Are you ready for Saturday night’s shindig? See inside for all the details on our SOLD-OUT celebratory evening!
The Blackburn Rovers, a UK premier league soccer team, have a motto that resonates with the spirit of Montessori education: *Arte et Labor*. This is in part due to the hard work and skill of their players, and in part because they have contracted Dr. Carol Dweck, a developmental psychologist from Stanford, to help them discredit a certainty among many of the players on the team: the belief that they were naturally gifted and therefore not in need of practice. British soccer culture reinforces this belief so strongly that the players would argue that by practicing they are admitting that they are less talented than other players. The Blackburn Rovers management contracted Dweck because of her research comparing inherent ability versus development of skill. She believes that by adopting the trust that you can advance yourself and learn, said in another way, people who attribute their failure solely to a lack of ability would become discouraged even in areas where they were capable, while those who thought they simply hadn’t tried hard enough would be fueled by these same setbacks. Changing your mindset to a growth mentality changes the way you approach situations, it is a paradigm shift that positively impacts every aspect of your life.

Dr. Dweck on my mind as we welcomed Dr. Lori Scovill, a developmental psychologist from the University of Houston, and Drs. Pat Mitchell and Tom Krouskop from the National Center for Human Performance (NCHP), to observe in our classrooms this week. The team is tackling a frontier in education research. They are posing the question: how do students cultivate those intangible qualities that make them excellent learners, citizens, and people? They are seeking to identify qualities that intelligence quotients and standardized testing do not measure. We invited them to come and observe the “arte et labor” in our classrooms.

Though you won’t be surprised by what they found, they were astounded by the consistently complex communication in the room, particularly noting the maturity with which students expressed their needs and desires in the learning process. Dr. Scovill relayed a particular conversation she overheard between two lower elementary students. One was writing page 15 of a research report. She noted that other students in the classroom were in awe of this big work. Dr. Scovill observed another student approach him and ask, “Is this your creation?”

Student B: “Yes, this is my creation.”

Student A: “Can I help you finish?”

Student B: “No thanks, I like to finish myself”

Student A: “Ok, nice job.”

Though perhaps not a shocking exchange for adult research colleagues, these students are 6 and 9! Their empathy and clarity with one another amazed our visitors, in the same way that we were once first amazed. The three scientists each observed one primary, one lower elementary and one upper elementary classroom, nine classes in all. One characteristic they were looking for was student engagement: time spent in eager and active involvement with work. They reported a rate of engagement nearly double their traditional school counterparts. They were amazed at how artfully the teaching staff could redirect the students and skillfully move them toward positive activities. As we continue our collaboration with NCHP, our next step is to identify and define behaviors associated with the engagement rate they observed. Working with students from primary through high school we are joining them in asking: What qualities make students excellent learners, citizens, and people and tangentially what are the characteristics of the environment that supports growth of these qualities?

Dweck and our visitors are not the only ones interested in these intangible measurements of achievement and success. Forbes April 2013 article compiled from employers a list of the most desperately sought character traits in their hiring processes: extreme reliability, natural curiosity, grounded positivity, uncompromising excellence, unlimited versatility, self-awareness, quality communication, philosophical anchoring, and creative problem solving. Dr. Angela Duckworth of the University of Pennsylvania has identified a set of characteristics that determine resilience and grit. Her 12-question test has been compiled from employers a list of the most desperately sought character traits in their hiring processes: extreme reliability, natural curiosity, grounded positivity, uncompromising excellence, unlimited versatility, self-awareness, quality communication, philosophical anchoring, and creative problem solving.

In the coming months, we will be providing updates on the team’s research and our involvement. We believe the time is right to present alternative, innovative and loving ways to nurture students into hard-working, curious, resilient adults.

I leave you with this gem of a conversation from the observations. Watch for the grit, self-awareness, and self determination I mentioned. A student with a new baby at home was talking with his friend:

“You think you want to have kids when you get older?”

“I don’t know, maybe. I guess so.”

“You know you have to love a girl to get one?”

“Then, NO. No thanks.”

