School counselor Phylis Tomlinson presented the “feelings cube” during a Lower Elementary class meeting yesterday. The feelings cube names one emotion on each of its six faces: happy, sad, excited, afraid, angry, and frustrated. Each child was invited to roll the cube, read the emotion on the side facing up, and think of a time they’d experienced that feeling at school.

“I felt so happy when my teacher cut up tortillas for our fraction lesson.”

“I was sad that I wasn’t part of that lesson.”

“I was afraid I was going to fail the CTP-4 test.”

“I was scared to come to school on the first day when I didn’t know anybody else.”

“I was mad when I missed a spelling word.”

continued on page 1
Recognizing strong feelings in yourself is the first step in developing emotional intelligence; next comes the ability to differentiate one emotion from another. Being able to name those feelings is called emotional literacy.

Why does this matter? We aim to help children learn to recognize and manage their own feelings. We aim to help them recognize and respond to the emotions of others. Yes, they need to know fractions and all the other academic and cognitive skills that they learn at Post Oak. But that alone is not enough. Developing the skills of emotional intelligence prepares them for a lifetime of success in their private lives and their work lives. Science writer Daniel Goleman, in his book *Emotional Intelligence at Work*, surveyed hundreds of business and corporate leaders about factors leading to success. Not surprisingly, there is a baseline requirement for cognitive intelligence and technical skill, but the difference maker between two equally talented professionals most often came down to emotional intelligence: the ability to manage one’s own emotions, while at the same time recognizing and responding to the emotional states of others.

We aim to prepare children in a multidimensional way for a lifetime of success.

© John Long and The Post Oak School

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F.I.S.H. is back!

Here are the dates for the Families Integrating School and Home (F.I.S.H.) meetings, which start at 9:00 a.m. in the Common Room:

**Fri., February 8**—Young Artist
**Thurs., March 7**—Outfitting your Montessori Home
**Fri., April 19**—Young Chef
**Fri., May 10**—Backyard Fun

See you there!

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“Contrary to conventional beliefs about the primacy of IQ, GPA, and ambitious academic accomplishment in predicting life success, research tells us that social and emotional intelligence (SEI) and some particular qualities of character most highly correlate with life success.”

Read more of the article “Got Grit? The Call to Educate Smart, Savvy, and Socially Intelligent Students” by Catherine Steiner-Adair in the 2013 winter edition of *Independent School* magazine published by the National Association of Independent Schools:

[www.nais.org/Magazines-Newsletters/ISMagazine/Pages/Got-Grit.aspx](http://www.nais.org/Magazines-Newsletters/ISMagazine/Pages/Got-Grit.aspx)
Opportunities begin at $500 per couple. $1000+ underwriting levels are invited to an underwriting COCKTAIL RECEPTION January 16. Download materials on the Gala page via a link on our homepage!

PLANNING HOLIDAYS?
HERE’S SOME HOT STUFF IN THE SILENT AUCTION

**Cabo San Lucas (#106)**
March 9–15, 2013
Spend Spring Break in Cabo with a 6 night stay in a 3 bedroom, 3½ bathroom home with private pool and hot tub in Cabo San Lucas. The house is in Montecristo Estates with access and use of their 2 nearby luxury resorts Pueblo Bonito Sunset Beach and Pacifica, their restaurants, spa and other facilities.

**San Miguel de Allende, Mexico (#100)**
A glorious escape awaits you and your closest friends/family in breathtaking San Miguel. Casa Cc is a 5 bedroom home which sleeps 10 and overlooks the Centro historico of San Miguel de Allende. Spend 6 nights and 7 days in total escape.

**Houstonian Hotel one night stay with meal at Olivette (#401)**
Enjoy a fabulous evening at The Houstonian Hotel after enjoying a meal at their world-class restaurant, Olivette.

**California–Disneyland Park Hopper (four 1-day passes) (#402)**
Meet Mickey and the gang in California!

**San Antonio–Sea World passes & Boudro’s Restaurant (#404)**

**Camp Balcones Spring**
Terms 1 or 4 (June 2–15 or July 21–August 3)
www.campiscool.com

If you would like a **VEGETARIAN, KOSHER,** or other Dietary Restriction meal at the Gala, please email christinacantu@postoakschool.org

**WHAT ARE YOU WEARING TO GALA?**
Yes! People do dress up. Let your 70s alter ego shine through and get ready to Disco Dance!

