Sixth grade students experience handcrafts including tanning on their trip to Williamsburg, Virginia. Read student stories inside.
May 19, 2015

Dear Parent Contributors,

I am deeply grateful for your commitment to The Post Oak School through your gift to Big Work. We know we have asked for a lot this year, and we do not take for granted your support of this effort.

Big Work is only the second such campaign in the school's 50+ year history (the last one concluded in 2000). It is a campaign that changes things. On Bissonnet, we are creating a dedicated Center for Early Childhood and Elementary Education. Our new Parenting Center will offer guidance to parents with students of all ages. On Autrey, our Center for Adolescent Education, serving both middle school and high school students, will provide an environment that fosters the social, academic and entrepreneurial skills to be successful in the pursuit of students' individual passions.

This summer we will put a shovel in the ground to start construction on Autrey. Next summer, hard hats will fill our Bissonnet campus to make the major renovations within the existing buildings. By August of 2016 the full project is scheduled to be finished. Our students will walk onto two campuses that represent a completed vision of The Post Oak School.

Will we continue to fundraise to make our $8 million goal? Yes. Through your support and that of other Post Oak families, friends, alumni, and foundations, this project is becoming a reality, and we celebrate having reached the $6 million milestone and over 60% parent participation.

With gratitude,

John Long
Head of School

We hope that all Post Oak parents will be a part of Big Work.
A gift of any amount helps our parent participation percentage.
BIG WORK NEEDS YOU

STRONG PARENT PARTICIPATION

FUNDRAISING

GOAL: $8,000,000

Funds Raised

$6,100,000
$6,000,000
$5,000,000
$4,000,000
$3,000,000
$2,000,000
$1,000,000

Current Parent Participation

Goal: 100%

64%

Please give before the end of the school year and help us reach 100%

It’s easy to give. Look for the Big Work link in the sidebar of our homepage.

Thank you to everyone who has already contributed!
Dear Parents, I am pleased to announce four interrelated faculty changes for next year at Post Oak:

At the end of the current school year, Phoebe Yeager will move to Austin. Even though her husband is already there working, there was no question in Phoebe's mind that she would finish the school year before relocating because she feels a strong sense of responsibility to the children in her class and to the school. We are grateful for that. And grateful to Phoebe for the wonderful work she has done in the Full-Day Young Children's Community (YCC) over the past four years.

Primary teacher Emily Hansen will step into Phoebe's position in August. This summer Emily will complete her YCC training at The Montessori Institute (TMI) in Denver and so, after nine years with her Primary class (seven as the lead teacher), she will begin working with younger children, a goal that she set for herself several years ago as part of her Professional Growth Plan. Emily's practical experience with the primary children will certainly enrich her work with the younger children as she moves to YCC, as will her good sense and kind spirit.

Orly Kluk will move from the Lower Elementary classroom she pioneered seven years ago and return to Primary where she served as a classroom assistant for her first five years at Post Oak. Orly will succeed Emily Hansen. Twelve years ago Orly said her goal was to take the AMI primary training here in Houston—as soon as we started a training center. And it was Orly who registered as the Houston Montessori Institute's first student nine years later. This move is the realization of a long-term dream. We are grateful to Orly for starting up a new Lower Elementary class when the need was there, and she kept her heart in that place with those children even as she kept alive her dream of returning to Primary when the opportunity arose.

Lindsay Mistretta, who has worked as Orly's assistant these last three years, will become the lead teacher in that class. Lindsay came to us from Austin, where she was the lead teacher in a lower elementary classroom after completing her training at the Milwaukee Montessori Institute. Lindsay has brought enthusiasm and positive energy to her work over the past three years, and she has built good rapport with the children as her role has steadily grown under Orly's guidance.

In addition to the above changes, Sarah Moudry will be stepping away from daily work in the classroom and passing the baton to a new lead teacher in the half-day YCC class. She recently reminded me of our conversation when she first came to Post Oak in the fall of 2010. At the time I asked her to consider teaching in the YCC for five years; that it would deepen her understanding of that stage of human development and serve as a basis for her intended work as a coach and consultant to families of young children. How quickly those five years have passed.

