I don’t know what you put in the water, but I’ve never seen kids so eager to come back to school.” That’s what I heard in the car pool line on the first full day of school from a father of two elementary students.

Another parent reported her child asked, “Why is summer so long?”

After visiting his classroom on the Friday before school started, a primary student asked his mother, “When can I come back?”

Another primary student walked to school with her mother on the first day of school. Stopping in front of the stone sign beside the driveway, this five year old traced each letter and named it: P-O-S-T—O-A-K—S-C-H-O-O-L. I admired her mother’s patience as she watched and waited
thru the entire process. Just what I would have hoped for: slow down to your child’s speed.

And then there was this report from an elementary parent to his child’s new teacher:

On the way to school I asked my son how school was going and how he is liking his new class and teacher. This is what he said... “I love my new class and my teacher.” I asked him what made him say that. To which he responded, “Firstly, I have many good friends in my class. Secondly, my teacher gives me challenges that are at my level. I don’t get bored. He is the right level of strict and non-strict. He is very caring with the students. He only gets upset if he has to repeat something more than three times and people are still not listening....I enjoy what I am doing.” Here he was sitting in the backseat, staring out the window and going through his mental bullet list of how he is enjoying the start to his new school year.

And, I have a big smile from ear to ear listening to all of this and hoping to remember all the bullets so I can regurgitate them verbatim to you. Of course he can’t see me smiling since I am in the front seat driving. Nor did I want him to... not wanting to influence the ‘interview’ that was in progress in the car with parental displays of emotion :-) I was surprised at how talkative he was... in the past, he has been a man of few words when it comes to answering questions pertaining to ‘how was your day at school today?’ or ‘what did you do today at school?’ . To say the least, he seems to be having fun learning and showing signs of organizational maturity... he has already set-up weekly study-dates with one of his friends. I can’t applaud you and the school enough for this experience. Despite it being only a few days since school has been in session, I have a feeling his experience is going to be unchanged the remainder of the school year ...

We’re not surprised to hear these reports of enthusiastic children returning to school. The classrooms at Post Oak, at every level from Young Children’s Community (YCC) to primary to elementary to middle school to high school are matched to the children’s needs and characteristics as learners. They feel at home. They feel that the challenge of the work is aligned with their skills. They find interesting things to do. They have friends to work with.

And so it was with a shake of my head that I heard on the radio a report that “Kids’ headaches spike in back-to-school season.” This just doesn’t correspond to our experience. However, there are some contributing factors that we also must pay attention to: make sure that our children are eating well and getting enough sleep as schedules and routines change at summer’s end.

Welcome back."
The Post Oak Parents Association invites you to attend the annual Welcome Dinner

Tuesday, September 15, 2015
6:30 p.m. to 9:30 p.m.

Pre-reception at 6:00 p.m. for new parents, faculty, board, & room parents

The Junior League of Houston
1811 Briar Oaks Lane, Houston, Texas 77027

POPA Dinner Chairs: Allison Hamilton and Regina Mellinger
POPA Chairs: Stacey Martin and Alison Wong

Business attire | Complimentary parking

Invitations were mailed this week. Please reply by September 10, with the response card or online at:

http://bit.ly/1PW0D6u
Shovels, spectators, speeches, and sunshine were all part of our official Post Oak High School groundbreaking on Tuesday, August 18 at 1010 Autrey Street. Board chair Melissa Coleman along with past Chair Lloyd Kirchner, John Long, James Moudry, and High School Senior John Mellinger all spoke about the significance of the moment. They gave recognition to those who have made this project possible and offered joyful smiles at seeing construction kickoff. The entire Post Oak community was invited to attend the celebration along with our project partners: Mission Contractors, Gensler Architects, Forney, and Sterling Associates. Over 120 guests of all ages braved the heat and watched as trustees, staff, and students all took a hand at ceremonially shoveling scoops of dirt to get things started. We look forward to the building’s completion toward the end of this year school year, which will allow us to move High School into the new building and relocate Middle School to the building at 1102 Autrey. Our Center for Adolescent Education will then be in full swing.

PRESS COVERAGE OF THE EVENT:
Houston Chronicle: http://bit.ly/1fGFqjO
New Tech Tools for Elementary Students

Why Chromebooks?
- UE students will have access to the same types of applications they used on the desktop computers in their classrooms.
- Chromebooks in lower elementary will give students access to online services they have enjoyed using in the library.
- More devices, six in upper elementary classrooms and four in lower elementary classrooms, means increased access for students.
- Portability allows for more collaborative use of the technology.
- The Chromebook is a just right device for use of Google for Education student accounts and Google tools.
- Cloud storage using Google Drive allows students to access saved work from any connected computer.

