Post Oak parents: we invite your engagement. Why? You chose Post Oak for compelling reasons, perhaps because of the children’s level of engagement you observed in the classrooms: children like being here and they care about what they are doing and what they are learning.

PARENT ENGAGEMENT
We also invite parent engagement because your involvement with the school, your commitment to its mission, and your many and various contributions make the school a better, stronger, and more interesting community. And the more you put into Post Oak, the more you get out of it.
SHOWING UP
The first level of engagement is showing up. Woody Allen famously said, “80% of success is showing up.” We give multiple opportunities to show up: attend parent/teacher conferences, attend parent education meetings, attend parent workdays, attend Post Oak Parent Association (POPA) events, cook with children at school, present lessons about religious holidays or other cultural events, present lessons related to your career or talent. This year you were also given the chance to show up for focus groups as a part of the search process for a new head of school, and in the month ahead you’ll be invited to meet those candidates who’ve advanced to the round of finalists.

Responding is another way to show up. Many of you responded to two recent surveys: the first related to the head search, and the second to the accreditation self-study we’re currently conducting. Your input matters. Showing up and responding take time, require presence. Your engagement makes a difference for your children, for you, and for the school.

STEPPING UP
The second level of engagement is stepping up. Taking on leadership in the school means you are willing to work, to dedicate more time and talent, and to stick your neck out and assume responsibility. Beyond attending a POPA event, you can work on a committee for weeks or months in advance, or you can chair the committee, or you can chair the full event. You could chair POPA itself.

There are many other ways to step up: serve as a room parent or an Annual Fund class captain, chair the Annual Fund, or serve as a trustee. As Dr. Montessori said, “It is the responsibility that a leader must feel, not the authority of her position,” and each step up the volunteer ladder leads to increased responsibility and increased commitment of time.

DONATING
100% of faculty and staff, 100% of trustees, and 75% of current parents have contributed to the Post Oak Annual Fund Drive. While tuition dollars cover 100% of core operating expenses, the Annual Fund represents voluntary giving to support discretionary spending, which directly benefits Post Oak children of all ages, and to build financial strength, which allows the school to respond to opportunities and special needs. To those who have already given, thank you. For those still considering a donation, we invite your engagement.

Donation to the school is another form of engagement. It is not a commercial transaction, just as your relationship to the school is not a commercial transaction. Your child is more than an economic resource to be optimally developed through wise investment. You want the best for your child.

What is the number one reason that people donate to non-profit organizations? (And yes, Post Oak is a non-profit organization.) People donate because they believe in the mission. Venture capitalist Ted Dintersmith asked himself, “What is the purpose of school?” and went on a modern-day vision quest to find the answer. Here’s what he concluded: “Maybe, in the end, the purpose of school is to help our kids find their own sense of purpose. To prepare them for a life where they can set, and achieve, their own goals.” I have heard from a number of parents who say they enrolled their children in Post Oak because we do just that. Post Oak needs your support to do it more and better. We need your deep engagement. •

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Follow us on Facebook and Twitter for mid-week updates, photos, and more:

www.facebook.com/thepostoakschool/
www.facebook.com/postoakhighschool/
twitter.com/postoakschool
twitter.com/postoakhs

Underlined phrases in this publication are hyperlinks—access them in the online edition (link on the left side of our homepage).
Thank you to the Annual Fund Class Captains for all of their volunteer work calling Post Oak families:

Their hard work and your generous support has brought us close to our $300,000 goal.

The development office will be calling the remaining families asking for support. Please step up and show your support of The Post Oak School by making your Annual Fund contribution today online, via pledge, securities, or check.

THANK YOU!
2015 COLLEGE ACCEPTANCES

Austin College
Colorado State University
The Evergreen State College
Hanover College
Southwestern University
The University of Alabama
University of Hawaii at Manoa
University of Mississippi

Congratulations to all! Over the year as acceptances come in, we’ll keep you updated.

(Pictured right: new addition of collegiate pennants to our hall of flags at the Bissonnet campus)

Our classrooms are different. *Come find out why.*

High School Admission Open House
Thursday, December 3, 2015, 7 p.m.
"Day-of Tips"

If you have relatives or friends attending the coming event on either Monday or Tuesday, here are a few of things to note:

- **COMPLIMENTARY VALET PARKING IS PROVIDED AT THE BISSONNET CAMPUS.** The valet service will be stationed at the Peace Circle.
- We are limited with space and ask that parents not attend. We promise to take good care of your guests!
- The event starts at 9:00 a.m. and concludes around 11:00 a.m. Breakfast will be provided.
- Guests of YCC and Primary students will view the students from the observation window. We do this to give grandparents and friends a view of a Montessori classroom in action. Guests of older students are invited into the classroom to work with those students.
- If grandparents or friends plan on taking the student home, we must have written permission from the parent, as is the normal policy.
- An RSVP is most helpful for organization at the event, but even if an RSVP has not been sent in, we welcome all visitors on both days.

