FIELD DAY IS THIS SATURDAY!

BIG BIRTHDAY BASH!

SATURDAY
10 a.m. – 1 p.m.
NOVEMBER 2

50 POST OAK SCHOOL 1963-2013

FAMILY-STYLE FUN — CAKE & Cupcakes
OLD-FASHIONED GAMES — FOOD TRUCKS!

HELP SUPPORT “Create It With Cake” by bringing non-perishable items and gift cards

RAFFLE TICKETS ON SALE OCTOBER 25 - NOVEMBER 2

CHAIRS/CONTACT: SUSAN LEVERENZ & STELLI PARSAPOUR

MORE INFO/CONTACT: POSTOAKSCHOOL.ORG
Autumn is here and the Houston weather is finally cooling off, creating the ideal time to be outside experiencing some genuine family fun. Anyone who has ever attended a Post Oak Field Day knows all about the fabulous activities that are the staples of the Field Day experience—the multiple inflatables, the suspense of the Mystery Box Raffles, the assortment of games and activities, and of course, the GINORMOUS Earthball.

As if Field Day couldn’t get any more exciting, we decided to make this year’s event even BIGGER by adding the Big Birthday Bash in celebration of Post Oak’s 50th! We’ve taken all of your Field Day favorites and lengthened the long list of fun. There will be lots of great activities for all ages, from infants to high-schoolers.

Parking is available on the Post Oak lot, at Episcopal High School (see map), along Avenue B, and across Bissonnet at Feld Park. The entrance to the event is through the Post Oak field off of the Episcopal High School driveway.

Please Note: Parents must supervise their children on the playground. To ensure your child’s safety, signs will be posted to identify the age levels for the different playground sections. Please pay attention to the signs as they reflect ASTM safety standards for the equipment. There are areas for Infant Community, Primary, and the older children (Elementary – High School).

All costs for Field Day Birthday Bash are defrayed by the raffle of class Mystery Boxes. Room parents (and other coordinators) have made an enticing array of creatively decorated boxes to be raffled off. There will be drawings at three different times: 10:50 a.m., noon, and 12:45 p.m. Remember, this event is strictly a FUN raiser and not a fundraiser. However, we do want to cover the costs for the event, so please do buy a raffle ticket or two, or ten!

We ask that you bring reusable water bottles to reduce cup waste. Remember to bring a blanket to spread out on the playing field for your picnic.

50-FOR-50 COMMUNITY SERVICE

Create It with Cake provides birthday cakes to financially or socially disadvantaged children and seniors. Bring a few baking items and/or gift cards to help us support their efforts!
IT'S ALL PART OF THE EXPERIENCE:

FOOD TRUCKS
It wouldn't be a true Field Day without a picnic on the playground. This year the picnic will be enhanced by the assortment of delicious snacks, sandwiches, and more available at the Bare Bowls and Koagie Hots food trucks!

INCREDIBLE INFLATABLES
The Titanic Slide, Obstacle Course, Rockwall, and Moonwalk are all sure to be big hits!

CLASSIC GAMES
Because classic IS cool! Come and compete in three-legged races, sack races, and much more! Listen at the event for when your age group is called.

MUSICAL DOTS
An updated version of the traditional cake walk will be fun for all ages!

THE BIG EARTHBALL
The BIG Earthball equals BIG fun for everyone!

PAPARAZZI BOOTH
It wouldn't be a memorable party without a few souvenirs! You and your friends can have your picture taken in the photo booth to make those memories last.

COLOR ME HAPPY
Face painting, festive temporary tattoos, and hip hair are all fun ways to get in the birthday spirit!

BALLOON ARTISTS
Let these amazing balloon twisters wow you with their talents. Watching the process is almost as fun as the creation itself!

INSTRUMENT PETTING ZOO
Discover just how marvelous music can be through the exploration of a variety of instruments from the Houston Symphony Orchestra.

ARTS & CRAFTS
Bedazzle your own tote bag and use the Spin Art machine to create your own masterpieces.

DJ ENTERTAINMENT
Every party needs music! Enjoy the upbeat, family-friendly tunes to put you in a festive mood as you mingle.

GREEN TEAM BOOTH
Learn more about the school’s green initiatives and how you can join this group that makes a difference, while having a blast!

50TH ANNIVERSARY BOOTH
Take a step back into Post Oak’s history and see where we’ve been and where we’re headed.

