This week, as the fall sports season wound down, the high school co-ed flag football team, the middle school girls volleyball team and the middle school boys flag football team all defended near-perfect records on the playing field. The middle school cross country team ran in its last meet two weeks ago.

A sign of success greater than our winning percentage is the level of participation. There are 70 students enrolled in grades 6-7-8 at Post Oak and eligible to play for the Bearkats teams. Fifty-three of them are playing football, volleyball and cross country. And two students, one in the high school and one in the middle school, have actively inquired about suiting up as the Bearkat mascot. Bearkats’ spirit is running at an all-time high.

The number of middle school athletes has doubled in the past three years, growth which has paralleled enrollment growth in both the middle school and the high school. As increasing numbers of middle school students commit to attend the Post Oak High School, they ask what sports will be available to them. Coach Tucker, whose duties as Post Oak School Athletic Director have been extended to include high school sports, has
revealed our plan to offer the following line up:

**Fall sports:** volleyball (girls), flag football (boys), cross-country (girls and boys);

**Winter sports:** basketball (girls and boys);

**Spring sports:** track and field (girls and boys), soccer (girls and boys)

This matches the current middle school line-up, and represents an expansion of offerings for the high school, an increase made possible because growing high school enrollment enables us to field more teams in more sports. And we will continue to support individual interest in other sports including tennis, golf, squash, baseball, polo and swimming.

Beginning with the second semester this year (January 2016), we will implement the following after school sports schedule, which will carry through to the 16/17 school year as well:

**Monday-Tuesday-Wednesday:**
Bearkats practice and games (high school follows middle school)

**Thursday:** intramural sports for upper elementary students.

**Friday:** Please note that we are keeping the Friday after-school slot open for ASEP classes.

Other questions you might ask:

**What are Coach Tucker’s responsibilities as Athletic Director?**
In addition to teaching physical fitness classes for primary through middle school,
THE 2015–2016 POST OAK FUND
MAKING A DIFFERENCE TOGETHER

POST OAK FUND CHAIRS
LUCINDA & JAVIER LOYA
INVITE YOU TO THE
Leadership Circle Party
Contributors to the Post Oak Annual Fund at the Leadership Circle level ($3,000) are invited to join Lucinda and Javier Loya at their home for the annual, fabulous Leadership Circle Party in April. Don’t miss it!

Thank you to the 65% of Post Oak families who have contributed a total of $200,000 toward our $300,000 goal. We need to reach our financial goal and 100% parent participation.

Congratulations Maya Pinto’s class & Emily Hansen’s class for reaching 100% parent participation!

Several classes are very close to reaching 100%. Please send in your contribution today to support the school and get your class to 100% participation.

Parent volunteers are calling all Post Oak families. Please answer the call and show your support of The Post Oak School by making your Annual Fund contribution today online, via pledge, securities, or check.

PLEASE HELP US REACH
100%

TRUSTEES
100%

EMPLOYEES
100%

PARENTS
65%

2015–2016 PARTICIPATION TO DATE
and coaching middle school teams, Coach Tucker schedules interscholastic games and meets, communicates with our league and with the athletic directors of other schools, supports and supervises the Post Oak coaching staff, orders team uniforms and sports equipment.

Who are the other coaches?
Kat Trevino has been a talented addition to our full-time staff. She teaches physical fitness classes for primary through middle school and coaches the girls Bearkats sports teams. Since Coach Trevino joined Post Oak, the girls Bearkats teams have really taken off! And her able partnership with Coach Tucker gives him the flexibility to handle his AD duties.

At the high school level, Cliff McBride will continue with his coaching duties. He brings a high degree of skill and experience, and a good spirit to the role. As the high school athletic program expands, we’ll add staff as needed.

What are the plans for physical fitness classes and Bearkats sports when middle school relocates to the Museum District campus next year?
Middle school students will bus from the Museum District campus to the Bissonnet campus three days per week for physical fitness classes and Bearkats sports practice and games. High school students will also bus to the Bissonnet campus for basketball and volleyball practices and games.

What are the long-term plans for middle school and high school sports?
We see a gymnasium in the future for the Museum District Campus to accommodate the growing sports program. No, we are not aiming to become an athletic powerhouse. However, a large number of our middle school and high school students want opportunities to participate in athletics. We want to build on the high school sports program which has evolved over the past four years, and the burgeoning middle school Bearkats success.

We appreciate your interest in athletics and physical fitness at Post Oak and your support.

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YOUR VOICE MATTERS!
YOUR OPINIONS COUNT!