We look forward to hosting your guests next week!

**Picture Retakes**

Picture Retakes will be on **Wednesday, December 2, at 8:45**, for those children that were absent on picture day.

If you would like to have your child’s picture re-taken please note the follow options:

- You must turn in the original picture before the retake day and accept the retake, even if it does not turn out as well.
- You may pay for a second package at the cost of $25.00, which must be paid in advance.

If you choose to have your child’s picture retaken, please contact Jenna Pel at jennapel@postoakschool.org and your child’s teacher.

**THE SCIENCE of High-Risk Behavior**

A parent education event with Dr. Crystal Collier

**Wed., Dec. 2, 2015**
6:45 p.m. at Post Oak High School
## Bearkats Basketball

### High School Basketball Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent/Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>11/17</td>
<td>Bearkats @Esprit 5:30, 602 Pruitt Rd, Spring, 77380</td>
</tr>
<tr>
<td>12/3</td>
<td>Bearkats @Northside 5:00, 5215 Jensen Dr., Houston, 77026</td>
</tr>
<tr>
<td>1/5</td>
<td>Bearkats vs YP Northside, 6:30 p.m.</td>
</tr>
<tr>
<td>1/8</td>
<td>Bearkats vs Woods, 6:00 p.m.</td>
</tr>
<tr>
<td>1/8</td>
<td>Bearkats vs St Stephens, 7:00 p.m.</td>
</tr>
<tr>
<td>1/12</td>
<td>Bearkats vs St Stephens, 5:15 p.m.</td>
</tr>
<tr>
<td>1/12</td>
<td>Bearkats vs Esprit, 6:00 p.m.</td>
</tr>
<tr>
<td>1/15</td>
<td>Bearkats @YP Fifth Ward 1305 Benson St., Houston, 77020</td>
</tr>
</tbody>
</table>

### Girls Basketball Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent/Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>11/17</td>
<td>Bearkats vs Emery/Weiner @Post Oak, 5:00 p.m.</td>
</tr>
<tr>
<td>11/30</td>
<td>Bearkats @Harmony Endeavour, 5:30 p.m., 5668 W. Little York Rd., Houston, 77091</td>
</tr>
<tr>
<td>12/3</td>
<td>Bearkats vs Yellowstone @Post Oak, 5:30 p.m.</td>
</tr>
<tr>
<td>12/7</td>
<td>Bearkats @Yellowstone, 5:30 p.m.</td>
</tr>
<tr>
<td>12/8</td>
<td>Bearkats vs Yellowstone, 4:30 p.m.</td>
</tr>
<tr>
<td>12/10, 12/11, and 12/12</td>
<td>Fallbrook Tournament, 12512 Walters Rd. Houston, Texas 77014</td>
</tr>
<tr>
<td>1/13</td>
<td>Bearkats vs Briarmeado @Post Oak 5:00 p.m.</td>
</tr>
<tr>
<td>1/14</td>
<td>Bearkats @Yellowstone, 5:30 p.m.</td>
</tr>
<tr>
<td>1/19</td>
<td>Bearkats vs Briarmeado @Post Oak 5:00 p.m.</td>
</tr>
</tbody>
</table>

### Boys Basketball Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent/Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>11/30</td>
<td>Bearkats @YP White Oak 4:30 p.m. 5620 W Tidwell Houston, TX 77091</td>
</tr>
<tr>
<td>12/1</td>
<td>Bearkats vs St Stephens @Post Oak, 4:30 p.m.</td>
</tr>
<tr>
<td>12/3</td>
<td>Bearkats vs Yellowstone @Post Oak, 6:00 p.m.</td>
</tr>
<tr>
<td>12/7</td>
<td>Bearkats vs Western Academy @Post Oak, 4:15 p.m.</td>
</tr>
<tr>
<td>12/8</td>
<td>Bearkats vs YTE @Post Oak, 5:00 p.m.</td>
</tr>
<tr>
<td>12/10, 12/11 and 12/12</td>
<td>Fallbrook Tournament</td>
</tr>
<tr>
<td>1/8</td>
<td>Bearkats vs Woods School @Post Oak, 5:00 p.m.</td>
</tr>
<tr>
<td>1/11</td>
<td>Bearkats vs Yes Prep @Post Oak, 5:30 p.m.</td>
</tr>
<tr>
<td>1/12</td>
<td>Bearkats vs St Stephens @Post Oak, 4:30 p.m.</td>
</tr>
<tr>
<td>1/13</td>
<td>Bearkats vs Briarmeado @Post Oak, 6:00 p.m.</td>
</tr>
<tr>
<td>1/14</td>
<td>Bearkats @Yellowstone, 6:00 p.m. 300 Trulley St Houston, TX 77004</td>
</tr>
<tr>
<td>1/19</td>
<td>Bearkats vs Briarmeado @Post Oak, 6:00 p.m.</td>
</tr>
<tr>
<td>1/25</td>
<td>Bearkats @Woods School, 4:30 p.m. 1321 Wirt Rd Houston,TX 77055</td>
</tr>
<tr>
<td>1/26</td>
<td>Bearkats vs YTE @Post Oak, 5:30 p.m.</td>
</tr>
<tr>
<td>1/28</td>
<td>Bearkats vs St Stephens @Post Oak, 4:30 p.m.</td>
</tr>
</tbody>
</table>