BIRTHDAY CAKE AND CUPCAKE STATION
Join us in celebrating Post Oak’s BIG 50th birthday by singing Happy Birthday to our school and enjoying some cake!

RAFFLE TICKETS WILL BE ON SALE AT THE EVENT!
The 1990’s era of Post Oak’s history is one filled with growth and new aspirations. The first opera, “Pearl,” was produced in the 1990-1991 school year, engaging every person in the school above the age of six in the performance. The school had firmly established six Primary classes and three Lower Elementary pushing into an exploding population in the Upper Elementary by 1993. John Long joined on as Head of School in 1995. In 1999, ground was broken for the largest addition since the current building was built – a gym, art room, two Upper Elementary classrooms, and offices. A time capsule was buried in the flooring of the hallway to the new gym as construction proceeded, to be opened in 2063 on the school’s 100th birthday. We’re looking forward to that day!

Field Day: A Post Oak Tradition, Past and Present

The fall season is a very special time in Houston. It typically brings welcomed cooler weather, falling leaves and fewer mosquitos. The anticipation of Halloween, Thanksgiving and other holidays fills our hearts with joy. Fall is also a special time at The Post Oak School with the long-standing tradition of Field Day. Many years ago, the school celebrated a Halloween Carnival offering food booths, costumes and activities for purchase for families and friends. This event took place at the Episcopal High School front lawn. In the late 1990’s, as our school community continued to grow, Field Day emerged and became a much anticipated school-sponsored annual event.

Over the years, Field Day has transitioned with the growing traditions and philosophies of the school. Baskets were filled by each class and raffled-off toward the end of event. In 2007, Post Oak parent [name] came up with the idea of the three “Mystery Boxes” for each class, allowing more opportunities to win while keeping a cap on how much money was spent per class. The idea caught on quickly and the children are still encouraged to pick their theme for the boxes. With the help of the children and
parent volunteers, the Mystery Boxes became very popular and raffle ticket sales soared. The money raised by the ticket sales are now used to off-set the cost of the event. The boxes themselves are true works of art!

It was decided several years ago to move this event in our own back field so children can use the playground and the Post Oak gym. The school added more activities for all ages including inflatables, balloon artists, petting zoos, craft booths, face painting, the earth ball, musical cake walk and entertainment. The children were given the opportunity to submit tee shirt drawings and shirts were available for purchase representing a collaborative effort of the artwork from many Post Oak students. Families were encouraged to pack a picnic lunch and enjoy all that was offered during the day.

With the celebration of the school’s fiftieth year, Field Day has evolved into “Birthday Bash” with many exciting additions. There will be two food trucks available to purchase food: Bare Bowls, offering local, farm fresh bowls, salads and sandwiches along with Koagie Hots, which features grilled cheese sandwiches, cheese steaks and hot dogs with a unique Korean twist. If you prefer to bring your own picnic, please feel free to do so. Water will be provided, and parents are encouraged to bring their own reusable water bottles to reduce waste. Cupcakes and Birthday Cake will also be available to help celebrate our 50th. Many new games will be offered this year along with an opportunity to see and use instruments provided by the Houston Symphony, photo booth pictures, and a DJ.

Another important addition to this year’s venue is a service project to benefit the community. Create it with Cake is a Houston chapter of Cakes 4 Free, an organization that provides free birthday cakes to financially or socially disadvantaged children and seniors. We are asking that you please bring a baking item or gift card on Saturday to support their efforts. The addition of the project is directly aligned with the schools’ effort to increase awareness of our community service as a whole. Thank you in advance for your support.

As with all of the wonderful events at our school, none would be possible without the continued support of our wonderful staff and talented parent volunteers. A special thank you goes out to our Birthday Bash Co-Chairs: [names]. Thank you as well to all who helped with the boxes and classroom coordination, and thanks to everyone who has bought tickets! We look forward to seeing you this Saturday at 10:00 a.m. Raffle tickets will be on sale and you will have a chance to get up close and personal to all the beautiful Mystery Boxes that will be raffled off during the event. Past to present, we are proud to keep Field Day as a school tradition for all.

Happy 50th Birthday, Post Oak! Let the celebration continue.
As a new sophomore at Post Oak High School, I was a little nervous to go on the Odyssey Trip. It seemed strange to me to go on this trip with people I barely knew. That said, I think that the Odyssey Trip was one of the greatest ways to get to know my classmates.