Research psychologist and former math teacher Angela Duckworth has been awarded a MacArthur grant for her studies on the psychology of achievement. Here’s a teaser from her short interview: “We discovered a somewhat surprising inverse relationship between grit and measures of talent, for example IQ test scores. Why don’t people who are more able, who learn things more quickly, why don’t they stick with things in the long run? She has also presented a TED talk, ‘Grit: the key to success.’”

**Arte et Labor**

by Jami Sweeney, Media Specialist

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IT’S TIME TO CELEBRATE!

THIS SATURDAY, OCTOBER 5TH
AT THE HOUSTON MUSEUM OF NATURAL SCIENCE

6:00 P.M. | COCKTAILS IN THE HALL OF GEMS AND MINERALS
7:00 P.M. | DINNER IN THE GRAND ENTRY HALL
8:30 P.M. | PRESENTATIONS FROM THE POST OAK COMMUNITY
9:30 P.M. | CENTERPIECE RAFFLE - WINNERS ANNOUNCED
10:30 P.M. | CLOSING REMARKS

Join us as members of the Post Oak community, both past and present, come together to celebrate the history of our great school. The Museum of Natural Science is a stunning and inspiring location for new parents to make new friends, and for past friends to reconnect, sharing an evening of music and entertainment together.

FEATURING PERFORMANCES FROM MIDDLE SCHOOL AND HIGH SCHOOL, AND MUSIC BY MOODAFARUKA

OUR 50TH ANNIVERSARY JUBILEE IS A SOLD-OUT EVENT

PLEASE BE SURE TO TAKE ADVANTAGE OF COMPLIMENTARY PARKING IN THE GARAGE

50TH ANNIVERSARY SPOTLIGHT

POST OAK VISITS CITY COUNCIL

In honor of our 50 year legacy, the City of Bellaire and the City of Houston will be presenting The Post Oak School with a proclamation declaring November 2nd as The Post Oak School Day. Bellaire Mayor, Dr. Phil Nauert, will be presenting us with the proclamation at the Bellaire City Council Meeting on Monday, October 7th at 7 p.m. We invite the community to attend and be a part of what will be a prestigious moment in Post Oak’s history.

POS TRIVIA QUESTION:
Do you know the year Post Oak opened its doors to its first Middle School students? Be one of the first five people to email jessicajackson@postoakschool.org with the answer, and receive a piece of Post Oak School swag. Far out, man!

50-FOR-50 MOMENT
by Post Oak Parent

The fall is a great time to get outdoors and participate in a family fun run or stretch yourself and run a five or 10K. Often your registration fees include a donation to a local or national charity. You can increase your impact by doing additional fundraising or by learning more about the cause you are supporting.

A 50-FOR-50 MOMENT
by Post Oak Parent

This past weekend, alongside their moms, got dirty from head to toe at the 2013 Gritty Kids Youth Mud Run all to raise money for The Rainbow Connection, a camp for children with blood disorders and cancer.

Want to run and have fun? Check out this weekend’s Monster Mash Run, the Superhero Run for child advocates on the 19th, or the annual TXU Energy Turkey Trot benefiting Sheltering Arms on 11/25. Be sure to log your 50 for 50 community service projects on our website!
Two Very Sweet Gerbils Need Post Oak Homes!

Post Oak student [redacted] is giving away two gerbils. If you are interested, please contact her mom [redacted].

Thanks for Your Support

The Middle School students would like to say Thank you to Dr. Alana A. Kennedy-Nasser and Dr. Mario O. Kapusta for their informational talks on Anatomy. We appreciate the time you volunteered to spend with us.

James Moudry and Vivian Blum would like to offer their gratitude to students from the high school class of 2016 for representing the school so well at last weekend’s Private School Preview.

REMINDER!

INDIVIDUAL STUDENT PICTURES

MON., OCT. 21 TO THURS., OCT. 24

ORDER ON OUR WEBSITE BY OCTOBER 7th

Don’t forget to grab your official Big Birthday Bash (Field Day) cap and hoodie! Order your swag early to get one of these high-quality embroidered items. The hoodies are super soft and light for the Houston fall/winter season, and the caps have a nice "weathered" look to them. Caps are $15 and hoodies are $40 each.