Dates subject to change. Watch The Post for the latest info.
Congratulations to the Bearkats for two wins in basketball this week! The High School team beat Esprit 68–28 and the 6-7-8th grade girls team won an exciting overtime game 34–32 against Emery/Weiner. Go Bearkats!

Pictured are photos from our recent pep rally in the gym. Spirit, let’s hear it!
‘Tis the Season to be Sharing

Annual Brae’s Interfaith Ministries Food Drive (on both campuses)

Join the Post Oak Family as we continue our tradition of Holiday giving. Each year we seem to break the record for the most donations. Let’s do it again! We will be collecting food and toiletry items for Brae’s Interfaith Ministries from Monday, November 30 through Tuesday, December 8.

With donations from the whole Post Oak Family, several elementary students will deliver the much needed items to Brae’s Interfaith ministries on December 8. Donation boxes will be located throughout both campuses. Thank you for your support in helping families in need and making this a meaningful experience for our children!

Suggested BABY and TOILETRY items:
- Bars of soap
- Shampoo
- Hand lotion
- Diapers (particularly size 4 and 5)
- Baby Food (particularly fruits and vegetables)
- Enfamil with Iron

Suggested NON-PERISHABLE FOOD ITEMS:
- Boxes of Cereal
- Packaged pasta and sauce
- Canned vegetables and meat
- Rice, lentils, beans
- Soups, broths
- Dried fruits and nuts

Head of School Candidate Meetings

Parents, you are invited on December 7, 8, and 9, 2015 from 1:15–2:00 p.m. for a 15-minute candidate presentation and 30-minute Q&A (Please note: each day features a different candidate.) Bissonnet Campus, Multipurpose Room

POPA Coffee/Work Day

Wed., Dec. 2, 8:45 a.m.–noon Bissonet campus
FISH: Three Levels of Obedience

by Nikayla Thomas, Post Oak parent

On Friday, November 6, parents met at Post Oak to learn about the “Three Levels of Obedience” from Maya Pinto during our November session of Families Integrating School and Home (FISH). Mrs. Pinto, currently an elementary teacher at Post Oak, spent many years as a primary teacher. She discussed the revolutionary way that Maria Montessori viewed education—as a way to assist people in their natural course of human development, not as a method of force-feeding an adult-created curriculum, as with many popular ideologies. “All humans,” she said, “have a strong inclination toward achievement known as horne.” This is what drives a child not to just walk, but to run; not to just make sounds, but to speak a language. If we ask a child to complete a task in line with his horne, we build trust and he will seek to obey again.

LEVEL ONE
Ages zero to three. The first level of obedience is governed purely by vital impulses. Caregivers can assist children most by observing what the child is attempting to master (learning to walk) and asking for obedience that aligns with this need (can you walk from point A to point B?). A child will communicate by crying or fussing if the developmental need/expectation is not being met.

LEVEL TWO
Ages three to six. Once the will of the child is formed, he/she enters into the second level of obedience. However, in order to obey, a child must not only wish to obey but also be able to obey. “If a child is not yet a master of his own will, he cannot obey the will of someone else,” said Mrs. Pinto. This level requires patience because it is a gradual unfolding of maturity and skill. Having unrealistic expectations of children at this level, or giving them insufficient time to complete tasks can cause frustration on both sides. Caregivers can best assist by observing the child’s inner need and creating conditions to make it possible for him to achieve it. For example, a caregiver can assist a child attempting to pour orange juice (by myself) over an expensive tablecloth by asking the child to help fold the tablecloth first. When we forbid children from doing this work or do it for them, we rob them of the experience and communicate our belief in their failure. “If we interfere, deviations will occur,” said Mrs. Pinto. For example, a child can become overstimulated, attempting to do things too quickly or enter a level of complete submission and won’t initiate action. Morning routines can be simplified by offering limited choices, setting achievable expectations, and following routines (that have been taught and have elements that appeal to a child’s horne). We can create this at home by saying to a child, “It is time for school. Can you walk on this line (electrical tape) to where the shoe and sock station is?”