True to her word, Sarah will be shifting the focus of her work. She will continue to conduct infant-parent classes at the Motherhood Center on West Alabama and here on the Bissonnet campus of The Post Oak School. She will also be offering independent consultation services to parents of young children. We admire her entrepreneurial spirit—expressed in service to the child.

At the same time, I'm pleased to introduce Jinny Gonzalez as the new YCC lead teacher. Jinny comes to Post Oak from Community Montessori School in Georgetown, Texas. She is AMI-trained at both YCC and primary levels and has seventeen years of classroom experience working with children from birth to six years of age in Puerto Rico, Austin, and Georgetown.

Jinny has three sons (18, 12, and 8 years old), and had this to say about her life away from the classroom: “I am also a certified yoga teacher and I enjoy nature, traveling, organic eating and reading various genres: philosophy, comparative religions, self-help books, modern literature, and more.

“As our family prepares to move Kevin to Texas Tech this summer to pursue a degree in business, we are eager to also start a new adventure. I will be relocating to Houston in July and I look forward to meeting you all soon!”

Please join me in extending a warm welcome to Jinny Gonzalez as she joins the Post Oak faculty; and hearty encouragement to Sarah Moudry as she pursues her long-term ambition to help parents on their journey.

John Long, Head of School
Where Are They Headed?
Post Oak Alumni College Acceptances

2011 graduates have been accepted to the following colleges:

- American University of Paris *
- Auburn University*
- Bates College
- Bucknell University
- Case Western Reserve University*
- Chapman University
- Colby College
- College of Charleston
- Colorado School of Mines
- Duke University*
- Georgetown University
- High Point University
- Lewis & Clark College
- Loyola Marymount University*
- Macalester College*
- Middlebury College
- Northwestern University
- Oklahoma State University*
- Pace University
- Purdue University *
- Rice University
- Skidmore College
- St. Andrews University
- Stonehill College
- Texas A&M University
- Texas State University*
- Texas Tech University
- Tulane University
- University of Chicago
- University of Colorado Boulder
- University of Houston*
- University of Kansas
- University of Kentucky
- University of North Carolina at Chapel Hill
- University of Redlands
- University of Texas at Austin, Liberal Arts Honors
- University of Texas at Austin, Plan II Honors*
- The University of Tulsa
- The University of Virginia *
- Washington University in St. Louis
- Whittier College

* Denotes school attending

Congratulations to our Post Oak alumni!

Save the Date: Eighth Grade Moving Up Ceremony

It's time to make plans to attend the Eighth Grade Moving Up Ceremony on Friday, May 29 at 6:30 p.m. in the Post Oak gym. Come see the power of a Post Oak education and celebrate with our students moving forward.

RSVP to frontoffice@postoakschool.org.
Productive Summers Planned for High Schoolers

As a volunteer in good standing for the last three years, [name] has been invited to be part of the inaugural MD Anderson Cancer Center (MDACC) Teen Volunteer Leadership Program. During the month of June, she will volunteer and participate in seminars held by scientists in the field of oncology from MDACC.

[Name] has been accepted into the Barnard College of Columbia University Liberal Arts Intensive. This one-week session titled The Psychology of Gender Difference will be led by Judy Jarvis. In this interactive class, participants will be reading psychology studies on gender and sex difference, applying gender studies concepts to psychology research, debating methods and findings, doing observational research, and proposing studies in small groups, while exploring the city and evaluating emerging gender themes in art.

[Name] also has been accepted into a two-week seminar at Northwestern University which is designed to expose students to top Northwestern faculty. [Name] will participate in a seminar on Global Health and Humanitarianism led by Jeff Rice. This seminar will examine the politics and paradoxes of humanitarian intervention in global health crises over recent decades.

[Name] has been accepted into the Barnard College of Columbia University Volunteer Leadership Program. During the month of June, she will volunteer and participate in seminars held by scientists in the field of oncology from MDACC.

What: 1) Great Books Summer Program at Stanford; 2) Europe with family—Paris, France; Italy; Athens and Crete, Greece; 3) Internship at the Joy School in Houston.

What: Adventures in Ireland this summer to visit family, with dad playing music shows, and to explore.

