Looking for summer reading? Here’s a book about children that will appeal to both parents and teachers, one that will challenge some “common wisdom.” Have a great summer!

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
New Thinking About Children

by John Long, continued from page 1

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.

© John Long and The Post Oak School
First published May 7, 2010

Reminder!
Post Oak Annual Fund pledges due May 31.

Please contact Christina Cantu in the development office if you have any questions or would like to pay by credit card. Thank you.

Emergency Release Forms due May 25

2012–13 Emergency Release Forms for each student have been sent out. *These forms must be returned to the school by Friday, May 25.*

This information is used to update our database and create the parent directory for next year.
Dear Friends of the Library,

On this page are book recommendations from some of our Upper Elementary students. The website will have a source for the HAISLN lists for 2012 if you would like to see the recommended books for K–8 students for great summer reads.

Many of our students have made real headway—or even completed—the 20 books on the 2012–13 Bluebonnet list which culminates in January 2013!

Many thanks to this year’s volunteers: We will miss those who are leaving, welcome our returning crew of tireless workers and newcomers who we hope will join us in the library. We have fun connecting students to answers they need and books that bring joy and information.

Thank you, parents, for your continuous support of the Post Oak library! I wish you all a relaxing summer, not too much sun, and loving, family times!

B. R. Simon, Librarian

BY [Student]

_Hero_ is a good book about a boy who finds himself with the powers of a superhero. He eventually uses his powers for good and finds out something so shocking it even surprised me the SECOND time I read the book! I really like it and it is no surprise it got voted a Bluebonnet! 5 stars!

BY [Student]

A book I would recommend for children in fourth through sixth grade is a book called _Savvy_. I like this book because it is kind of a mystery and an adventure at the same time.

BY [Student]

I recommend a book written by L. J. Smith called _Secret Circle_. I personally recommend this book to girls who like scary stories and romances.

BY [Student]

The name of my book is _The Strange Case of Origami Yoda_. The author’s name is Tom Angleberger. I recommend this book because it is funny and is a good book for grades two through six. At the back of the book, it has instructions on how to fold a yoda.

BY [Student]

A book I recommend is _Deenie_ by Judy Blume. I recommend it for grades four through six. It is about a girl who is very pretty and her mom wants her to be a model. She gets scoliosis and has to wear a brace for four years.

BY [Student]

The book that I recommend is _Are you there God? It’s me Margaret_. The author of this book is Judy Blume. I think this book is very good because it tells a story about a girl who talks to God. The truth is I did not hear about this book until my friend [name] told me about it. I would recommend this book for Lower and Upper Elementary.

Go to postoakschool.org > For Parents > Information Center > Forms and Publications and scroll to the bottom for the HAISLN lists.
Think sitting in a classroom all day gets you where you want to go?

Think again.

Open House
Tuesday, June 19 at 6:30 pm
1102 Autrey St.
Tom Harvey (eighth grade class ’08) received two awards at St. John’s recent Upper School Awards Ceremony. One was the Department Chair award from the Humanities and History Department for history, government, and economics studies.

He was also one of two students to receive the Headmaster’s Award. This award is not given out annually. From the website: “The Headmaster’s Award . . . is only presented to members of the community who ‘have shown extraordinary leadership and/or service that goes above and beyond.”

Tom will attend The University of Notre Dame in the fall where his brother Michael (eighth grade class ’06) also attends.

At that same St. John’s Upper School Awards Ceremony, Megan Routbort (eighth grade class ’11) received the Outstanding Freshman in English Award and a bronze level recognition for community service (50 to 74 hours).

Rachael Levy (eighth grade class ’11) won the award at Kinkaid Honors Day for the Outstanding Student in Advanced Geometry for both freshman and sophomore classes.

**Do you have an alumni story to share?** Please contact kathrynmurphy@postoakschool.org or update your information at www.postoakschool.org/postoak/alumni.asp
Summer Camp 2012 Elementary Classes

If your child is enrolled in any of the summer camp weeks at Post Oak, have them review the list below to select the activities they would like to attend (if not attending the Transition Class.) No action is necessary at this time. On Monday of that week, camp participants will be directed to the class of their choosing. Camp runs from 8:30 to 3:00 pm. For questions, contact Summer Camp Director, Miriam Winton (miriamwinton@postoakschool.org).

