When Tony Wagner, the Harvard education specialist, describes his job today, he says he’s ‘a translator between two hostile tribes’—the education world and the business world, the people who teach our kids and the people who give them jobs.”


What do you suppose the founders of Google, Larry Page and Sergey Brin; Amazon’s founder and CEO, Jeff Bezos; Wikipedia founder Jimmy Wales; Julia Child; and rapper Sean “P. Diddy” Combs all have in common?… They all went to Montessori schools, where
they learned through play… In the 20th century, Maria Montessori, Lev Vygotsky, Jean Piaget, and others did groundbreaking research on the ways in which children learn through play. Montessori integrated her understanding of the importance of play into her curriculum for schools. Today, Montessori schools can be found around the world.

As Montessori teacher and blogger David Ayers adds, “Well, not exactly—although Montessori did say ‘play is the child’s work,’ Montessori classrooms and play-based learning environments look pretty different. But listen to Wagner’s education reforms quoted by Friedman. The goal of education should be to make students ‘innovation ready,’ rather than ‘college ready.’”

Wagner goes on to bemoan the educational approach of conventional K–12 schools, even very good ones. We teach information, and that’s no longer good enough. According to Wagner, the single most important thing we can “teach” students is MOTIVATION. “We teach and test things most students have no interest in and will never need, and facts that they can Google and will forget as soon as the test is over,” said Wagner. “Because of this, the longer kids are in school, the less motivated they become. Gallup’s recent survey showed student engagement going from 80 percent in fifth grade to 40 percent in high school.”

So how do you teach motivation? Google “motivate students” and you get nearly 12 million entries. Clearly this is a high-interest problem. Unless you understand that we don’t need to motivate children. They are born motivated. We simply need to avoid quashing it. We need to set up environments that respond to their innate, inner, intrinsic motivation. That’s what Dr. Montessori did.

I love connecting ideas and the people who think them. Thomas Friedman connected me to Tony Wagner, and David Ayers brought me back to both. When Wagner mentioned the decline in motivation as students go through school, it reminded me of an article in the February edition of Education Leadership: “Creativity Requires a Mix of Skills.” Under the heading “Schooling that suppresses creativity” the authors write:

“In 1968, George Land administered a creativity test to 1,600 five-year-olds. The test, which he had developed for NASA to identify innovative scientists and engineers, found that 98% of tested children registered at a genius level on the creative scale. But five years later, when Land re-administered the test to the now 10-year-old children, only 30% of them scored at the genius level of creativity. After another five years, the number dropped to just 12%. The same test, administered to 280,000 adults, found that only 2% registered at the genius level for creativity. Land concluded that non-creative thinking is learned (emphasis added).

How does this happen?

Research suggests that instruction in U.S. classrooms has tended to skew toward teaching routine tasks that follow a step-by-step process, rather than encouraging complex and creative problem-solving… For example, teachers might turn a problem that could be creatively challenging, such as figuring out how to calculate the area of a triangle, into a procedural chore by giving students the formula for solving the problem (½ base x height) and directing them to plug in the numbers.

Want to know how we introduce the area of triangles (and squares and rectangles and trapezoids and hexagons and circles)? Ask an Elementary teacher at Post Oak.

Yes, our students do learn to calculate the area of a triangle. And in doing so, we promote the further development of their innate creativity, and utilize their intrinsic motivation. •

© John Long and The Post Oak School

Links in this article:

www.nytimes.com/2013/03/31/opinion/sunday/friedman-need-a-job-invent-it.html
www.tonywagner.com/resources/creating-innovators
en.wikipedia.org/wiki/Lev_Vygotsky
en.wikipedia.org/wiki/Jean_Piaget
montessoriobserver.com/2013/03/31/the-education-reform-that-dare-not-speak-its-name/
www.ascd.org/publications/educational-leadership/feb13/vol70/num05/Creativity-Requires-a-Mix-of-Skills.aspx
Kluk’s Class Has a Blast at Park

By
When I was at Brazos Bend State Park I had a lot of fun! When I got to camp I got my bike and went to play at the park. Then our class got to do nature activities, then we had lunch and we went to do our class play called Spaced Out! It was really fun. I got to wear an astronaut suit then [ ] and I went to the snake show but I left in the middle of the presentation with my parents. After that I went fishing, then I ate dinner and looked at the moon. Then I ate smores and went to sleep with [ ]. In the night I went to my cabin and [ ] went home at 5:00 a.m. At 7:30 I woke up and went home. It was so much fun. When you go there you’re gonna have a lot of fun with your friends. The end!