I’ll be spending nine weeks at the Stanford Summer College taking college courses and going around Palo Alto doing stuff that I am not yet sure of, but I was told we were going to visit company offices like Google and Tesla.

[Name] will be in the Leadership 1 training program at Camp Lincoln this summer. He’s attended Camp Lincoln as a camper for many years; this year, he was fortunate to be accepted to the month-long LT1 program. He’ll be responsible for planning camper activities, assisting camp counselors, conducting activities, etc. Camp Lincoln is in Nisswa, Minnesota and he’ll be there from mid-June to mid-July.

What: This summer I am primarily working at the Glassell Junior School of Art. There I will be an assistant teacher, whose main job is to gather materials and interact with the students while helping them through their various art projects. I did this last year, and I thoroughly enjoyed it. Aside from this, I will visit my dad and my other Dallas dwelling family members through June 5. Once I arrive back in Houston, I will work a while longer at Glassell until I travel to Spain with my mom and a few family friends. We will explore the coastal regions of Spain, France, and Italy. I am definitely looking forward to my summer break as well as the new semester that follows it.

Collected by POHS College Counselor:
Amanda Phelps-Smith
The skies may have been gray, but that didn’t deter the many smiling faces joining the annual POPA Volunteer Appreciation event. The Post Oak community gathered together in the gym to celebrate our volunteers who contributed their time and talent to making this year a memorable one—from events large and small to taking on roles as board members, room parents, chaperones, class captains, and more. Thank you to our many awesome volunteers for all you do! 🍦
Families Integrating School and Home (FISH): Montessori Math Magic

by Nikayla Thomas, Post Oak parent

"Math is the language to communicate the preciseness of life," said Uma Remani, a Montessori consultant who came to work with the Post Oak community.

On Friday, May 15, Primary teachers Danielle (Dalsey) Kimball and Julie Parraguire gave a fascinating presentation on the fundamentals of how mathematics are taught in a Montessori classroom. "Mathematics begins at home with language and must be carefully developed in children," says Danielle Kimball. "We do not start by teaching that three plus three equals six. This is the equivalent of nailing small pieces of dead wood to a larger pieces of dead wood so that it resembles a tree..." she says, quoting Maria Montessori. "We cannot expect good branches to grow from a dead tree." Instead we start with a child’s natural human tendencies to: 1) order; 2) orient themselves to their environment; 3) communicate; and 4) be exact.

Julie Parraguire discussed the math materials in the Montessori classroom. She explained that there is not the same "sensitive period" for math as there are with other subjects, but that the readiness for math is occurring at all times. "We use practical life as a preparation for all materials in the classroom," says Julie. "Children are preparing for math when they figure out how much water is needed to fill a pitcher, how to control their bodies, and in sequencing all of the activities." Julie explained in detail how the materials of the classroom build on each other, from the building of the red rods to counting the number rods; from golden bead addition (decimal system) to the stamp game and finger charts. The Montessori classroom and the world at large are filled with opportunities for understanding the rich world of mathematics.

What parents can do at home to help their child with math:

- Be friendly to mistakes and errors. Remember repetition leads to mastery.
- Make it fun: organize toys by color or function, think up new games using numbers, comparisons, gradations such as long, longer, longest.
- Don't force it. Interest has to be there, forcing math can create anxiety.
- Count everything and make sure there is accuracy in counting.
- Draw a timeline of the day and other activities. "First we will get up, then we will brush our teeth, etc." (This also can help a child struggling with transitions.)
- Look for shapes in the environment and give them names: sphere, cube, cylinder.
- Discuss the times of the day that we do things. For example, "At eight in the morning we eat breakfast. At eight in the evening you go to bed."
- Measure things: cooking measurements, lengths, and weights.
- Put mirrors together and discuss infinity.
- Play distance games. For example, when building a puzzle put the pieces in a place different from where the puzzle is being built so the child will need to walk back and forth and hold the image of the desired piece in his/her mind.
Your Gala Dollars at Work!

