

May/June 2023



Welcome to the 1st edition of the WSES Military Mustangs newsletter!

This communication provides resources and relevant information to our school's military-connected families while strengthening our community.



Theme: A Season of Change



Summer often brings transitions for military families. Events such as a Permanent Change of Station can cause stress, as children (and adults!) navigate new friends, neighbors, and the community. This time of change can be difficult, but it is also exciting! New adventures and friends are great topics to emphasize at home as a way to stay positive. Consider building resilience by making a special time for family members to chat about these changes together!

Helpful Resources:

[Department of Defense Mental Health Resources](#)

[Fort Belvoir Army Community Services](#)

Phone: 571-231-7001

[Military One Source](#)

[Blue Star Families](#)

[WSES Military and Family Life Counselor \(MFLC\)](#)

Caroline Miller

Phone 202-725-7018



Did you know...

- On average, military families move every 2.5 years
- The official flower of the military child is the dandelion, which can grow and thrive anywhere, just like them
- The [FCPS Family Resource Center](#) offers a huge range of resources and education, as well as free and confidential consultations to support all students and families. *Military specific resources include access to webinars and information that is sensitive to the particular needs of the military family.*
- WSES is a proud [Virginia Distinguished Purple Star School!](#)



News and Events:

- **Looking for a fun and unique way to help military children connect with others over the summer?** Check out The National Military Family Association's [Operation Purple Summer Challenge](#)! It is a free, self-paced eight week activity to stay entertained and connected with other military kids and families. **Every military-connected kid who completes a registration is guaranteed a spot!**
- [Military Child Education Coalition \(MCEC\)](#) has a list of parent resources created to ease the stress of school transitions. Their toolkit contains links to resources and strategies, along with example forms and letters, to support parent/school communications.





WSES would like to thank East Bradford Elementary School in Pennsylvania for recognizing our military-connected students and for gifting them postcards, bookmarks, and spirit cards!

On May 10th, WSES held a special Morning Meeting for our military-connected

students to build connections with one another and to distribute these tokens of appreciation.



We hope you enjoyed our first edition! Be on the lookout for more to come when school begins in the Fall.

Please reach out to our office staff at WSES if you have any questions, concerns, or needs at (703) 912-4400.



Have a fantastic summer!