By
When I went to Brazos Bend State Park it looked the same way it was when I was in first and second grade. When my parents and I got there, we were setting up the tent. While they were doing the tent, I did lots of activities with my classroom, it was very fun. Everyone saw a soft shell turtle that the [ ] caught while they were fishing. It had a strange looking nose. We had lunch, and after that we went to our play and it barely rained because of Mrs. Kluk’s rain boots. We did our play, it was not that embarrassing when I was singing. At the end of the day I got to go fishing and I caught three fish, and some I got to throw back in the water. At night people went to the observatory. At 5:00 a.m. my tent almost blew away so I had to go home. The end.

By
Last weekend my classmates and I went to a camping trip and we played a lot of games and when we went somewhere we had to tell our parents where we were. We had lunch together. We practiced our play and when we were doing our play rehearsal it was raining. We performed our play. It was really fun and my part was really easy. I got two parts and those two parts were really fun. After the play I went back. The end.

continued on page 4
Introducing Your POPA Chairs for 2013–2014

Welcome to our newest POPA Chair, Suzan Samuels!

Last year we introduced a new schedule for selecting our Parent Association (POPA) Chair. Current POPA Chairs Laura Citardi and Whitney Walsh welcomed Jessica Gregg as the third parent association chair to start a two-year term overlapping with Laura and Whitney’s second year. As Laura and Whitney will complete their term this spring (more on that later), we are pleased to announce our newest POPA Chair, Suzan Samuels, who will begin her two-year term this fall.

Suzan will work with Jessica to select event chairs for next year. Those positions will be announced before the end of May.

It will be a particularly busy time next year as we celebrate Post Oak’s 50th anniversary! There are lots of activities planned to properly acknowledge this great moment in the life of our school. Suzan and Jessica will be leading the volunteers and coordinating with our 50th anniversary committee on all the festivities.

Suzan has worked on multiple galas, taking the lead role on the auction committee for this year’s event. She is dedicated, hard working, a true voice of reason, and remains calm and clear when the pressure is on. She is an absolute joy to work with and she and Jessica will make a dynamic duo! Please extend your congratulations to Suzan when you see her around campus, and be ready to volunteer when the POPA Chairs give you a call!

Christina Kopanidis-Cantu, Development Director
Post Oak Parent Aaron Parazette Makes (Head) Lines

“Main Street is rocking a cool new look thanks to a collaborative mural from a rather unlikely pair of Houston artists.”

Read more at CultureMap:
A SPRING ENVIRONMENTAL EVENT AT THE POST OAK SCHOOL

ALTERNATIVE ENERGY HOUR AT POST OAK

MONDAY, APRIL 29

5:00 PM REFRESHMENTS • 5:30 PM PROGRAM BEGINS

COME HEAR GUEST SPEAKERS

ALLISON SMITH
CLEAN LINE ENERGY

GARRETT GORDY
TEXAS SOLAR OUTFITTERS

PRESENTATIONS BY
POST OAK HIGH SCHOOL STUDENTS

& RAKESH AGRAWAL
TALKS ABOUT TESLA

PLUS ELECTRIC CARS!

SIT IN A TESLA!

EMCEE: DR. JANET OTT

THE POST OAK SCHOOL—GYMNASIUM
4600 BISSONNET ST., BELLAIRE 77401
713-661-6688 | www.postoakschool.org
Did You Hear the Good News?

by Daniela Weil, Post Oak parent & Green Team member

You may have heard the chatter, but in case you didn’t... The Westpark Recycling Center is now accepting POLYSTYRENE FOAM (Styrofoam)! Woo-hoo! If you are a recycling nerd like me, it will make you very happy to know that those takeout boxes, plates, and coffee cups will not be ending up in a huge mountain of trash until the end of times.

Here are the parameters for acceptance:

- No food residue
- No packaging peanuts (clean peanuts can be recycled at Post Net at 2726 Bissonnet and Wakeforest)
- No metal or plastic attachments

The styrofoam will be recycled into new packaging, building siding, deck boards, ceiling texture, molding, electronic products, auto products, agricultural products, office supplies, egg cartons, and beanbag filler. Isn’t that awesome?

