We made it to the start of another school year! Parents: congratulations! You survived the summer. You persevered through summer camps, airport delays, 110 degree days at the zoo, abnormal sleep schedules, and Doc McStuffins marathons on Netflix. Faculty and staff: thank you. Thank you for coming back.

Just thank you. And sorry. Sorry about the Doc McStuffins. For those of you I haven’t had the pleasure of meeting, my Post Oak journey began in 1980, when I was a 5-year-old Lower Elementary student. I loved Post Oak so much that I stayed through Upper Elementary and now have two children at
the school – who is in Julie Paragaun’s Primary class are – who just moved up from Phoebe’s Infant class to Tamara Townsend’s Primary class.

When [redacted] was born, Blaine and I spent countless hours marveling at his natural curiosity about the world and his eagerness to explore it. We also spent countless hours reading parenting books and panicking over basically everything (gluten, corn syrup, screen time, standardized testing, bullies). How in the world would we protect and nurture his curiosity? Then it hit me – I went to Post Oak, and I obviously turned out great – so Blaine and I signed up for a tour of Post Oak.

The moment I stepped foot inside the door, I was transported back to my childhood; the lessons I learned at Post Oak still fresh in my mind.

I remembered tracing sandpaper letters with my fingers, creating stories with the moveable alphabet, and using symbols to learn parts of speech. I remember learning about ancient Greek and Roman civilizations. Yes, we read books, listened to lectures, and wrote reports, but we also visited museums, created scale models, prepared traditional foods, staged an archeological excavation, and created period costumes – and that was all before 9:00am. At Post Oak, there was always more to learn than what could be found in a textbook.

I spent that entire tour on memory lane – so much so that Vivian gave me a do-over – a second tour – one I could take as a prospective parent, not as a former student. Blaine also felt the good energy on that tour, but he was new to Montessori. “What about academics?” he asked. “What about the transition to traditional school? I mean, I like it, but how is polishing this wooden car going to get him into Harvard?” Fair question.

Academics, future success indicators, the SATs. That’s what parents want to know when they sign their children up for school, right? When they sign their 14 month old children up for school – how will they do on their SATs?

Nowhere is this more evident than during Post Oak’s annual alumni night. If you haven’t been to one of these events, I highly recommend it. You have the opportunity to meet Post Oak graduates and hear how their Montessori education is having an impact on their lives. I go every year and am blown away each time. I always laugh, because like last year, you’ll have a panel that includes doctors, lawyers, physicists, and I think maybe even an actual rocket scientist – and some parent or prospective parent raises his hand and says, “do you feel Post Oak prepared you academically for a traditional school environment” – and you’re like – I’m sorry, are you asking the particle physicists? Or the neurosurgeon? The M.D., the J.D., or the Ph.D?

It’s funny. I laugh, but I understand it. Parental anxiety is at an all-time high these days about even mundane things (has anyone else ever had an existential crisis over whether to offer juice to another person’s child? I fresh-pressed it myself! It’s organic, obviously! I left in the fiber! It only has 5 grams of sugar per serving! No? Forget I said anything. Don’t call CPS, please).

So, see? With such a microscope on even the small things, it’s completely understandable that people are hyper anxious about the big things, like education. Anxious enough to ask a particle physicist whether he did okay in school after he left Post Oak.

But, do you know what, parents of younger children? Our children are all going to learn how to read. They’re all going to learn to write and probably will speak Mandarin and Spanish as well. But what sets Post Oak parents apart is that they ask other questions as well. Will our children learn to be good people? Will they be self-reliant? Will they be empathetic? Will they look out for one another? Will they go back? Yes, they will. Because Post Oak is actively teaching them how.

Dinah is teaching the kids in PH1 how to identify their feelings. When [redacted] was three, he could tell me when he was ‘sad’ or ‘frustrated’. The Young Children’s Community and Primary teachers encourage very young children to be self-reliant and solve their own problems. This is great when we’re talking about taking your dishes to the sink or changing your clothes, but it really tests your commitment to self-reliance when we’re talking about watching your two year old use a cheese grater or cut her own vegetables with a knife. I mean, I can predict. Those things are special. But the things you can’t predict - the support, the security, the sense of belonging you will have. Those things are precious.