What will the students do with the Chromebooks?
- Access Encyclopedia Britannica online (upper and lower elementary)
- Access ProQuest research databases (upper and lower elementary)
- View multimedia resources related to classroom topics of study (upper and lower elementary)
- Print files wirelessly using one of many networked campus printers (upper and lower elementary)
- Compose documents using applications from the suite of Google Tools (upper elementary)
- Develop correct typing skills using Typing pal (upper elementary)
- Take the new, online standardized test. (3rd-8th graders)

As we integrate new technology into the elementary classrooms, our aim will continue to focus on developmentally sound practice based on core Montessori values. We are excited about this expanded use of our current technology offerings, and look forward to using the Chromebooks to explore new, cloud-based tools and services to enhance learning at Post Oak.

Please join one of the information sessions on our switch from the CTP-4 to the Measure of Academic Progress (MAP), and learn how the Chromebooks will be used by students to take the new standardized test.

Monday, September 21st at 7:00 p.m. or Wednesday, September 23rd at 9:00 a.m.
Post Oak Proud: – Junior Olympics

Jackson Chavis began running at age 5 for USA Track and Field Gulf Association. He currently runs on the H-Town Track Club affiliate team. He trains 3x a week & runs in developmental meets every Saturday for 10 weeks.

He then has to qualify in the Gulf Coast Region and then nationally to earn a spot to run in Jr. Olympics.

He has qualified for Junior Olympics in 2013, 2014 and 2015 in the 4x100m relay & 4x400m relay.

In the 2015 Junior Olympics held in Jacksonville, Florida, he and his 3 teammates took 4th place in the 4x100m relay (He ran 1st leg.) & 6th place in the 4x400m relay (He ran 2nd leg.) 4th & 6th fastest relay teams in the nation in their age group.

Way to go Jackson. Congratulations on all of your success, we are #PostOakProud!

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PARENT ORIENTATION SCHEDULE

YCC: THURSDAY, SEPTEMBER 3, 7 P.M.
PRIMARY: THURSDAY, SEPTEMBER 10, 7 P.M.

Childcare is available for the Primary parent orientation at the cost of $5 per child. To be eligible to attend, children must be students at Post Oak in the Primary or Elementary programs. Please call the front desk to make a reservation for childcare.

#postoakproud
Young Children’s Community & Primary Walk Through
Middle School at Artesian Lakes

From the 19th-21st of August, The Post Oak Middle School went on their biannual trip to Artesian Lakes, and it was AMAZING! It was a great bonding experience, in the way that we all got to know each other a little bit better, and share memories and stories from the summer with our friends. One of my favorite parts of the trip, and I am speaking for the whole middle school when I say this, was the food! The chefs at Artesian Lakes were Bobby Flay level, which is PRETTY GOOD. Another one of the group’s favorite activities that I think will stir a lot of memories in the future, was the High Ropes Course. The High Ropes Course was on the last day of the trip, and it was the best way to finish off the three days.

Throughout the entire trip leading up to the last day, I was very anxious about being high up in the air, but as R.J. Palacio said in her book, “Wonder”, “Funny how sometimes you worry a lot about something and it turns out to be nothing.” I had a great time! Everyone was having a fun time, and even though some people were nervous, everyone was very supportive and encouraging of each other, which made it a lot easier to calm down when you were nervous.

First was the rope vine challenge, which was a tightrope that was about 20 feet long, and had about 7 rope vines dangling from above. The point of this challenge was that you had to get across the tightrope with the help of the vines, while being about 20 feet up in the air. At first, I did not want to have anything to do with this challenge, and I had already decided that I was just going to cheer on my friends while they did it, but my classmates finally convinced me that I had to do it, so I stood in line, started climbing up the ladder, started on climbing up the pole, but then I stopped and looked down, and I became absolutely terrified. It hit me that after getting up so high on the pole, it would be very unsafe for me to try to get down, so I had to get on the tightrope, which was a very hard reality for me to face, but I finally worked up the courage, and I put my hand on the second rung, and pulled myself upward. After that, I slowly but surely made my way across the tightrope, and finally, I was off of it. But the second I hit the ground, I wanted to do it again!

