“I don’t know what you put in the water, but I’ve never seen kids so eager to come back to school.” That’s what I heard in the car pool line on the first full day of school from a father of two Elementary students.

From a Primary parent I heard that her son has been looking forward to the start of school for weeks, carrying around a little booklet his teacher sent him with pictures of Post Oak, of his classroom, and of his teacher, too. In fact, he was tucking the booklet under his pillow at night.

And several of last year’s Middle School graduates, who are now high school freshmen, have been back to visit already, to let us know how they are doing, and just to touch base. This is the kind of school students want to come home to.

continued on page 3
**Buon giorno!**

**The Post Oak Parents Association invites you to mangia at Maggiano’s.**

Whether you are new to Post Oak or have been here for years, please join us at Maggiano’s Little Italy on September 14 for an enjoyable evening at this year’s POPA Dinner. The evening includes cocktails followed by a seated dinner served family style upstairs in Maggiano’s homey parlor setting. This unique dining style not only promises heart-warming delicious food, but also provides opportunities for lively table conversations among the “old and new” members of the POS family. For those of you new to Post Oak, we invite you to come and meet other parents in this relaxed atmosphere. Been a while since you last attended a POPA Dinner? We’d like to welcome you back. **Please RSVP by September 8.**
Some students visited campus during the week before school started to see some of the physical changes in the building. What changes? One group of Upper Elementary students is pioneering a new class. Their eyes grew large as they stepped into their new room (formerly the library) for the first time. Where did the library go? Students and parents have been surprised to see the atrium repurposed as the school library. We are still waiting for some bookcases and furnishings to complete the transformation, but the library is up and running and the first students checked out books yesterday. And speaking of work in progress, the photo on the front page shows the caution tape marking the final stage of construction to extend the awning over the Peace Circle dismissal area—which reminds me that dismissal for Primary and Lower Elementary students is being staged in the arcade since the library now occupies the atrium.

All of these many physical modifications have happened in response to our continued enrollment growth at the Elementary Level.

I joined Middle School students and teachers at lunch today to ask them about the start of the year. Several of the students told me about the personal goals they have set for themselves, and which they formalized in a goal-setting conference with their parents and teachers a few days before school began. “Time management,” “speaking up in groups,” and “test-taking skills,” were three of the responses I heard. I also asked the students about the goal-setting process. They felt it was valuable, an important thing to do, and acknowledged that it was a little uncomfortable, a little scary to lead that conference with their parents and their teachers sitting around the table with them (I remembered back to myself at 13 years old and tried to imagine myself in that same situation.). The eighth graders said it was easier this year than last because they were used to it, and knew what to expect.

They made the same kind of comment about their experience with the “high ropes course” at Artesian Lakes where they traveled at the end of last week for a kick-off retreat. In describing the 30'-tall pole that they climbed in order to jump off, one said, “The pole was shorter this year.” A classmate commented, “It didn’t feel shorter; but it did feel more stable at the top.”

I asked their teachers about their initial observations of this year’s Middle School students. Ms. Gray described the eagerness on their faces when they visited this year’s community service sites and learned about the new responsibilities they would be offered. She then paused, reflected, and said, “They are open to new experiences.” This is not a casual comment. What does it take to be open to new experiences? Intellectual curiosity. Confidence in your own abilities. Motivation to learn. Optimism. Trust in the people around you. These characteristics do not just happen. While there are many factors that contribute to this personality trait, the kind of experiences that define a Post Oak education contribute to the curiosity, confidence and trust that result in adolescents “open to new experience.”

Welcome to a new school year, one rich with new experiences. ☪

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Current and prospective parents: join Post Oak’s Half-Day Infant Community Teacher Deidre Lodrig for this prenatal parenting series.

**Montessori Prenatal 1:** Discussion topics include how to support prenatal development of language and movement, attachment and separation at birth, the mother-child relationship, the role of the father, and other psychological aids to your child’s prenatal and postnatal development.

**Tues. Sep. 14–Nov. 15 (10 wks) 1:30–3:00 pm, $250**

**Montessori Prenatal 2:** Discussion topics include physical aids to your child’s development including clothing, furnishings, and developmental materials. Learn how to prepare the ideal Montessori environment for your child’s prenatal and postnatal development, and custom design and make materials that benefit your child’s development.