...here's another survey!

The Post Oak School Community is faced with two critically important projects this year:
1. The search for a new Head of School
2. A Self-Study to renew our ISAS Accreditation (every 10 years)

Thank you for responding to the Head of School surveys. We now ask you to complete the ISAS Parent Survey. Please take the 10 minutes needed to help us complete this process for reaccreditation. Here is the link.
(https://www.surveymonkey.com/r/LKLS8RY)
Let us know your thoughts on these important issues that will affect the future of The Post Oak School.
**Grandparents’ & Friends’ Days**

**AT THE POST OAK SCHOOL**

**November 23 & 24, 2015**

We look forward to having your relatives and close friends visit Post Oak! If you would like your child’s grandparents or other relatives/friends to receive an emailed invitation to this year’s Grandparents’ & Friends’ Days, please visit [www.postoakschool.org](http://www.postoakschool.org) (left hand menu option) and submit their email address. If you already know which guests are coming, please ask them to RSVP.

For questions contact Christina Cantu at christinacantu@postoakschool.org

Or call: 281-822-8024

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**TEDxYouth**

*Independently organized TED event*

**What is TEDxYouth Day?**

It is a physical-virtual event hosted by schools around the world on or near Universal Children’s Day. This year’s theme is Made in the Future. Students will present on topics they are passionate about; topics like Economics of Climate Change, Cultural Diversity, How Important Numbers are in our Everyday Life, etc. Post Oak School will be participating with other ISAS schools.

**Post Oak Participants:**

- [Redacted], grade 8  
  *Sports and Numbers*
- [Redacted], grade 8  
  *Economics of Climate Change*
- [Redacted], grade 8  
  *The Importance of Design*
- [Redacted]  
  *Diversity*
- [Redacted], grade 11  
  *Economic Equality for Women in USA*
- [Redacted], grade 8  
  *Reporter*
- [Redacted], grade 8  
  *Reporter*

The TED stage will be set at The Emery/Weiner School on

**November 14, 2015**

8 a.m.—1 p.m.
WHAT’S TRENDING IN HIGHER EDUCATION?: ED? EA? EASC? RD?

What is the best way to apply to college? I wish there was a one size fits all answer, but there is not! With the deadline for Early Decision and several Early Action applications on 11/1, the buzz in the higher ed community has been the topic of Early Decision and Early Action! Informed people make good decisions... so let’s figure out what ED, EA, EASC and RD mean!

**ED:** Early Decision is a common early admission policy used in college admissions in the United States for admitting freshmen to undergraduate programs. It is used to indicate to the university or college that the candidate considers that institution to be his or her top choice. ED is a *binding* agreement; each student is limited to one ED application.

**EA:** is a type of *non-binding* early admission process for admission to colleges and universities in the United States. Unlike the regular admissions process, early action usually requires students to submit an application by November 1 of their senior year, resulting in a decision rendered by the end of December.

**S-C EA:** Single Choice Early Action (or Restrictive Early Action) Applicants must have their applications completed early, usually by November 1st. Applicants will receive an admissions decision early, usually in mid-December. As with Early Decision, applicants can apply to just one school through an early admission program. Applicants can apply to other colleges through their non-binding regular admission programs or rolling admission programs. Also, applicants are typically allowed to apply to any public universities and non-U.S. institutions as long as admission decisions are non-binding. Like Early Action, Single-Choice Early Action applicants have until May 1st to make a decision. This allows applicants to compare offers of admission and financial aid packages from other colleges.

**RD:** Regular Decision is the normal process by which students apply by published deadlines with promise of receiving an admissions decision no later than April 1 of their senior year.
2015 COLLEGE ACCEPTANCES ARE COMING IN!

University of Alabama
University of Mississippi

University of Alabama
Southwestern University

University of Alabama

Colorado State University

The Evergreen State College

Hanover College

GRADUATION ORDERS due DECEMBER 8

Order forms and information from Herff Jones regarding graduation announcements, cap/gown, etc. went home with the Class of 2016 on November 2nd! All students in the Class of 2016 must order a cap, gown and tassel; however, all other items are optional. Order forms are due to Mrs. Smith’s mailbox no later than December 8th, 2015!

Coffee with the Middle School and High School Directors

Wednesday, November 11
9:00 a.m. —10:00 a.m.

Get the answers to your questions about adolescent education at our Coffee with High School Director James Moudry and Middle School Director Jami Sweeney. This meeting will be held in the Multipurpose Room on the Bissonnet campus.
Exploring at Nature’s Classroom Institute

Last week all Upper Elementary students traveled outside of Wimberley, Texas on a four day trip to Nature’s Classroom Institute. Below are observations of the trip from Debbie Nickerson’s class.

