GRANDPARENTS' DAYS • BEAVER KATS • UE TRIP TO NCI
**POP A COFFEE | WORK Day**

**Wed., Dec. 7, 8:45–noon**

*Parents, grandparents, & friends are invited!*

Hosted by our POPA Chairs, this is a great way to meet other Post Oak parents and friends while helping our teachers accomplish a variety of easy-to-do projects for their classroom.

These gatherings generally fall on the first Wednesday of each month. Please join as often as you can!

**2016–2017**
**Post Oak**
**Board of Trustees**

Rakesh Agrawal  
Sebha Ali  
Brett Busby  
Melissa Coleman, chair  
Blair Garrou  
Vean Gregg  
Gregory Han  
Maura Joyce, president  
Bert Mellinger  
Katie Orr  
Jaana Porra  
Manuel Sanchez, chair-elect  
Rochelle Tafolla  
Marc Walsh  
Alison Wong  
Alan Ying  
Jennifer Zumbado

**Trustees Emeriti**

Frank Apollo  
Adam Forman  
Melanie Gray  
Bob Harvey  
Lloyd Kirchner  
Pat Mitchell

**On the Cover**

High School students learn about convection currents in the science lab with hot and cold water of two different colors.

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

[www.facebook.com/thepostoakschool/](http://www.facebook.com/thepostoakschool/)  
[twitter.com/postoakschool](http://twitter.com/postoakschool)  
[twitter.com/postoakhs](http://twitter.com/postoakhs)
HAPPINESS + FUN = ACADEMIC SUCCESS
by Maura Joyce, Head of School

My family and friends all over the country have been checking in with me to see how I am faring in regards to the big move to Texas. We talk about Houston and my son’s transition and, of course, they ask about my new job as head at Post Oak. In addition to telling them how busy I have been and how much I am learning about the school, I have found myself saying over and over again, “It is a happy place to be.” I really mean that and I experience it on a daily basis. I walk through the halls at Post Oak and see happy children working alongside happy adults. I observe students having fun in their classes, in their work, in their community. These two attributes—a happy school climate and work that is fun—I come to expect in the best Montessori schools. When done well, as it is at Post Oak, a Montessori environment is joyfully engaging.

As usual, the rest of the education world is working hard to “catch up” and is discovering, through research, what Post Oak has known and practiced for years. Two educational articles caught my attention this past month. The first was published on NPR Ed, the learning and tech section of their online news: “How a Happy School Can Help Students Succeed.” The second article was published in the Independent School Management (ISM) Ideas & Perspectives and is titled: “The Rhetoric of Rigor II: Stress, Schedules, and Fun.”

The NPR article starts with the description of a public school in a small town in Arkansas and how it begins its day with an all-school assembly that involves singing, a presentation on a featured artist or musician, and a celebration of birthdays, among other things. This community building activity has been the cornerstone of changes to the school’s climate, resulting in better attendance and increased student engagement. The description of the school is the backdrop for a study published in the Review of Educational Research that analyzed 15 years of data on schools around the globe that found positive school climate had a significant impact on academics. One of the authors of the study notes that social and emotional connections really help in the academic area. Even the federal government recognizes the importance of a happy school climate. From the article:

For the first time ever, the Every Student Succeeds Act (ESSA) requires states to include non-academic factors—like school climate—in how they gauge school success. Earlier this year, the Department of Education released an online toolbox to help administrators better measure and understand the school climate.

What do we mean by school climate? It is often defined as the feeling of a place. There is lots of literature about organizational climate and how it affects productivity and sustainability of a business. Some of the work in organizational climate is about environmental match—as in the feeling of the workplace matches the tasks you want people to accomplish. In Post Oak terms, I ask, do you remember that feeling you got when you first walked in to tour the school? I’m sure you remember watching those children in the classroom and thinking “This is really wonderful.”

The school climate is the result of creating environments that match the development of the child. YCC through High School, each environment matches the students’ needs and that is simply a happy place to work, a happy place to be.

