High school parent Gregory Han volunteered to serve as an Annual Fund class captain this year, his family’s first at Post Oak. At the kick-off meeting for class captains, he connected the values lived out in the classrooms, the foundational culture of the school that the children experience, to our efforts with the annual fund. “Have you ever spoken about the culture of giving at Post Oak?” he asked me.

His question is key. After all, our work with your children is not a business transaction; it is an expression of the soul, a generous contribution by our faculty to the life of each individual child and to human culture writ large. Every year we ask you to support that work with volunteer time and financial contributions above and beyond the tuition dollars which cover the basic operations of the school, and every year you respond generously. This year, in addition to our annual appeal, we will be asking you to support growth of the school’s
Middle School students assist with Primary noon dismissal each day and connect with the children on a personal level.

Where does Post Oak’s culture of giving originate?

It begins with simple acts. A two-year old helps a classmate put on her shoe. A four-year old cuts straw berries for his class’s snack table. Upper Elementary students learn to give help and receive help—wherever it is needed, whenever it is needed. Giving help builds self-confidence and compassion. Receiving help builds gratitude and humility. Together these actions build an awareness of mutual support and interdependence.

At lunch today I read an article in Independent School magazine, “A Flourishing Future,” and came across this note: “Nearly half of the medical schools in the country now offer a course called ‘The Healer’s Art,’ developed by Dr. Rachel Naomi Remen. It teaches medical students about service and compassion and thus, focuses future doctors on finding meaning in their work.” By encouraging young doctors to see their work from the perspective of the patients they are helping, and as a contribution to society, they begin to feel they belong to something larger than themselves and that adds meaning to their lives.

Giving and receiving help, learning about service and compassion, are essential elements of a Post Oak education from day one. It is a part of the school’s culture. Even though we do not teach The Healer’s Art, the Post Oak experience leads students to find meaning in their lives by emphasizing our inter-connectedness, and our opportunity to serve others individually, the immediate community, or our evolving human culture.

Giving and service are a part of Post Oak’s school culture, and are valued by the adults as well. This takes many forms. Last year to celebrate the school’s 50th anniversary we challenged families to complete 50 community service activities, a number that parents and children easily exceeded. Closer to home, look at the complex tapestry of volunteer opportunities for parents at the school: taking a shift at Field Day; driving on outings; being chaperones on camp outs; assisting in the library; chairing a committee for one of our events, or chairing the event itself; serving on the board of trustees. No one has ever accounted for all the volunteer hours expended in a single year to enrich the life of The Post Oak School, but it must be a gazillion.

You give generously of time and talent. We also ask you to give financial support and Post Oak families have been consistently generous. Every year the Annual Fund exceeds its financial goal and every year we exceed 95% participation. Every other year the Gala is a great party and a fund raising success.

And this year we will be approaching many of you to help us bring to a successful conclusion the Big Work capital campaign, raising funds to support additions and improvements to the school facilities and programs. We know that campaign will be successful as well because this is Post Oak.

When Bill Gates addressed his alma mater, he quoted the parable of the faithful servant in saying, “From those to whom much is given, much is expected.” No, none of us is Bill Gates. But to all of us who work here at the school, and to all of us who are parents at the school, and much is expected. We expect much of ourselves and we expect much of each other. Each of us gives what we can. We give time and talent and treasure. It is our contribution to the individual child, to the school community and to the culture. That giving adds meaning to our lives. And it helps to define Post Oak.