I think that the first day was mostly to get to know everybody else. Our seating assignments on the bus were new student with returning student. I think that this helped me focus on getting to know one person at a time. When we stopped for lunch in San Antonio, we broke into small groups and went to wherever we wanted to eat on the River walk, with a faculty chaperone, of course. We stopped at Rock Springs to eat dinner and then we went to see the Devil’s Sinkhole, which was filled with bats that came flying out in a cyclone at dusk. That was a really cool and probably rare thing to see, and I think it was another bonding experience to see that together. Of course, sharing a room with three other people in Sonora, Texas was also a bonding experience. In my room, we talked about what we’d done that day and discussed what we thought the rest of the trip was going to be like.

The second day was kind of an introduction to West Texas and what it was going to be like for the next few days. We went to Seminole Canyon, and we could see the same things for miles; pretty much just cacti. I thought that the rock art that we saw in the Fate Bell shelter that day gave us a taste of what we were going to see the rest of the week. I’ll be honest though, I didn’t really understand how we were going to study the rock art the whole time. Looking back on it, going to Seminole Canyon was a pretty good introduction before we headed to SHUMLA. I didn’t really know what to expect when it came to SHUMLA. I wasn’t very excited about sleeping in a tent, and I’d never heard of the Lower Pecos Indians before that trip, so I was a little nervous. In the end, looking up at all of the stars from my tent was one of the coolest experiences ever, and I became very interested in Pecos Indian mythology.

We woke up before the sun had risen on day three. Actually, we had gotten ready, eaten breakfast, and were pretty much on the bus before the sun had begun to come up. I’ll admit, I tried to sleep some more on the way to Eagle Nest Canyon. When we got there though, the sun was up, there was a nice breeze, and you could see into Mexico from where you were standing, which was pretty cool. Then people started stepping on the Dog Pear Cactus plants, and we learned very quickly not to wander around. At Eagle Nest Cave, we kind of had to figure things out for ourselves. They explained to us what we were trying to do and how things were going to work,
but it was really up to us to discuss the characteristics of the rock art that we saw. I don't think many people knew what they were doing, but it was another bonding experience to work together to figure it out. That afternoon we learned how to cord lechuguilla plant fibers, tried to make a fire, and threw bamboo javelins with an atlatl, which makes the javelin go farther. These activities gave me a new appreciation for how difficult it was to live back then. Needless to say, I think we all slept pretty well that night.

They last day we were there was probably my favorite. We went to the White Shaman Cave Shelter, where we listened to Dr. Carolyn Boyd talk about how all of the amazing rock art that we saw on one wall was telling one story. It was my favorite because you could tell that Dr. Boyd was really passionate about the Pecos rock art, and it made me excited too. That afternoon we made our own rock art that told the story of the Dawn Son. It was fun painting the rocks in a way that we thought other people would understand if they ever saw it. I think it was a great way to end our last day there.

By the time we left to go back to Houston the next day, I knew something about every single student in the school. I bonded with everyone through the Odyssey Trip, and I think that it wouldn't have been possible to become close with everyone that quickly if we hadn't all gone on this trip. It was a great experience that helped me learn about something I hadn't known anything about and make a lot of new friends. ☺️
2013 ANNUAL FUND DOLLARS AT WORK:

- Expanded Elementary travel experiences, including the use of coach buses.
- A variety of improvements happened to the Upper Elementary classrooms.
- Middle School students received Nooks.
- A van was purchased for High School use.
- Intercom system installed through the entire Bissonnet campus for security purposes.
- Elastomeric coating of building exterior completed.
- Replaced ALL lights with updated energy efficient fixtures.
- Financial Aid was increased across all levels.
- HMI has numerous teacher-training sponsorships.
- Increased security presence with Bellaire Police Department
- My BackPack was implemented.

Does your company match gifts? If so, please consider submitting a matching gift request form – you can double or even triple your gift!

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.
If you were able to attend the Jubilee Dinner we held in early October, you had the privilege of meeting two extraordinary women, [Name 1] and [Name 2], who have had a tremendous impact in creating the school we have today. Their enthusiasm for our school wasn’t only captured in their reminiscent stories, but also in speaking about their children, their accomplishments, and the lasting impression Post Oak has left on each of them.

[Name 3], the oldest son, class of 1999, lives in Panama, and is currently working for an international commercial real estate company. He’s fluent in Spanish, and spends much of his time traveling in South America to Guyana and Columbia for work. His younger brother, [Name 4], class of 2003, is in the MBA program at Rice University. He spent two years as a geologist in the oil patches of East Texas as a well-site geologist after graduating from the University of Texas’s Geology program and is now turning his attention to learning the business side of the oil and gas industry.