This summer, my 25 year old was diagnosed with infantile glaucoma. It’s a rare disease and we caught it late. And we were scared, because one of the possible outcomes – the worst case scenario – is blindness. I’m so happy to report that we found out just yesterday that she is going to be okay – that won’t be her path - but it took a surgery and two very long months post-op to find that out. When we told Post Oak about our diagnosis, this community put everything it had behind us. They propped us up and kept us going through some very scary days.

This summer, teachers, administrators, staff members, fellow parents all listened to us, cried with us, prayed for us, sent words of support and encouragement... offered whiskey... They made meals, provided transportation, read and interpreted medi-
AUCTION! ACTION!

The Gala Auction Committee needs your ideas, input, and donation items! Do you frequent a favorite restaurant, gift shop, or service center? Ask those businesses to support Post Oak with a donation to our silent auction! Forms are available at the front office or e-mail christinacantu@postoakschool.org.

Reserve a room at the Houstonian to make it a full night of dinner, dancing, silent and live auction, and celebrating Hollywood-style with old and new Post Oak friends! Post Oak’s Biennial Gala is one of two major fundraisers for the school. THIS is a gala year and we hope to see you THERE!

Dear Parents,

We trust you received your Gala Underwriting letters in the mail this week and are “Starstruck.” This fun-filled Post Oak Gala night with dinner, dancing and auction will be a sold-out event that you won’t want to miss. SO DON’T WAIT! Reserve your star on the walk of fame by becoming an Underwriter today. Talk to your friends and put together a table of 10 at the $3k, $5k, $10k or $25k Underwriting levels. If you want more of a solo act, Underwriting is available at the $500 or $1,000 which entitles you to 2 tickets and other star benefits. In addition, when you contribute $1,000 or more per couple you will be on the A-list for the Underwriting Cocktail Party on February 5. Oh, and please remember that Gala Underwriter names appear in the invitation, and the deadline for printing is December 12.

Without Underwriters like you, the show cannot go on, so we thank you in advance for your generous support of this biennial event and look forward to seeing you on the red carpet.

Gala Underwriting Chairs
Jessica Gregg & Farrell Saunders

GALA CHAIRS: LAURA CITARDI AND WHITNEY WALSH
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.

Coffee with the Elementary Director
September 24, 9:00 a.m.
Elementary Director Jeff Schneider will introduce the Specialists and lead a discussion on how these activities are integrated into your child(ren)’s experience at Post Oak. All parents welcome regardless of the age of your child(ren).

Coffee with the Middle School and High School Directors
October 8, 9:00 a.m.
Join Middle School Director Jami Sweeney and High School Director James Moudry for a lively discussion about adolescence. All parents welcome regardless of the age of your child(ren).

News From the Volunteer Coffee
Volunteers are the backbone of community-wide activities at Post Oak. At the September 5th Volunteer Signup Coffee, hosted by Gala Co-Chair Whitney Walsh, there were plenty of people ready to step into the role of official Post Oak Volunteer. This lovely event brought out over fifty moms and a dad (thanks, Jeff!) who reviewed all the different ways to help out around the school and at events. If you missed the coffee and would still like to sign up to volunteer, please check out the online signup on our home page left menu.

Parent Education Opportunities
281.822.8028
INFO@HMIUSA.ORG

We invite you to join us for our upcoming
INFORMATION GATHERING SESSION
OCTOBER 16
6:30 P.M.
We will be sharing details about the next AMI Primary Training Course which starts June 29, 2015.

4600 BISSONNET ST.
BELLAIRE, TX 77401
281.822.8028
INFO@HMIUSA.ORG
Spotlight on Alumni

Sean Eddington
Class of 2002

Post Oak alumni, Sean Eddington, has had rich educational experiences all over the world, yet still feels a strong connection to the time he spent learning at Post Oak. Sean graduated from Post Oak as an 8th grader in 2002. He started his high school career at Newport Beach after graduating from Post Oak. Sean and his family moved to Newport Beach after graduating from Post Oak as an 8th grader in 2002. Sean attended the University of California, Los Angeles (UCLA). Sean is currently working as an Account Executive at Salesforce.com, a company that has been ranked by Forbes as the most innovative company in the world 3 years in a row. He is passionate about innovative technology and is dedicated to business transformation.