**BOOK YOUR ROOM AT THE HOUSTONIAN!**
Our block is reserved at $169/ room.
Say you’re with The Post Oak School!
Availability is limited so CALL today.
713-680-2626

**UNDERWRITING for Cool Cats**

Opportunities begin at $500 per couple. $1000+ underwriting levels are invited to an underwriting COCKTAIL RECEPTION January 16.

Download materials on the Gala page via a link on our homepage!
Post Oak Gala FAQs

What and when is the Post Oak gala?
The Post Oak School hosts a biennial gala, which is a fun, festive, parents-only event. It consists of an extensive silent auction and an exciting live auction of our children’s class art projects. This year’s Gala will take place on Friday, February 1, 2013 at the Houstonian Hotel. This year’s event is chaired by Erin Stus or Jian Short. You should have already received your invitation in the mail. We hope to see you there.

What is the financial goal of the gala and for what will the funds raised be used?
The biennial gala is the school’s largest fundraiser. Our goal for 2013 is $320,000. Funds are raised through underwriting, ticket sales, advertising, and the live and silent auctions. These funds go toward a variety of school needs, such as technology upgrades, capital improvements, and professional development.

Who underwrites a table and who is invited to sit at the table?
A few tables are corporate purchased; however, most are parent purchased. Many times parents “go in together” and purchase a table. Five couples may team up and purchase a $10,000 table by contributing $2,000 per couple; or four couples might buy a $5,000 table, pay $1,250 each, and then ask a teacher, school administrator or other family to join them. Contact the development office.

Why buy a table?
Location, location, location! Underwriters get prime seats in the ballroom amidst all the action plus they have secured seating with friends and fellow parents. Anyone contributing $1,000 or more will be invited to an underwriting cocktail party on January 16.

I am new to the school. How do I go about finding parents to share a table?
The easiest way is to just ask fellow parents as you meet them and begin to get to know them. Birthday parties are in full swing; so begin asking around and see what other parents are doing. Most likely they are navigating this like you and will be glad you asked! Another way is sending out an email to the parents in your child’s class saying you are pulling together a class table and would any parent like to join in at the $X level.

What can I donate to the silent auction?
We are looking for donations of air miles, vacation homes, hotel rewards, restaurant experiences, sport or concert tickets, and hand-crafted items along with other consumer goods. If you have a hobby you would like to share or an idea you think would sell, contact Suzan Samuels at

I saw an ad for hosts and hostesses. What does this entail?
Parent hosted social events are some of the most sought after auction items. Historically couples have joined together and hosted an event. Event ideas include a ladies happy hour or dinner, progressive dinners, themed parties for a group of kids and most popular, dinner hosted in a home. The parent hosted dinners can take on any theme: wine paring, ethnic food, etc. There is still time to include parties!

continued on next page

DID YOU GET YOUR GALA INVITATION?
If not, please contact the development office or pick one up at the front office.

GET YOUR RSVPs IN!
If you want to be seated with specific individuals, please let us know by writing that on the back of the RSVP card.

ITEMS STILL NEEDED FOR THE SILENT AUCTION
We still need auction items! If you know a business, restaurant, or service that might provide a certificate or item to our silent auction, please contact Auction Chair Suzan Samuels.
Is it too late to get involved?
There’s lots left to do. Many committees such as decorations and auction display do not begin work until now. Plus volunteers are always needed the day of the event. Contact Erin Stus or Jian Short for more information.

What is the format for the evening?
Cocktails and the silent auction begin at 6:00 in the evening. The class projects are available to view at 7:00 p.m. The seated dinner begins at 8:00 p.m. with the program and live auction following shortly thereafter. The live auction consists of the class projects. It ends with lots of dancing!

What is the dress for the event?
Historically the event has been cocktail attire; however, this year in support of our theme “Friday Night Fever” we are encouraging you to get into the groove with 70s disco style! Platform shoes, large lapels, gold lamé—let your hair loose and get funky!

Are there hotel rooms available?
The Houstonian is offering Post Oak parents a discounted room rate of $169 the night of the event. Please contact the Houstonian Hotel at 713-680-2626 to reserve your room. Please let them know you will be with The Post Oak School to receive the reduced rate.

THANK YOU TO OUR GENEROUS UNDERWRITERS!
A full list will appear at the end of January in The Weekly Post. There’s still time to underwrite and attend the Underwriter’s Event on January 16 (for Underwriters of $1000+).