A Post Oak Parent’s Gratitude

“I just got my e-newsletter and tore through it. I wasn’t able to attend the POPA dinner since I had a work retreat, but I so enjoyed reading Alison Wong’s remarks. The part that resonated with me the most was the comments on self-reliance. This morning I got to witness a little self-reliance in action in an unexpected way. I had one of those proud — “oh my god! it’s actually sinking in” moments, when after getting the kids breakfast and heading upstairs to finish getting ready for work, I returned to the kitchen and found Julian with his stationary spread out on the counter, writing the thank you notes for his birthday presents. His party was last weekend. Other than writing down which present came from which guest as he opened them, and leaving that list out amongst other papers that night, we hadn’t said a word about it in the 5 days since. I wonder what made him decide that today was the day? It was magical watching him taking such care with each note — tailored specifically for each friend and each gift. Expressive writing (a lost art to be sure — especially in letter form), and gratitude are life skills that are encouraged at Post Oak. We feel very lucky to be a part of a community that values and enables such practice each day.”

~written by Jennifer Zambado

National Merit Scholarship Semi-Finalists

We are pleased to announce these former Post Oak students who were recently named National Merit Scholarship Semi-Finalists:

Benjamin Brenner
Daniel Brenner
Emily Paul
Mary Harvey
Megan Routbort
Stephen Spears

Benjamin, Daniel, Emily and Megan finished 8th grade at Post Oak; Mary finished 6th and Stephen finished Primary.

We wish them the best of luck in the future!
THE 2014–2015 POST OAK FUND
TOGETHER WE CAN!

ANNUAL FUND AT WORK IN 2013-14
Annual fund gifts helped the school in a variety of ways last year including:

1. Post Oak was able to send 16(!) teachers and administrators to the AMI Congress in Portland Oregon. The Congress is an important Professional Development opportunity that is held in different countries once every four years. This was the first time it has been held in the US in 20 years.
2. Additional professional development funds were directed toward our internship program. Eight Post Oak employees participated in Montessori training courses at different levels last year.
3. Continued work on Primary garden renovations.
4. A new sprinkler system was installed and cold water pipes replaced in the Primary east pod.
5. The Primary east pod had all ceiling tiles replaced to refresh and renew the building.
6. New doors and deadbolts were installed for emergency drills.
7. Full Middle School remodeling of furniture and room layout.
8. Nexus tablets, new laptops, new technology information management system (Haiku) were all implemented in Middle School.
9. Increased financial aid across the board.
10. The board continues its commitment to make annual contributions to the endowment from annual fund dollars.

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2014-15 PARTICIPATION TO DATE

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Our sincere thanks to Post Oak Fund Chairs Carol & John Howenstine and Class Captains for their efforts.

Class Captains:

- **BAHAM** . . . . . . . Jackie Phillpott
- **BROOKS** . . . . . . . Lisa Heyden and Steve Douglas
- **DALLEY** . . . . . . . Todd Parsapour
- **HANSEN** . . . . . . . Gina Fertitta
- **KLUK** . . . . . . . Julie Styles
- **MIDDLE SCHOOL** . . . . . . . Mario and Janet Kapusta
- **MOUADT** . . . . . . . Samantha Wykoff
- **NICKERSON** . . . . . . . Stephan Kinsella
- **PARRAGUIRE** . . . . . . . Mayuri Patel
- **PIERO** . . . . . . . Abbe Forman
- **PINOT** . . . . . . . Suzan Samuels
- **SMITH** . . . . . . . Shelley Quillin
- **SOOD** . . . . . . . Kim Yates
- **TAJ MAHMOOD** . . . . . . . Diana Ayala
- **TOWNSEND** . . . . . . . Carmen Dikmen
- **WINTON** . . . . . . . Evelyn Su-McCain
- **YERGER** . . . . . . . Catherine Than
- **9TH GRADE** . . . . . . . Holly and Greg Han
- **10TH GRADE** . . . . . . . Stan Watowich
- **11TH GRADE** . . . . . . . Regina Mellinger
- **BOARD** . . . . . . . John Long
- **FACULTY/STAFF** . . . . . . . Steve Douglas

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.

We offer thanks to Creative Branch for their very generous in-kind donation of decorations for our upcoming spring Gala. The use of their decoration items free of charge will mean that more money raised will go directly toward school support rather than gala expenses. We hope you will consider supporting this company as they have supported Post Oak. Creative Branch offers home holiday decorating services, and if that is something you are interested in, please contact them and mention Post Oak School.