BIG BIRTHDAY BASH!

SATURDAY 10:00 a.m. NOVEMBER 2

POST OAK SCHOOL FIELD. OLD-FASHIONED GAMES. FAMILY-STYLE FUN. CAKE WILL BE SERVED

ADMISSION OPEN HOUSE

THINK AGAIN.

Tuesday, October 8th – 7 p.m.
Tuesday, November 19th – 7 p.m.
Thursday, December 12th – 7 p.m.
Thursday, January 16th – 7 p.m.
Wednesday, February 12th – 7 p.m.
Tuesday, April 8th – 7 p.m.

1102 Aurey Street, Houston TX 77006
www.postoakhighschool.org

Post Oak Kids Care Club

Post Oak School’s Kids Care Club (POS KCC) is a service organization open to the entire Post Oak School community. Our goal is to find ways we can contribute to the world around us while spending time and learning valuable life lessons with our families. We try to find projects that all ages and abilities can participate in. For more details, please join our Facebook group http://www.facebook.com/groups/278032742310211/ or email info@postoakhighschool.org.

NEXT EVENT:
SATURDAY, OCTOBER 5, 9:00 A.M. AT THE URBAN HARVEST WESTBURY COMMUNITY GARDEN

The POS KCC will be working in an Urban Harvest community garden. Our job at this event will most likely be making a “lasagna garden” made of layers of newspaper and compost. Neighborhood gardens provide an opportunity for neighbors to grow nutritious food as a community, and create an urban oasis for the neighborhood. We look forward to seeing you!

ORDER ON OUR WEBSITE BY OCTOBER 7th
No-Waste Lunches
Part 1 of 2, by Post Oak Parent

The Green Team is going to be working closely with classrooms this year, getting students, teachers and parents more engaged in efforts to help the environment. One of our goals will be to encourage No-Waste Lunches. So I will start giving everyone a heads up about what that really means.

It all starts with the oh so convenient single-use packaging, the snack bags, the juice boxes, cans, plastic bottles. The small yogurt containers. Oh, we do love them so. The zip lock bags. No, don’t stop reading! I know, I know, we’re all on the same boat here. I think we all know how convenient these items are in our busy lives. We also already know that these containers are filling up our landfills, being incinerated and converted from solid to air pollution and carbon, that the plastics are ending up in the Great Pacific Garbage Patch.

The good news is that to change these habits is really not as hard or inconvenient as you may think! There are almost just as many consumer goods that will help carry you through this process effortlessly as there are the culprits! And, you will probably end up saving a good amount of money doing it too! Many schools across the country have begun to do so, and they’re truly making a difference!

For this week, consider just looking at your child’s lunches, and start making the assessment of what parts are being disposed and what parts are being re-used. Take note of the containers that they may be throwing out at school. Also, have a conversation with them, about how much of the food you send is being eaten, and what they do with the left-overs.

Together WE CAN

This year’s Annual Fund comes at a time of great activity here at Post Oak! The campaign started in early August and it’s important to know that 100% of the Board AND employees have already donated. In doing so, we all know that:

WED., 10/9
vs. Memorial Lutheran
4:20 p.m. - Feld Park

WED., 10/16
vs. St. Stephen’s
4:20 p.m. - Feld Park

WED., 10/23
vs St. Stephen’s
4:20 p.m. - Feld Park

MON., 10/28
at Memorial Lutheran
4:20 p.m.

WED., 10/30
vs St. Stephen’s
4:20 p.m. - Feld Park

HEAD FOR THE CURE 5K
Post Oak parent Terri Armstrong has shared this amazing event with our community, which benefits those who are fighting brain cancer. The run will be on Sunday, October 13, 2013 at 8:00 a.m. at Minute Maid Park. If you would like to join a team, please consider joining the MD Anderson team called: MD Anderson Run. For more info, please visit: http://www.headforthecure.org/houston-tx/hftc-houston.