The 2014–2015 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.

Post Oak Fund Chairs Carol & John Howenstine along with class captains will be reaching out to you soon!

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

Technology in the Middle School Community

In the Middle School Community, we take the Nexus everywhere, and use them almost all the time. This is for a reason, just like everything else we do. Being on the travel committee, I take it to my meetings every day, and add on to the shared document for the places to go for the DC trip. My friend casted his Google Slides on Communism/ Socialism, which provided me with a better understanding of his topic. We wouldn't have been able to do that without our Nexus tablets. Another example is in when Mr. Sweeney played music through the speakers on the projector, which was very cool. The Nexus has quickly become a major part of our community.

Since 2000, the world has changed. We have adapted to this new, more technological environment. We have taken this more technological approach to the Middle School Community for the better. Obviously, it has helped and will continue to help us in our learning experience at The Post Oak School.

Grandparents’ & Friends’ Days

If you would like your child’s grandparents or other relatives and friends to be invited to this year’s Grandparents’ Days (November 24 & 25), please visit www.postoakschool.org and submit their e-mail address via the link on the left menu of the home page. Please include anyone you think would like to observe and/or interact with your children in their Montessori environment. Invitations will be mailed in mid-October, and after that will be e-mailed.

POPA Coffee/ Work Day

Wednesday, October 1
8:45 a.m.–noon
The students conducted a critical analysis of the museum from an anthropological perspective. As part of the Humanities curriculum, Dr. Ott geared up the 10th and 11th grade students to the Museum of Natural History. Through this process, students recognize their strengths, limits, needs, and goals.

It is an honor to be a part of The Post Oak School. I look forward to working with all families in an effort to meet the unique and amazing goals of each individual student as they pursue greatness. College Counseling is a very collaborative process as we peel back layer by layer to find the perfect “beyond Post Oak” footing for each young man and woman.

A recent visit from Rice University admission officer (Ms. Smith is pictured far right, seated) introduced a wonderful time of exploration and self-discovery for young men and women.

As part of the Humanities curriculum, Dr. Lee brought students to the Museum of Natural Science for a special docent-led tour of primitive tools in order to better understand those societies. The students conducted a critical analysis of the museum from an anthropological perspective by observing how information is presented and displayed for visitors.

Utilizing thoughtful self-assessment, students choose paths for themselves, which meet their personal criteria and will provide a challenging academic and social environment in which they can flourish in their years beyond Post Oak School.

I am a resource for students and parents throughout the entire college preparation and search process. I will help students assess their goals realistically and thoughtfully as we determine their reach, target and safety colleges/universities. My goal is to help them take charge as they seek the school that is the right fit for them.

One tool that is used to help identify possible majors and correlating colleges/universities is the Myers-Briggs (MBTI), ‘Do What You Are’ personality test. Once students complete the test, we can sit down and look at the results in order to determine if the results are in fact a true picture of the student, allowing us to further research majors and universities. If the student agrees with the test accuracy, the results can help paint a wonderful picture for teachers and administrators as they work with students and differentiate instruction.

We value our students as unique individuals and believe in their ability to make wise, informed decisions as they take this critical next step in their educational journey. Since the students’ needs and aspirations are the focal point, it is our philosophy that strong communication between students, parents, and the college counselor lays at the heart of a meaningful and successful college admission process.

At Post Oak, we will introduce Naviance College Planning Family Connection in the coming weeks. The Naviance platform gives us a central location to set goals and priorities for individual students, create student resumes, track student progress, and measure student outcomes across the entire student population in order to improve college and career readiness. All students will begin using the Naviance Family Connection Platform in 9th grade.

I look forward to working with all students and families on an individual basis! If you would like to schedule a meeting, please feel free to e-mail or call me at any point Amanda.Smith@postoakschool.org or 281-216-7735.

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Q. What’s your favorite J-term or A-term project so far?
A. I like that the classes are small, so everyone is really close. I also like the open concept of the school’s campus.