**WEEK 1: JUNE 4–8**

**MORNING**
A. Creative writing (Maya Pinto/Errol Pinto)
   Art: Clay (Diana Muñiz)
B. Cooking cultural meals (Jessica Samano)

**AFTERNOON**
A. Stamp Collecting (Maya Pinto) / Chess (E. Pinto)
B. Art: Clay continued (Diana Muñiz)
   The Art of Baking (Jessica Samano)

**WEEK 2: JUNE 11–15**

**MORNING**
A. Poetry (Maya Pinto/Errol Pinto)
   Art: Hand vases (Diana Muñiz)
B. Cultural Cooking (Jessica Samano)

**AFTERNOON**
A. Stamp Collecting (Maya Pinto) / Chess (Errol Pinto)
   Art: Building Vases (Diana Muñiz)
B. Baking: Basic Techniques (Jessica Samano)

**WEEK 3: JUNE 18–22**

**ALL DAY**
A. Art: Working with Aluminum Sheets (Diana Muñiz)
B. Fashion Week (Sarah Moudry)
C. Basketball Camp (L. Williams)

**WEEK 4: JUNE 25–29**

**ALL DAY**
A. Art: Aluminum Sheet Projects (Diana Muñiz)
   TBA (J. Pel)
B. Basketball Camp (L. Williams)

**WEEK 5: JULY 2–6**

**ALL DAY**
A. Papier-mâché (Diana Muñiz)
   Field Trips: Main street Theater, Discovery Green, Museums, etc. – enrollment limited (Jenna Pel)

**WEEK 6: JULY 9–13**

**MORNING**
Art: Wire Work (Diana Muñiz)
Greek Mythology: legends, myths, and perform a play (Jenna Pel)

**AFTERNOON**
Art: Wire Work (Diana Muñiz)
Board Games (Jenna Pel)

**WEEK 7: JULY 16–20**

**MORNING**
Art: Painting on Canvas (Diana Muñiz)
History Week: historical stories explored through arts and crafts (Jenna Pel)

**AFTERNOON**
Art: Painting on Canvas (Diana Muñiz)
Swimming/Park (Jenna Pel)

**WEEK 8: JULY 23–27**

**MORNING**
Art: Large Canvas Work (Diana Muñiz)
Olympic Week: learn history of Olympics, participate in games, get ready for Summer 2012 Olympics (Jenna Pel)

**AFTERNOON**
Art: Large Canvas Work (Diana Muñiz)
Swimming/Park (Jenna Pel)

**WEEK 9: JULY 30–AUG 3**

**MORNING**
Art: Dioramas (Diana Muñiz)
Tennis/Sports/Jump rope (B. Stephenson)

**AFTERNOON**
Art: Dioramas (Diana Muñiz)
Board Games (B. Stephenson)
A Job Well Done

“It took several months to finish the work; it was as if the 9/11 brick memorial took a vacation out of the scorching heat,” expressed one student. With collaboration and creativity, our Upper Elementary students thoroughly cleaned, repaired, and repainted each individual brick in the “construction over destruction” memorial which surrounds our school flagpole. The new design displays an open pattern with alternating columns of single words and pictures.

All the students were pleased and proud of their achievement. “We painted them just like the original artists did, and it’s amazing how beautiful it looks now that we are finished.” “It felt so good that we accomplished such a big thing, and it was so fun.” Another student added, “I hope that if it ever needs painting again that they will do the job as well as we did.”

by Debbie Nickerson, Upper Elementary Teacher

Science Projects for Summer Activities

Check out Parentspost.com ▶ Party Planning ▶ Sensational Science: Do It Yourself by Post Oak parent Bernadette Verzosa for the full article and more experiments.

SCIENCE EXPERIMENT #1: SPINNING PENNY OR SPINNING HEX NUT

You’ll need:
1.) The book Where do balloons Go? by Jamie Lee Curtis
2.) Latex Balloon
3.) Hex Nut or penny

Science Concept: Centripetal Force

Directions:
1.) Insert the hex nut or penny inside a clear latex balloons
2.) Blow up the balloon.
3.) Swirl the balloon in a circular motion.
4.) Observe how the penny or hex nut spins in orbit inside.
5.) Listen to the sound it makes, and how the pitch varies with the speed of the object inside the balloon.

SCIENCE EXPERIMENT #4: COLOR MIXING

You’ll need:
1.) The book Mouse Paint by Ellen Stoll Walsh
2.) Primary Color Gels: Yellow, Red and Blue
3.) Zipper-lock Sandwich Bag

Science Concepts: Color Blending & Rainbows

Directions:
1.) Mix the color gels in the sealed plastic bag
2.) Squeeze and squish gels to make different shades.
3.) Observe the colors created by swirling and squeezing the shades.

by Debbie Nickerson, Upper Elementary Teacher
Redirecting Children’s Behavior

The Gentle Art of Parenting

Wednesday evenings,
June 6, 13, 20, 27, 6:15–9:15 pm

Course fee: $235 for one; $335 per couple
Fee includes 25 minute one-on-one phone coaching

Taught by Deborah Fry, PhD, CPE
For more information and to register, please call Deborah at 713-840-8663.

