In a surprising switch, the offspring of the affluent today are more distressed than other youth. They show disturbingly high rates of substance use, depression, anxiety, eating disorders, cheating, and stealing. It gives a whole new meaning to having it all.

That’s the lead-in to a recent story by Dr. Suniya Luthar in Psychology Today, “The problem with rich kids.” For the long-term health and happiness of your children, I strongly recommend you take fifteen minutes to read this story.

“These are young people from communities dominated by white-collar, well-educated parents. They attend schools distinguished by rich academic curricula, high standardized test scores, and diverse extracurricular opportunities. The parents’ annual income, at $150,000 and more, is well over twice the national average. And yet they show serious levels of

continued on page 2
maladjustment as teens, displaying problems that tend to get worse as they approach college.

What is the cause of external acting-out (substance abuse, eating disorders, cheating and stealing) and internal psychic maladies (depression and anxiety) among the adolescent sons and daughters of affluent communities? "The evidence all points to one cause underlying the different disturbances documented: pressure for high octane achievement."

Where does that pressure come from? From us parents, and from our schools, from teachers, coaches and peers. And as might be expected, there is gender differentiation as well. Girls and boys experience gender-specific challenges, and to some extent, the symptoms presented are gender-related. Too. Girls, it seems, are more at risk, though boys are not immune. To make matters worse, "the intense push for superachievement deprives affluent adolescents of one of the critical safety valves of life—the deep social connectedness of friendship. The very path they take for success inhibits the development of intimacy. The durability, sustainability, and strength of relationships are constantly threatened by competition for highly sought after goals. One's gain is the other's loss."

Is Post Oak immune to such problems? Hardly. We are the kind of community Dr. Luthar describes in this article: wealthy families and highly accomplished parents, with high expectations for our children. However, it is true that Montessori educational principles avoid pitting students against one another in zero-sum competition, and we explicitly value the accomplishments of the individual student within the social context of community. What does that mean?

When Dr. Kevin Rathunde compared the experience of adolescents in Montessori schools and conventional schools, he found that Montessori students were more positive about school, more interested in their academic work, and displayed higher levels of intrinsic motivation. Socially, they felt a stronger relationship with both teachers and peers than did their counterparts in conventional schools. And they were much more likely to report feelings of being "friends," whereas students in conventional schools reported they were with "classmates/peers"—a telling distinction about how the students really feel about the people they are with. (Read the full research report here.)

Dr. Luthar describes friendship as one of life's critical safety valves. Dr. Rathunde observed a qualitative difference in the social experience of adolescent students in Montessori schools vs conventional schools—a difference that is counter-intuitive to parents who sometimes assume that larger schools will provide a better social experience.

The Montessori classroom structure and educational principles ameliorate the risks described by Dr. Luthar. However, Post Oak students and their families are immersed in our culture. And faculty and division directors too often hear from parents who are relentlessly focused on academic achievement.

Dr. Luthar asks, "What can we do?" "Parents can, and must, play a central role in mitigating pressures on children. They are, after all, the immediate buffers of the culture, with great power to help children remain grounded in a value system that emphasizes decency and kindness as much as getting ahead. The importance of this task is paralleled by its difficulty. It takes an enormous amount of strength to be a lone parental voice amidst a community crescendo of "Do More!""

Parents, can, and must, play a central role in mitigating pressures on children. They are, after all, the immediate buffers of the culture, with great power to help children remain grounded in a value system that emphasizes decency and kindness as much as getting ahead. The importance of this task is paralleled by its difficulty. It takes an enormous amount of strength to be a lone parental voice amidst a community crescendo of "Do More!"

Dear Starstruck Volunteers,

The reviews are in and Starstruck was a Blockbuster hit! We credit you, the Post Oak volunteer cast, for your creative energy and enthusiasm in the months and days leading up to the Post Oak School Gala. We would like to “give a standing ovation” to our committee chairs and the faculty/ staff for their leading role in this Post Oak Production.

It was a pleasure to walk the red carpet with you and to shine the spotlight on our star-studded school community and award winning school.

We are Starstruck!!