LEVEL THREE
Ages six and beyond. This is the highest level of obedience—the ability to absorb (and comprehend the purpose of) another person’s wishes and express them in your own behavior,” Mrs. Pinto said, quoting Maria Montessori. “This is the level we achieve for the rest of our lives.” Seeing a need and fulfilling it even without being asked is obedience in its highest form. Mrs. Pinto described how, as she was preparing for the FISH presentation, the children in her classroom informed her that she had a big talk to give and should rest. They were the ones that set her place at the front of the room complete with a hot drink, books and a flower to decorate the table. At this age, when children have a reasoning mind, they can be engaged in deep discussions about the various facets of life while everyone collaborates for the family good (for example making dinner together). Satisfying the child’s will to achieve in the earlier levels of development, creates the foundation upon which this highest level of obedience rests. This is where we find integrity and our model citizen.

Families Integrating School and Home (FISH) is a parent group focused on helping families create their own Montessori environment at home with the guidance of experts and ideas generated by parents. We meet for a discussion guided by one of the teachers or an outside expert. It is an opportunity for parents to come together, share ideas, receive feedback, put ideas into practice, and benefit from the rewards. Please join us for the next FISH session February 19 at 9 a.m. at The Post Oak School.
Shop for the Holidays and Support Post Oak

There’s an easy way to help raise money for our school—when you go shopping! Whether buying groceries at Randalls or holiday gifts and school supplies at Target, your purchases can benefit Post Oak! Grandparents, alumni, and friends are all welcome to participate in the programs.

When you shop at Randalls, Post Oak can receive 1% of total purchases. Just link your Remarkable card to the school by visiting www.randalls.com ➔ Community Caring (link at the bottom of page under Company Info). From here select the Good Neighbor Program link on the right and complete the short Good Neighbor Charity Addition form at the bottom of the page. Be sure to include Post Oak’s charity number 2531.

Have a Target REDcard or Target Visa Card? Through their Take Charge of Education program, cardholders can designate Post Oak to receive 1% of all Card purchases made at a Target store or at target.com. Target also donates 5% of all Target Visa Credit Card purchases made outside of Target. To link Post Oak to your card, go to target.com/tcoe, enter the school’s ID (1510) or search by city and state, and click on the Select This School to enter your card information. You can also check the school’s progress any time.

We truly appreciate all your support! Happy shopping!

Happy Thanksgiving

SCHOOL CLOSED
Wednesday, November 25 to Friday, November 27
How Much Screen Time Is OK for My Kid(s)?

Kids are spending more time with screen media—and at younger ages—than ever before. But there really is no magic number that’s “just right.” What’s more important is the quality of kids’ media and how it fits into their—and your family’s—lifestyle.

The notion of screen time as a one-dimensional activity is changing. Computers, tablets, and smartphones are multipurpose devices that can be used for lots of purposes. Designating their use simply as “screen time” can miss some important variations. The Common Sense Census: Media Use by Tweens and Teens identifies four main categories of screen time.

- Passive consumption: watching TV, reading, and listening to music
- Interactive consumption: playing games and browsing the Internet
- Communication: video-chatting and using social media
- Content creation: using devices to make digital art or music

Clearly, there’s a lot of difference among these activities. But as valuable as many of them can be, it’s still important for kids’ overall healthy development to balance their lives with enriching experiences found off screens. These tips can help:

- Pay attention to how your kids act during and after watching TV, playing video games, or hanging out online. If they’re using high-quality, age-appropriate media, their behavior is positive; and their screen-time activities are balanced with plenty of healthy screen-free ones, there’s no need to worry.

- If you’re concerned about heavy media use, consider creating a schedule that works for your family. This can include weekly screen-time limits, limits on the kinds of screens kids can use, and guidelines on the types of activities they can do or programs they can watch. Make sure to get your kids’ input so the plan teaches media literacy and self-regulation, and use this as an opportunity to discover what they like watching, introduce new shows and apps for them to try, or schedule a family movie night.

