

## **B U C C A N E E R S**

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## **Suwannee's HEART** ***Helping Everyone Achieve Resilience and Thrive***

Welcome back to school, Buccaneers and Bulldogs!

As we begin the adventure of a new school year together, let's take a moment to talk about what it means to thrive as individuals, families, and as a school district. To thrive means to grow, develop, and/or be successful. Of course this is what we want for our children at every age and every stage of their lives.

As we work together to achieve this for our students, it's important that we operate as a team – school, family, and community. More than ever, young people growing up and learning to navigate today's world need all of us to help them gain the tools they need to be successful academically and personally.

In order to thrive, resilience is essential. A simple definition of resilience is the ability of a person to bounce back after adversity. It is the quality that allows people to be knocked down by the difficulties of life and come back just as strong or even stronger than before. The best thing about resilience is that it can be learned!

Our school district is committed to giving our students the tools they need to become resilient, thriving young people. This will be accomplished through instruction in your student's classroom, the support and expertise of our school counselors, and our district mental health counselors. Your student's well being, and their academic and personal success is the reason we come to work every day. Please don't hesitate to reach out to someone if you have concerns about your child's mental health, well being, or if you have any other worries about your student. *(You can find contact information for all school counselors and district mental health counselors below.)*

### ***WE'RE HERE TO HELP!***

Below are some links for parents and caregivers with great information about helping your child enjoy good mental health as well as how to ask for help if you need it. The beginning of a new school year always includes transition and change and is often a challenging time for children. Don't forget – we're in this together.

[How to Improve Your Child's Mental Health](#)

[Mental Health Resources for Parents](#)

[MentalHealth.gov in English](#)

[MentalHealth.gov in Spanish](#)

Let's have an extraordinary 2021-22 school year together!

Deborah Godbold  
Mental Health Counselor  
Suwannee County School District  
386-647-4619  
[deborah.godbold@suwannee.k12.fl.us](mailto:deborah.godbold@suwannee.k12.fl.us)

**Suwannee County School District School Counselors**

***Branford Elementary School***

Margaret Williams  
386-935-5704  
[margaret.williams@suwannee.k12.fl.us](mailto:margaret.williams@suwannee.k12.fl.us)

***Branford High School***

Alicia Poole  
386-935-5608  
[alicia.poole@suwannee.k12.fl.us](mailto:alicia.poole@suwannee.k12.fl.us)

Leah Harrell  
386-935-5600  
[leah.harrell@suwannee.k12.fl.us](mailto:leah.harrell@suwannee.k12.fl.us)

***Suwannee High School***

Melinda Griffith  
386-6470-4003  
[melinda.griffith@suwannee.k12.fl.us](mailto:melinda.griffith@suwannee.k12.fl.us)  
Cindy Wiggins  
386-647-4007  
[cindy.wiggins@suwannee.k12.fl.us](mailto:cindy.wiggins@suwannee.k12.fl.us)

Cindi Hiers  
386-647-4008  
[cindi.hiers@suwannee.k12.fl.us](mailto:cindi.hiers@suwannee.k12.fl.us)  
Karen Williams  
386-647-4009  
[karen.williams@suwannee.k12.fl.us](mailto:karen.williams@suwannee.k12.fl.us)

***Suwannee Middle School***

Shawn Herring  
386-647-4507  
[misty.herring@suwannee.k12.fl.us](mailto:misty.herring@suwannee.k12.fl.us)

Nicole Jackson  
386-647-4533  
[niki.jackson@suwannee.k12.fl.us](mailto:niki.jackson@suwannee.k12.fl.us)

***Suwannee Opportunity School/Suwannee Virtual School***

Brooke Cox-Knowles  
386-647-4278  
[brooke.knowles@suwannee.k12.fl.us](mailto:brooke.knowles@suwannee.k12.fl.us)

***Suwannee Pineview Elementary School***

Jennifer Wooley  
386-647-4453  
[jennifer.wooley@suwannee.k12.fl.us](mailto:jennifer.wooley@suwannee.k12.fl.us)

***Suwannee Riverside Elementary School***

Kelli Roberts  
386-647-4305  
[kelli.roberts@suwannee.k12.fl.us](mailto:kelli.roberts@suwannee.k12.fl.us)

***Suwannee Springcrest Elementary School***

Debra Singletary  
386-647-4704  
[debra.singletary@suwannee.k12.fl.us](mailto:debra.singletary@suwannee.k12.fl.us)

***Suwannee County School District Mental Health Counselors***

Kathy Smith  
386--362-8700  
[kathy.smith@suwannee.k12.fl.us](mailto:kathy.smith@suwannee.k12.fl.us)

Deborah Godbold  
386-647-4619  
[deborah.godbold@suwannee.k12.fl.us](mailto:deborah.godbold@suwannee.k12.fl.us)

