On the first day of school I watched a three-year old boy cutting strawberries. He carefully picked a single berry from a plastic quart container, laid it on a cutting board, trimmed the leafy top off the berry, put the red fruit in a big bowl and the green discard in a small bowl. He examined his work: just right. He picked up the next berry and cut. It did not meet his standards. There was too much berry still attached to the leafy top. He put the bottom half of the berry in the big bowl and then looked more closely at the top half. He pulled off a leaf, then another, putting them in the discard bowl. Finally, when he was satisfied, he put the pretty-well trimmed top half of the berry in the big bowl with the edible fruit.
The Goal
continued from page 1

In the end, he finished preparing a full quart of strawberries. He got up, walked over to the kitchen counter in his classroom and placed the bowl there, ready for his classmates to serve themselves a snack. He then put away the small bowl and the cutting board and the berry knife and wiped off the table. The whole task must have taken thirty minutes or more.

What is he learning? Certainly he’s learning something about strawberries. And food preparation. But more than the explicit information embedded in this exercise, he is developing the hand control necessary for writing, and the myriad other tasks requiring fine-motor control. As Jacob Bronowski once said, “The hand is the cutting edge of the mind.” And there’s more. He chose this work, and choice leads to empowerment, to self-knowledge, to intrinsic motivation at work.

Character development is the most important outcome of cutting strawberries. The first week of school causes many of us to reflect on larger questions regarding educational purposes and outcomes. Two recent essays illustrate the back story to a Post Oak three-year old cutting strawberries today and developing character for a lifetime.

“As I continue to delve deeper and deeper into the world of education and k-12 schools and how each needs to prepare our children for the 21st century, I find myself focusing on a single word with increasing frustration: learning.

“That might seem strange. Pretty much everything you hear and read about education these days assumes that ‘learning’ is the goal for our students. But it’s not.

“The real goal of education, and of school, is becoming—becoming a ‘good’ person and becoming a more capable person than when you started. Learning is nothing but a means of accomplishing that goal, and it is dangerous to confuse the ends with the means.”


Columnist David Brooks wrote the second essay, “Character Development Is a Mysterious Process.” Brooks identifies personal characteristics such as resilience, conscientiousness, and prudence that are qualities necessary to achieve future success. How do you develop these characteristics? Not by “hectoring lectures...or the superficial ‘character education’ programs implanted into some schools of late.” Instead, according to Brooks, you need to develop habits, you need opportunities to practice, you need exemplars—communities that support the development of those characteristics, and you need standards.

Look again at the boy cutting strawberries. At Post Oak we understand that the content of education is important. We also understand that our methodology aims to develop habits and to give opportunity every day to practice. We have created a community that explicitly supports the development of those characteristics and both faculty and students alike make our expectations explicit. As a middle school student once said, “At Post Oak we motivate each other to be self-motivated.”

Welcome to a new school year.

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Underlined phrases in this article are links to websites—access them in the online edition (link on the left side of the homepage).
FIELD DAY
FUN DAY!
THE POST OAK SCHOOL | 2014

Get into the festivities on Saturday, October 18 by wearing the official 2014 Field Day T-shirt! Order online by Wednesday, September 17 at www.postoakschool.org. Shirts are $15 and come in sizes YXS (2-4) through AXXL. You'll want one for each member of the family!

2014 FIELD DAY CHAIRS: STACEY MARTIN AND VALERIE SONISNO

Volunteers are needed!

Come hear about how you can help at the school and at events! The Volunteer Coffee will be held at the home of Post Oak Gala Co-Chair Whitney Walsh. Please call the front desk for directions.

Friday, Sept. 5 8:45–10:30 a.m.

JOIN US FOR THE ANNUAL
POST OAK PARENT ASSOCIATION

Welcome Dinner

TUESDAY • SEPTEMBER 9 • 6:30 P.M.
6100 MAIN • ENTRANCE 2
RICE UNIVERSITY COHEN HOUSE FACULTY CLUB

POPA DINNER CHAIRS: JENNIFER CHAVIS • ALISON WONG
POPA CHAIRS: PAULA MEY • SUZAN SAMUELS

Tickets are $65 each.
New parents, faculty, board, & room parents are invited to attend the Pre-Reception at 6:00 P.M.
RSVP to JESSICA.JACKSON@POSTOAKSCHOOL.ORG or reply online from our homepage.
Please use Entrance 2 off Main Street.
Attendants will be on hand to direct you to complimentary parking in the Lovett lot.