Finally, the American Academy of Pediatrics (AAP)—one of the only established organizations to make recommendations on screen time—offers guidelines that put limits on media exposure. Studies have shown a link between heavy media use and issues such as obesity, lack of sleep, academic challenges, aggression, and other behavior difficulties. However, the AAP will be issuing new recommendations in 2016 emphasizing that not all screen time is equal and that take into account the many different kinds of activities that occur on screens (for example, watching TV is not the same as video-chatting with Grandma). The reality is that most families will go through periods of heavy and light media use, but, so long as there’s a balance, kids should be just fine.

Reprinted with permission from Common Sense Media: https://www.commonsensemedia.org/screen-time/how-much-screen-time-is-ok-for-my-kids?
Two weeks ago, Upper Elementary students traveled outside of Wimberley, Texas on a trip to Nature’s Classroom Institute. Below are observations from Maya and Errol Pinto’s classes.

By

Nature’s Classroom Institute is in Wimberley, Texas, which is about a three hour drive from Houston. This is the third time I have been to NCI. I went once in Illinois and twice in Texas. All three times they were really fun. NCI has lots of deer, and I mean lots. One morning when I walked outside I saw at least ten deer. It’s cool because in Houston you don’t get to see so much deer. We wake up about 6:15 a.m. Then we get ready for the day and get to play on the playground which has a zip line, swings and lots of other cool things. At eight we have breakfast. By the way the food there is really good. At breakfast we get to choose our classes. After breakfast we get a thirty minute break. Then we have field group for two hours. Field group is where you are get assigned to a group with a counselor and get to do whatever you want for two hours. Then we have journal time for 30 minutes till lunch. After lunch we have our classes.

After our classes we have free time until dinner. After dinner we have a transition time, then we do a night activity. Overall I think that nature’s classroom Institute is a lot of fun and a great experience.

By

NCI was a camp that our school went on a few weeks ago. Now I will start off saying that NCI was a fun, great and interesting learning experience. Getting up close to nature is great and this camp captures that. Our days were fun and packed with action. The cabins were very comfortable and the food was delicious. We left our school at 7:45 in the morning and we arrived a few hours later. The bus ride was pretty long but it was fine. We stopped at Buc-ee’s to use the restroom and stretch out legs which was nice. When we finally got there we went to lunch and we assigned the waitrons. The waitrons were the people that would get the food for the table (we ate family style.)

By

Have you teachers ever wanted to send your students on a field trip where they can have fun and learn at the same time? Well if so then Nature’s Classroom Institute is the perfect place for you! Nature’s Classroom Institute (NCI) is located in Wimberley, TX at the CYJ camp and is perfectly in sync nature and wildlife. In the mornings you can see the deer grazing, and at night you can see the occasional fox scurrying through the shadows. During your time at NCI you will have fun in the steaming hot pool, on the zipline, playing Gaga Ball, and being with your field group. During field group, you would go walking about and playing games, or playing camouflage. During free time you can either play Basketball, Gaga, play on the playground or on the zipline (which is included with state of the art safety features), and even swim and go down the AWESOME slides or play water volleyball. At meals in NCI you will be served family-style and your waitron (waiter/waitress) will serve you.

Overall, NCI is a fun place for all because you can play, learn, and interact with nature.

By

NCI is a great opportunity where you can learn and play fun games and activities all in one short time. You will learn lots about respect, and get to journal about your stay. Overall NCI is a really great experience for everyone and if you’ve already gone you can always go back again and be sure to do different, games, activities, and simulations helping you learn about nature and other stuff.

By

When we got to NCI we were greeted with very nice counselors. We then unpacked all of our stuff in our little dorms, then we ate lunch. Usually every single meal is very good. Also at NCI it is a Jewish camp so they have a kosher kitchen. Every morning we will have these things continued on page 13
Exploring at Nature’s Classroom Institute
by Upper Elementary, continued from page 12

called field groups. When you go in your field group you get to explore nature and play lots of games.

Our first day it was a half day so we had our field groups in the afternoon. The best game we played was called camouflage which is a form of hide and seek. Every day after lunch we went into these classes that we pick in our field groups. One of my favorite classes was called nomads. It sounds exactly just how it seems. We acted like we were nomads and were taught how they survived in the wild just like they did. The first thing we did in the class called nomads was to learn how to make a fire and what to use in it. After we finished our fires we went into the woods to make forts. This was by far really cool. My favorite night time activity was the wolf simulation.

There was an alpha, beta and an omega. We picked numbers to see who was going to be the alpha. Whoever had the highest number was going to be the alpha. The object of the game was to get as much food as possible. If you were wondering, the food was actually glow sticks. If you saw another pack then you could challenge them to a game of salmon, bear, or mosquito. This game is just like rock, paper, scissors. If you win you can go in the direction you want to but if you lose then you have to stay in one spot for a while or go in a different direction. After every night activity we go and have a cookie and some milk while talking about our night time activity.

