporary research, overturns many things we thought we knew about parenting. No, this book will not simplify life’s hardest job. And it may baffle you. But I think you’ll learn something new, and it may well affect some of your decisions as a parent. 

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Upper School summer camps and summer school schedules are here!

Please check out the next three pages for information. For a summer school registration brochure, click on the link on the left side of the Post Oak website.

2010 Post Oak Elementary summer schedule

**Week 1 (6/7-11)**
- Morning: art (Grandchamp) • word craft (E. & M. Pinto)
- Afternoon: stamp collecting (M. Pinto) • chess & board games (E. Pinto)

**Week 2 (6/14-18)**
- Morning: art (Grandchamp) • nature crafts (E. & M. Pinto)
- Afternoon: stamp collecting (M. Pinto) • chess & board games (E. Pinto)

**Week 3 (6/21-25)**
- Morning: photography & poetry (Magill)
- Afternoon: swimming/bowling (Magill/Pel)

**Week 4 (6/28-7/2)**
- Morning: Spanish culture & history (Magill)
- Afternoon: music week (Magill/Pel)

**Week 5 (7/6-9)**
- Morning: writing & illustrating your own children's book (Magill)
- Afternoon: performing arts (Magill/Pel)

**Week 6 (7/12-16)**
- Morning: arts & crafts (tba)
- Afternoon: ancient mythology & myths (Pel)

**Week 7 (7/19-23)**
- Morning: soccer/athletics week (Pel/tba)
- Afternoon: scrapbooking & friendship bracelets (Pel/tba)

**Week 8 (7/26-30)**
- Morning: poetry/history (Magill/Pel)
- Afternoon: swimming/bowling (Magill/Pel)

If you haven't already registered, please go to our website and click on “summer school” on the left side of the home page to download a form.
Summer Basketball Camp!
at The Post Oak School

Join guest coaches from the Houston Rockets and the Rice University Owls

learn game rules • develop skills • have a ball!

For new registrations, fill out this form for each child.

☐ Check here if your child is already registered for summer school and your child would like to attend the basketball camp. Select the weeks your child will attend.

Child’s Name: ___________________________________________________

Current Teacher: ________________________________________________

Parent Name: ___________________________________________________

Address: ________________________________________________________

Phone(s): _________________________________________________________

Person responsible for tuition: ______________________________________

T-shirt size (circle one):

Children’s sizes:  

XS (2-4)  S (6-8)  M (10-12)  L (14-16)

Adult sizes:  

Small  Medium  Large  Extra Large

Open to students entering grades 2–8, except on weeks 7-8, when it is grades 1-8.

Sign up for [check next to your selection(s)]:

Week 3 (6/21-25)  Week 6 (7/12-16)  

Week 4 (6/28-7/2)  Week 7 (7/19-23)  

Week 5 (7/6-9)*  Week 8 (7/26-30)  

Questions?

Contact Summer School Director Miriam Winton 713-661-6688 / miriamwinton@postoakschool.org.

*NO SUMMER SCHOOL ON MONDAY, JULY 5. TUITION PRORATED
Post Oak IT Girls summer camp

Post Oak IT Girls is a summer technology camp just for girls. The camp meets 8:30 am-noon during weeks 3-6 of summer school and is open to girls entering grades 4-8. Participants will learn how to create animations, make a webpage, give a PowerPoint presentation, script and produce a video, podcast, make a digital scrapbook, and more. The camp will be led by Sara Mitchell and Jenna Pel. Sara is an alumna of Post Oak with an MS in computer science from Stanford, and Jenna is our aftercare assistant, who is working on a degree in history at the University of Houston.

For new registrations, fill out this form for each child.

☐ Check here if your child is already registered for summer school and your child would like to attend the IT Girls camp. Select the weeks your child will attend.