The second activity was the Pamper Pole which was the same activity that the Middle School participated in last year, so I was familiar with the idea of the challenge course, but that didn’t make me any less nervous, but without thinking about it at all, I got on the pole, pushed myself to get on the 30 foot high platform, and before I knew it, I was jumping off into the air. I don’t remember much after that, It’s just all a blur of excitement and high fives, and then we packed up our bags and headed back to school! It was an awesome week, and I cannot wait until the end of the year when we can do it all over again!
This series of courses offers solutions for families with children from early childhood to beyond adolescence. Previous participants are encouraged to return to share experiences and reinforce skills. Caregivers are also welcome. All classes are open to the public.

LEARN SOLUTIONS FOR:
- How can I guide my children to own and solve their own problems?
- How do I teach them to complete chores without reminders?
- Is there a way to discipline my toddler in public without creating a scene?
- How can I set limits without waging war?
- How do I raise responsible kids who feel great about themselves?
- And many other day-to-day parenting challenges...

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

To Register Send payment and Email address to:
Phylis R. Tomlinson, 4010 Blue Bonnet, #109, Houston, TX 77025
To Contact Phylis: phylis.tomlinson@gmail.com or 713.668.6558

www.loveandlogic.com
INFANT/PARENT CLASS C
(14 months and walking well to 3 Years)

This class is all about exploration. Join us once a week to discover what piques your child’s interest, and why. In this class, children are offered individual and group lessons that appeal to their natural sense of wonder. A trained Montessori teacher will be available for lessons with your child as well as offer guidance to parents as they try to incorporate these concepts in their home life. Each week we focus on a new area of the classroom and introduce new activities to help build your child’s concentration.

THIS CLASS OFFERS:
- Fine motor and eye-hand coordination experiences
- Vocabulary enrichment
- Sensorial stimulation and refinement
- Social skills opportunities
- Opportunity to foster independence
- Individual and small group activities
- A healthy organic vegetarian snack is offered at each class

Fall 1 Session: September 15, 22, Oct 6, 13
Fall 2 Session: Oct 27, Nov 3, 10, 17
Cost: $180 per 4-week session
Time: 1:00 - 2:15 p.m.
Location: The Post Oak School, 4600 Bissonnet, Bellaire, TX 77401

THE YOUNG CHILD’S KITCHEN
(18 to 3 Years)

This class appeals to your child’s love of work, sense of community and need for sensorial exploration. Parent and child pair will prepare a new recipe each week. Your child will have the chance to work with real child-size kitchen tools and enjoy the tasty treats he or she prepares.

THIS CLASS WILL:
- Build vocabulary
- Strengthen fine motor and eye-hand skills
- Encourage delayed gratification and patience
- Support cooperative learning
- Help develop social skills
- Offer an education to the senses

Fall 1 Session: Sept 10, 17, 24, Oct 8
Fall 2 Session: Oct 29, Nov 5, 15, 19
Cost: $180 per 4-week session
Time: 1:00 - 2:15 p.m.
Location: The Post Oak School, 4600 Bissonnet, Bellaire, TX 77401

Register at www.postoakschool.org >>
For Parents >> Infant/Parent classes
FIELD DAY TSHIRTS – ORDER NOW!

This annual event is a longstanding Post Oak tradition that’s fun for the whole family. Enjoy the company of your fellow Bearkats with an afternoon of great music, giant inflatables, a variety of activities, food trucks, and more! Field Day is a FREE event and will be held on Saturday, October 17 on The Post Oak School campus.

Get into the festivities on Saturday, October 10 by wearing the official 2015 Field Day T-shirt.

Order online by Wednesday, September 18 at www.postoakschool.org.

Shirts are $15 and come in sizes YXS (2-4) through XXL.

You’ll want one for each member of the family!

2015 FIELD DAY CHAIRS: NICOLE PEDERSEN AND CLAUDIA MACIAS

You’re Invited

Come hear about how you can help at the school and at events!

Drop by The Volunteer Coffee event on Friday, September 4 from 8:45 to 10:30 at Post Oak parent Paige Penchas’ home, 4400 Vivian St Bellaire, TX 77401, to meet Post Oak parents and sign up for any of the great volunteer opportunities scheduled throughout the year.

Friday, Sept. 4 8:45–10:30 a.m.
IN MEMORIAM

We extend our condolences to the family of Dawn Thomas, Post Oak mom and NASA scientist, who passed away August 7, 2015.