My group participated in a wonderful and exciting role play of what it would be like to live on the Oregon Trail. The role playing showed us that, before there was the West, there was a trail that led from coast to coast. Our night hike was amazing. We listened in the dark for sounds around us. I learned that many animals, such as elephants, have big ears to cool down, and not to improve hearing. All in all, the night hike was a thrilling experience.

When we got to the camp, the counselors took us to our dorms. All the boys in my class were in the left side of dorm three. Learning from last year, I chose the top bunk in the corner to prevent someone spilling their water on me. The next day, we had field group which was fun because of the freedom of exploring we saw a burned down house, a red wasp (we immediately fled after that experience), trespassed, and crossed a weir, which is a tiny dam designed to slow down water. For my afternoon class, I signed up for Nomads. We built fires and shelters. The next day we saw a wild coral snake which is one of the most poisonous snakes in North America.

After dinner on the second night, we went hiking. We walked around in the woods in the dark and listened for animals. Every once in awhile we would hear stories about the moon and the stars. On the third night, we did a wolf simulation. We looked for glow sticks while being chased by a hunter. If the hunter got you, he would mark you on your hand, and then you could not be the alpha wolf.

I really loved the zip line. It was amazing. It took some tries to get it right. I also enjoyed learning about the effects of light to my eyes during the night hike. It was very interesting.

One night our field group leader took us over the rickety rope bridge that went to the treehouse. It was really scary because I couldn’t see the ropes holding up the bridge. I also swam in the swimming pool. The water in the pool was freezing cold, but it was still thrilling.

What I liked most about Nature’s Classroom Institute was seeing all the nature and exploring all of the areas of the campground. I got to see deer, foxes, raccoons and armadillos. I also really loved the fun games we played at night that were topped off with milk and cookies. I even enjoyed the pool, though I nearly froze to death.

I liked the time when we went on the night hike. That was when we saw what the woods was like at night. I also liked the time when we went into the woods and played teamwork games like The Spiderweb and Walk The Plank.

Walking in the creek while the water went through my toes was a fantastic feeling. Each night having cookies and milk with a story was relaxing and calming.

In CSI, we investigated a case about a burnt inn. After finishing up our investigations and explaining our theories, we were told the story behind it, which was actually a fairy tale. However, it was still an educationally fun experience. The wolf simulation was an incredible experience because we learned about the life of a wolf. During the simulation, we walked around,
straining our ears to hear the prey, while avoiding the hunter at the same time.

One of my favorite activities at N.C.I. was the wolf simulation. They divided us into a bunch of “packs” where there was one alpha, and the alpha gets to decide where to go. The goal of the game is to find the most “prey” (glowsticks). When your pack finds prey, other people in the pack can challenge the alpha in a game of “bear, salmon, mosquito”. Bear beats salmon, salmon beats mosquito, mosquito beats bear. If another wolf beats the alpha then that wolf becomes alpha. Then there’s the hunter….. the hunter comes with a flashlight and if he shines it on you, you can’t challenge the alpha anymore. Even though my pack didn’t win, it was still really interesting to play.

On our trip to Nature’s Classroom, I enjoyed learning about plants like bull nettle, lambs ear, and river oat. I also enjoyed going down the waterslide with my friends even though it was very cold! I learned that humans waste a lot of food. For example, during one meal, our three classes wasted fourteen pounds of food! I will be more aware about wasting food now, thanks to Nature’s Classroom.

Two of my favorite things at Nature’s Classroom were the Animal Olympics and the night hike. The reason I found the Animal Olympics so interesting was because I learned different things about animals I never knew before. I found the night hike amazing. We went out in the night and I heard and saw things I’ve never experienced.

Last week our class went to Nature’s Classroom in Wimberley, Texas. It was really fun and exciting. In our field groups, we did something called the ropes course. We had to figure out how to get through a giant spider web without going through the same hole with fourteen people. We also got to walk at the bottom of a waterfall. We all got wet, but it was still amazing.