At our Starstruck Biennial Gala we asked parents to make a donation for the classroom. Those generous gifts have allowed our teachers to make purchases for classroom items beyond their normal budget. Here are a few of the items purchased:

- Tamara Basham’s Primary class: iPod and speaker, music box and cards, deck chair, and cylindrical chalkboard for the outdoor area.
- Emily Hansen’s Primary class: an outdoor table, two chairs, an umbrella, and a composter and compost bin.
- Danielle Dalsey’s Primary class along with Dinah Chetrit’s PHE: garden items including outdoor furniture, rose bushes, fruit trees, native "butterfly host" plants, and a new trellis.
- Julie Parraquirre’s Primary class: lovely chairs made from recycled plastic, a new umbrella, a trellis, some colorful ceramic pots, and a potting bench.
- Tamara Townsend’s Primary class: a Musical Fence for the garden area along with wooden stepping stones. They will also purchase a Music Box that has each orchestral instrument playing “Ode to Joy.”
- Miriam Winton’s Primary class: a garden Pebble Harp with roof.
- Lindsay Mistrettà’s (Orly Kluk’s) Lower Elementary class: new artwork, biology and geometry booklets, language cards, and a new speaker for the class.
- Simran Sood’s Lower Elementary class: a large wooden table, wooden cubbies, and a wooden chart box.
- Phoebe Yeager’s YCC class: sound system and iPod touch.
- High School: 3D printer and scanner.
- Coach Tucker: a variety of athletic equipment for different ages.

The teachers thank everyone who contributed to the classroom donation!

—Christina Kopanidis-Cantu, Development Director

Update Your ERFs & Health Inquiry Forms by May 29

Please update home and work address, phone, and email information; as well as emergency contact and additional pick-up information in My BackPack by Friday, May 29.

EMERGENCY CONTACTS

While we never anticipate an emergency, they sometimes occur. You can list three (3) Emergency Contacts who can be friends or relatives that live close by. Out of state emergency contacts (i.e. grandparents who don’t live here year-round) are unable to come to school to pick up your child should it be necessary. An authorized pick-up is someone who can also be an emergency contact and can take your child home from school. You can add, change, or delete the emergency or pick-up contact name/number directly in My BackPack.

HEALTH INQUIRY FORM

If you have not submitted the Health Inquiry form, go to My BackPack to print another one. Submit your completed form to Linda King at lindaking@postoakschool.org or by fax to 713-661-4959. Note: Only students NEW TO POST OAK need a doctor’s signature.
New Art Gallery at POHS

One week, ten shows, three hours each... Post Oak High School students are hosting various art exhibits in a new art space titled REKCOL. REKCOL is located in a locker two rows down and four columns across adjacent to the Tinker Space on the Autrey campus. So far, nine students will be participating in eight shows.

Learn more about their shows and what will be on view by following their blog: rekol.blogspot.com.

Share it on Facebook or Twitter!

My Camp Allen Experience

by Lower Elementary student

The Camp Allen trip the third graders took was by far the most amazing experience I have ever had on a field trip so far. If I wrote down every activity we did I’d probably need an extra 300 pages and you would probably be here for the whole day. We did nature hikes, went canoeing, and caught dragonfly larvae and many other activities.

My troop had a cheer. When our leader, Miss Kelly would say, “Wolf Pack!” we would reply, “Aroooooo!”

In aquatics, we had nets that we dipped into the water and scooped up a whole lot of mud out of the lake. Some of the people in my troop caught aquatic worms, clams, and water scorpions (they don’t actually sting). I didn’t catch anything in my net except dead clams. Until, Bam! I got hit with a baby dragonfly. I was the only one in my entire troop to get one. 😣 and I named him Skittles and set him free in the lake.

One of my favorites was the game called Cities, which we played after dinner when it was dark. You had a partner, four grown ups were the sources: food, water, shelter and space. The rest of the adults were the predators. All the adults had flashlights; the sources were making different signals with their flashlights and the predators had their lights on at all times. You and your partner had a card, which you brought to the sources and had them sign it. If a predator shined their light on you, then you and your partner had to be touching each other; you couldn’t move and you couldn’t make a sound until they turned their flashlight off. If you did any of those three things, the predator would take your card and you had to start over. Personally, I remember in Round 2 when a lot of people were chasing the guy who was supposed to be water (because he was running around in circles). He yelled, “Catch me if you can!” or something like that. I guess he didn’t really get the rule saying that the sources could walk around.