**Creative Branch**
Blaine Stacey, owner
713-861-5551

SATURDAY, MARCH 7, 2015
THE HOUSTONIAN HOTEL
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!
FIELD DAY
FUN DAY!

THE POST OAK SCHOOL | 2014

Join us for this FREE family fun weekend event!

All costs for Field Day 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: 11:00 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 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!

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 Young Children’s Community, Primary, and the older children (Elementary – High School).

THIS Saturday, October 18
on the Post Oak back field!

FOOD TRUCKS! It wouldn’t be a true Field Day without a picnic on the playground. Bare Bowls and Koagie Hots food trucks will be on the scene!

SNOWBALL TRUCK! Like no other snowball you’ve ever had! Yeti Sunshine’s delicious snowballs are made of super soft, finely shaved ice with unique, handmade syrups - crafted from real fruits and herbs.

BUNGEE TRAMPOLINE! Defy gravity with the amazing Bungee Trampoline! Strapped into the bungee harness, you’ll be jumping higher than ever before. Start with getting serious air, and then try your hand at some flips, twists and turns to add to the excitement. An adventure all its own!

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

VELCRO WALL! Get your best bounce and see how high you can stick yourself to the wall!

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.

FOOD TRUCKS!

Deidre Brooks: Bugs and Butterflies
Sarah Monroy: City Child
Phoebe Yeager: Family Game Night
Tamara Rasham: Family Night
Danielle Dalsey: World Explorer
Emily Hansen: A Day at the Zoo
Julie Parraguirre: Famous Artists
Tamara Townsend: Let’s Build a Fun Future
Miriam Winston: Legos

VELCRO WALL!

Orly Kluk: Get Me Out of the House
Beth Smith: Lego Mania
Sumeet Sond: Decor Time
Anita Taj: Jerky Kitchen
Debbie Nickerson: Gift Cards
Errol Pinto: Gift Cards
Maya Pinto: Soft and Plushy
Middle School: Three branches of government
High School: Gift Cards
Dear Post Oak Parents,

After months of careful planning, “the results are in!” Please plan to attend one of two meetings to hear the result of the Facilities Planning Committee’s summer work to determine the best path forward for the school.

Both meetings are in the Bissonnet gym. Childcare is provided for Primary and Elementary on October 22.

We look forward to sharing this next chapter in Post Oak School history with the community – See you there!

**WEDNESDAY, OCTOBER 22**
7:00-8:00 P.M.
-OR-
**THURSDAY, OCTOBER 23**
9:00-10:00 A.M.

**Día de los Muertos**

Día de los Muertos (Day of the Dead) is an important festivity in most Latin American countries. Rather than being a sad occasion, Día de los Muertos is a happy one because it celebrates life and pays respect to our ancestors and loved ones.

For the festivity, ofrendas (prepared tables) are placed in public places (community offerings), homes, and cemeteries. The ofrendas are decorated with marigolds and other flowers, sugar skulls, food, folk art, candles, copal, and items that were special to our loved one.

The celebration is particularly delightful for children because of the strong sense of love and family appreciation expressed through the creation of arts & crafts, toys and treats. We invite all students to bring a photo, memento, story, or even a favorite food of their loved ones to participate in Post Oak’s 20th annual Día de los Muertos presentations on October 30th and October 31st, 2014.

Join Us to Learn More

NEW APPOINTMENT

Linda King has joined us as our new Admission Assistant/Registrar. Linda has extensive experience as a school registrar on both the college level (Caltech) and at the Cordon Bleu Culinary School in Pasadena, California. Ms. King, new to Montessori, is eager to learn all about the work we do here and happy to be part of our vibrant community.

My BackPack

A reminder to parents to please keep your contact information up to date in My BackPack. If you have any questions, please contact the Technology Office at 281-822-8063 or technology@postoakschool.org.