Laura and Whitney
A Night to Remember!

by Christina Kopanidis-Cantu,
Development Director

Glamour, gowns, and gorgeous works of art took center stage on Saturday, March 7 at the 2015 Post Oak Biennial Gala – Starstruck: A Night at The Oscars. Best Event: Award and heartfelt thanks (!) go to Gala Co-Chairs Laura Citardi and Whitney Walsh who produced a Post Oak event unlike any other—a true blockbuster by all measures, raising over $560,000! More than 450 people attended the event, a significant increase from previous years. Underwriting Co-Chairs Jessica Gregg and Farrell Saunders deserve a huge round of applause for setting the stage by bringing in record numbers of early gala table commitments and individual underwriting.

Special thanks to hard working Auction Co-Chairs Jenny Mohr and Stelli Parsapour along with their fabulous committee who worked for a full year reaching out to individuals and businesses near and far to collect over 270 unique and wide-ranging auction offerings. It is a HUGE job and they were tops at it! Artfully arranging all of those items took the remarkable talents of Auction Display Chairs Amy Kitchiner and Jamie Lee. This was the first year Post Oak ever used an electronic bidding system for the auction. Overall it seems that electronic bidding is the way to go, and we learned a lot this year. Auction Data Chair Kelly Hill did detailed work reviewing all auction information in preparation for the the big day.

The 19 works of original art by the students of Post Oak were presented at the live auction. Thanks to Gala Class Project Co-Chairs Jane Greenberg and Kim Yates who worked with teachers, students, and parent volunteers to brainstorm ideas, help with projects in any way needed, and keep the schedule on track. Images of the class projects remain on view in the school’s front lobby. And who could forget the art gallery display of all the live auction projects thanks to the artistic installation talents of Post Oak parent, Aaron Parazette.

Emerging from the art gallery, guests stepped into the grand glitz and glamour of Hollywood complete with eight foot Oscar statues thanks to the creative talents of Decorations chair Artana Smetana. Additional display and decorations that was supplied by Julie Styles working her Mystery Box decorating magic and Jennifer Chavis, Felicia Stone, and Britney Tribble who collaborated for months on creating the most amazing wine pull and then artfully displayed the bottles so that it was an instant hit and sellout!

Working throughout the year on a variety of projects that needed many hands was the ever-ready-and-willing Done In a Day Committee, chaired by the energetic and wonderful Valerie Sonsino.

And did I mention fun? Jenny Marshall and Erin Stas, (better known as Audrey and Marilyn) were on a mission to bring comedy and action to this big picture event as co-chairs of the Fun Committee. Working with many of our student stars, they created a delightful video montage of movie-line memories that you can view on the school’s YouTube channel (go to our homepage and select the Starstruck option on the left). And did you catch the fabulous Footloose flash mob complete with a dad’s soft-shoe snippet which really got the crowd going!

There are so many people to thank because it takes many individuals working together to accomplish an event like Starstruck. To every single person who had a hand in it, thank you. And to everyone who supported the event through underwriting, auction purchases, and generous donations, you have our thanks and sincere appreciation for your support of Post Oak. The school benefits greatly in many different ways from this biennial event and we are grateful to all who participated.

Going once, going twice... Below are some of the final items—get them while they last! Go to: www.501Auctions.com/Starstruck

Two $50 gift certificates for Let Us Play! Childcare.....$50.00
A $50 gift certificate to Strictly Golf.....$50.00
Two dozen cupcakes & cake pops by Marcela Martinez.....$40.00
Spanish Cooking Class with Ms. De Leon and Ms. Samano.....$50.00
Tuition for 21 days of summer camp at Camp Olympia.....$1,800
Eight Speed and Agility Training sessions for children 12 and older at Breakaway Speed Sports.....$150.00
Baby items from Itsy Bitsy Boutique.....$100.00
Behind-the-Scenes Radio Experience at Houston Matters Talk Studio.....$150.00
Private Tour and Cocktail Reception at Inman Gallery.....$40.00
Spend a Morning with a Heart Doctor, Dr. Wayne Franklin, at Texas Children’s Hospital.....$200.00
Exotic Car Experience.....$100.00
A Day in the Life of an Architect.....$200.00
Parents’ Night Out (Ages 6-8).....$50.00
Parents’ Night Out (Ages 9-12).....$50.00
Butterfly Adventure at HMNS.....$50.00
A Four-Course Dining Experience
High School Students Only .....$50.00

Auction Items and Sign-Ups Remain!

www.501Auctions.com/Starstruck

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A Four-Course Dining Experience
High School Students Only .....$50.00
History studies through game simulations

This course assesses the value of historically-themed games for learning about real historical processes. Students alternate between playing a game and documenting the events in the history of the empire or town the player is developing in the game. Students read from the works of influential historians that connect with the games and relevant time periods. After gameplay, students write their ‘history’ of the game. Students also conduct historical research to find out whether the historical patterns they observe in the games appear realistic in the light of the actual historical record. 