By [Authors Name]
All of the activities the class did were very fun. At the end of each meal there are two things you do, one is the "ort" report which you get all the food your class did not eat and is still on your plate and then it is weighed and you want to get the lowest score, then there is the respect board where you can tell people how they impacted you and what you did that respected them.

By [Authors Name]
Well first off, everybody there is so nice, and the counselors there go out of their way to make sure that you have a wonderful experience. Another amazing thing that NCI has to offer at their camp is the food. We had a different meal each day, and at night, we got chocolate chip cookies and milk for dessert. An additional amazing thing at NCI is the opportunity of choosing fun activities during our down time. We have the option to take a relaxing swim in the somewhat warm pool! There is also an EXTREMELY safe large playground! The playground has things like a zipline, a twirly whirl, a gaga pit, a flying squirrel, and more! But a feature that I am sure that teachers, parents and students will all enjoy, this feature is knowledge! I learned so much at NCI and have become prepared for the wildlife beyond my safe city. I learned all about deer poop, mythology, art nature, wildlife and the way it works, and many more things. I had not been out in the wild for a very long time and it was good to be back! At NCI we got plenty of sleep, but there was so much action packed into one day. I was at NCI for 3 days but it felt like 5 because we did so much. I was very sad when I had to leave NCI, which is a good sign showing that I had fun and I hope that I will be able to go there again.

By [Authors Name]
I loved NCI. It was a fun experience going with all my classmates. It didn’t matter what group you were in you always had fun. I loved when we went on random night activities. We saw a lot of animals near the campus, for example deer, foxes, squirrels and turkey vultures. There were a lot of activities to do.

By [Authors Name]
NCI is an amazing campsite with cool classes, fun morning and nighttime activities, an awesome ropes course and more. NCI has lots of different kinds of foods including sloppy joe’s, potatoes, eggs, hot dogs and more. You can also see and track deer if you are lucky. There is even a pool with water slides. I found an amazing trick that you can use to go full speed on the open water slide. Thank you for reading this and I hope you have an amazing time at Nature’s Classroom Institute.

By [Authors Name]
NCI is very fun and provides cabins, beds, a park, a pool, and a cafeteria, and a bunch of nature trails and a treehouse. They also had really good foods: sloppy joes, hot dogs, eggs, hash browns, cereal, pizza, salad, garlic bread, pasta, fried potatoes, bread sticks, french toast, and much more. The activities were very fun and the park was filled with many things to do and they had a zipline and it was so fun. And I think that NCI was one of the best experiences of my life. There was also a thing called field groups where you would go on one of the nature trails and discover a lot of new things and learn how they functioned and where they would be found and the main things that we saw were deer and other beautiful animals. We would also play these games like meteor, Indiana Jones, toxic waste, poison darts, and camouflage all of these games were really, really fun.

By [Authors Name]
NCI is a really fun place because it has activities like a zipline, playground, gaga ball and a lot of night and morning activities. The food at NCI is really good, they have sloppy joes, hot dogs, eggs, hash browns, cereal, pizza, salad, garlic bread, pasta, fried potatoes, bread sticks, french...
Experiencing at Nature’s Classroom Institute  
by Upper Elementary, continued from page 13

toast and more. The activities that we did over there were really fun and it was one of the best experiences of my life. At the camp we had field groups that you would go in and do all of this stuff like play games, go on hikes and see a lot of animals, and learn a lot of things.

By

Recently all of the Upper Elementary classes went on an overnight field trip to NCI, which is located way out in Wimberley, TX. There we all got one-on-one with nature. We saw all kinds of animals that we had no idea existed! Every once in a while a few deer would casually prance around the campgrounds. It didn’t even feel like we were in the same state anymore. We were always surrounded by trees, and we suddenly felt freedom. We ran around in meadows as large as football fields! We splashed around in the flowing creek! We laughed with our friends until our sides ached, we played until we couldn’t stand any longer, and still while we were learning. This is exactly what the Montessori Method is all about.