**Thurs. Sep. 16–Dec. 9 (12 wks) 1:00–3:00 pm, $300 +$50 fee**

**Montessori Parenting Classes—“How to Parent a Toddler”:** Participate in discussions of how to best parent a toddler in each and every situation and/or environment. Learn how to integrate education, discipline, and lessons in grace and courtesy with your parenting. Topics include: how to shop together peacefully; sharing and play dates; choosing appropriate toys; and supporting independence with toileting. This class is for adults only.

**Wed. Sep. 14–Nov. 17 (10 wks) 1:30–3:00 pm, $250**

Contact Deidre Lodrig for more information: (713) 661-6688 x140 or deidrelodrig@postoakschool.org.

Classes can be taken in any order. Register online at www.postoakschool.org —>For Parents—>Parent Education.

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**Love and Logic© for Elementary age and beyond**

Join Post Oak Counselor Phylis Tomlinson for this fall parenting class, "Love and Logic© for Elementary age and beyond.

The class will be given in two four-week sessions on Wednesdays from 9:00–10:30 am in the Post Oak multipurpose room (formerly called the reading room).

**Save the dates**

- **Session 1:** September 16, 23, 30, October 7
- **Session 2:** October 21, 28, November 4 and 11

These classes require pre-registration by calling Phylis Tomlinson at 713-651-6688 ext. 176. Classes will be open to parents from outside the Post Oak community starting on September 7. Please call early. Workbooks and DVD’s will be used.

Cost per workbook: $10.00
Welcome back to PF —let’s get moving!

Welcome Back!

The athletic department welcomes you back to school. PF (physical fitness) has begun and some of the things we are doing are fitness, sportsmanship, and teamwork, while incorporating games that allow the students to work on fitness and skills. Bearkats will be starting August 31 with volleyball, soccer, and cross country. Intramurals for fourth and fifth grades will also begin at this time. A reminder; for PF and athletics we ask that your child wear clothing and shoes that allow them to exercise safely. Students must wear athletic shoes to participate in PF and athletics.

Let’s get moving!

Mark Tucker & Andrea Dilger
Physical Fitness Specialists & Bearkats Coaches

2010-2011 sports programs: Bearkats and intramurals

Dear Parents,

The Post Oak School’s athletic department would like to share with you information about our sports program for the year.

Your student athlete will have many opportunities this year to participate in our program. All practices will be held here at the school on Tuesdays, Wednesdays, and Thursdays. Our sports programs will be offered to sixth, seventh, and eighth graders with the goal being to learn teamwork, improve skills and to compete with other schools in our area. Your child will also improve their conditioning and learn responsibilities of competition with others.

Our fourth and fifth graders will have a chance to participate in our intramural program which is also held on Tuesdays, Wednesdays, and Thursdays. They will practice and workout with our Bearkats teams in their respective sports for part of those days.

Sports Seasons

Fall
volleyball, soccer, cross country

Winter
basketball

Spring
flag football

Volleyball and soccer will be held after students are dismissed from class and cross country will be held in the mornings.

Times
Afternoon sports will begin when the students are dismissed from class, and will end at 5:00 pm. Intramurals will end at 4:30 pm. All sports programs will dismiss from the Peace Circle.

We hope you will encourage your child to participate in our program in the coming year here at Post Oak.

Go Bearkats!

Sincerely,
Mark Tucker & Andrea Dilger
Physical Fitness Specialists & Bearkats Coaches
Get into the festivities on Saturday, October 16, by wearing the official 2010 Field Day t-shirt! Order your t-shirts early to get one of these awesome hand tie-dyed custom designs done by our very own Post Oak students! Orders are due by Thursday, September 16, so be sure to hand yours in early. Shirts are $15 each—get one for each member of the family!

**COST** $15 each

Student’s name: ________________________________  
Phone: ________________________________  
Class (of oldest child): ________________________________  
Number of shirts ordered: ______  Total enclosed: $__________

Please return this form, with your check, to the front desk by Thursday, September 16.

Please make checks payable to “The Post Oak School” and write on the memo line “Field Day t-shirt.”

Indicate t-shirt sizes

**YOUTH**
- __ XS (2–4)
- __ S (6–8)
- __ M (10–12)
- __ XL
- __ XXL

**ADULT**
- __ S
- __ M
- __ L

Artastic Art for Children

Children will have fun discovering art on a sensorial and tactile journey with instructors and Post Oak parents Jane Greenberg and Claudia Jimenez. Kids’ creative expression will be stimulated by exploring various art techniques such as painting, sculpture, drawing, and collage.