Our cabins had stairs. During the day when we first got to camp we were setting up our beds and a horsefly flew into our room and everybody freaked out except for 🦟 and 🦟 who climbed up on the bunk and tried to exterminate it with bug repellent.

We also played ball in the gaga pit. My strategy to keep from getting out was to hide behind the boys who were really good.

My very favorite thing at Camp Allen was canoeing. I was in a canoe with 🦟 and 🦟 We rowed our boat through the pond scum and we kept freaking out that we were going to get stuck. Other than that it was probably the best time of my life. ☀️
Report from Williamsburg

by [Author Name]

The highlight from Monday was the Ghost Walk. We walked around Williamsburg at night and stopped at places to hear ghost stories. The first story was about a slave mother that lost her child because of her owner. The woman that currently lived in the house lost her child because the slave woman (as a ghost) broke a branch her child was playing on. She wanted the mother to feel the pain that she felt when she lost her child. She still “haunts” the house to this day.

The second story was about a black fairy puppy. The great part about the story was that the storyteller had a Scottish accent. The third story was about a vampire. The storyteller was amazing. She made the story very freaky.

The highlight of Tuesday was the Jamestown museum. We [Author Name] and I read every fact in the entire museum. Mrs. Pinto sent us on a scavenger hunt and gave us some trivia. We learned a ton from that museum. For example, it takes 60 pounds of tobacco to buy a HAT. And for the Powhatan Native Americans being sacrificed was a good thing. Tobacco was the main cash crop and made Virginia rich.

The highlight of Wednesday was probably going to see the piles of weapons the patriots had. It was ironic to see that the weapons the English gave them they used in the war to beat the English. It was also fun to learn about loading a cannon and how the muskets the soldiers used didn’t work one out of six times. It took 15 seconds to load a musket. Also, the enemy didn’t know when your gun didn’t work because of all the smoke and noise.

On Thursday, we went to Yorktown for the morning. We learned about medicine during war and amputation. Disease is what killed most soldiers, not fighting. The anesthetic back then was a piece of wood to bite on! Also during the amputation process (holes drilled in your bones and flesh being taken out of your body), you were awake. This is what practicing medicine was like during the 18th century. Ouch!

The highlight of Friday was probably the asylum. It was a really cool museum and it was interesting how over the years, the asylum went from chaining you to a wall, to letting you keep a violin.

by [Author Name]

I, myself, was extremely excited for this trip. The sixth graders last year said that it was amazing and they were right.

We started out the trip by waking up at around 4:00 a.m. (at least I did), and taking a two hour drive to the airport. For some reason, I didn’t sleep in the car. We got to the airport at around 6:00, two hours before our actual flight. When the time did come, we got on the 8:00 a.m. flight and took off for Atlanta.

In Atlanta, I was halfway through my book, and practically starving. However, we wouldn’t eat in Atlanta, and had to go to Richmond almost immediately. On the flight, I slept, and then woke up with a searing headache, dehydration. I asked Mr. May for a drink of water, and he ended up taking us all on a water break.

We grabbed our bags at Richmond; I recognized mine because it still had the tag from Sky Ranch on it. We left in our cars, and went to Five Guys, finally satisfying my ravenous stomach. I got a grilled cheese sandwich because I don’t eat beef or pork.

After Five Guys, we went to Williamsburg; it was a one and a half hour trip from Richmond. We checked into our hotel, and then went into Colonial Williamsburg. We went on a trip called the Ghost Walk, which is basically a triplet of ghost stories.

The first one was about the Randolph house, supposedly the most haunted house in Williamsburg. The girl told us about a slave woman, who was separated from her child. Now she haunts the house and kills any children who step foot in it, as an act of revenge.

The next one was about a dog, a black one who was lazy. Everyone told the owner to kill it, because it was useless. He said, “Nay, every dog will have its day” (he was Scottish). Eventually, they went on a boat trip for fishing. The dog slept on the boat, and eventually, they came upon a cave. A monster shaped like a giant hand came out, and killed two Scotsmen. The dog attacked the hand, and the owner ran out. After a while, the dog came out, but its eyes were glowing. This meant that it was a fairy dog, and this isn’t some Tinkerbell fairy, these fairies hated all things human. The dog swam after the owner’s boat, and eventually drowned.