Child’s Name: ____________________________________________

Current Teacher: _________________________________________

Parent Name: ____________________________________________

Address: ________________________________________________

Phone(s): _______________________________________________

Person responsible for tuition: ______________________________

T-shirt Size (circle one):

Children’s sizes:    XS (2-4)    S (6-8)    M (10-12)    L (14-16)

Adult sizes:         Small       Medium      Large        Extra Large

Sign up for [check next to your selection(s)]:

☐ Week 3 (6/21-25)   Animation, digital storytelling, & podcasting

☐ Week 4 (6/28-7/2)  Graphic design & how to make a webpage

☐ Week 5 (7/6-9)*    Computers in the classroom & videography

☐ Week 6 (7/12-16)   Digital photography and digital scrapbooking

Questions?
Contact Summer School Director Miriam Winton 713-661-6688 or miriamwinton@postoakschool.org.

*NO SUMMER SCHOOL ON MONDAY, JULY 5. TUITION PRORATED
Library books due by May 14

Dear All,

In an effort to vacate the library by June 1, please turn in ALL library books by May 14. This will help us prepare for moving all the books this summer.

Thanks for your help in keeping the books safe and accounted for.

BR Simon, Librarian

2010-11 Emergency Release & Health Inquiry Forms are due:

May 17

You will receive yours next week. Please return it before the due date.

The Greater Houston Youth Orchestra

The Orchestra, Philharmonic, and String Ensemble present a special Mother’s Day Concert

performing works by Tchaikovsky, Bizet, Haydn, Breval, and Accolay, featuring

Post Oak elementary student, cellist

Sunday, May 9, 4:00 pm
Dunham Theater, Morris Cultural Arts Center, Houston Baptist University

$15 adults • $10 students
teachers are free
for info: www.ghyo.org

Where’s “Sirenia” now?

Ana Trevino-Godfrey, also known as “Serenia” from Post Oak’s production of Pearl, narrates

The Adventures of Baroque Music performed by Mercury Baroque on Saturday, May 8, at 10:30 am

Post Oak families are invited.

For more information and to purchase tickets, please visit:

www.mercurybaroque.org
Bob Harvey named United Way ‘Volunteer of the Year’

Congratulations to Bob Harvey, president of RWH Ventures, LLC, and chairman of The Post Oak School Board of Trustees, who was named 2009-10 “Volunteer of the Year” by United Way of Greater Houston at its annual meeting on April 27.

Scott McLean, CEO of Amegy Bank of Texas, and last year’s award recipient, presented Harvey with the distinguished Robert W. Kneebone Award. The Kneebone Award is the highest honor given by United Way of Greater Houston to a volunteer for extraordinary leadership and service to the community.

“It has been my great honor to serve my community through United Way of Greater Houston,” Harvey said. “United Way truly is the best way to make the biggest difference in our community, and I could not be more proud of all the amazing things we have accomplished together.”

HOUSTON HUMANE SOCIETY

Companion Camp

For Kids and Teens

Spend a Week With The Animals!

2010 Camp Dates

June 7-11
June 21-25 (Teen Week Ages 12-15)
July 26-30

June 14-18
July 12-16
August 2-6

Companion Camp is a wonderful opportunity for children ages 7-13 to work hands-on with the animals cared for by the Houston Humane Society and learn valuable life lessons concerning the welfare of animals. During a typical day, campers receive humane education, a workshop from a veterinarian or animal expert, games, crafts and hands on animal activities. Companion camp is a must for all kids and teens!

Cost is $250 per session and includes daily snack and drinks, t-shirt, crafts, and all activities. Lunch will not be provided, so please bring a sack lunch. Campers can register online at www.houstonhumane.org. Space is limited, so register early to reserve a spot! For more information call 713-433-6421 or email camp@houstonhumane.org.

14700 Almeda Rd.
Houston, TX 77053
713-433-6421
www.houstonhumane.org
Sunny days... Photos by Shannon Neufeld
Buy your Pearl DVD now!