Business attire is suggested at this adults-only event.
The Post Oak Green Team wants YOU!

Post Oak’s Green Team has accomplished many efficient and helpful green projects on campus throughout the years. The Green Team also has a passion to share related information of interest to our community. Check out our page on the school website to learn more–click “Green Team” in the left navigation.

We invite you to join in this year! We have chosen a time that will accommodate as many faculty and staff as possible so that we may all have the opportunity to work towards the goal of greening The Post Oak School together!

Join us on the First Friday of every month from 12:30 to 1:30 p.m. in the Multipurpose Room starting in October.

Carpooling is Cool!

With the limited amount of parking at Post Oak, consider buddy ing up with a friend as you drive to the monthly POPA Coffee or to any of the other parent events at school. Remember…carpooling is good for your social life too!

Redirecting Children’s Behavior
The Gentle Art of Parenting

Tuesday evenings,
Sept. 30, October 7, 14, 21, 28,
November 4, from 6:30–9 p.m.

This six week, 15-hour course is designed to guide parents to use discipline as a process of teaching children self-control and responsibility. Redirecting Children’s Behavior is a positive, powerful, informative, and fun training course which will give you a complete system for handling every situation in which adults interact with children, from infancy to adolescence. You will see it working and bringing positive changes to your parenting and your family from the first class onward.

The course will be taught by Deborah Fry, Ph.D. She is a certified instructor for the International Network for Children and Families.

Deborah gives talks and seminars for parents, teachers and people involved with children and families, as well as teaches three-year-olds at Westminster Weekday School. With her enthusiastic speaking style and her sense of humor, Deborah helps make the art of parenting and working with children enjoyable. To register, call Deborah at 713-840-8663 or visit www.deborah-fry.com.

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

FREE Introduction Talk open to all
Thursday, September 18, at 6:30 p.m.

Shop & Support Post Oak

There’s an easy way to help raise money for our school — when you go shopping! Whether buying groceries at Randalls, back-to-school items at Target, or catching a great deal on MamaSource, your purchases can benefit Post Oak! Grandparents, alumni, and friends are all welcome to participate in the programs.

When you shop at Randalls, Post Oak will receive 1% of total purchases. Just link your Remarkable card to the school by visiting www.randalls.com ▶ Community Caring (link at the bottom of page under Company Info). From here select the Good Neighbor Program link on the right and complete the short Good Neighbor Charity Addition form at the bottom of the page. Be sure to include Post Oak’s charity number 2531.

Have a Target REDcard or Target Visa Card? Through their Take Charge of Education program, cardholders can designate Post Oak to receive 1% of all Card purchases made at a Target store or at target.com. Target also donates 5% of all Target Visa Credit Card purchases made outside of Target. To link Post Oak to your card, go to target.com/tcoe, enter the school’s ID (1510) or search by city and state, and click on the Select This School to enter your card information. You can also check the school’s progress any time.

For great deals on clothing, toys, magazines, courses, and much more, shop with MamaSource by Mamapedia (deals.mamapedia.com/). When making a purchase, select The Post Oak School and they will send 5% to us! Easy peasy! •

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.
Parenting the Love and Logic Way®

presented by
Phylis R. Tomlinson, LPC, LMFT, ATR-BC
Post Oak Counselor & Independent Facilitator of Parenting the Love and Logic Way® curriculum

A parenting program designed by Love and Logic®. This series of courses offers solutions for families of children from early childhood to beyond adolescence.

Previous participants are encouraged to return to share experiences and reinforce skills. Grandparents and other care givers are also welcome. All classes are open to the public.