By the way, the WRC also takes:

- Aerosol and aluminum cans
- Batteries (car and equipment batteries; lithium-ion, nickel metal hydride, and nickel cadmium. Alkaline and batteries not listed won’t be accepted.)
- BOPA (batteries, oil, latex paint, and antifreeze)
- Cardboard
- Home office paper, catalogs, unwanted mail, magazines, and newspaper
- Computers and computer equipment
- Fluorescent bulbs
- Glass bottles and jars (presorted by color: clear, green, and brown)
- Metal coat hangers
- Oil filters
- Plastics #1–7 (toys, packing materials, flower pots, or plastic furniture are not accepted)
- Plastic grocery bags and clear plastic film (includes shrink wrap and dry cleaner bags; remove all paper)
- Residential electronic scrap (small electrical appliances, e.g. microwaves and tvs)
- Steel cans
- Styrofoam blocks and food service items (plastic #6 that is clean; no peanuts; no rubber or foam sheets)
- Telephone books
- Tin cans
- Car tires (maximum five per customer)

If you recycle already, kudos to you! If you haven’t started yet, it’s not too late! Maybe you were waiting for a sign from the universe. Consider this it! Kids, teach your parents, and parents teach by example! It makes so much sense, and doing otherwise is such a waste, literally!

The Westpark Recycling Center is located at 5900 Westpark, (at Highway 59 between Chimney Rock and Fountain View). Monday through Saturdays, 8 a.m. to 5 p.m. 🌿
CINCO de MAYO

THURS., MAY 2 & FRI., MAY 3
6:30 p.m. in the Post Oak gym
¡Celebremos Cinco de Mayo 2013!

Order your Cinco T-shirts and DVDs from the link in the left-hand menu at postoakschool.org!

Don’t forget to mark your calendars with these changes:

Bearkats Celebration Banquet: April 16
Upper EL MMUN in NY: April 23–27
POPA Volunteer Appreciation Event: May 15

Next year’s IMPORTANT DATES are online at www.postoakschool.org/postoak/School_Calendar.asp and on page 5

Coffee with the HEAD OF SCHOOL

Wednesday, April 17, 9 a.m.
Topic: Post Oak vs. Cynic Kids

Read about Cynic Kids at www.nytimes.com/2013/03/29/opinion/brooks-the-empirical-kids.html
Less Added Sugar

by Aimee Taylor, Healthy Lifestyle Consultant, ACSM Certified Personal Trainer, and Post Oak parent

Few topics boggle and frustrate like sugar. A simple carbohydrate that could be the key to unlocking elite sports performance, or maybe just the chain that drags our country deeper and deeper into the obesity epidemic. It is annoyingly both, however please don’t throw your hands up in frustration just yet. It is not as complex as it seems. In fact, with just a few guidelines, it is easy to use these simple carbohydrates for good instead of evil.

RULE #1: JUST SAY “KNOW”
Here is an over-simplified look at how sugar works. Just as with all carbs, you eat sugar and it is absorbed by your blood, where, if you have the right amount of insulin in your system, that insulin converts the sugar to energy. However, if you introduce too much sugar into your system, the insulin stores it as body fat. A little stored body fat is fine; the body likes some emergency fuel. However, if your blood sugar spikes too often and the insulin has to work too hard converting fat, this can lead to a variety of health issues, including type 2 diabetes and heart problems.

As we’ll discuss later, when your body obtains sugar from natural sources, like fruit and vegetables, the process tends to be checked by fiber, which slows absorption. However, when you eat foods with added sugar, this can overwhelm the usual checks and balances, causing problems like those nasty blood sugar spikes. To make matters worse, consuming too much added sugar can cause a host of other problems, including tooth decay, increased triglycerides, and malnutrition (from overconsumption of foods filled with empty calories and deficient in nutrients).

If you wanted one overarching rule to work from, you might choose to avoid added sugars entirely. You will get all the energy you need from foods with naturally occurring sugar. That said, there are times when refined sugar is OK or even beneficial. If you are able to build a lifestyle completely free of added sugar, way to go! But for the rest of us, the trick is MODERATION.