[Name 5], the older daughter, class of 2006, is currently pursuing a Master’s degree at the University of Texas in Austin. Her dedication to school as well as her involvement in various school organizations, such as Kappa Alpha Theta, keep her busy. She feels quite fortunate to have both her brother and younger sister in Austin as well. [Name 6], class of 2002, is currently working for ESPN in conjunction with the Longhorn Network in Austin. He had been in Los Angeles working for SportsNation, but couldn’t pass up this opportunity to move back home. The youngest of the children, [Name 7], is currently a sophomore at the University of Texas in Austin. She is majoring in Education in hopes to become a Kindergarten teacher, and return to Houston. She is a member of the Kappa Alpha Theta sorority, a variety of honors organizations, and a volunteer in the SHARE program—an organization that advises prospective students.

The children describe Post Oak as an environment that nurtures children who are project oriented, creative, and self-starters. Perhaps it was that type of individual encouragement that allowed each of these incredible individuals to go on to pursue vastly different interests. “Post Oak lays the groundwork for being an individual learner and thinker, and then equips you to take on that individual vision you’ve created for yourself,” says [Name 1]. Despite having long left the classrooms of Post Oak, these alumni share a strong appreciation for the school and the experience they had here.
Montessori Inspires Afghan Orphanage: House of Flowers

Twelve years ago after completing her AMI Montessori elementary training in Bergamo, Italy, Allison Lide went to Kabul, Afghanistan with a mission. In 2002, the country was just starting to rebuild after decades of war. Allison and Mostafa Vaziri founded the House of Flowers orphanage in Kabul with assistance from another NGO. Their goal was to establish a safe place for orphan children to live guided by Montessori principles.

Today, the orphanage is thriving with Afghan teachers and caretakers. Allison lives in the States and she continues to raise international awareness and much-needed funds for the school. Recently, the Minister of Child Welfare in Afghanistan has declared that he wants House of Flowers to be the model for all Afghan orphanages. This Montessori-inspired school is unique in Afghanistan.

In the 1970’s John and I served in the Peace Corps in Kabul, Afghanistan. We feel a deep connection to the country where we lived and taught for two years. And to make the world an even more connected place, Allison learned about our Afghan connections from who is Debbie Nickerson’s daughter, and were classmates in Bergamo. With the Jubilee’s call for community-wide outreach projects, this is a perfect time to extend our service to the global Montessori community.

There are several ways to learn more about this amazing orphanage and the 33 children who call House of Flowers their home. Check out www.mepoonline.org to read more about the details of the daily life and the Montessori principles that shine through so solidly that Afghan observers can scarcely believe how
confident, curious, peaceful, and compassionate the children are in spite of the traumas that have marked their young lives.

Please join us in making a tax-deductible donation to House of Flowers. 100% of the funds donated go to the project. Here are the steps to follow:

1. Go to www.lanternprojects.org
2. Click the “Donate” tab.
3. Scroll down to project #222 – House of Flowers Montessori Orphanage
4. Use Paypal to make your donation.
5. Or you can send your check to: Lantern Projects, 51 Glen Alpine Rd., Piedmont, CA 94611 Include project #222 and your email address so a receipt can be sent to you.

To offer a giving incentive, for every donation of $25.00 or more made in November 2013, John and I will add $25.00. Let’s help the House of Flowers equip their classroom and continue their remarkable work.

Thank you,
Kathy & John Long

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Grandparents’ & Friends’ Days

Invitations Mailed This Week!

If you would like your child’s grandparents or other relatives/friends to be invited to this year’s Grandparents’ Days (November 25 & 26), please visit www.postoakschool.org and submit their email address. Please include anyone you think would like to observe and/or interact with your children in their Montessori environment. After this week, invitations will only be emailed, provided that we are given their email address. If you would like additional invitations, please pick them up from the front office.
Ever wonder why standard household cleaners have warnings such as “Danger”, “Poison” and “May cause burns”? Many of these cleaners contain chemicals which pose serious health hazards such as skin and respiratory irritation, chemical burns and some are even associated with chronic or long-term effects such as cancer or hormone disruption. These chemicals enter our body by absorption through our skin and the air we breathe in our homes.