LEARN SOLUTIONS FOR:
- How do I get them out of bed on time?
- How can I stop my children from bickering and fighting?
- How do I get my children to help with the chores without an argument?
- Is there a way to discipline my toddler in public without creating a scene?
- How can I get my teenage daughter to come home at the agreed upon time?
- How do I get him to stop spitting food or whining at dinner?
- And many other day-to-day parenting challenges...

This parenting program is designed to give you practical skills that can be used immediately!

Facilitators of the Parenting the Love and Logic Way® curriculum are independent and are not employees of the Love and Logic Institute.

FOR MORE INFORMATION CONTACT:
Phylis Tomlinson, Counselor
phylistomlinson@gmail.com
Tel. 713-661-6688 x176 or 713-668-6558.

Class size limited to 30 people for morning classes at Post Oak location. Call or email in advance to reserve a spot! (Parking available along Avenue B only.)

Class size limited to 30 people for evening classes at Post Oak location. Call or email in advance to reserve a spot! (Parking available along Avenue B only.)

Location: The Motherhood Center
Instructor: Sarah Moudry
Session 1: September 9–October 28 (8 weeks)
Mini Session 2: November 4–December 11 (5 weeks)

MORNING SERIES
Thurs., September 11, 18, 25, October 2, 9, 16 (6 weeks)
9:00–10:30 a.m.
$20 for entire 6-week series
Optional workbook $15
(Nota public service offered by Post Oak)

EVENING SERIES
Wed., September 10, 17, 24, October 1, 8, 15 (6 weeks)
6:30–8:00 p.m.
$240 per couple, $150 individual
Optional workbook $15

LOCATION
The Post Oak School
4600 Bissonnet St. at Ave. B
(Childcare not provided)

DAYTIME SERIES
AT ST. MARK'S CHURCH
Wed., September 17, 24, October 1, 8, 15, 22 (6 weeks)
12:00-1:30 p.m.
$90 for entire 6-week series
Optional workbook $15

LOCATION
St. Mark's Episcopal Church
Office Parlor
3816 Bellaire Blvd.
Houston, TX 77025
(Childcare not provided)

In this class, parents explore topics such as preparing their home for their baby’s optimized development, supporting their child’s natural development of independence, language, movement, weaning, toilet training, and much more. Through hands-on experience in a carefully prepared environment, parents learn how to maximize their child’s developmental energies, engagement with the environment, and concentration. This is truly an opportunity to offer Montessori from the start. (Class meets for 1.5 hours, twice per week)

INFANT & PARENT MONTESSORI CLASS A
For infants 8 weeks to crawling
Instructor: Sarah Moudry
Location: The Motherhood Center
Session 1: September 9–October 28 (8 weeks)
Mini Session 2: November 4–December 11 (5 weeks)

In this fun and eye opening class parents are introduced to the Montessori philosophy. Parents explore topics such as preparing their home for their baby’s optimized development, supporting their child’s natural development of independence, language, movement, weaning, toilet training, and much more. Through hands-on experience in a carefully prepared environment, parents learn how to maximize their child’s developmental energies, engagement with the environment, and concentration. This is truly an opportunity to offer Montessori from the start. (Class meets for 1.5 hours, twice per week)

INFANT & PARENT MONTESSORI CLASS B
For infants between crawling and walking
Instructor: Sarah Moudry
Location: The Motherhood Center
Session 10: September 19–October 29 (4 weeks)

In this class, parents continue to explore the Montessori philosophy and how it can be implemented at home and in everyday life. Topics include: choosing toys, supporting language and movement development, independence and socialization. Through hands-on experience in a carefully prepared environment, parents learn how to maximize their child’s developmental energies, engagement with the environment, and concentration. (Class meets for 15 hours, once per week)

INFANT & PARENT MONTESSORI CLASS C
For children at least 12 months and walking well (able to carry an object with two hands) to 24 months
Instructor: Sarah Moudry
Location: The Post Oak School - HDSYCC
Prerequisite: completion of Infant Parent Class B or Perspectve Parent Series
Session 1: September 15, 22, 29, October 6 (4 weeks)
Session 2: November 12, 19, December 3, 10 (4 weeks)

A child who is now confidently walking wants to explore his independence and capabilities. Inviting him to work alongside you in the kitchen is just the thing he needs. In this class we explore activities that you and your young child can do together in the kitchen. Each week, together with your child, you will prepare a snack that can be eaten at the end of class, and along the way you will learn how to introduce such skills as spreading, slicing, peeling and even baking. Come join us for a fun and fascinating experience as you learn the art of cooking with your toddler. (Class meets once per week for 45 minutes.)
Welcome New Teachers!