RULE #2: LESS IS MORE
One teaspoon of table sugar has 15 calories. Honestly, if you have a couple of cups of tea or coffee in the morning and you dump the proverbial spoonful of sugar in each, that is 30 calories. If the rest of your diet is tight and you are active, it won’t matter. If you are trying to lose weight and are eating at a severe deficit, you will probably want to skip those few spoonfuls of sugar. After all, table sugar is nutritionally void and you want every calorie to count nutritionally.

RULE #3: SUGAR IS SUGAR IS SUGAR SORT OF...
Agave nectar, honey, beet sugar, cane sugar, brown sugar, dextrose, high-fructose corn syrup (HFCS), whatever. They are all simple carbs, unregulated by fiber with minimal micronutrient value. The effect on blood sugar is the same for the most part, however natural is always better than processed. I would encourage you to limit all added sugars and when you are adding go for something natural like honey, agave nectar, maple syrup, etc. If you get your body used to the less intense sweetness of natural sweeteners and fruits, you will have fewer sugar cravings.

RULE #4: ...AND IT IS HIDING BEHIND EVERY CORNER
And you thought Invasion of the Body Snatchers was creepy... Avoiding the obvious sweetened foods, like soda, cake, cookies, and pies is only half of the battle. Manufacturers add HFCS (as well as other sugars) to a mind-boggling amount of foods because it adds flavor. If it is in a bottle, box, or can, READ THE INGREDIENTS. You will find sweeteners in everything from ketchup to peanut butter to bread to salad dressing.

continued on page 10
With a little effort, you can usually find versions of the same food with no added sugars or HFCS that are more nutritious and taste just as good.

**RULE #5: NO, THE SUGAR IN FRUIT IS NOT BAD FOR YOU**

When the low carb “revolution” hit in the early eighties, fruit was demonized for its sugar content. This is, in a word, ridiculous. Yes, fruit is loaded with sugar, but it is also usually loaded with fiber, which slows sugar absorption, making it an ideal way to get your simple carbs without straining your little insulin buddies. Fruit is also loaded with easy-to-absorb vitamins and minerals. Most fruit is also filled with water, yet another benefit.

Even relatively low-fiber fruits like bananas offer far too many benefits to be denied. Bananas, in particular, are rich in electrolytes, which are crucial for sports performance. I defy you to introduce me to an overweight person whose biggest indulgence is fruit.

**FIGHTING SUGAR CRAVINGS**

We have all been there—it is 4 p.m. and you have been sitting for way too long, you’re tired, and you have a massive craving for something sweet. You could cave and have that candy bar and soda, but you will again be starving and feel terrible in a short period of time, or you could follow some of the recommendations in the article below to tame those cravings and positively affect your health and the rest of your day.

If you have found that munching sugary snacks just makes you crave more sugary snacks, you are not alone. Eating lots of simple carbohydrates—without the backup of protein or fats—can quickly satisfy hunger and give your body a short-term energy boost, but they almost as quickly leave you famished again and craving more.

**WHY DO WE CRAVE SUGAR?**

There are many reasons why we go for the sweet things. That appetite may be hardwired. “Sweet is the first taste humans prefer from birth,” says Christine Gerbstadt, MD, RD, a dietitian and American Dietetic Association (ADA) spokeswoman. Carbohydrates stimulate the release of the feel-good brain chemical serotonin. Sugar is a carbohydrate, but carbohydrates come in other forms, too, such as whole grains, fruits, and vegetables.

The taste of sugar also releases endorphins that calm and relax us, and offer a natural “high”, says Susan Moores, MS, RD, a registered dietitian and nutrition consultant in St. Paul, Minnesota.

Sweets just taste good, too. And that preference gets reinforced by rewarding ourselves with sweet treats, which can make you crave it even more. With all that going for it, why wouldn’t we crave sugar? The problem comes not when we indulge in a sweet treat now and then, but when we over-consume, something that is easy to do when sugar is added to many processed foods, including bread, yogurt, juices, and sauces. And Americans do over-consume, averaging about 22 teaspoons of added sugars per day, according to the American Heart Association, which recommends limiting added sugars to about six teaspoons per day for women and nine for men.

**HOW TO STOP SUGAR CRAVINGS: 8 TIPS TO USE RIGHT NOW**

**Hydrate first.** Most of us walk around each day dehydrated, and unfortunately this is a key cause of sugar cravings. Before you reach for a sugary snack, drink a full glass of water and wait for 10 to 15 minutes. More often than not, the craving will pass or be much more manageable at a minimum.