The class culminates with presentations of results and assessments of the value of popular games in modeling real historical events.

High School A-Term

by James Moudry, High School Director

PALEONTOLOGY FIELDWORK ON THE CRADDOCK RANCH

The Paleontology Fieldwork in the Red Beds of Texas gives students a good overview of paleontology in Permian Period. Students participate in an actual excavation for fossils from this period, learning both proper fieldwork skills and fossil preparation. This course has three parts: a reading and lecture period before we leave for Seymour, Texas; the fieldwork in the Red Beds; and fossil preparation at the Houston Museum of Natural Science. Assessments are on understanding the reading material, skills in the field, and in the prep lab. Assessments will be a combination of observation, self-assessment, and quizzes on the readings and lectures.

PRODUCT DESIGN

In this course, students design and create their own product with associated packaging and marketing material. Students design their own product prototypes, sketch plans, conduct material studies, generate templates in 2-D CAD, and fabricate their work using a laser cutter. Finally, they assemble and present their work. Product Design will be led by Mike Bernadino, a local working artist who specializes in producing usable art that incorporates technology, guest lecturer at Rice University, and who currently teaches the Hang! program at MFAH.

CREATIVE WRITING

The Creative Writing A Term provides students the opportunity to step into the role of writer through developing the composition skills necessary for fiction-writing, in particular the genre of short story. These skills include use of character development, scene, setting, plot structure, point of view, imagery, and detail. As their writing skills develop through practice and revision, they will workshop their original pieces with each other and with graduate students in the Creative Writing MFA program at the University of Houston. Students engage in reading about the writing process, writing exercises focused upon specific skills, and will each write one original short story. The course will culminate with a reading of this original work and a presentation of a student-created chapbook.

CIVIC ENGAGEMENT IN CENTRAL AMERICA

This course develops around a week of fieldwork in Managua, Nicaragua. The service work is based at the Center for Development in Central America, located in Managua, Jubilee House Community, the umbrella organization for CDCs is involved in many community-identified development projects. Students in this course are involved in a variety of hands-on activities alongside community members. These include building projects, volunteering in the health clinic, or helping in the spinning cooperative. Students also learn directly from community members in Managua about the history of the area and current development projects.

continued on next page
THE 2014–2015 POST OAK FUND CONTINUES!

CONGRATULATIONS TO THE CLASSES THAT HAVE REACHED 100% PARENT PARTICIPATION:

DANIELLE DALSEY
ORLY KLUK
DEBBIE NICKERSON
ERROL PINTO
MIDDLE SCHOOL

This annual effort continues until we reach full participation. Parent participation is currently at 83%, and we have raised $270,000 of our $300,000 goal.

Pledges can be made by emailing christinacantu@postoakschool.org, or go to our website to donate with a credit card. Pledges are due by May 31.

Questions?
Please call Christina Cantu at 281-822-8024

THANK YOU TO EVERYONE WHO HAS PARTICIPATED!

ODYSSEY OF THE MIND

by Post Oak Parent Anita Ying

Six lower elementary students represented Post Oak in our first Odyssey of the Mind tournament on Saturday, March 7. Led by parent/coach Michelle Lu, first graders Raka Agrawal, Maddie Garrou, Lola Ridgway, Cooper Ying, and second grader Katherine Stephens performed their original play, “Wacky Weather.”

Odyssey of the Mind is an international program for students from kindergarten to college that taps into the creativity of the students to work as a team to solve a problem. Every year, five problems are revealed and teams have a few months to develop a solution that they present in eight minutes. The goal is to work as a team and solve problems imaginatively, while at the same time adhering to guidelines that limit supplies used and parent involvement. In addition to a prepared problem, older teams are also given spontaneous problems that they must solve as a team on the spot.