The Ideas & Perspectives article tries to encourage schools to rethink using the word “rigor” because if its “ill-defined” nature. Rigor is often associated with heavy homework loads, accelerated curriculums, a focus on high-stakes testing, which lead to significant stress and anxiety levels in children. From the article:

The emotional effect that children bring to the classroom also significantly impacts student performance. There is neurological evidence consistent with the importance of positive emotions in learning. Another case for a happy climate to be sure, but the article then goes on to share the results of a survey of hundreds of students through ISM consultants over several years. Students reported that optimal engagement and learning includes a myriad of factors including teachers who are passionate and who care about them, choices in what they study, classrooms where they are active, and classes that are “fun.”

continued on page 10
Please be sure your family members RSVP!

If you would like your child’s grandparents or other relatives/friends to attend this year’s Grandparents’ & Friends’ Days, please visit www.postoakschool.org (left menu option) and make sure they RSVP either online or by mail. Invitations were mailed last week, and additional printed invitations are available at the front office of both campuses.

Dear Post Oak Parents,

If you have relatives or friends attending the event on either Monday (all levels) or Tuesday (YCC through Elementary), here are a few of things to note:

- We are limited with space and ask that parents not attend. We promise to take good care of your guests!
- On both campuses, the event starts at 9:00 a.m. and concludes around 11:00 a.m. Breakfast will be provided.
- There will be parking and valet on both campuses. All employees will be parking elsewhere, so it might look like there is no parking because of cars on the street.
- For guests coming to see YCC and Primary students, they will view the students from the observation window. We do this to give grandparents and friends a true example 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.
- Even if an RSVP has not been sent in, we welcome all visitors.

Thank you, Christina Kopanidis-Cantu, Development Director
Congratulations to Deidre Brooks’, Sue Guerrero’s, Errol Pinto’s, and the 9th grade classes for reaching 100% parent participation!
Notes from “iChild or I, Child”

by Nikayla Thomas, Post Oak parent

“Media is shaping our attitudes, the language we use and the values we hold,” said Dr. Sharon Maxwell to a group of Post Oak parents. Dr. Maxwell presented “iChild or I, Child” regarding children’s use of technology in today’s world.

“A typical American child spends an average of 8.5 hours a day in front of some kind of screen,” Maxwell said. “Even if this is not your child, it is the child they are playing with, or the child who lives down the street.”

The question Dr. Maxwell presented to the group: How do we as parents navigate this technological river? Snapchat, Facebook, Instagram, Youtube: it is filled with access to all the modern advances of our society and tools that make it easier than ever to communicate, acquire information, and be entertained instantaneously. It is also filled with violence and sexually explicit content.

“You can’t protect your children from the river, you can only prepare your children for it,” said Dr. Maxwell. By the time they go off to college, they will have access to everything and must know how to use it responsibly and ethically.

Once we understand technology to be its own environment, a place that has the power to acculturate, we can see how often it is at odds with the values that help human beings grow and flourish,” Dr. Maxwell explained.

It is troubling. “I hear children describing themselves and growing up as a cutthroat game of packaging themselves. They understand themselves not as an integrated whole, but as a sum of marketable parts: their sexy part, their intellectual part. Saturated by an environment where everything is marketed and sold, children grow up thinking of themselves more as a product than a person; but as products, they have no intrinsic value.” That is what media and technology are delivering in their most deep-seated form. “When children start to objectify themselves, they lose the purpose and meaning of being alive.”

So what do we do? The first question to ask: Is my child using media and technology as a tool or has it become an environment for them?

Maria Montessori spoke a great deal about the importance of “the prepared environment” for nurturing a child’s intelligence. As parents we must always be attending to the outer environment and assessing whether that environment supports our values because of its impact on our children’s inner environment—how they view and value themselves.

“We feel that the environment is the most important thing. Its influence is indirect, but unless it is well done, there will be no effective and permanent results of any kind, physical, intellectual or spiritual.”

—Maria Montessori

We live in an amazing time, when centuries of learning are at our fingertips. We have an opportunity to teach children how they can control technology to enhance their lives, not be run by it. Dr. Maxwell explained.

Here are ways to impact what the river is delivering to your children:

1. Try to change the environment—get involved in groups such as: “Campaign for a Commercial-free childhood” or “Media Literacy Now.”

2. Control access—unfold technology slowly based on a child’s increasing responsibility. It is a privilege not a right to have a smart phone.

3. Talk to children about family values and concerns about the use of media. “In our family, we believe...” Develop a sample contract for use of technology, discuss safety, online grace and courtesy, and ethical communication.