**Give in a little.** Eat a bit of what you are craving, maybe a small cookie or a fun-size candy bar, suggests Kerry Neville, MS, RD, a registered dietitian and ADA spokeswoman. Enjoying a little of what you love can help you steer clear of feeling denied. Try to stick to 150-calorie threshold, Neville says.

**Combine foods.** If the idea of stopping at a cookie or a baby candy bar seems...
impossible, you can still fill yourself up and satisfy a sugar craving, too. “I like combining the craving food with a healthful one,” Neville says. “I love chocolate, for example, so sometimes I will dip a banana in chocolate sauce and that gives me what I am craving, or I will mix some almonds with chocolate chips.” As a beneficial bonus, you will satisfy a craving and get healthy nutrients from those good-for-you foods.

Go cold turkey. Cutting out all simple sugars works for some people, although “the initial 48 to 72 hours are tough,” Gerbstandt says. Some people find that going cold turkey helps their cravings diminish after a few days; others find they may still crave sugar but over time are able to train their taste buds to be satisfied with less.

Reach for fruit. Keep fruit handy when sugar cravings hit. You will get fiber and nutrients along with some sweetness. And stock up on foods like nuts, seeds, and dried fruits, says certified addiction specialist Judy Chambers, LCSW, CAS. “Have them handy so you reach for them instead of reaching for the old sugary something.”

Get up and go. When a sugar craving hits, walk away. “Take a walk around the block or do something to change the scenery,” to take your mind off the food you are craving, Neville suggests.

Choose quality over quantity. “If you need a sugar splurge, pick a wonderful, decadent sugary food,” Moores says. But keep it small. For example, choose a perfect dark chocolate truffle instead of a king-sized candy bar, then “savor every bit—slowly,” Moores says. Grotto agrees. “Don’t swear off favorites—you will only come back for greater portions. Learn to incorporate small amounts in the diet but concentrate on filling your stomach with less sugary and healthier options.”

Eat regularly. Waiting too long between meals may set you up to choose sugary, fatty foods that cut your hunger, Moores says. Instead, eating every three to five hours can help keep blood sugar stable and help you “avoid irrational eating behaviors,” Grotto says. Your best bet? “Choose protein, fiber-rich foods like whole grains and produce,” says Moores.

GET SUPPORT
Many people turn to sweet foods when they are stressed, depressed, or angry. But food does not solve emotional issues. Consider whether emotions are involved in your sugar cravings and whether you need help to find other solutions to those emotional problems. As a health coach, I support clients in finding balance in all areas of life that nourish, such as relationships, career, physical activity, and spirituality. Please contact me if you want to learn more about having my support.

Most importantly, go easy on yourself. It may take time to get a handle on your sugar cravings. It is difficult to shift any system—whether it’s the world economy or your eating,” Chambers says.

Here are some great snacks that incorporate some sweet with some protein, good fat, and other important nutrients:

- Apple with a tablespoon of peanut butter
- Whole grain tortilla with a little peanut or almond butter and banana slices
- Peaches and cottage cheese
- Nonfat plain yogurt with berries and a little granola
- Make trail mix with low-fat, low-sugar granola, dried fruit, nuts and 60% cocoa chocolate chips
- Whole grain crackers, low-fat cheese and a pear
- Banana on a stick dipped in chocolate sauce, rolled in crushed nuts and frozen
- Small scoop of low-fat frozen yogurt with fresh fruit and some crushed nuts

2013 is your year to achieve the health and fitness that you and your family deserve. Be a little selfish and put your health and that of your family’s on top of the priority list! Here’s to MORE in 2013!

References:
Adapted from “6 Simple Rules for Eating Sugar” by Denis Faye
“Fight Sugar Cravings” by Wendy C. Fries of WebMD
SCENES
from
The Post Oak School

1 & 2. Activities such as pouring water into a vase and placing pegs on a board help develop fine motor skills in Infant Community.

3. A Primary student concentrates on the lacing frame to further fine motor development.

4. Learning size by stacking the broad stairs.

5. Using old work in a new way—creating a labyrinth and taking turns walking to the center—takes creativity and a good sense of balance.