One-on-one parent coaching: $110/hr.
Sleep coaching: $135/hr.

Becoming a Love & Logic Parent©

Tuesdays, 6–8 pm
May 29, June 5, 12, 19, 26
(5 weeks)

Discount will be given to Post Oak parents!
Cost: $90 per person + $10 workbook
Drop-in fee: $25 per night
(free for prior completion of entire series)

For more information call Post Oak Counselor Phylis Tomlinson at 713-668-6558
or email her at phylistomlinson@gmail.com

Megan’s Tutoring and Babysitting

WHO IS MEGAN ROUTBORT?
I graduated from Post Oak in the class of 2011. I am currently a freshman at St. John’s School. I am a Duke Talent Identification Program (TIP) Summer Studies Scholar. I recently received the “Outstanding Freshman in English” award from SJS. I am CPR certified and have two years of experience with babysitting and tutoring. As a Montessori student, I have a love of learning that I am excited to share with your children.

SUMMER BRIDGE ACTIVITIES
School stops for summer, but that does not mean learning should. Make sure your child is engaged during the summer. Review last year’s material or begin exploring next year’s concepts. Plans customized based on individual goals.

LOWER LEVEL ISEE PREP
If your child plans to take the ISEE or a similar test, this plan will help them learn test-taking strategies by practicing analytical reading, synonyms, vocabulary, mathematical reasoning, and more.

BABYSITTING
As an older sister to a 4th grader, I have years of experience relating to young children. I am imaginative and creative; I possess the vivacity necessary to engage young minds, but am also old enough to be an authority figure. I will engage your child in fun and constructive play.

RATES
$13 per hour for individual tutoring sessions. Parents supply necessary workbooks.

Babysitting rates to be determined by age and number of children.

CONTACT
Home Phone: 713-666-9321
Cell Phone: 713-408-9068
Email: meganroutbort@gmail.com

Flyer available in the Post Oak front office.
Photos from the Moving Up Ceremony
May 23, 2012
1. Selecting flowers to fill a vase to beautify the environment.
2. Primary students step from side to side and backwards along the colored ladder to develop agility in PF.
3. Watching the class pet, Coco the guinea pig, in the outdoor environment.
4. Taken by John Long at the High School Ambassadors Preview. He was instructed by them to caption this “Future Post Oak High School students.”
5. Practicing presentations in a Lower Elementary class.
6. Sharing treats from their eighth grade graduation gifts at the Middle School breakfast hosted by the development department.
Camp Allen photos

Here's a glimpse at the third graders’ trip to Camp Allen in the beginning of May. Thanks to Post Oak parent, Mario Kapusta, for sending in photos of the happy campers.
**CALENDAR**

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

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<th>MAY 27–JUNE 2</th>
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<tr>
<td><strong>Mon</strong> 5/28</td>
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<tr>
<td>Memorial Day</td>
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<td>(school closed)</td>
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<td><strong>Tue–Thu</strong> 5/29–5/31</td>
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<td>Teacher in-service days</td>
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<td><strong>Fri</strong> 6/1</td>
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<td>Admin Retreat (school closed)</td>
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<th>JUNE 3–JUNE 9</th>
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<tr>
<td><strong>Mon</strong> 6/4</td>
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<tr>
<td>Summer School begins</td>
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<th>JUNE 10–JUNE 16</th>
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<tr>
<td><strong>Fri</strong> 6/15</td>
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<tr>
<td>Summer Movie Night at Post Oak sponsored by Dads’ Club</td>
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<th>JUNE 17–JUNE 23</th>
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<tr>
<td><strong>Tue</strong> 6/19</td>
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<tr>
<td>High School Open House</td>
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<td>1102 Autrey St.</td>
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<td>6:30–8:00 pm</td>
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**NOTICE BOARD**

**Greening of Post Oak**

Starting next fall, the directory section of the Parent Handbook will become a separate booklet and given to all families at orientation. As part of our green initiative, the handbook itself will be printed in small quantities for new families and remain available online (and to download) for the entire community.

We appreciate your support and value your feedback as we implement these changes in order to keep Post Oak green.

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**HAVE A FUN & HAPPY SUMMER!**

Be sure to look for the special summer edition of *The Weekly Post* in mid-July!

**YOU’RE INVITED TO**

Summer Movie Night
June 15

Stay connected at this family-friendly evening on the back lawn brought to you by our own Dads’ Club.

Bring a blanket or chairs. Popcorn will be provided. More info to come!

Free and open to Post Oak families and friends.

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**ABOUT **

*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 Elaine Schweizer (elaineschweizer@postoakschool.org)

THE POST OAK SCHOOL: founded in 1963 and accredited by both the Association Montessori Internationale (AMI) and the Independent Schools Association of the Southwest (ISAS)

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