The next story was a generic vampire story, and a woman who screamed narrated it. It was a stereotypical vampire story. Don’t get me wrong, I couldn’t write it better, but they could have. The woman yelled things at multiple times throughout the story, and I jumped at almost every one of them.

We slept after that, but first, 15 minutes of journaling. I slept, yet to know the thrills of Jamestown, Yorktown, and real Colonial Williamsburg that would await me later in the week. I loved every bit of it.

by [Author Name]

On the first day all we did was fly in an airplane and then at around 5:00 we checked into our hotel and right after that we went to a Japanese restaurant where they cooked in front of us. Then

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Student Reports from Williamsburg

we went on the ghost walk and my favorite one was the one with a black puppy.

There was a man who was walking on the street one day and a stranger gave him and his wife a four-month-old black puppy. After a few years the man went on a hunting trip and his dog was very lazy and the dog didn’t go on the trip and the wife came over to him and said, “You need to kill the dog because it does nothing but eat and sleep,” but the man said, “Nay, every dog will have its day.”

Then the man had to go on a fishing trip because their village was in need of food and the man brought the black puppy with him and on the trip the puppy did nothing but sleep and his two friends in the boat said that he had to kill his dog, but of course the man said, “Nay, every dog will have its day.” Then because it got really dark they had to camp out for the night, so they found a cave and they went to sleep in it. Then in the morning the man woke up because he heard a dripping sound, he wasn’t surprised at first because where they lived it rained a lot. Then he looked outside and saw that it wasn’t raining, so he looked over and his two friends were dead and dripping blood. That’s when he saw the monster, it was a huge hand. The man ran out of the cave and heard loud sounds for a few minutes and he waited to see what was fighting the hand. Then his dog came out with red eyes and the dog was bleeding green. His dog was a fairy dog. Fairy dogs are not nice, in fact they kill humans. The man then got into his boat and went to the chicken for help but the chicken replied, “That sounds like a mouse problem and I’m not a mouse.” Then the mouse went back into his house and went through the hole to get to it and kept pacing back and forth to try to get an idea, but nothing came up. So he went to the pig and asked for help and the pig replied with the same answer, “That sounds like a mouse problem and I’m not a mouse.” Then as a last resort he went to the cow and begged him for help but the cow said, “That sounds like a mouse problem and I’m not a mouse.” Soon after, the farmer’s wife got bit by a venomous snake so, to help her heal he needed chicken noodle soup so he went out with his axe and went to the chicken and CHOP! Before this the only thing the chicken remembered was not helping the mouse with his problem.

Moral: Help people even when it’s not your problem.

On day five we went to an insane asylum which was pretty cool and we heard a recording of one of the patients that was very mad for some reason and we got to see a strait jacket that was

continued on page 13
used back then. Then we went to the church which had been doing an actual session every Sunday for the past 250 years and we sat in the seats. Then we had to leave after going to the candy shop. Williamsburg is a great place to go and then a concert. The concert was at the Governor's Palace. There we got a tour of the Governor's Palace. The first thing I noticed when I walked in was how there were swords in a design hanging on the wall. There were over 520 swords in that one room. After the Governor's Palace we went to the maze. It was so much fun. Next it was time for lunch. We ate at a place in Historical Williamsburg. Now it was time to go see the cabinet makers in colonial times. They made things out of wood. The people there showed us how they smoothed wood with a special tool. Next we went to go see the brick makers. There were people marching around in clay. They offered if anyone would like to do it. Some of my classmates did but I was smart and didn't. Afterwards we went to dinner and then... a play. The play was called Mama Said Papa Said. They were little skits and each one had a valuable life lesson. Later on we went to go see what a day in the life of a soldier was like. I hated it! It was horrible. We had to march around the whole entire time. It was like being in boot camp! Finally afterwards we got to go back to the hotel.