6. Primary students write stories with the moveable alphabet.

7. An Elementary student spends time observing and taking notes in a Primary classroom.

8. Solving mathematical equations with the peg board in Lower Elementary.

9. Creating a trinomial cube in Upper EL.

10. Middle School girls spend the week at Blackwood Land Institute.

11. Bearcats played volleyball this week. Check the back page for more games.
Love & Logic®
Follow Ups

Tuesdays, 9:00–10:00 a.m.
April 9, and May 7
at The Post Oak School

Join Post Oak counselor Phylis Tomlinson for two remaining one-hour sessions, brainstorming solutions, and reinforcing Love and Logic® concepts. These gatherings are for all interested parents whether you've attended the series or not.

This event is free. Contact Phylis for more information at phylistomlinson@gmail.com.

F.I.S.H. Meetings

Join Post Oak faculty and parents for the Families Integrating School and Home (F.I.S.H.) meetings, which start at 9:00 a.m. in the Common Room:

Fri., April 19—Young Chef
Fri., May 10—Backyard Fun

BBVA MOVIE NIGHT
AT POST OAK

A GALA AUCTION ITEM!
FRIDAY, APRIL 19
on the back field at Post Oak

Movie starts at 8:00 p.m.
Doors open at 7:00 p.m.

Come out early for fun prizes from BBVA—shoot and score neat items!

$15 per person

Rain or shine! It’s fun for the whole family!

Email Kathryn Murphy to purchase tickets: kathrynmurphy@postoakschool.org or call 713-661-6688 ext. 130.
Patch Assembly
Friday, April 19
At 12:30 p.m. in the gym

Join us for the ribbon cutting and demonstration for The Patch. Post Oak is the first school in Houston to have this equipment, which is used by professional athletes, colleges, and schools to introduce more flexibility and fun into exercise.

Parents are invited to join Primary, Elementary, and Middle School students for this event.
## CALENDAR

<table>
<thead>
<tr>
<th>APRIL 7–13</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tue 4/9</strong></td>
</tr>
<tr>
<td>Love &amp; Logic Follow Ups</td>
</tr>
<tr>
<td>9–10 a.m.</td>
</tr>
<tr>
<td>Bearkats Volleyball at home</td>
</tr>
<tr>
<td>4:15 p.m.</td>
</tr>
</tbody>
</table>

| Wed 4/10 |
| Coffee with the EL Director: PRI to EL Transition |
| 9:00–10:00 a.m. |
| HS Admission Open House |
| 7:00 p.m. |

| Wed–Sat 4/10–4/13 |
| MS MMUN in NY |

| Fri 4/12 |
| Conference day |
| Classes not in session: only students with expanded year contracts attend. |

<table>
<thead>
<tr>
<th>APRIL 14–20</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mon 4/15</strong></td>
</tr>
<tr>
<td>Bearkats Volleyball at home</td>
</tr>
<tr>
<td>4:15 p.m.</td>
</tr>
</tbody>
</table>

| Tue 4/16 |
| Bearkats Backyard BBQ & Celebration |
| 6:00–8:00 p.m. |

| Wed 4/17 |
| Coffee w/ the Head of School |
| 9:00 a.m. |
| MMUN Social Evening |
| 6:30 p.m. |

| Fri 4/19 |
| F.I.S.H. Meeting |
| 9:00 a.m. |
| Patch Assembly |
| 12:30 p.m. |
| BBVA Movie Night at Post Oak: Brave |
| 7:00 p.m. |

---

## NOTICE BOARD

### Bearkats Volleyball

**Come support the team!**

**TUES., 4/9**

vs. St. Stephens

**MON., 4/15**

vs. St. Stephens

Home games start at 4:15 p.m.

---

### BACKYARD BBQ & CELEBRATION

Bearkats and Intramural players, along with their families, faculty, and staff, are invited to a backyard barbecue catered by Beck’s Prime, and a program celebrating the hard work of our Post Oak athletes.

**Tues., April 16, 6 to 8 p.m.**

RSVP with number attending by Friday, April 12.

Call 713-661-6688 or email frontoffice@postoakschool.org.

---

## 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)

4600 Bissonnet, Bellaire, Texas 77401 • Telephone: 713-661-6688 • Fax: 713-661-4959 • www.postoakschool.org