PARTNERSHIP IN ACTION 5K
Post Oak Assistant Anita Taj has shared this wonderful event, which will be on Saturday, November 2nd at Sam Houston Park Downtown. This 5K is is an initiative of Aga Khan Foundation U.S.A. (AKF USA) to raise awareness and funds that reduce poverty, hunger, illiteracy and poor health in Africa and Asia. For more info, please visit: http://partnershipsinaction.org/Run-Houston.

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THIS YEAR’S FINANCIAL GOAL IS $250,000

The Fund runs from October 15 to November 16. Pledges will be due by May 31, 2014. For your convenience, we offer the ability to donate monthly by automatically charging your credit card. Donors of $5000 or more are considered Leadership Circle members and will be invited to the spring reception, which will be held at the home of Look for your Annual Fund letter in the mail this month!

For printable response forms or to donate online, go to www.postoakschool.org or contact the Development Office at (713-661-6688) or christinacantu@postoakschool.org.

Join the Green Team!
Kickoff meeting at the Bissonnet Campus
WEDNESDAY, OCTOBER 9 @ 8:30 A.M.

Ambassadors’ Team Meeting
“Quarterbacking from the Couch”
Thursday, October 10, 7–9 pm
7 pm huddle and hors d’oeuvres
7:30 pm kick off conversation

This event, held at the home of a Post Oak family, is an opportunity to enjoy a social evening with Post Oak parents as you learn more about the High School. Help us spread the word about what an amazing asset we have to offer in the Museum District!

Want to join in? Contact: christinacantu@postoakschool.org
SCENES
from
The Post Oak School

1. Primary students develop concentration, hand control and sequencing through the practical work of table washing.
2. Bright faces in Infant Community!
3. A Lower Elementary student studies physics through weight measurement.
4. Upper Elementary students conduct an experiment with static electricity.
5. A pair of students expand their knowledge of Biology in Upper Elementary.
6. High School and Middle School students team up for a community service event at Hermann Park.
7. A Lower Elementary student unveils her work on state symbols and mottos.
8. Lower Elementary students work on math problems with the bead forms.
9. Counting the thousand chain is big work.
10. Sharing compliments in a Lower Elementary class meeting, with encouragement from counselor Phylis Tomlinson.
CALENDAR

OCTOBER 6-12

Tue 10/8  High School Open House  7:00 p.m.

Wed 10/9  Green Team Meeting  8:30 a.m. - 9:30 a.m.
          Bearkats Soccer Game vs. Memorial Lutheran  4:30 p.m.

Thu 10/10  High School Ambassadors Meeting  7:00 - 9:00 p.m.

Fri 10/11  CONFERENCE DAY  Classes not in session: only students with expanded year contracts attend

OCTOBER 13-19

Mon 10/14  Columbus Day

Tue 10/15  PSAT/NMSQT for High School students
          Coffee with the Elementary Director  9:00 a.m.

Wed 10/16  Bearkats Soccer Game vs. St. Stephens  4:30 p.m.

Fri 10/18  F.I.S.H. Meeting  9:00 a.m.

NOTICE BOARD

My BackPack

Through My BackPack, parents can access and change account information, view the school directory, and make online payments, among many other things. Just go to https://postoakschool.seniormbp.com/ and enter your unique username and password. If you have any questions or have forgotten your user ID, please contact the Technology Office at 281-822-8063 or technology@postoakschool.org. Please note that the site will be down for maintenance on Sunday, October 6th, 8:00 a.m. - 3:00 p.m.

Conference Registration

The online parent/teacher conference scheduling is now open. Conference days are October 11 and 25 (Infant Community is in session on the 25th), and November 1. To sign up for a conference go to www.postoakschool.org ▶ For Parents ▶ Schedule/View a Parent-Teacher Conference and have your login information ready. If you are having problems, please contact technology director Mirna Andrade-Salgado, at technology@postoakschool.org or 281-822-8063.

Shop and Share

Don’t forget to link your Randall’s Remarkable card and Target Visa Credit Card or Target Credit Card to The Post Oak School!

For more information, visit our website
For Parents > Giving & Getting Involved > Store Rebate Programs.

ABOUT THE POST

The Post appears every other Friday 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 Elisa Schmidt (elisaschmidt@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.

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