

# CAPITOL HILL SUPPORT STAFF UPDATES

## SUPPORT STAFF:

Jen Wegwerth  
Counselor 1

[Jennifer.Wegwerth@spps.org](mailto:Jennifer.Wegwerth@spps.org)

Zach Nauschutz  
Counselor 2-4

[Zachary.Nauschutz@spps.org](mailto:Zachary.Nauschutz@spps.org)

Melissa Derby-Sessions  
Counselor 5-6

[Melissa.Derby@spps.org](mailto:Melissa.Derby@spps.org)

Chi Fomafung  
Counselor 7-8

[Chi.Fomafung@spps.org](mailto:Chi.Fomafung@spps.org)

Lisa Larson  
Social Worker 1-8

[Lisa.Larson@spps.org](mailto:Lisa.Larson@spps.org)

Abi Dix  
Intervention Specialist 1-4  
[Abigail.Dix@spps.org](mailto:Abigail.Dix@spps.org)

Wayshawn Murphy  
Intervention Specialist 5-6  
[Wayshawn.Murphy@spps.org](mailto:Wayshawn.Murphy@spps.org)

Ishmael Bowie  
Intervention Specialist 7-8  
[Ishmael.Bowie@spps.org](mailto:Ishmael.Bowie@spps.org)

back to  
SCHOOL

Welcome to the 23-24

School Year!

Welcome back to another school year at Capitol Hill! We hope everyone had a wonderful summer break, filled with growth and rejuvenation. Capitol Hill Support Staff are excited to make this another fantastic year filled with lots of learning. We look forward to continuing to build a sense of community here and with Capitol Hill families!

This year we are choosing to focus on bringing more joy and fun to the school community and to our work in supporting your students.

As always, we will be sending out this monthly newsletter to keep you up to date on how we are supporting your children, Capitol Hill staff, and the community. For more detailed information on the services we provide students, feel free to check out our staff pages, or the counseling department page on the Capitol Hill website.



## What's going on in Elementary School this month?

-Biweekly classroom lessons grades 1-5.

Topics this month include:

- Intro to School Counseling
- Starting our academic/social emotional learning success unit

-5th grade parents, we will be starting academic advising meetings with your children as part of their Personal Learning Plans.

## What's going on in Middle School this month?

-The deadline for schedule change requests is Tuesday, September 12th. Please turn in any requests to Mr. Fomafung or Ms. Derby.

-8th graders will start their Academic Advising Meetings as part of their Personal Learning Plan with Mr. Fomafung.

- 6th and 7th graders will begin their Bullying Prevention Lessons

## Quote of the Month

“Joy does not simply happen to us. We have to choose joy and keep choosing it every day.”

- Henri J.M. Nouwen

## Resources

[Capitol Hill School Counselor Website](#)

## Good to Know

- [Electronics Policy](#)
- [Middle School Bell Schedule](#)
- [How to open a combination lock](#)
- [Parent Campus and Schoology Quick Access](#)