Children will be exposed to artists, nature, music, and stories to inspire their own “artastic” creations.

Classes are offered through the West University Place Parks & Recreation program as well as the Bellaire Recreational Center. **West U** classes are for ages 2-3 from 9:45–10:30 am, and ages 3-5 from 2:00-3:00 pm. West U class dates are: Session 1, September 8–October 20; Session 2, October 27–December 15. Classes are held on Wednesdays and you can register on www.westu.org by going to the City Departments tab and choosing Parks and Recreation; then select “Online Registration” from the drop down menu, or call 713-662-5384.

**Bellaire** classes are for ages 2-3 from 9:00–10:00 am, and ages 3-5 from 2:00–3:00 pm. Bellaire class dates are: Session 1, September 9–October 19; Session 2, October 10–December 14. Classes are held on Tuesdays and you can register on www.bellairereg.com or call 713-662-8280 for more information.
Emergency notification system test Sept. 10

The AlertNow notification system is a service that allows the school to send a message to all of our students’ parents’ phone numbers and emails within minutes. It is our intent to give parents peace of mind knowing if an emergency happens, you would be informed immediately.

We will be performing a test of the notification system on Friday, September 10. Since the delivery of the message is only as successful as the contact information we have for our students, please make certain that we have your current contact information. Please send updates to vivianblum@postoakschool.org by September 3.

Important: If the call is an actual emergency, your caller ID will display 411, but will not display a name. If the call is not an emergency (relaying inclement weather or information messages), your caller ID will display the school’s name and main number.

When the notification system contacts you by phone, there will be a pause after the phone has been answered. Please stay on the line. The system needs to detect a few seconds of silence to determine whether a live person has picked up the phone or an answering machine. Do not keep saying hello.

The system will leave a message on your voice mail or answering machine. The system is set to ring each line six times. If your answering machine is set to pick up after the sixth ring, a message will not be delivered to your machine. We encourage you to set it at five or less rings.

If you have features like TeleZapper or Privacy Director on your lines, you may not receive the call (i.e. Privacy Director reroutes callers to identify themselves. Because the system is automated, the call will not get through.)

The ALERTNOW system can only accept direct dial numbers. If the ALERTNOW message stops playing, press any key from one to nine and the message will replay from the beginning.

If you have a question about any of the above information, please contact Mirna Andrade-Salgado at technology@postoakschool.org or 713-661-6688.

Go Green Team!

Dear Parents,

If you have an interest in environmental issues related to the school, I invite you to become a part of Post Oak’s Green Team. In past years, the Green Team has worked on a variety of projects including: recycling, the outdoor nature learning center, a magazine exchange, lighting efficiency, IT green issues, and reviewing Post Oak’s cleaning products. We have a board of trustees-endorsed Green Principles document in place, and we hope to continue the good green work again this year. If you have an interest in participating, please let me know by responding by email (christinacantu@postoakschool.org). Meetings will be held once a month.

Thanks!
Christina Kopanidis-Cantu
Development Director
1. Middle Schoolers load their bags before their trip to Artesian Lakes.
2. Getting to know South American geography with a pin map.
3. Why was six afraid of seven? Because 7-8-9!
4. Discussion of fractions.
5. Working together on geography folders.
6. Leveling out the mulch.
7. Counting to one hundred.
8. Birthday celebration: “This is what I looked like when I was younger.”
9. Helping a friend with multiplication on the checkerboard.
10. Kneading mache for covering the vent and slopes of a volcano.
Infant Community & Primary walk-through
Customer Letter

Step One:
Read through this letter to understand the advantage of being a part of the Kroger Neighbor to Neighbor Donation Program.

Step Two:
Take the letter with you to your neighborhood Kroger store the next time you go shopping.

Step Three:
Present the letter with your organization's barcode to your cashier upon checkout. After they have scanned your KrogerPlus Card you will be enrolled for the current year of the Kroger Neighbor to Neighbor Donation Program. Every time you shop at Kroger and use your enrolled KrogerPlus Card, Kroger will contribute a percentage of your eligible purchases to the Kroger Neighbor to Neighbor Donation Fund. Once a card is scanned with the barcode, it will be active for the remainder of the program year.

Q & A

How many Kroger Neighbor to Neighbor accounts can an organization have?
One per organization.

Can a household "link" their KrogerPlus Card to more than one organization at a time?
No, the system allows for one organization per household. To change organizations, you must present your KrogerPlus Card and the new organization's barcode to the cashier.