Get it on the Post Oak website or fill out the form below:

Student's name: ________________________________

Class (of oldest child): ________________________________

Phone number: ________________________________

Number of DVDs: _______ X $30/each = ____________

Write checks to “JH Photography,” with “Post Oak Opera DVD” in memo line. Order online with a credit card through the link on the left side of the Post Oak website. DVDs will be available for pick-up on Monday, May 10, at Post Oak. Photos from Pearl will be available to view and purchase starting May 10 at www.JHPHotographyOnline.com/Clients/PostOakOpera2010.
1. Piñatas and pajamas: students in Primary Home Environment enjoy some fun on teacher in-service day.

2. Punctuation: a sentence or a phrase?

3. Crafting a Mother’s Day gift.

4. Practical life: scrubbing a chair.

5. Concentrating on a metal inset.

6. Spanish lessons in the sun!

7. Baby shower for three.

8. Counting with the small bead chains.


10. The history of money: “…and soon the use of money spread across the continents,” said the teacher. “And the oceans! The sand dollar!” said one of students.

11. Cleaning up after some work.

12. Writing practice.

13. Learning the lines for the class play.

14. Reading together.
Birth Announcement

To our Post Oak Family,
Kyle and I are thrilled to announce the arrival of our beautiful little boy! He was born on his due date, May 1, at 11:48 pm. He is a healthy 7 lbs, 1 oz, measuring 20 in. long and I are both doing well and appreciate very much all the support from our family and friends! We look forward to introducing you to him soon!
Sincerely,
Emily Hansen, Primary Teacher

CALENDAR
For more, visit www.postoakschool.org

MAY 9 – 15
Sun 05/09 Mother’s Day

Tue 05/11 Darwin’s Retirement Party 4:00 – 5:00 pm

Thu 05/13 New Primary Parent Gathering 7:00 pm

Fri 05/14 Spring ASEP ends

MAY 16 – 22
Wed 05/19 Upper Elementary History Fair 7:00 – 8:00 pm

Thu 05/20 New Elementary Parent gathering
Lower El 6:30 – 7:15 pm
Upper El 7:15 – 8:00 pm

MAY 23 – 29
Wed-Thu 05/26-27 Middle School visits the Retreat at Artesian Lakes

Thu 05/27 Buddha Day

Last day of school
Early dismissal:
Fri 05/28 IC & PRI at 11:30 am
EL & MS at 12:00 pm
Graduation 6:30 pm

NOTICE BOARD

Come swim with the F.I.S.H.!
Friday, May 14
(last meeting of the year)
after drop-off at the home of Jamie Broach
RSVP to Jamie or coffee/tea and treats

Bring your ideas and feedback to help us improve the program for next year. No need to write them but put some thought to it.

We will share copies of our children’s favorite recipes or meals. If you are challenged with a recipe, bring a summer activity or vacation spot that you’d like to share. Please bring hard copies so we can take the ideas with us.

Barbara Hacker’s green tip of the week
GREEN glossary
Biodegradable: Anything capable of being broken down into innocuous (or helpful) products by the action of living things, such as bacteria or fungi, and absorbed into the ecosystem. For example: wood is biodegradable, and plastics are not.

ABOUT THE WEEKLY POST
The Weekly Post appears on most Fridays of the regular school year.
You can receive a printed copy from your oldest child, or a PDF version online.
Submit letters, articles, or photos in electronic form by 5:00 pm on the Tuesday before publication to Communications Coordinator Shannon Neufeld (shannonneufeld@postoakschool.org). If publication is on a Thursday due to school closure on Friday, then the deadline is 5:00 pm on the preceding Monday.

All photos in The Weekly Post are by Shannon Neufeld unless otherwise noted.

The Post Oak School was founded in 1963 and accredited by both the Association Montessori Internationale (AMI) and the Independent Schools Association of the Southwest (ISAS)
4600 Bissonnet, Bellaire, Texas 77401 • Telephone: 713-661-6688 • Fax: 713-661-4959 • www.postoakschool.org

Keep track of school events with our online calendar—or download a fresh copy of the school’s printed calendar, all at http://www.postoakschool.org