On day three we went to Historical Williamsburg. There we got a tour of the Governor's Palace. The first thing I noticed when I walked in was how there were swords in a design hanging on the wall. There were over 520 swords in that one room. After the Governor's Palace we went to the maze. It was so much fun. Next it was time for lunch. We ate at a place in Historical Williamsburg. Now it was time to go see the cabinet makers in colonial times. They made things out of wood. The people there showed us how they smoothed wood with a special tool. Next we went to go see the brick makers. There were people marching around in clay. They offered if anyone would like to do it. Some of my classmates did but I was smart and didn't. Afterwards we went to dinner and then... a play. The play was called Mama Said Papa Said. They were little skits and each one had a valuable life lesson. Later on we went to go see what a day in the life of a soldier was like. I hated it! It was horrible. We had to march around the whole entire time. It was like being in boot camp! Finally afterwards we got to go back to the hotel.

On day four we went to Yorktown. There we saw all the crops that people grew back then. We got to see a person fire a cannon and shoot a musket. It was really cool. Afterwards we had lunch. Next we went back to Williamsburg and saw the jail. Later on we went to a restaurant called Christiana Campbell's Tavern. There we had to act like we were back in the olden days. The boys even had to pull out our chairs! Next we went to go see a play called Miss in Her Teens. It was hilarious! Afterwards we went to go see a witch trial. Now it was time to go back to the hotel.

Day five was the day we left. First we went back to Williamsburg to see an insane asylum, a famous 18th century church, and then we went to a candy shop. After that it was time to leave.

I enjoyed the Williamsburg Trip very much. I think it was a wonderful opportunity to go, and I am very glad that the 6th Graders got to carry on this trip legacy.

Day one for me started off really early. I woke up at 5:15 and then went to go get Starbucks and headed to the airport. My family and I got there at 6:00 a.m. I said my good-byes, then started my life without parents. Next it was time to go through security. Later on we headed for our gate, but first, we had to get smoothies! It was time to board the plane. We were taking two flights, one to Atlanta and one to Richmond.

Five hours later…

We were finally in Virginia! When we got to Williamsburg we checked in to our hotel and dropped all of our bags off. After dinner we went for the “Ghost Among Us” walk which was where “ghosts” told us scary stories. Later on we went back to the hotel and went to bed.

On day two we went to Jamestown. We went to go see how the Powhatan Natives used to live. Next we went to a café for lunch. Afterwards we went for recess. We played tag the whole entire time. We were really tired afterwards. About an hour later we went to the gift shop. I bought jewelry, of course. Next we went for dinner and then a concert. The concert was at the Governor’s Palace. There they played classical music. It was very nice. I really liked it. Later on it was time to go back to the hotel and get rest for the next day.

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On day four we went to Yorktown. There we saw all the crops that people grew back then. We got to see a person fire a cannon and shoot a musket. It was really cool. Afterwards we had lunch. Next we went back to Williamsburg and saw the jail. Later on we went to a restaurant called Christiana Campbell’s Tavern. There we had to act like we were back in the olden days. The boys even had to pull out our chairs! Next we went to go see a play called Miss in Her Teens. It was hilarious! Afterwards we went to go see a witch trial. Now it was time to go back to the hotel.

Day five was the day we left. First we went back to Williamsburg to see an insane asylum, a famous 18th century church, and then we went to a candy shop. After that it was time to leave.

I enjoyed the Williamsburg Trip very much. I think it was a wonderful opportunity to go, and I am very glad that the 6th Graders got to carry on this trip legacy.
On Tuesday we went to Jamestown, where the first thing we did was go a Powhatan Indian village. In the village we scraped off deer fur with an oyster shell, ground corn, toasted huts, used charcoal, and saw fish being cooked. We also played a game, I am not sure what it was called. In the game we took handmade darts and attempted to throw them into a hole made of rope. After that we went to see the three ships: Godspeed, Susan Constant, and Discovery that brought the first settlers to Virginia. After that we went inside James Fort where we saw many houses, a church, armor, and a musket being fired. After we left James Fort we went to eat lunch, then a historical movie followed by souvenir shopping and then dinner followed by a classical music concert at the Governor’s Palace.

On Wednesday we took a tour of the Governor’s Palace. The palace was very interesting there were around 540 weapons on the wall. Then we had lunch at Chownings Tavern, where I got sick and returned to the hotel with one of the chaperones. We also saw a short movie titled Portrait of a Patriot, about John Fry. Next we went for dinner, a play called Papa Said, Mama Said. It was a telling of three different African stories, followed by In Defense of our Liberty; an activity of recreating being in the revolutionary army. The activity was very fun we learned to respond to many commands and learned about muskets.