4. Structure your child’s time to reflect your values. Your child becomes what he/she does.

5. Give your child a model for understanding the power of desire and how to harness it; paving the way to self-discipline.

6. Help them discriminate the difference between pleasure and joy. Pleasure is satisfying desires (getting to a higher level in a game), and joy is the subtle awareness of everything being right (losing oneself in an activity).

7. Teach the value of silence and self-reflection. Teach children to assess the health or toxicity of their environment.

continued on page 7
“Have them write a letter to themselves: “Dear Best Friend, This is what I know about you...”

“Our children need to develop a relationship with themselves,” said Maxwell. When they reach adolescence, it is self-knowledge and knowledge of their own values—their internal environment, that will sustain them. “If the individual sees his own mind as an environment which he is responsible for protecting, there can be no barriers to self development.”

For additional resources and articles from Dr. Maxwell, please visit: http://www.drsharonmaxwell.com.
MS FLAG FOOTBALL

The Bearkats Middle School flag football team just completed their second season playing in the TCSAAL-PSL Regional Championship game where they lost to a strong Yellowstone Academy team. As the season went along the team showed much improvement, and when they had to win against Yellowstone in the final regular season game to be able to make it to the championship game, they came through with an impressive 38–34 win.

Team captains Clark and Charlie proved to be a tough duo to stop on long passes throughout the season. Other players were Gabe, Andreas, Ashwin, Asher, Fabricio, Tyler, Beck, Luke, Henry, and Jonathan.

HS FLAG FOOTBALL

The Bearkats High School flag football team just completed their championship run in the TCSAAL-PSL by finishing second to Esprit International School from the Woodlands. The game started off tight in a back and forth contest but Esprit pulled away in the second half to go on to win the regional championship. The team had to win their last regular season game against a tough St. Stephen’s team and they won a down-to-the-wire game to qualify for the championship game.


MS VOLLEYBALL

We are the champions—the 2016 TCSAAL-PSL girls volleyball regional champions! The Middle School volleyball team worked hard to make this happen!

The girls were dedicated to showing up at practice, to improving personal skill level, and to their team. So much personal growth and confidence was seen in the players throughout the season.

Team camaraderie was beautiful to witness. The girls supported each other with cheers and gestures. They helped each other with skill development. They brought each other up if they were down, and they never gave up on each other!

The most beautiful thing to see was how the girls always put the team before...
HS VOLLEYBALL
This was the inaugural year for Post Oak High School to have a volleyball team. There were seven games scheduled but one team canceled two of them and the team ended up playing five games in the season.

The season got off to a great start when the Bearkats defeated School of the Woods in their first contest; it was an exciting game for those who attended. The team went on to lose the next four games but the team improved their skills throughout the year.

We look forward to next year and the team growing together.

Team members were: Iris, Izzie, Zineb, Lauren, Du’aa, Morgann, Carly, Anna, Jodi, Kayley, Teja, Sydney, and Maria.

Thank you for a great, fun season!

MS CROSS COUNTRY
The 2016 Cross Country season was absolutely fabulous! Members included:
8th: Ellen, Justin, Sutton, Gabe, Andreas, Tyler, Beck, Luke, Henry
7th: Josey, Lydia, Sutton, Gabe, Andreas, Tyler, Beck, Luke, Henry

Qualifiers for the state meet in the 3200 meter are: Lydia, 14:18; Justin, 13:49; Sutton, 14:52; Luke, 13:51; Josey, 15:43; Isaak, 13:58; Styles, 15:15; Gabe, 15:38; Beck, 15:41; and Tyler.

Cross country runners are a breed of their own. Although their motivation for running is purely intrinsic, their drive can be seen in their eyes, heard in their breathing, and is glistening in their sweat. Your Post Oak Middle School cross country runners have an incredible and inspiring desire to be their personal best.

Working with them is a pure joy!

HS CROSS COUNTRY
Update by Matt Jacobs, HS teacher
This past fall, the High School cross country team completed our inaugural...
season. Despite a decent turnout at the beginning of the season, the size of our team was greatly affected by several outside factors (including early injuries, time commitments of upperclassmen, etc.) and was held together by a strong, core group of runners: freshmen Du’a Connor, Hunter Emily, as well as juniors Caleb and Miles.