Our hearts go out to her husband, Bryan Janda, and daughters, Katherine and Megan.

HIGH SCHOOL COLLEGE MEETING

Wednesday, September 2

Juniors: 8:00 a.m.
Seniors: 8:30 a.m.

Over 100 colleges will visit the Post Oak High School this year.
We are helping students prepare for their next educational endeavor.

DADS CLUB KICK-OFF EVENT

Join the Dads Club for this informal evening social and get to know a great group of dads! Post Oak dads are invited to a social happy hour to get to know other dads from the community.

Tuesday, September 1 at 6 p.m.
at the
Brookly Athletic Club
601 Richmond Ave, Houston, TX 77006

Join the Dads Club for this informal evening social and get to know a great group of dads! Post Oak dads are invited to a social happy hour to get to know other dads from the community.

Tuesday, September 1 at 6 p.m.
at the
Brookly Athletic Club
601 Richmond Ave, Houston, TX 77006
CALENDAR

**AUGUST 30 – SEPTEMBER 5**

<table>
<thead>
<tr>
<th>Mon 8/31</th>
<th>Fall ASEP begins</th>
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<tbody>
<tr>
<td>Tue 9/1</td>
<td>Dads Club Kickoff 6:00 p.m. Brookly Athletic Club</td>
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<tr>
<td>Wed 9/2</td>
<td>High School College Meeting 7:00 p.m.</td>
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<tr>
<td>Thu 9/3</td>
<td>Young Children’s Community Parent Orientation 7:00 p.m.</td>
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<tr>
<td>Fri 9/4</td>
<td>Volunteer Coffee Event 8:45–10:30 a.m. (off campus)</td>
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**SEPTEMBER 6 – 12**

<table>
<thead>
<tr>
<th>Mon 9/7</th>
<th>Labor Day SCHOOL CLOSED</th>
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<tbody>
<tr>
<td>Tue 9/8</td>
<td>Go Bearkats!</td>
</tr>
<tr>
<td>Wed 9/9</td>
<td>High School Transition Meeting (HS) 4:00–5:00 p.m.</td>
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<tr>
<td>Thu 9/10</td>
<td>Parenting the Love &amp; Logic Way 9–10:30 a.m. (1 of 6)</td>
</tr>
<tr>
<td>Fri 9/11</td>
<td>Go Bearkats!</td>
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**SEPTEMBER 12 – 18**

| Wed 9/16 | Primary Home Environment Parent Orientation 6:15–7:00 p.m. |
| Thu 9/17 | Primary Parent Orientation 7:00 p.m. |
| Fri 9/18 | Go Bearkats! |

NOTICE BOARD

Post Oak’s Houston Montessori Institute (HMI) announces an AMI Assistants Course beginning **September 9** at the Post Oak Bissonnet Campus.

This seven week AMI Assistants Course is ideal for parents, administrators, nannies, assistants at any level interested in learning about Montessori principles.

Covers a wide range of Montessori principles including:

- The planes of Development
- The Young Child’s mind from 0 – 6 years
- The importance of order
- Development of Movement
- Independence
- Prepared Environment
- Freedom and Discipline
- Social Development
- Observation
- Music and Art
- Maintenance of the environment (indoors and outdoors)

**DATES:**

**Seven Wednesdays:**
6:30–8:30 p.m. (Sept 9, 16, 23, October 7, 14, 28, Nov 4)

**Seven Saturdays:**
9 – 5:00 p.m. (Sept 12, 19, 26, Oct 3, 10, Nov 7, 14)

**FEE:** $750

To register or for more information, contact Early Childhood Director, Mirani Smith 713-661-6688 miranismith@postoakschool.org

ABOUT THE POST

The Post appears every other Friday of the regular school year.

You can receive a printed copy from your oldest child, or a PDF version online.

Submit letters, articles, or photos in electronic form by 5:00 p.m. on the Tuesday before publication to Communications Coordinator Elisa Schmidt (elisaschmidt@postoakschool.org). If publication is on a Thursday due to school closure on Friday, then the deadline is 5:00 p.m. on the preceding Monday.

THE POST OAK SCHOOL was founded in 1963 and accredited by both the Association Montessori Internationale (AMI) and the Independent Schools Association of the Southwest (ISAS) 4600 Bissonnet, Bellaire, Texas 77401 • Telephone: 713-661-6688 • Fax: 713-661-4959 • www.postoakschool.org

Check out our calendar online at www.postoakschool.org