With our groups, we hiked up hills and saw the beautiful sight of the forest from above, a sight that I will never forget. One of the highlights of my trip was when I saw the first snake I’ve ever seen in the wild, one that definitely exceeded my expectations... The coral snake. This snake is the most venomous snake in Texas! It slithered away almost too quickly for me to see it as I stood in awe. I would say that this is my favorite outing of my life. At the camp we had field day. It was windy, well, a little. The clouds started closing in the sky. It got darker and darker and then became night. Everyone went in their cabin and went to sleep. My friend and I woke up to hearing thunder. We knew the storm was coming. It stared to thunder and we saw lightning and it was very windy. It was raining hard and the playground was flooding. Around 5:15 a.m. It was still raining. And this loud thunder clap hit the camp! Everyone in my cabin woke up. Almost all the cabins in the camp woke up. My chaperone went and checked outside. But nothing got struck by lightning. We were so scared. We went back to sleep. At 6:45 a.m. some people woke up. We looked out the window and saw deer running through the rain, and it was flooding and still raining. Then at 7:30, it was still raining. People had to run to breakfast in the pouring rain. After breakfast, we were stuck inside so we did activities inside. Since we could not go to the cabin and pack our luggage, our kind chaperones and teachers did it for us. By 11:00 a.m. it was still raining, the bus was running late because they were stuck in rain but they were brave. By 12:00 they served us lunch and loaded our luggage onto the bus. We got onto the bus and got ready to leave and it was still raining. We started to drive and the counselors were running in the floodwater and waving to us. I’ve got to say, it was pretty funny! They were so nice, I miss them. We saw a trashcan underwater from the flood. When we were driving it was still raining and this is when things started getting scary. The bus started beeping, there were tornado sirens. It was so scary. It went off. When we were driving it was very windy. The teachers were serving us snacks, it was still raining. When we were driving we saw houses that were flooded and lots of floods on the other side of the river. Then the bus stared beeping again it was another tornado siren. Then safely, we got to the school. THIS WAS A VERY BIG STORM!

I appreciate the chaperones, the teachers and especially the bus drivers for making sure we were safe and home safely. I would also like to thank the counselors for making sure we had a fun time and being super nice.

By

There was a lot of free time at NCI. There was at least 3 to 4 hours of free time a day. During free-time we could go swimming. We could zip line, play GAGA ball or even play basketball, then there was the classic playground. At the swimming pool there was a volleyball net where a lot of people played and I bet everybody went on the slides at least once. There was a closed slide and an open slide. I personally went on both of them and then there was a basketball hoop plus a ton of balls. Since there wasn’t any GAGA balls we used a soccer ball or a basketball. Then there was the zip line everybody went on it. In the corner of the playground there was like a mini gym where there was a metal bar and a rope you could climb up. One the playground there were 4 things you could spin on. There was a “vometron,” a platform with a handle you could turn it with, there were 2 identical spheres you could spin on, and then there was 5 foot tower with a circle on top that most people had to jump to get on which you could also spin around on. There were also a few things you could climb on that was made of rope and looked like nets.

By

Adam’s Class: One of the activities I took was, called Art in Nature. We did a lot of fun things. We went into a river called El Blanco and we crossed onto the other side of the river. Our teacher brought charcoal. Charcoal is a drawing medium made from burnt wood.
Exploring at Nature’s Classroom Institute
by Upper Elementary, continued from page 14

He also brought paper. Once we got to the other side he told us to create a symbol that only we knew its meaning. Then we collected rocks and put our symbols on it. Then we set them down on land and on top of tall rocks that were sticking out of the water. Then we were going back we went in a tree house connected to a tall bridge on top of the river. It was scary but exciting at the same time.

Casey’s Class: I also took an activity called the animal Olympics. It was really fun because we tested how long human beings could hold their breath compared to a seal we also tested against a jaguar. He timed to see if some could be fast enough but well, no one could. We did a bunch of other animals but I can’t remember since it was such fun.

By [Name]
My favorite part of Nature’s Classroom would have to be the night hike. I really enjoyed this because I learned lots of interesting things that I never knew before. I learned, for example, that at night a lot of colors appear different than during the day. I also learned that in the dark, if you stare at someone who is not moving, they appear invisible and you see what is behind them. Although, it was very cold I had lots of fun and I learned a lot of other things. I really liked the hike and it was a good nature experience.