Our runners would meet every Monday through Thursday morning, between 6:40 a.m. and 7:00 a.m., at the Museum District Campus. Leaving from there, we would run south through the neighborhood to take us to either Rice University or Hermann Park. Once there, we would run on either the running path around Rice or around the golf course at Hermann Park before running back to campus. The average distance of a practice would be about 3.5 miles.

In addition to daily practices and workouts, our team also competed in a total of five meets. The style of the course (flat or hills, dirt/grass or paved, etc.) is different at every meet, and the distance raced may also vary. A majority of the meets have the High School girls divisions racing two miles, while the High School boys run either two miles (freshman) or five kilometers (3.2 miles for JV and Varsity).

Despite the fact that the season only covered a period of six weeks, there was still a fair amount of improvement all around. Some see it in their general fitness, others in the improvement of race time throughout the season. This was a great first season for the program, and we are excited about where it can go from here!
On October 26 of this year, there was a party celebrating Mexican Independence. Mexican Independence is on September 16, but the Post Oak High School students celebrate it more than a month later. The students danced, sang, and recited poetry. As well, they ate traditional Mexican food prepared by them. The whole preparation of the party was a lot of work but was worth it because the party was a lot of fun.

The Mexican Independence is not only a party, it is an important part of the Mexican history. This event celebrates the fight against the Spanish oppression and the triumph of liberty. This war was initiated by Miguel Hidalgo y Costilla in the small town of Dolores. From here comes the tradition of the “Grito de Dolores” (Shout of Dolores) where the current president of Mexico yields the names of the heroes of the Independence and finishes with the popular “¡Viva Mexico!”

A Mexican party cannot be complete without delicious food. The students brought a wide diversity of authentic Mexican dishes, such as chiles en nogada, birria, cochinita pibil, machaca, gorditas, fresh fruit water, green juice, prickly pear ice cream, tres leches cake, flan, sopaipillas, and much more. The Mexican party was a great experience for all the students of Post Oak that they will remember for all their life.
Upper Elementary Trip to NCI

by the students of Debbie Nickerson’s class

Have you ever been on a trip that was both educational and fun at the same time? Our class outing to Nature’s Classroom Institute was just that! Walking through woods, observing wildlife, learning about nature, and playing with friends were just a few of our exciting experiences on our recent fall trip.

The bus ride to Nature’s Classroom Institute in Wimberley, Texas was bumpy and long, but we had comfortable seats. The AC was working well and blasted out with great force. We spent our time playing card games like Sleeping Queens, Blackjack, and Pokémon. Some students drew pictures and read books. We made a short rest stop at Buc-ee’s.

After we reached our destination and completed a delicious lunch, we divided up into seven field groups. Field group is where you go out into nature and explore. The field group instructors included Britta, Jessica, Adam, Roxi, Garret, Austin, and Alyssa. Each field group walked on different trails, chatted, learned about nature and had FUN!! We explored different parts of the creek, made rafts, constructed forts, relaxed in a giant tree house, and saw lots of wildlife. As you can see, field group was really awesome and an important part of the trip.

Each afternoon there were seven outdoor classes. The activities for the first day were owl pellet dissection, Hansel & Gretel, drama, dream catchers, hunger games, birds and beaks, and leafing around. In the owl pellet dissection, students dissected an owl pellet (aka owl vomit), and most of them found bones. In Hansel & Gretel, we walked blindfolded through the forest throwing items now and then along our path. When it was time to return to our starting point, we had to find our way back by finding the items that were thrown along the way. In drama, we wrote and acted out skits. In hunger games, two teams build shelters and had to find food and water, and even make fire. The dream catcher class was very mystical and soothing. During birds and beaks, we learned about how birds use their beaks and students were assigned a “spirit bird.” Leafing around taught us all about leaves and then we created art with our leaf collection.

The second day class options were magic matters, sixth sense, tabloid news, sand mandalas, river monsters, feel the force, and music moves. In magic matters, we did several experiments and made atom models with marshmallows and pasta sticks. In sixth sense, we went to an abandoned cabin and solved a made up murder mystery. During tabloid news, we conducted interviews and wrote articles, but we stretched the truth a bit. For sand mandalas we made sand art. During river monsters, we learned about aquatic invertebrates in the river. During feel the force, we learned about alternative energy and made wind turbines. During music moves, we listened to music, drew pictures, and danced like no one was watching. All the classes were very creative and interesting!