HEY THERE, FREQUENT FLYER!
Do you have so many airline miles that you just don’t know what to do with them? We are happy to help! The silent auction could use airline miles to round out travel packages. Contact Suzan Samuels at

Above: Upper Elementary students finish up Gala classroom art projects this week.
LETTERS TO POST OAK COUNSELOR

PHYLIS TOMLINSON

COMING 2013

Attention all parents, send in your parenting questions now for a regular column which will begin appearing soon in The Weekly Post. Post Oak Counselor Phylis Tomlinson will offer guidance and advice on issues such as discipline, consequences, money and children, peer relationships, and more. Please include the gender and age of your child for an appropriate response—letters will be included anonymously in conjunction with Phylis’ response.

Send questions to phylistomlinson@postoakschool.org or leave a note anonymously in her mailbox at the front office.

Parenting the Love & Logic Way®

Thursday mornings, 9–10:30 a.m.
Jan. 17, 24, 31, Feb. 7, 14, 21 (6 weeks)
Cost: $20 including workbook

Wednesday evenings, 6:30–8 p.m.
Jan. 16, 23, 30, Feb. 6, 13, 20 (6 weeks)
Cost: $250 per couple, $170 individual
Optional workbook $10
(Discount will be given to Post Oak parents! Free for prior completion of entire series)

Payment is due at the first class

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

Redirecting Children’s Behavior
The Gentle Art of Parenting

Tuesday evenings, Jan. 29, Feb. 5, 12, 19, 26, Mar. 5, 6:30–9 p.m.

Course fee: $235 for one; $335 per couple
(Includes book, workbook and 15 hours of class time)

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

Bearkats Basketball
Come support the team!

WED., 1/16 vs. St. Stephens

TUES., 1/22 at St. Catherine’s, 5 p.m.

WED., 1/23 vs. St. Stephens
Remembering Officer Norman

Sergeant Jimmie Norman was with the Bellaire Police Department for more than 20 years and married with two adult children. He is the only Bellaire policeman to be fatally wounded in the line of duty. Officer Norman worked traffic duty on Avenue B some mornings for Post Oak.

The school will be making a contribution to the trust fund at Prosperity Bank, 4065 Bellaire Blvd. The bank is collecting donations and will give all funds directly to the family. If you would like to donate at the bank, they ask that you make checks payable to Officer Jimmie Norman.

The 100 Club is also collecting donations and are going to give the family an initial amount and then see how much more they require. www.the100club.org

Photo by Charlotte Aguilar. Officer Norman was named the Optimist Club’s Officer of the Year in 2011.

High School Admission OPEN HOUSE

Tuesday, January 15, 7 p.m.
1102 Autrey St., Houston 77006

Show your school pride with spirit wear from Lands’ End.
**CALENDAR**

**JANUARY 13–19**

Mon 1/14  
Spring ASEP begins

Tue 1/15  
High School Admission Open House  
7:00–8:30 p.m.

Wed 1/16  
Coffee with the EL Director  
9–10 a.m.  
Love and Logic (1 of 6)  
6:30–8 p.m.  
Bearkats Basketball  
4:15 p.m. in the gym  
Gala Underwriting party (off campus)  
6:30–8:30 p.m.

Thu 1/17  
Love and Logic (1 of 6)  
9–10:30 a.m.  
PRI parent education meeting cancelled

Fri 1/18  
Application deadline for new students

**JANUARY 20–26**

Mon 1/21  
MLK Jr. Day  
School closed

Tue 1/22  
Bearkats Basketball  
5 p.m. at St. Catherine’s

Wed 1/23  
Bearkats Basketball  
4:15 p.m. in the gym

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**NOTICE BOARD**

**WE NEED YOU!**

50th Anniversary Committee Looking for Parent Volunteers

Contact Kathryn Murphy at kathrynmurphy@postoakschool.org. (2013–14 is our celebration year)

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**Nanny Available**

She is kind, responsible, and trustworthy and has experience working with Post Oak families for over a decade. She has extensive experience with newborns through elementary aged children and is open to either full or part time work. Please contact Courtney Bucy at [contact information] for additional information.

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**Bright Eyes Welcome (Not Feet!)**

Some students have been sporting light-up shoes, which can be a distraction both for the wearer and his or her classmates. Check the Parent Handbook for information about footwear that will best serve your child while at school. Thank you!

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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 p.m. on the Tuesday before publication to Communications Coordinator Elaine Schweizer (elaineschweizer@postoakschool.org). If publication is on a Thursday due to school closure on Friday, then the deadline is 5:00 p.m. on the preceding Monday.

All photos in The Weekly Post are by Elaine Schweizer 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)

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