These chemicals also cause significant damage to our environment. They contribute to smog and are commonly found in water sources, thus not only impacting plant and wildlife, but also contaminating our drinking water.

The Green Team and Post Oak School “cleaned house” several years ago to rid the school of these dangerous cleaners. The following are some ways you can do the same at your home!

For starters, here are some common ingredients to avoid when buying cleaners:

- Formaldehyde
- Perchloroethylene
- Hydrochloric acid
- Benzene
- Toluene
- Xylene
- Methanol
- Ethylbenzene
- Ammonia

- 2-Butoxyethanol
- Chlorine
- Phosphate

Don’t have time for that or just prefer the convenience of purchasing something already made? There are several safe cleaners available for purchase. One in particular, Branch Basics, is “Human Safe” meaning that it is not harmful if accidentally ingested. How cool is that? A household cleaner that is human safe! Branch Basics is locally owned and operated by three women who were brought together by their passion to live a chemical free life and provide the same for others.

Stop by our table at Post Oak’s 50th Birthday Bash on November 2nd to get some free samples of this human safe cleaner and other wonderful ideas and recipes for other safe, effective household cleaners.

Join the Green Team!

Watch the Post Highlights for the next meeting time or email [redacted] at [redacted]
Montessori Journey

January 24, 6–9 p.m.
January 25, 8 a.m.–2 p.m.

Registration for the Montessori Journey is now available on our website. This two-day (adults only) workshop is a powerful, hands-on approach to understanding how and what your child is learning. We invite and encourage current Post Oak parents to attend, whether for the first time or for those desiring a chance to take the journey again. Space is limited, so sign up early to reserve a spot.

Cost: $30 per person.

What parents have said:

What was your most memorable experience of the day?

“The realization that learning can be fun and stepping out of your comfort zone can be so rewarding.”

What value do you feel you have derived from this experience?

“A greater understanding of the environment and method behind Montessori and what my child’s day is like.”

Post Oak Kids Care Club

Our next event is the 2nd Annual Family Volunteer Day, organized by Volunteer Houston, on November 23.

There are several options for families:

1. Holiday card making at Volunteer Houston (ages 3 & up)
2. Registering walkers or participating in Annual Walk to Stop Diabetes, sponsored by American Diabetes Assoc at Minute Maid Park (all ages)
3. Serving at The Houston Food Bank (ages 7 & up)
4. Decorate for the holidays at a group home for adults with disabilities, Vita-Living (all ages)

All events request RSVP’s to the respective organization by Nov 15. For more details, join the group at https://www.facebook.com/groups/278032742310211/ or email audra_french@hotmail.com. Don’t forget to log your volunteer work on our website when you’re done! 🎉

WHAT DO Montessori and Basketball HAVE IN COMMON?

http://m.youtube.com/watch?v=Pb8kUvKcVTw&desktop ri=%2Fwatch%3Fv%3DPb8kUvKcVTw

50% 50 COMMUNITY SERVICE OPPORTUNITIES
1. A group of students study geography in Lower Elementary.

2. 3. Middle Schoolers use their Nooks for Spanish ejercicios – Your annual fund dollars at work!

4. Working together on mathematics using the bead frames in Lower Elementary.

5. Primary children work on a watercolor collage – an idea initiated by a Post Oak parent.

6. A student-teacher mathematics dialog in Middle School.

7. Upper Elementary students study Native Americans together in the library.

8. A Lower Elementary student works on sentence structure.

9. Sharing Infant Community snack is a perfect opportunity to exercise grace and courtesy.

10. Upper Elementary students engage in a lesson in geology with their teacher.

11. Concentration is developed through shape tracing in a Primary classroom.
CALENDAR

NOVEMBER 3-9

Sun 11/3
Daylight Savings Time ends

Tue 11/5
Standardized testing (CPT-4) for Middle School begins

Fri 11/8
CONFERENCE DAY
Classes not in session: only students with expanded year contracts attend.

NOVEMBER 10-16

Mon 11/11
Veterans Day

Thu 11/14
Elementary Parent/Child Night
6:30 - 7:30 p.m.

Fri 11/15
F.I.S.H. Meeting
9:00 a.m.

Sat 11/16
TEDxYouth Event

NOTICE BOARD

Come swim with the F.I.S.H.
(no tank required!)
We will be meeting at 9:00 a.m. in the Common Room on November 15.

Shop & 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.

POPA Coffee/Work Day
Wednesday, Nov. 6
8:45 a.m.–noon

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