Q. What’s your favorite TV show?
A. Once Upon A Time

Q. What’s your favorite food?
A. Tacos

Q. What’s your favorite thing about attending school?
A. I like that the classes are small, so everyone is really close. I also like the open concept of the school’s campus.

Q. Name someone who has had a strong impact in your life up until this point?
A. My friend Maria because she has known me for my whole life.
Upper Elementary and Middle School students signed up to be part of the team or to participate in Intramurals. Bearkats will participate in the following sports this year:

- **Fall:** cross-country, soccer
- **Winter:** basketball
- **Spring:** volleyball, track/fitness

Let’s Go Bearkats!

**Open House**

Tuesday, October 7 – 7 p.m.

Tuesday, November 11 – 7 p.m.

Thursday, December 4 – 7 p.m.

Tuesday, January 13 – 7 p.m.

Wednesday, February 11 – 7 p.m.

Tuesday, April 7 – 7 p.m.

Thursday, June 11 – 7 p.m.

“Post Oak High School is a GREAT school where we’re pushed out of our comfort zones (in a good way) and we get to experience lots of new things, while still being able to have fun and learn.” – Current Post Oak Student

**Bearkats and Intramurals Sign-up Day!**

In addition to our parenting book selection, the library has a collection of DVDs and CDs on Montessori, Love and Logic®, and other parenting topics available for check out. Come visit and see what the library has to offer our parents!

**Field Day Fun Day!**

Save the date for this family fun event, which will be held on Saturday, October 18 on the Post Oak back field.

2014 Field Day Chairs: Stacey Martin and Valerie Sonsino

Post Oak High School is a GREAT school where we’re pushed out of our comfort zones (in a good way) and we get to experience lots of new things, while still being able to have fun and learn.” – Current Post Oak Student
1. Middle School students playing “keep it up” with colored scarves in PF.
2. Using fine motor skills to turn the wing nuts on the flower press in Young Children’s Community (YCC).
3. A Lower Elementary student learns long division with the racks and tubes.
4. A new Primary student prepares to iron a napkin for his classroom.
5. Upper Elementary students summon their creativity to write an “I am…” poem.
7. Upper Elementary students carry on the tradition of walking younger students to class at morning arrivals.
8. A Primary child concentrates on matching the color tablets.
9. Finger knitting help is offered by a more experienced friend in Lower Elementary.
10. Middle School students are utilizing new technology with their Nexus tablets this year.
CALENDAR

SEPTEMBER 21–27

Mon 9/22  
*Fall Equinox*

Wed 9/24  
*All-School Photo*
*Rosh Hashanah begins at sundown*

SEPTEMBER 28–OCTOBER 4

Tue 9/30  
*Parenting the Love & Logic® Way Refresher for EL & Up*
*Redirecting Children’s Behavior ($ & reg. req.) 6:30–9:00 p.m.*

Wed 10/1  
*POPA Coffee/Work Day*
*8:45 a.m.–noon*

Thu 10/2  
*Transition from Lower to Upper Elementary*
*7:00–8:00 p.m.*

Fri 10/3  
*Post Oak Fund kicks off*
*Yom Kippur begins at sundown*

Sat 10/4  
*Eid-al-Adha begins at sundown*

NOTICE BOARD

All-School Photo
Wednesday, September 24

Please be sure your children are on-time to class to be included!

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

Bearkat Spirit Days

SPORT YOUR POST OAK GEAR
Every Friday!

CROSS COUNTRY

SEPTEMBER 26 • 5:30 PM
AT HOUSTON CHRISTIAN HIGH SCHOOL

OCTOBER 11 • 10:30 AM
ST. JOHN’S RAMBLE AT TC JESTER PARK

OCTOBER 14 • 4:00 PM
DOLPHIN DASH AT TC JESTER PARK

SOCCER (MORE TBA)

OCTOBER 1 • 4:15
FELD PARK VS ST. STEPHEN’S

OCTOBER 3 • TBA
AT ST. CATHERINE’S

OCTOBER 8 • 4:15
FELD PARK VS ST. STEPHEN’S

OCTOBER 22 • 4:15
FELD PARK VS ST. STEPHEN’S

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 (elisachromerdi@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)

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Check out our calendar online at www.postoakschool.org