The first thing that we did on the night hike was an echo-location game where we made a circle and two people went inside. One person was a bat; the bat had his eyes closed and tried to catch the fly: who made a buzzing sound so that the bat could catch the fly. For another activity the leader told us a story, and we had to cover one of our eyes while he lit a candle. After the story, he told us to uncover our eyes and look around. The eye that we kept uncovered, couldn’t see a thing, while the other eye could see like it was daytime, because the eye that we covered adjusted to the dark, while the other eye adjusted to the light, so when he put out the light, one eye could see a lot, while the other not so much. After the nighttime activity, we went back to the main room to eat milk and cookies. In conclusion, the trip was very educational and fun.
Bearkat Flag Football

Bearkat flag football finished an undefeated season on Monday afternoon by defeating St. Stephens in the league championship game by the score of 34-6. The team went 8-0 on the season with scores of: 51-20, 32-12, 50-12, 60-30, 32-6, 30-22, 34-12. The other teams in our TCSAAL league were Southwest Iman and Southeast Iman Academy.

Congratulations to players on this year's team (in order from 8th grade to 6th grade):

Way to go, Bearkats!

Bearkat Volleyball

Post Oak has a voracious group of volleyball players!

Twenty-five girls were eager and committed to achieving higher levels of skill performance. Each girl's personal investment paid off when they came together as a team on the court to achieve a 9-1 season becoming the League Champions.

They rallied around each other for support and encouragement. They stayed focused and positive.

It was truly an exciting season! Not because of all the wins (WOW) but because of all the personal growth witnessed in each player.

Thanks girls for being part of the team. Thanks to your parents for all their support. 😊
Dia de los Muertos
by Patricia Onofre, Spanish Specialist

Dia de los Muertos (Day of the Dead) is an important festivity in many Spanish-speaking countries. Rather than being a sad occasion, El Dia de 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. All Post Oak students were invited to bring a photo, memento, story, or even a favorite food of their deceased loved ones to place in the ofrenda and to participate in Post Oak’s Dia de Muertos celebration this week.
Historical Figure Day in Primary

By Lindsay Mistretta, Lower Elementary

To celebrate Halloween in our classroom some of the children choose famous historical figures to research. They wrote reports, dressed as their famous person, and gave a presentation to the class. We ran the gamut of years and professions from Davy Crockett to Dolly Parton.
SCENES from The Post Oak School

1. Exploring leaf shapes in primary.
2. Preparing fresh juice for snack.
3. Jane Goodall and friend visit during Famous Person Day.
4. Focused concentration on the embroidery hoop.
5. Working together on fractions.
6. Andy Warhol in Montessori.
7. A high school student and math teacher discuss cubing using concrete materials.
8. Frida Kahlo concentrating on math work.
9. The button frame, a practical life material, can also be good fun.
10. Chalk drawing in primary to exercise creativity and fine motor skills.
11. Determination: using the right tool to cut the apple and prepare snack.
12. Upper Elementary students select sugar skulls at the market.
CALENDAR

NOVEMBER 8 - 14

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Tues</td>
<td>11/10  Diwali begins at sundown</td>
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<tr>
<td>Wed</td>
<td>11/11  Veteran’s Day</td>
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<td></td>
<td>Coffee w/ MS &amp; HS Director 9 a.m.</td>
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<tr>
<td>Fri</td>
<td>11/13  Conference Day; Classes not in session</td>
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<tr>
<td>Sat</td>
<td>11/14  TEDx Youth 2015 at Emery Weiner School</td>
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NOVEMBER 15 - 21

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon-Fri</td>
<td>16-20 MS Land Experience</td>
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<tr>
<td>Tues</td>
<td>11/17 High School Open House 7:00 p.m.</td>
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<tr>
<td>Wed</td>
<td>11/18 Coffee w/ EL Director</td>
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<td>Topic: Primary to Lower Elementary Transition</td>
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<td></td>
<td>with Mirani Smith and Jeff Schneider</td>
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NOTICE BOARD

Coffee with the Elementary Director

Wednesday, November 18
9:00 a.m. – 10:00 a.m.

Topic:
Primary to Lower Elementary Transition with Mirani Smith and Jeff Schneider

ADVANTAGE MOBILE APP FOR MY BACKPACK

Parents can view the school directory via your Apple or Android device. Go to App Store for iPhone or Google Play store for Android users, search for “Advantage Senior Systems,” and install it. The Post Oak School code is postoakschool. Use the same user name and password as My BackPack.

The Getting Started with My BackPack User Guide is found on the school’s website.

We need your 2¢.

Our ISAS Parent Survey needs you!

Please take 5 minutes to help complete this process. (https://www.surveymonkey.com/r/LKLS8RY)

LOST and FOUND

Lost and Found is overflowing. Please drop by to see if anything belongs to your family.

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 (pos@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 International Baccalaureate® Programme (IBO) 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