New Post Oak teachers received a warm welcome by parents and faculty at the New Teacher Reception which was held at the High School. We wish them well on their first year!

DADS’ CLUB POKER TOURNAMENT WINNER: DAVID McCONKEY

Congratulations to alum parent David McConkey, the most recent winner of the Post Oak Dads’ Club on-going Poker Tournament!

Sign up to join this great group of fun-loving Post Oak Supporting dads! Contact Michael Foerstch at michael@weneversleep.com.

THE POST OAK FUND TOGETHER WE CAN!

Post Oak’s environment, professional development, facilities, technology enhancements – all are supported by your gift to the annual fund. It takes everyone working together to maintain the level of excellence you expect from Post Oak.

Be one of the first to make your annual fund contribution! And thanks to those who have already donated!

Post Oak Fund month starts October 1. Donations for the 2014-15 school year can now be made online.

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Young Children’s Community/Primary Walk Through
1. High School students and faculty
2. The algebraic trinomial cube is a sensorial puzzle for Primary children.
3. The first lesson of the year: long division in Lower Elementary.
4. Two Primary students share a book in dappled light from the Butterfly Garden.
5. Identifying “las frutas en Español” in Upper Elementary.
6. Rising first-graders are already at home in the Lower Elementary classroom.
7. New students to the High School were greeted with a handmade “Guide to POHS” from the older students.
8. A Primary student grates cinnamon to explore its qualities.
9. Middle School students pause for a photo before boarding the bus to their retreat at Artesian Lakes.
10. YCC children relaxing in the outdoor environment.
11. A Primary student identifies the 50 United States.
CALENDAR

AUGUST 31–SEPTEMBER 6

Mon 9/1  Labor Day
   SCHOOL CLOSED

Tue 9/2  Middle School Parent
   Orientation
   7:00 p.m.

Wed 9/3  Elementary Parent
   Orientation
   7:00 p.m.

Bearkats Sign-up Day
Thu 9/4  Young Children’s
   Community Parent
   Orientation
   7:00 p.m.

Fri 9/5  Volunteer Coffee Event
   8:45–10:30 a.m. (off campus)

SEPTEMBER 7-13

Mon 9/8  Fall ASEP begins

Tue 9/9  POPA Welcome Dinner
   6:30 p.m. (off campus)

Wed 9/10  High School
   Transition Meeting (HS)
   4:00–5:00 p.m.

Parenting the
   Love & Logic Way
   6:30–8:00 p.m. (1 of 6)

Parenting the
   Love & Logic Way
   9:00–10:30 a.m. (1 of 6)

Thu 9/11  Primary Home Environment
   Parent Orientation
   6:15–7:00 p.m.

Primary Parent Orientation
   7:00 p.m.

Check out our calendar
   online at www.postoakschool.org

NOTICE BOARD

Conference Registration

The online parent/teacher conference scheduling is now open. Conference
days are October 10, 24 (YCC is in
session on the 24th), and November 7.
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.

Are You on

facebook?

So is the the Post Oak School! We’d
like to encourage all our families and
friends to head over and like us to stay
up to date on the latest POS news
and events. Our Facebook pages
(POS, High School, and Alumni)
are updated regularly and we need
your participation to keep our online
community vibrant.

www.facebook.com/PostOakSchool

You can also follow us on Twitter!
@postoakschool

Paperwork Drop-off
at Arrivals

If you have paperwork to drop off,
you can hand it to one of the people
assisting with arrivals and they will
put it in a basket that gets taken to
the front office every morning. No
need to park! There are drop-off
baskets in both the Primary and
Elementary arrival lines.

Check out our calendar
   online at www.postoakschool.org

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