



ST. JOHNS COUNTY SCHOOL DISTRICT

# Mental Health Summits

LESLIE.COUDENDILEO@  
STJOHNS.K12.FL.US  
904-547-7592

## Mental Health Summit for the Performing Arts

### When:

Saturday,  
February 21, 2026  
9am-12pm

### Where:

St. Augustine High School

### For:

Student Artists and their  
Parents/Guardians

The St. Johns County School District is hosting a Mental Health Summit for students in the performing arts and their parents, focusing on the vital connection between positive mental health and success both in the classroom and on “stage”. This event will provide valuable tools and resources to help students and their families strengthen resiliency, manage time effectively, and cope with the unique pressures that come with performances and rehearsals. Key topics will include stress management, emotional well-being, and strategies for bouncing back from setbacks or disappointment. By fostering open communication and providing practical support, the summit aims to empower performing arts students and their parents to prioritize mental wellness while pursuing excellence in both academics and the arts.

## Mental Health Summit for Athletes

### When:

Saturday,  
March 7, 2026  
9am-12pm

### Where:

Nease High School

### For:

Student Athletes and  
their Parents/Guardians

The St. Johns County School District is hosting a Mental Health Summit for student-athletes and their parents, highlighting the essential role of positive mental health in achieving success both in the classroom and in athletic competition. This event will offer valuable resources and practical strategies to help students and their families build resiliency, effectively manage time, and cope with stress and setbacks. By addressing topics such as balancing academic and athletic demands, developing healthy coping skills, and bouncing back from adversity, the summit aims to foster open communication between students, parents, coaches, and educators. Together, they will gain tools to support mental wellness and encourage a balanced, healthy approach to both school and sports.