Since our team was in the younger division, they only had a prepared problem and were tasked to create and present a humorous performance where a meteorologist makes three predictions of “wacky weather.” The kids chose raining cupcakes and candy in New York, a snowstorm in San Francisco, and a tornado in Paris. The kids were encouraged to speak in rhymes, use a team-created forecasting device, and design a backdrop to serve as a weather map.

As parents watching in the audience, we were proud to see their “wacky” performance with their self-made props. But our greatest pride came as we watched how they handled the Q&A session by the judges afterward. All the kids were excited to share what part of the props or script they contributed and give credit to their teammates for ideas that were used. Feedback from the judges included, “100% kid made!” “Great team work.” “Very original.” “I loved the way you thanked your coach and parents at the end of your performance.”

The connection between what happens in the Post Oak classroom and what our kids applied to their Odyssey of the Mind experience was clear to us all.

A big thanks goes to Michelle Lu, who brought the idea to the school and shepherded six lower-elementary students through many a Saturday meeting. Thanks also to Cooper’s grandfather, Jeff Kuo, and Shonali Agrawal for volunteering at the tournaments so our kids could participate, and thanks to Amy Garrou, Shonali, Agrawal and Mary Stephens who pitched in at the Saturday meetings.

A POST OAK PARENT EDUCATION EVENING

Supporting a Strong Emotional Foundation with Dr. Michelle Forrester

Join Dr. Forrester as she discusses developing emotional and social skills in children. A renowned child psychologist with expertise in early childhood development, Dr. Forrester is the author of SET For Life: Social emotional Tools for life.

THURSDAY, MARCH 26
7:00 P.M. IN THE GYM

(Childcare is available for current families with advance RSVP. Contact frontoffice@postoakschool.org or call 713-661-6688. $5 per child)

WE INVITE YOU TO JOIN US FOR OUR SPECIAL

Afternoon Tea

INFORMATION GATHERING SESSION

SUNDAY, MARCH 29 AT 3:00 P.M.

The application deadline is fast approaching for our next AMI Primary Training Course which starts June 29, 2015.

Bissonnet Campus
Wed., April 1
starting at 8:30 a.m.
for YCC through MS

Autrey Campus
Thu., April 2
between 3–3:30 p.m.
for HS students

Please see that students arrive at school on time. We will not be able to re-take photos if someone is late.
Coffee with the Elementary Director

Wednesday, April 8
9:00 a.m. in the Common Room

Join us as Elementary Director Jeff Schneider discusses technology in the Montessori classroom.

Infant-Parent Classes: Explore Alongside Your Child

You can register for the spring Infant-Parent classes listed below led by Post Oak Young Children’s Community guide Sarah Moudry. Use the online registration form (www.postoakschool.org>For Parents>Infant/Parent classes) or visit The Motherhood Center website.

- INFANT & PARENT MONTESSORI: CLASS A
- INFANT & PARENT MONTESSORI: CLASS B
- INFANT & PARENT MONTESSORI: CLASS C
- A TODDLER’S KITCHEN: CLASS D

Save the Date!

Spring Environmental Lecture: Buffalo Bayou Park

Mark your calendar for the annual Spring Environmental Lecture on Tuesday, April 21 from 6 to 7 p.m. at the Post Oak High School.

Buffalo Bayou Partnership will be presenting information on the extraordinary work they are doing along Allen Parkway which will benefit the entire city of Houston and is scheduled to have its grand opening in June. BBP will also talk about other projects in the works and answer questions from the audience. It’s sure to be a very informative event!

From their website...

Buffalo Bayou Partnership, the Kinder Foundation, Harris County Flood Control District and the City of Houston are collaborating to:

- Restore the bayou to a more natural and self-sustaining version of what exists today
- Reintroduce native landscapes
- Add amenities to enhance enjoyment and safety of visitors
- Interact to build self-esteem
- Reduce sibling rivalry
- Practice a consistent set of guidelines which harmonize with the approach your child experiences at school everyday
- Use positive language to redirect children’s behavior
- Encourage your child’s self care skills and sense of responsibility
- Practice a consistent set of guidelines which harmonize with the approach your child experiences at school everyday

The entire project will be complete in summer 2015, although areas of the park are being opened to the public as they are finished. Buffalo Bayou Park will include running, hiking and biking trails; paddle craft and bike rentals; the go-to dog park in the city; a creative playground; and gathering places for residents and visitors to enjoy outdoor activities as well as live artistic performances.