By [Name]
The food a NCI was great! Usually, there was a vegetable with every meal. At breakfast you could get juice and cereal. There was something called waitrons. Waitrons cleaned the table and brought food to the table. You got your waitron job by picking your specific day and meal, and to mark it you signed your name. After every meal we put our food into three piles: trash, ort and compost. Ort is Old English for food remains, another special thing about ort was that there was a special song called the “Ort Report” the song was used when we weighed the ort the higher pounds the ort was bad, so it made me want to lower the pounds and learned how long the process was to get food. Also after the meal we played a game called “Stump The Staff.” In this game you had to ask the staff a challenging question and if they could not answer the question you stumped the staff! The staff also asked questions and if we could not answer it the staff stumped us! Sometimes after meals we sang a bunch of fun songs

By [Name]
At Nature’s Classroom Institute every morning after breakfast and our journal time we got split into 8 groups of all grades and classes. I was in group # 3. We called ourselves the Zipline Zanga-Bangas. Our counselor was named Danny. In each group we did different activities at different times. Here are a couple of activities my group did. One day we went to a rope course where there was a rope spiderweb. The rules were that you had to get everybody to the other side without touching the ropes and only going through a certain hole once. Our solution to this challenge was we would pick up the smaller people and pass them through the top holes and the taller people would climb through the bottom holes. Another one of my favorite activities that my group did was we hiked for about an hour to a cemetery and we tried to find the oldest grave. We found a grave for a day-old baby, which was really sad, But we did find the oldest grave which was placed in 1804 or 1803 I can’t remember. NCI was very fun!!!!

By [Name]
When Upper Elementary went to camp we had a lot of fun. On the third night we played a game that was amazing! In the game we were wolves and we chose the alpha. The counselors gave us different things with which to choose the alpha. The alpha would direct the pack along the campsite. The pack needed to listen for a whistle and that whistle would lead them to the prey because real wolves need to eat. Since it was night the prey were glow sticks. But we had to be careful because we could not run to the prey or else the counselor in your group would freeze the group and the other team would get the prey.

While playing the game there was a hunter too. The hunter would be sneaking around trying to find a pack. When a pack saw the hunter the hunter would say BANG BANG BANG BANG BANG!!!! And once you hear that you drop to your stomachs and try not to look at the flashlight the hunter would hold. If he caught you he would give you a mark on your hand with a red marker and once you have a mark you are not allowed to become alpha. If the alpha got marked the Beta was who was under the Alpha took the lead as the new alpha. Earlier when I said that when you got a mark you were not allowed to become alpha, what happened was the three Betas below the alpha challenged the leader to a game of mosquito, fish, and Bear. Mosquito, fish, and bear is basically, rock, paper, scissors except with different ideas. Fish beats mosquito, Mosquito beats Bear and bear beats fish. You also play this game when your pack come against another pack. The two alphas in the packs both play the game and whichever group wins, they get to choose which direction they want to go and the other team goes a different way.

I chose to write about this because it was one of my best experiences in the NCI camp. I loved walking around in the dark finding the prey! NCI was so much fun!!!!

Many thanks to all our contributors for sharing their stories!
**CALENDAR**

**NOVEMBER 22–28**

**Mon**
11/23–11/24
Grandparents’ & Friends’ Days
9–11 a.m. (Bissonnet and Museum District campuses)
No ASEP classes

**Wed**
11/25–Fri 11/27
Thanksgiving Break—school closed

**Thu**
11/26
Thanksgiving

**NOVEMBER 29–DECEMBER 5**

**Mon**
11/30
Bearkats 6-7-8 Girls Basketball at Harmony Endeavor
5:30 p.m.
Bearkats 6-7-8 Boys Basketball at YP White Oak
4:30 p.m.

**Tue**
12/1
Bearkats 6-7-8 Boys Basketball at Post Oak (gym)
4:30 p.m.

**Wed**
12/2
POPA Coffee/Workday
8:45 a.m.–noon
Parent Ed: The Science of High-Risk Behavior (see ad)
(Museum District campus)
6:45 p.m.

**Thu**
12/3
New YCC Parent Gathering
9–10 a.m.
Bearkats Basketball
HS at Northside, 5:00 p.m.
6-7-8 Girls (gym), 5:30 p.m.
6-7-8 Boys (gym), 6:00 p.m.
HS IB registration
5:00 p.m.
HS Open House
7:00 p.m.

**NOTICE BOARD**

**Oh, Boy!**
Welcome [redacted] Eckert! He was born at 5 lbs. 10 oz. and 19 inches long. He was so excited to see the world, he arrived about four weeks early, so he's spending a little time in the NICU to put the finishing touches on his lungs. His mom, Post Oak librarian Cory Eckert is doing well and looking forward to bringing him home for snuggles. Congrats Eckert family! 🧼

**Alumni Voices**

*An parent education event open to all*

Join us Thursday, January 7, 2016 from 6:30 to 8:30 p.m.

Does Post Oak prepare students for college and for life? Come hear the stories first-hand from those who graduated from The Post Oak School as they return to reflect on their experiences.

Parents of our current students as well as prospective parents are strongly encouraged to attend this evening event.

**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 International Baccalaureate® Programme (IBO) and the Independent Schools Association of the Southwest (ISAS).
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