



WSES WELLNESS TEAM

We are committed to providing a positive, safe, and supportive environment for all children to learn and grow. We are here to foster relationships with our students and families to ensure their sense of belonging to the WSES community.



From left to right: O'Connor, Wolverton, Lynch, Holtz, and Lathrop

School Counselors

Kimberly O'Connor: 3rd- 6th (Full Time) koconnor@fcps.edu
Jill Wolverton: K-2nd, (Tues PM/Wed/Thurs) jgwolverton@fcps.edu

We deliver monthly classroom lessons, lead small groups (such as anxiety, executive functioning, self-esteem, etc.), and offer individual solution-based counseling that supports the needs of all students. We collaborate with staff, administration and parents to support our students development of the whole self, including a healthy balance of academic, mental, social/ emotional and physical well-being. We also lead the Student Ambassador program to welcome new students and the Staff Mentor Program.

School Social Worker

Jen Lynch (Mon/Some Tues/Thurs)
jblynch@fcps.edu

I serve as a liaison between home, school, and the community. I work with and provide resources to students and families who may be facing issues such as poverty, homelessness, chronic absenteeism, trauma, and child abuse. I participate in student-centered meetings to address academic, mental health, and behavioral needs. I provide individual and group counseling to develop social emotional competencies, foster resilience, and cope with crisis situations and conflict. In addition, I provide crisis interventions, such as conducting suicide risk assessments and threat assessments. Lastly, I connect students who are unable to attend school due to illness or disciplinary action with the Out of School Support Office.

School Psychologist

Monica Holtz (Thurs/Fri) mkholtz@fcps.edu

I work with teachers, administrators, parents, and other school professionals (school counselors and social workers) to support students and help them be successful both personally and academically. I can consult with teachers to develop strategies and interventions for classroom behavior, provide group and individual counseling, and collect data to monitor student progress in certain areas. If a student has a suspected disability, I will work with the school team and caregivers through the special education evaluation process to gather more information. I have training in academic and mental health interventions, data collection and research, special education identification and services, and crisis response. Overall, I partner with school teams and families to create safe, healthy, and supportive learning environments for students.

Military and Family Life Counselor (MFLC)

Kristen Mahoney (Mon/Wed/Fri) mahoneyk@magellanfederal.com

I am a Licensed Professional Counselor (LPC) in the state of VA. As an MFLC, I provide free, nonmedical counseling to military individuals, groups, and families in person, via video, or over the phone during the school week. I am trained to address issues related to: self-esteem, communication and relationships at home or school, life skills, adjustment and transitions, behavioral concerns, changes at home (including deployment, reunion and divorce), fear, grief, and loss. All services are confidential except in cases of duty to warn situations such as safety issues and illegal activities. Feel free to contact me for support or resources!

Family Liaison

Karen Lathrop (Tues/Thurs 9:00-2:00) klathrop@fcps.edu

As a Family Liaison, I am available to help families with any questions, concerns, or needs they may have - whether it be navigating WSES or FCPS, explaining school policies/procedures, facilitating communication with a teacher or counselor, or simply being someone families can contact when they don't know who to contact. I provide information about school and community resources, assist with opportunities for open communication between families and school staff, and can arrange language interpreters for school meetings. My goal is to ensure parents/guardians have the assistance, information, and resources they need to feel connected and engaged in their child's educational and emotional success at WSES.

**Need support but don't know who to contact? Reach out to your grade level counselor and she will connect you to the right support person 😊*