We played a lot of great games. We played elbow tag, Smaug and the treasure, park rangers, sardines, and sinking island. One very memorable game was rock paper scissors chain. In this game, we play rock paper scissors with each other and whoever lost had to hold onto the other person’s back like a giant cha cha line while you cheer for them. At the end of this game, there was one giant moving line of almost a hundred students from our school. We also played ships and sailors where there was a captain who shouted orders to his crew. Here are some of the commands: “starboard” means to go to the right, “port” means move to the left, and “bow” means run to the back. “Man overboard” means to stand on something at least one foot off the ground, “man the lifeboats” means to get into groups of whatever number the captain says to. These action packed games made us tired, but left us excited for more.

After classes, all of the Upper Elementary students went to the pool. The pool depth ranged from 2 to 4½ feet. The water in the pool was pretty chilly, and it took courage to jump in. In the pool, there was a basketball hoop and volleyball net; both were very entertaining. During pool volleyball, we practiced our bumps and serves with our friends. There was also a giant “mushroom” about nine feet tall that poured water over the top of its cap. There were two tall water slides. The open slide was more relaxing, because it was not too steep and you could see the sky. The closed slide was very dark, steep, and fast with sharp turns.

Each evening at NCI we had night activities. The activity we did on the first night involved collaborative teambuilding tasks. First, we divided into small groups to complete certain tasks such as building a tower out of simple materials.

Free time was a terrific time to transition and play. We had about fifteen to thirty minutes to play and prepare for the next class. At the beginning of the transition time, everyone went to their cabins. Some people journaled, rested, or read, but most people went to the playground to play. On the playground, there were high swings, a slippery slide, a climbing web, monkey bars, multiple spinning platforms and a zipline! The zipline was by far the most popular piece of equipment on the playground. People raced down it all the time.

Each evening at NCI we had night activities. The activity we did on the first night involved collaborative teambuilding tasks. First, we divided into small groups to complete certain tasks such as building a tower out of simple materials.

continued on page 13
Our Fall Trip to Wimberley

continued from page 12

including a piece of lined paper, a paper clip, masking tape, some yarn, and a Styrofoam cup. For the next activity each group was given items out of a trash bin and told to create an advertisement for them. The challenge was that we had to create a purpose for the items that were different than their original purpose. One team turned a fishnet into a dreamcatcher, one team turned a gardening glove into a bun holder, and one team turned a flat, rubber circle into a makeup remover device. These night activities were hilarious.

The second night we found our field groups and went on a night hike. We tested our senses of vision and hearing with different activities like playing a game called bat and moth. Then our field group leaders gave us “moon rocks” (aka Wintergreen Lifesavers™) and we saw tiny bright sparks in our mouth when we bit down of the Lifesavers. We heard a story about a pirate and the truth behind why many pirates wore eye patches. During the story, there was a lit candle, and we covered one of our eyes. When the candle was blown out, we took our hand off our eye, and we had much better night vision.

The third night we participated in an immigration simulation called Ellis Island. We were each given a piece of paper with a name and a story on our character and their background. Then we were separated into our field groups, and did a few fun group games, like trying to construct a tower out of a Styrofoam cup, a piece of paper, a paper cup, a piece of string, and a strip of tape. On the second night, we went on a night hike with our field groups. During the night hike, we learned many different things, like a few constellations. All of the field groups did different activities but something that all of the groups did was a 50-foot solo walk in the woods. On the final night, we had an Ellis Island simulation and pretended that we were immigrants from European countries. We each were handed a slip of paper that stated our name, age, and background. For example, one of the roles was a six-year-old girl named Luia Esperanto who was traveling from Spain with her parents and was going to the US to live with her aunt and uncle.

Flora/ Fauna At NCI, there was a large variety of wildlife. Some of the animals that we saw were deer, wasps, butterflies, and squirrels. Some people even saw a coral snake, a highly venomous snake that can kill you with one bite. There was also a large variety of plant life. There were some uncommon trees and grass, cactus, and some beautiful flowers that cannot be found in Houston.

Games Games at NCI were conducted by the staff there. They were played during open time when the counselors had no immediate instruction, and during field group. They introduced us to a few new games and we also played games we already knew. Some of the new games they introduced us were: elbow tag, snog and the jewels, sardines, a huge rock paper scissors tournament, and park ranger.