Nanny Class

At the request of parents we are offering a series of four classes designed for nannies!

Deborah Fry, Redirecting Children’s Behavior instructor will lead this class. The class will be taught in English, however, the workbook is available in Spanish if requested.

Thursdays, April 9, 16, 23 and April 30, 2015
9:15–10:45 a.m.

Upon completion of the class the nanny will be able to:
- Practice a consistent set of guidelines which harmonize with the approach your child experiences at school everyday
- Use positive language to redirect children’s behavior
- Encourage your child’s self care skills and sense of responsibility
- Reduce sibling rivalry
- Interact to build self-esteem

The cost of the class is $150 per person, $275 for two. The class will be limited to 12 participants.

To register: call Deborah Fry at 713-840-8663

Parent Education Event for all Post Oak Parents

Cyberbullying Education

WITH DR. SAMEER HINDUJA

Two sessions are offered on Tuesday, April 7
9:00–10:30 a.m. and 7:00–8:30 p.m.

Attendees will leave equipped with an increased ability to promote safe and responsible participation in cyberspace. Dr. Hinduja will present on Tuesday, April 7 from 9 a.m. to 10:30 a.m. in the Multipurpose Room and later that same evening from 7:00 p.m. to 8:30 p.m. in the gym.

Read more about Dr. Hinduja, Co-Director of the Cyberbullying Research Center, and his efforts at http://cyberbullying.us/about-us/.

(Childcare is available for current families with advanced RSVP. Contact frontoffice@postoakschool.org or call 713-661-8688. $5 per child)
“It has been scientifically proven that young children are sensorial explorers,” said Deidre. “In the Young Children’s Community, we nurture children’s senses because this is the means by which young children learn. For example, we explore senses with food in our food preparation activities, and when dining, children use real utensils instead of plastic ones. Consider a metal spoon—it offers varied sensorial experiences—the weight of a metal spoon (vs. a plastic spoon), the texture, and the temperature. Children at this age are of the absorbent mind and not yet of the reasoning mind, which means logical ability is limited; therefore, learning tools should be tangible, concrete, and realistic. Screens don’t offer a rich sensorial experience to young children and shouldn’t be given to a child under the age of two.”

“Big Dreams and Big Animals”

As you know, our Middle School students have in the past traveled to Blackwood Educational Center. Blackwood shares a fence with an alpaca/llama/critter ranch. Interested students have worked at this ranch as part of their experience. Alyssa returned every time talking excitedly about the animals.

In late February she mentioned her interest in participating in the Houston Livestock Show and Rodeo (HLSR) in 2015, as an exhibitor of alpacas. We were willing to investigate the possibility, but saw it as a complicated, unknown process, especially since we did not know where to start or the name of the owner of this alpaca ranch.

Alyssa vaguely remembered that the owner was a female attorney practicing in Hempstead, TX. She googled “attorney Hempstead TX” and within seconds had the educational center. Blackwood shares a fence with an alpaca/llama/horse/cat ranch. In late February she mentioned her interest in participating in the HLSR Show and Rodeo (HLSR) in 2015, as an exhibitor of alpacas. We were willing to investigate the possibility, but saw it as a complicated, unknown process, especially since we did not know where to start or the name of the owner of this alpaca ranch.

Alyssa eventually became an alpaca/llama exhibitor, with credentials, spent four days at the show, and won first place in the Junior Costume Competition. She won second place in the final competition. She interacted with the public for hours at the time.

Now Alyssa began talking about becoming a “big animal vet.” I am sharing the story because it speaks to the principles that The Post Oak School strongly emphasizes: creativity, tenacity, courage, collaboration, curiosity, resilience, team work, and more. These are traits that no current standardized test can ever investigate. The school and her hard work allowed Alyssa to bring her dream to reality in three weeks.”