**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.

**DIRECTIONS**

(for both days)

The Post Oak School
Bissonnet & Avenue B
Bellaire, TX

**PROGRAM**

9:00 – 9:15 a.m. Arrival/Breakfast
9:15 – 9:45 a.m. Welcome - John Long, Head of School
9:45 – 10:45 a.m. Guided tours: Head of School
10:45 – 11:00 a.m. Luncheon: President’s House
11:00 – 11:30 a.m. Guided tours: President’s House
11:30 – 12:00 p.m. Luncheon: President’s House

**RSVP**

or

**Call 281-822-8063 or technology@postoakschool.org.**
News from the National Association for College Admission Counseling Conference

By Amanda Phelps Smith, College Counselor

The 70th National Association for College Admission Counseling Conference was a great success. Mr. Moudry and Mrs. Smith attended the conference in Indianapolis with thousands of other High School College Counselors, College Admission Representatives and Independent Educational Consultants from around the world. Each day was a new opportunity to share all of the incredible things that our High School students are in a terrific position as they plan to compete with college bound students from around the world.

DO YOU KNOW?

• “Demonstrated Interest” and “touchpoints” play a vital role in College Admission decisions as they look holistically at students.

• Depending on the university, applying to different “colleges” within a university may improve your chances of getting in, yet will still allow you to take some of the same exact classes.

• Admission representatives want you to put down the thesaurus then writing a college essay. The 17 and 18 year old voice matters. They can tell when they are reading a 45 year old voice! Here are some great essay writing tips: http://www.slideshare.net/getmetrocollege

• Typically (but not always), admission and yield rates are higher when applying Early Action.

• Handwritten Thank You notes matter!

• E-mails sent to admission representatives can have just as much of an impact as a college application essay! Take every communication sent seriously.

• The following table ranks the major scholarship databases according to recall, and also reports the precision of each database.

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In 2012-13, full-time undergraduates at public, four-year schools received an average of $5,750 in gift aid from all sources; full-time undergraduates at private, nonprofit schools received an average of $15,680. These are merit-based scholarships awarded annually for all four years of college.

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INDIVIDUAL STUDENT PICTURES

NEXT WEEK!

Monday, Oct. 20
Middle School
Tamara Townsend
Tamara Basham
Miriam Winton
Ody Kluk

Tuesday, Oct. 21
Errol Pinto
Sarah Moudry
Julie Parraguirre
Daniell Dalsey
High School

Wednesday, Oct. 22
Maya Pinto
Deidre Brooks
Emily Hansen
Simran Sood

Thursday, Oct. 23
Debbie Nickerson
Phoebe Yeager
Beth Smith
Anita Taj
Make-ups

---

Fall Planting Tips from Post Oak’s Green Team

Calling all gardeners experienced and new! Time for fall planting season. Where we live has the wonderful benefit of two growing seasons. If you already have a garden, be sure to clear out any old plants and mulch them if no bugs or disease are present. Also, make notes on how your plant varieties performed so you can review for planting next year. New gardeners take a look around the yard and pick a spot with good sun exposure. Sun is important with the shorter days over the winter months. Gardens can be any size. Pots and raised beds are a quick way to get started. Try to stay organic with your soils and plants. After all, healthy food is your key goal next to the joy and reward of growing your own food. Buchanan’s and SW Fertilizer are a couple of good places to visit for plants, soils and advice. Pay attention to the freeze warnings over the winter months. Last winter had plenty of freezing nights, so be ready to cover your plants.