Swimming At NCI, every day we had an hour set aside for swimming in a beautiful pool. Those who did not want to swim were allowed to sit by the pool and read or journal. The pool has two slides, volleyball net, and a shower mushroom. The pool was cool and refreshing. Lifeguards and teachers watched us at all times to make sure we were safe. Afterwards, we showered and prepared for dinner.

Food At NCI, the food was delicious! At breakfast they served things like cereal, pancakes, waffles, and juice. They also had a fruit bar at breakfast, but at lunch and dinner it was a salad bar. At lunch they serve things like baked ziti, sloppy Joes, and green beans and that’s not all but those are just some examples.

Britta, one of the counselors, explained the meaning of ort which is an old fashioned word for food waste. After every meal the waitron for each table would come up to the front and do the ort report song that was performed in a different version every time. Waitrons were the people at your table who got the food and gave you permission to get up. At the end of every meal the waitrons would weigh the ort and we would keep track of our ort so that we would become more aware of how much food we were wasting.

Overall NCI was a great trip and we can’t wait to go there again!
High School Students Look Ahead

by Amanda Phelps Smith, college counselor

It has been a very busy season in the college counseling office at Post Oak! Our students have already welcomed and visited with 73 colleges at the High School! We look forward to our mini Houston Area Recruiters Network college fair on December 8 for all 9th through 12th grade students and families from 11:30 a.m. to 12:30 p.m. Students in grades 9–11 took the PSAT on October 19 and will receive their scores via their CollegeBoard accounts on December 12. This was great exposure to standardized testing for our High School students. Our seniors are busy finalizing all of their college applications and we look forward to reporting our acceptances in the coming months.

FALL OPEN HOUSES FOR HIGH SCHOOL ADMISSION 2017

Tues., Nov. 15, 7 p.m.
Thurs., Dec. 8, 7 p.m.
Museum District Campus
1010 Autrey Street

COLLEGES THAT HAVE VISITED WITH OUR STUDENTS THIS YEAR

Allegheny College
Auburn University
Barnard College of Columbia University
Baylor University
Bennington College
Berry College
Birmingham-Southern College
Boston University
Bradley University
Bucknell College
Carleton College
Carnegie Mellon
Champlain College
Colby College
Colgate University
College of Wooster
Colorado School of Mines
The Cooper Union
Drexel University
Duke University
Eckerd College
Emerson College
The Evergreen State College
Florida Institute of Technology
George Mason University
Guilford College
Hampshire College
High Point University
Hillsdale College
Lawrence University
Loyola University Chicago
Loyola University New Orleans
Lynn University
Macalaster College
Millsaps College
Minerva Schools
NACAC College Fair: Houston
STEM College Fair
Northern Arizona University
Oberlin College
Ohio Wesleyan University
Oral Roberts University
Portland State University
San Francisco Art School
Santa Fe University of Art & Design
Southwestern University
St. Andrew’s University
St. John’s College
Suffolk University
Swiss Education Group
Trinity University
The University of Alabama in Huntsville
University of Calgary
University of Central Florida
University of Chicago
University of Colorado, Boulder
University of Kansas
University of Pennsylvania
University of Puget Sound
University of the South, Sewanee
The University of Tennessee, Knox.
Ursinus College
Washington & Lee University
Washington University in St. Louis
Wheaton College
Willamette University
‘Tis the Season to be Sharing
Annual Braes Interfaith Ministries Food Drive
Mon., Nov. 28 to Wed., Dec. 7
(both campuses)

Join the Post Oak community 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 Braes Interfaith Ministries starting late November.

With donations from the whole Post Oak family, several Elementary students will deliver the much needed items to Braes Interfaith Ministries. Donation boxes will be located at 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

STORYTIME

For parents & their children in Young Children’s Community & Half-Day Primary

with Cory

Theme: Bath Time

November 10 at 2 p.m.
at The Post Oak School Bissonnet Campus

Bathtub created by Juraj Sedlák from the Noun Project
Elementary Parent/Child Night
Thursday, November 17
6:30–7:30 p.m.

This is an evening when children bring their parents to school and demonstrate to them the work they do during the day. This event is very important to the children because it gives them a chance for your undivided attention and it gives you a chance to support and endorse the work they are doing at school. Childcare is available; call or email the Bissonnet Campus front office to make a reservation (frontoffice@postoakschool.org).