**Families Integrating School and Home (FISH) Presents: Sensorial Development in Children**

by Nikaya Thomas, Post Oak parent

On February 20, Primary teachers, Miriam Winton and Emily Hansen joined Young Children’s Community teacher Deidre Brooks to discuss sensorial development in children. Deidre spoke of how a child’s discovery of his or her senses begins in the womb and continues to govern awareness until they reach 5½. “Young children are sensorial explorers,” Emily explained further, “We try to isolate and enrich the senses in the classroom because this lays the foundation for children’s minds from which math, language, and other skills develop.” In the next three years, children begin to classify and categorize and can compare items in their environment to the greater world.

So, how can we as parents further enrich our children with sensorial development at home? Miriam Winton gave us a host of ideas.

1. **Nature.** Spend time enjoying backyard nature with your child—sit, watch, listen, take time to touch and smell and (if appropriate) taste. Lie in the grass, watch clouds, play the quiet game, observe and discuss the night sky.

2. **Sorting.** Set up sorting activities of buttons, different coins, washers from the hardware store, and silversware. Learn about size, color, weight and physical characteristics.

3. **Make a Sensory Box.** Help your child collect objects with a distinct texture, feel and appearance (examples, aluminum foil, cotton balls, beans, pasta, fabric scraps, dried leaves, etc.).

4. **Weight.** Play matching weight games with different coins, and include a blindfold to make it more fun.

5. **Food.** Provide sensory activities with food and cooking activities (examples include, pouring, spooning, squeezing, spreading, cutting). Discuss ingredients, where they come from, how they compare, etc. Family centered activities around food include, pouring, spooning, squeezing, making puddings, cookies, etc. Family centered activities around food include, pouring, spooning, squeezing, making puddings, cookies, etc.

6. **Make a Sensory Box.** Go on a nature walk and gather items with distinct sensory characteristics (examples include, leaves, flowers, rocks, shells, sticks, etc.)

7. **Ordering.** Gather a collection of natural materials found outdoors such as twigs, flowers or rocks and put them in order by length, color and size.

8. **Fruits and vegetables.** Sort by touch, smell, taste and sound. Ask your child questions about texture and smell.

9. **Outings.** Take your child on as many outings and trips to cultural events, festivals, concerts and performances, collect stuff, take photos and movies. Allow your child to absorb the rhythms and realities of nature.

10. **Costume.** Take your child on a walk along a shore. Make a collection of things you find, group them and discuss them.

11. **Color.** Explore shades of colors with paint sample cards. Cut each card into different shapes and have your child find the darkest to the lightest, lay them out left to right.

Many thanks to Deidre, Emily and Miriam for presenting! Join us for our next FISH event, “Living with Language,” on Friday, April 24 at 9 a.m. in the Common Room. Presenters will include, Tamara Townsend and Tamara Basham from Primary and Phoebe Yeager and Marcela Martinez from Young Children’s Community.
**CALENDAR**

**MARCH 29 – APRIL 4**

**Wed 4/1**

POPA Coffee/Work Day  
(Bissonnet Campus)
8:45 a.m.–noon

Class pictures (YCC - MS)

**Thu 4/2**

High School A-Term  
Presentations (Autrey Campus)
1:00 - 2:30 p.m.

HS Class pictures 3:00 - 3:30 p.m.

**Fri 4/3**

Good Friday
School closed
Passover begins at sundown

**APRIL 5 – 11**

**Mon 4/6**

MS A-Term begins

**Tue 4/7**

Coffee with the HS Director is replaced with Cyberbullying Presentation  
9:00 - 10:30 a.m.

HS Admission Open House  
7 p.m. (Autrey Campus)

Cyberbullying Parent Ed event  
2 sessions: 9:00 a.m. and 7 p.m.  
(Bissonnet Campus)

**Wed 4/8**

Coffee with the Elementary Director (Bissonnet Campus)  
9 a.m.

**Thu 4/9**

Nanny Class: Redirecting Children’s Behavior (1 of 4)  
9:15 – 10:45 a.m. (Bissonnet Campus)

**Fri 4/10**

Conference day
Classes not in session; only students with expanded year contracts attend.

Check out our calendar online at www.postoakschool.org

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**NOTICE BOARD**

**POPA COFFEE/WORK DAY**

**Wed., April 1, 8:45 – noon**

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**Conference Registration**

The online parent/teacher conference scheduling is now open. Conference days are March 27 (YCC is in session this date), April 10, and April 17. 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.

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**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 Elaine Schweizer (elaineschweizer@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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