



Rachel Deems

Interim Head of School

Effective October 19, 2026



“I believe an interim headship allows a school to enhance its strengths and provides intentional time to build community in preparation for a new era of leadership.”

Rachel Deems

About Mrs. Deems

Rachel Deems has spent nearly two decades as a head of school, leading three independent schools. She most recently served as Interim Head and President of Pulaski Academy in Little Rock, Arkansas, a pre-kindergarten through twelfth grade school of 1,460 students and more than 200 faculty and staff. Her interim appointment there began in 2023 as a one-year term and was extended by the board to three years.

Before Pulaski Academy, she was Head of School at Spartanburg Day School in South Carolina (2012–2023) and at The Westfield School in Perry, Georgia (2008–2012). Her independent school career began at Stratford Academy in Macon, Georgia, where she was Director of Development for nine years. Earlier, she held administrative leadership roles at Judson College and Mercer University.

She holds a B.A. from Judson College and an M.A. from the University of Alabama, and she pursued additional graduate study toward a Ph.D. there. She served as a trustee (2014–2020) and as accreditation chair of the Southern Association of Independent Schools (SAIS).

Recipient of the SAIS Distinguished Service Award, 2022

Mrs. Deems describes herself as “fanatical about proactive communication,” and she brings an all-in commitment to excellence in academics, fine arts, athletics, and community outreach.

Beyond School

Mrs. Deems looks forward to being on campus and becoming part of the Frederica and St. Simons community. Her family includes her husband, Ken; their daughter, Morgan, who lives on the Georgia coast; and a lively poodle-mix named Jingles. Away from school, Mrs. Deems is a tree farmer, enjoys riding horses, and is an avid reader. She loves music, and her family enjoys unstructured days at the beach, cheering on the Crimson Tide, and supporting the performing and visual arts.