Do I have to enroll each program year?
Yes, all organization’s and participants must re-enroll for each program year. Enrollment is June 1, 2010 through Dec 31, 2010. The Neighbor to Neighbor Program accumulation is July 1, 2010 through April 30, 2011.

How much can my organization earn?
The Kroger Neighbor to Neighbor Donation Program will donate $1 million annually. Each organization will earn a percentage of the $1 million equal to the percentage of total earned contributions attributable to that organization.

Kroger Cashier: 1. Scan customer’s KrogerPlus Card 2. Scan the attached Organization’s barcode.

The customer’s Kroger Plus Card is now enrolled in the Kroger Neighbor to Neighbor Donation Program & contributing funds to their organization. When you scan the barcode, the description on the receipt will say “Loyalty Div. 0.00”. This means the barcode was properly scanned. The following Friday, the customer’s receipt will display a message at the bottom of the receipt saying “Your card is contributing to Neighbor to Neighbor #12345”.

THE POST OAK SCHOOL

Please feel free to contact a Kroger Neighbor to Neighbor Donation Program Representative with any additional questions at 866-995-7643 or email to neighbortoneighbor@kroger.com. Additional information is also available at www.krogerneighbortoneighbor.com.
Kroger Neighbor-to-Neighbor program

directs a percentage of your purchase to Post Oak

Parents: in order to participate in the Kroger Neighbor-to-Neighbor donation program, please print the letter from the forms page on our website (under For Parents — Information Center — Forms and Publications) or copy the page to the left. Take the form to a Kroger grocery store to connect your customer card to Post Oak. That way, Post Oak can receive funds from Kroger. Thanks!

Randalls Good Neighbor program

directs a percentage of your purchase to Post Oak

Fill out the form for Randalls on the Grocery Store Rebate form on our website to donate a percentage of your purchase to Post Oak. The Post Oak School number is 2531. You can find the form online under For Parents — Information Center — Forms and Publications.

Keeping arrivals and dismissal safe

Primary arrivals in the Peace Circle

For safety reasons, if your child is physically resisting getting out of the car during arrivals, you will be asked to park on the other side of the Peace Circle and help your child exit the vehicle. Please then walk your child to one of the employees helping with Primary arrivals.

No passing

Please do not pass on the left in the Peace Circle. Wait for the car in front of you to finish dropping children off, and proceed behind it. Treat each car as though you are encountering a stopped school bus. Children are small and quick, and you may not see them between the cars.

Reminder: no cell phones

Please remember not to use your mobile devices to talk, text, etc., while driving on our campus, especially during arrival and dismissal. You may only use them while your car is in park.

Paperwork drop-off basket in the Peace Circle

Hand your school paperwork to one of the people assisting with Primary arrivals and it will be taken to the front office every morning.

Library volunteers needed

Call for volunteers to work in the library! If you have some time during the week, please consider volunteering in the library. Any amount of time is helpful. Contact Librarian B.R. Simon at brsimon@postoakschool.org.
Middle School visits... **Artesian Lakes**

Photos by Middle School
## CALENDAR

For more, visit [www.postoakschool.org](http://www.postoakschool.org)

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## NOTICE BOARD

### SAVE TIME & GAS BY CARPOOLING

Have you thought of carpooling? It saves on gas, lightens the traffic in our driveway, and saves time. Consider calling a Post Oak neighbor to share the driving duty.

### THINK GREEN: READ THE WEEKLY POST ONLINE

We print The Weekly Post each Friday. If you’d like to save paper, ink, and electricity, as well as read The Weekly Post in color, consider reading the news online. Contact Shannon Neufeld (shannonneufeld@postoakschool.org) to arrange an electronic subscription.

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**Coffee with the Elementary director**

**Topic:**

The First “Great Lesson” in Elementary

- September 8
- 9:00–10:00 am
- Multipurpose Room

Learn about Post Oak’s Elementary and Middle School with Elementary Director Jeff Schneider over coffee at **9:00 am** (unless otherwise noted) on the following additional dates:

- Sept. 23 (7:00 pm) “The Post Oak Middle School Experience”
- Oct. 14 (7:00 pm) “The Post Oak Upper Elementary Experience”
- Nov. 10 “Transition to Lower Elementary / Session 1”
- Dec. 8 “An Introduction to Physical Science in Lower Elementary”

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### 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 Communication 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

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**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](http://www.postoakschool.org)**