To see specific vegetable varieties that are good for Harris County go to http://harris.agrilife.org/files/2011/05/vegvariety.pdf

The following is a list of plants that tend to do well for fall planting:

- Broccoli
- Beets
- Beans
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Cilantro
- Collards
- Cucumber
- Kale
- Leek
- Lettuce
- Mustard Greens
- Parsnip
- Parsley
- Peas
- Radish
- Spinach
- Squash
- Swiss Chard
- Tomatoes
- Turnips

---

THE POST OAK MIDDLE SCHOOL EXPERIENCE

Come meet our POMS faculty and tour our dynamic learning environment. Parents will hear the voices of current middle school students and teachers. A panel of students will present “A Day in the Life of a POMS student.” We will also highlight the special features of our program including trips, community service, technology, clubs, occupations, specials, and academics.

Tuesday, October 21
7:00 P.M.

---

Gala Project Fun!

Primary Teacher Emily Hansen organized a magical Saturday morning garden and art party. The weather was perfect, there was a great turnout of parents and kids. Patrick Renner, a well known Houston artist (who was just featured on the cover of the Houston Press) was there leading the Gala project for Emily’s class. I overheard many times from parents “this is why we love Post Oak” and I know that we were all grateful to Emily for giving us all such joy. The kids were, in turns, absorbed by the painting, the planting, and the fun of being allowed to play on the elementary playground!

~ Post Oak parent Jennifer Wheeler
1. Lower Elementary classmates discover the classic "Where the Sidewalk Ends."
2. A Primary student pours the juice he has freshly squeezed for his classmates.
3. Upper Elementary students clean up after conducting a science experiment.
4. Map work in the Lower Elementary classroom is one of many activities that help students understand their place in the world.
5. Middle School students concentrate on getting their shoe designs just right in art class.
6. Lower Elementary students create paper flowers for the upcoming Dia de los Muertos presentations.
7. A child in the Young Children’s Community gathers the tools he needs to sweep the floor.
8. A Lower Elementary student works on a math problem using the bead frame.
9. Upper Elementary students do their History work side by side with pen and paper.
10. Juniors at the High School complete their History work as a group with their tablets.
11. A six-year-old works with the cubing material, a foundation for future math work.
# Calendar

**OCTOBER 19–25**

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<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Mon-Thu</td>
<td>Individual School Pictures</td>
</tr>
<tr>
<td>Tue</td>
<td>The Post Oak Middle School Experience</td>
</tr>
<tr>
<td></td>
<td>7:00 p.m. (all parents welcome)</td>
</tr>
<tr>
<td>Wed</td>
<td>Big Work Meeting</td>
</tr>
<tr>
<td></td>
<td>7:00 p.m. (in the gym)</td>
</tr>
<tr>
<td></td>
<td>Diwali begins at sundown</td>
</tr>
<tr>
<td>Thu</td>
<td>Big Work Meeting</td>
</tr>
<tr>
<td></td>
<td>9:00 a.m. (in the gym)</td>
</tr>
<tr>
<td>Fri</td>
<td>Conference Day</td>
</tr>
<tr>
<td></td>
<td>Classes not in session; only students with expanded contracts attend</td>
</tr>
<tr>
<td></td>
<td>YCC is in session.</td>
</tr>
</tbody>
</table>

**OCTOBER 26–NOVEMBER 1**

| Mon-Fri | Middle School Washington D.C. Trip                                   |
| Wed     | Post Oak Moms’ Gala Event at Tootsie’s                               |
|         | 5:30-7:00 p.m.                                                       |
| Wed-Fri | Vision and hearing screening                                        |
| Fri     | Halloween                                                            |
| Sat     | Dia de los Muertos                                                  |
|        | Check out our calendar online at [www.postoakschool.org](http://www.postoakschool.org) |

# Notice Board

## Beakart Spirit Days

**SPORT YOUR POST OAK GEAR**

**Every Friday!**

**LAST SOCCER GAME ON WEDNESDAY!**

**OCTOBER 22 • 4:15**

**FELD PARK VS ST. STEPHEN’S**

**MIDDLE SCHOOL MICROECONOMY**

**WILL BE SELLING WATER**

**AT THE UPCOMING SOCCER GAMES AT FELD PARK. COME THIRSTY!**

## 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.

## 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).

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