Coffee with the Elementary Director
Wed., Nov. 16 at 9 a.m.
in the Bissonnet Common Room

Topic: Transition from Primary to Elementary

 PRIMARY PARENT ED MEETING
The Primary Purpose
Tuesday, November 29
6:30–7:30 p.m.

Parents are invited to hear Primary teachers' insights and classroom practices in support of children's social, emotional, and cognitive development.

Childcare is available; call or email the Bissonnet Campus front office to make a reservation (frontoffice@postoakschool.org).

YCC Transition to Primary Meeting
Thursday, December 1
9–10:30 a.m.

This informational morning meeting by Early Childhood Director Mirani Smith is for parents of children transitioning from Young Children's Community to Primary in the spring of 2017.
Pathways to Independence: MIDDLE & HIGH SCHOOL PARENT ED

Wednesday, November 9
7:00 p.m. at the High School
facilitated by Lori Scovill, Ph.D., Post Oak MDC counselor

“Teens who can solve problems important to them now will be able to solve problems important to them later.”
—Myrna Shure, Ph.D.

Join the MS & HS counselor and directors for Pathways to Independence. Our topic will be Problem Solving and Decision Making: Skills for Life. We will discuss ways teens can be supported to become effective, independent thinkers. Our discussion will start at 7:00 p.m., but feel free to come at 6:45 so we have time to socialize!

Montessori Journey
January 20–21, 2017

This two-day workshop offers parents experience at each level from YCC through High School. It is a powerful, hands-on approach to understanding how and what children are learning. Registration will begin soon—watch the Post Highlights for details.

Montessori + Parent and Child

for children birth through six years

Experience the genius of Montessori alongside your child in our classes designed to build independence and concentration, social awareness and engagement, and cooperation and inner discipline.

Register now for:
• Holiday Cookie Baking
• Winter Session

www.thestudiojune.com
1–2. YCC students practice care of their environment by polishing items and cleaning dishes after snack.

3. Primary students enjoy the cooler weather while singing in Spanish.

4. Another Primary student uses golden beads to learn addition.

5. Practicing hospitality in Lower Elementary builds on social skills.

6. Students enjoy some quiet time in the Post Oak library.

7–8. Upper Elementary students put together skits or stories about Día de los Muertos and shared what they learned about the holiday, some while wearing Mexican attire. Students were invited to place pictures on the offering table and even write a little note to a departed loved one.

9. Middle School students spent a week in Washington D.C. to learn more about law and government.

10. A peek into the science lab in the Middle School’s new space.

11–12. High School students work collaboratively as well as independently.
**NOTICE BOARD**

**Welcome Baby Lucas!**

Lucas Robert, little brother of June in Cynthia Blessman’s class, was born on Saturday, October 8 at 4:19 a.m. Lucas weighed 9 pounds, 9 ounces and was 21.75 inches long. Parents Lindsey and Rob had a brief 24-hour hospital stay after a beautiful birth and are enjoying every moment at home with their new son. Older sisters June (4) and Elin (2) are in love with their new baby brother.

---

**Shopping for the Holidays?**

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


---

**Individual Photo Retakes**

Photo retakes will be on **Wednesday, November 30, at 8:45 a.m.**, for those children that were absent on picture day.

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

- 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, which must be paid in advance.

If you choose to have your child’s picture retaken, please contact Debbie Henderson at debbiehenderson@ postoakschool.org and your child’s teacher.

---

**Happy Thanksgiving!**

**School Closed**

Wednesday, November 23 to Friday, November 25

---

Don’t miss out on news from the school: please add info@postoakschool.org to your safe sender list or address book/contacts.

---

**About The Post**

*The Post* appears every first Monday of the month during 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 to Communications Coordinator Elaine Schweizer (elaineschweizer@postoakschool.org) by 5:00 p.m. on the Monday one week prior to publication.

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).

Bissonnet Campus: 4600 Bissonnet St., Bellaire, TX 77401 • Tel.: 713-661-6688 • Fax: 713-661-4959
Museum District Campus: 1010 Autrey St., Houston, TX 77006 • Tel.: 832-538-1988 • Fax: 832-538-1926

www.postoakschool.org | facebook.com/thepostoakschool