On Thursday we went to Yorktown Visitor’s Center where we saw a timeline of the American Revolution. Then we watched a short movie. We also saw the Yorktown battlefield and the original cannons used in the battle. At 11:00 a.m. was the firing of a cannon and a musket. We also learned many medical methods that were used during the revolution. That evening we ate dinner at a restaurant called Christina Campbell’s which had very good food. George Washington and other greats also ate there. After that we saw two plays one was a comedy called A Miss in Her Teens, in which you could yell many things such as boo, and encore. The other one was a witch trial called Cry Witch. One of the cool things about this play was that we were allowed to decide whether or not the defendant was guilty. Then we ate ice cream and went back to the hotel.

Friday was our last day. First we went to a colonial mental asylum where we saw the difference between the cells in the 1780s and the 1880s. We also saw straight jackets and wired cages that patients were put into when they were being disruptive. Then we went to an old historic church that had been there since 1617. After that we went to a candy shop. Before going to the airport for the return flight to Houston and the trip was over.

It was a very memorable trip.
Healthy Screen Time for the Family This Summer

By Mirna Andrade-Salgado, Director of Information Technology

Whether summer time for your family will be jam-packed scheduled days or wide open for languorous exploration, setting screen time limits and helping your family moderate their behaviors are all about finding the right balance between needs and lifestyle.

Screen time management can be a regular struggle in many homes. Even tech experts deal with this battle according to the NY Times: Steve Jobs Was a Low-Tech Parent. And with summer time around the corner, it opens up opportunities for your family to set ground rules while making healthy media choices and domesticating the electronic monster.

Here are some tips and tools to help you be informed and empowered to pilot your family through the technology landscape (links available in online version):

Good Digital Parenting
(Family Online Safety Institute)
www.fosi.org/good-digital-parenting/
Current articles at fosi.org: The New Device Domino Effect, Digital Coaching, Is My Child Ready for a Social Media Account?, Healthy Screen Time Limits for the Whole Family

Common Sense Media: We rate, educate, and advocate for kids, families and schools https://www.commonsensemedia.org/

Wishing you a happy summertime! ☀️

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Gentle reminder… Gala & Annual Fund Pledges Due

All Gala and Annual Fund pledges are due by Friday, May 29. Thank you!

Please contact Christina Cantu in the Development Office if you have any questions.

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Still Have Gala Receipts for Reimbursement?

All Gala receipts for reimbursement are due by May 29. Please help us close the books on this fabulous event by submitting your receipts before the due date.

Thank you,
Christina Cantu, Development Director
**CALENDAR**

**MAY 25 – MAY 30**

- **Mon 5/25**  
  Memorial Day  
  SCHOOL CLOSED

- **Wed-Th 5/27–28**  
  High School Spring Trip  
  Middle School to The Retreat at Artesian Lakes

- **Fri 5/29**  
  Last day of school  
  Early dismissal  
  11:00 – Young Children’s Comm.  
  11:30 – Primary  
  12:00 – Elementary, Middle School, and High School  
  Eighth Grade Moving Up Ceremony (Bissonnet Campus)  
  6:30 p.m.

**MAY 31 – JUNE 6**

- **Mon-Th 6/1–6/4**  
  Teacher In-Service

- **Mon 6/1**  
  HMI session one begins

- **Thu 6/4**  
  HS Admissions Open House  
  7 p.m.

- **Thu-Fri 6/4–6/5**  
  SCHOOL CLOSED

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**NOTICE BOARD**

**AROUND POST OAK**

Above: Anita Taj Mahmood’s class celebrated Mother’s Day one Saturday in the Post Oak gym.

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**FOUND!**

LUNCH BOXES, JACKETS, SWEATERS, AND MORE…

in the lost & found by the front entrance.

Please retrieve any items by Friday, May 29. Left over items will be donated to charity.

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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)

4600 Bissonnet, Bellaire, Texas 77401 • Telephone: 713-661-6688 • Fax: 713-661-4959 • www.postoakschool.org