



Dear Lighthouse Families,

What a delight it has been seeing the children arrive at school each day and reengage with their friends and teachers. A steady hum has returned to the buildings, as the children are busy working in their classrooms and bursting with playful energy at recess. Unless the temperatures drop dangerously low, we will continue to go outdoors twice a day for recess. Please make sure your child, of any age, has clothing for cold weather and spare clothes for the days when it is wet.

The new year brings many new beginnings. Everyone is feeling rested from the holiday break, and there is a sense of renewal in the air, as we begin original main lesson studies and plan for a handful of NLS community events.

Next Tuesday, Kinderclass – Grade 7 will begin skating at Nantucket Ice, and on Wednesday, January 21 at 6:00PM, we will host our All School Parent Meeting. We ask that at least one parent from each family attend, as our teachers will talk about the curriculum at Nantucket Lighthouse School, the Board will offer updates on their work, and Julia will explain the re-enrollment and tuition assistance process for returning families. Our hope always is that families will return each school year. If you are moving off island or considering other options, we would love to address any questions you have and learn more about your plans. Please be in touch with either Julia or me, as it helps us better understand the needs of our students and families.

I hope you have a restful weekend.

Warm regards,

Emily

Happy, Thoughtful Kids Grow Here

As a school counselor, I spend my days supporting children's emotional well-being and listening closely to what they are navigating — at school, at home, and in the wider world. In recent years, one message has become increasingly clear from both research and lived experience: how and when children interact with technology matters deeply for their mental health, attention, and sense of self.

Nantucket Lighthouse School's No-to-Slow Technology policy is grounded in this research. By design, we do not introduce screens until 6th grade, and even then,

technology is used sparingly and intentionally. Researchers, including Dr. Jean Twenge and Dr. Larry Rosen, have shown that screen-saturated educational environments fragment attention, interfere with executive functioning, and intensify stress during critical stages of brain development. Adolescence, in particular, is a period of heightened vulnerability, when identity, emotional regulation, and judgment are still forming.

Our gradual introduction of technology in middle school reflects this understanding. Students are taught to use digital tools consciously and purposefully, rather than reflexively. In a culture of constant stimulation, learning how to manage attention, think deeply, and engage meaningfully with others has become a critical mental health skill. By prioritizing hands-on learning, unhurried thinking, and deep connection, we support the development of resilience, empathy, and focus.

Nantucket Lighthouse School is intentionally different — and this difference matters now more than ever. A slower, more intentional educational environment gives children and adolescents what they need most: space to develop a stable sense of self, caring relationships, sustained attention, and the capacity to think independently in an increasingly distracting digital world.

Warmly,

Julia

Important Upcoming Dates:

NO SCHOOL

Martin Luther King Jr. Day
Monday, January 19th

All School Parent Meeting
Wednesday, January 21st
6:00pm–7:30pm

NO SCHOOL

Presidents' Day

Monday, February 16th

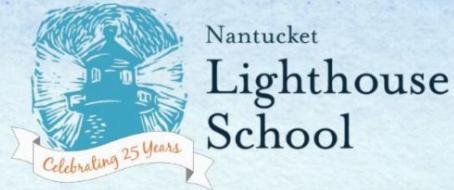
NO SCHOOL

Winter Break

February 23rd– 28th

Palm Royal Prom

Saturday, March 21st
7:00pm



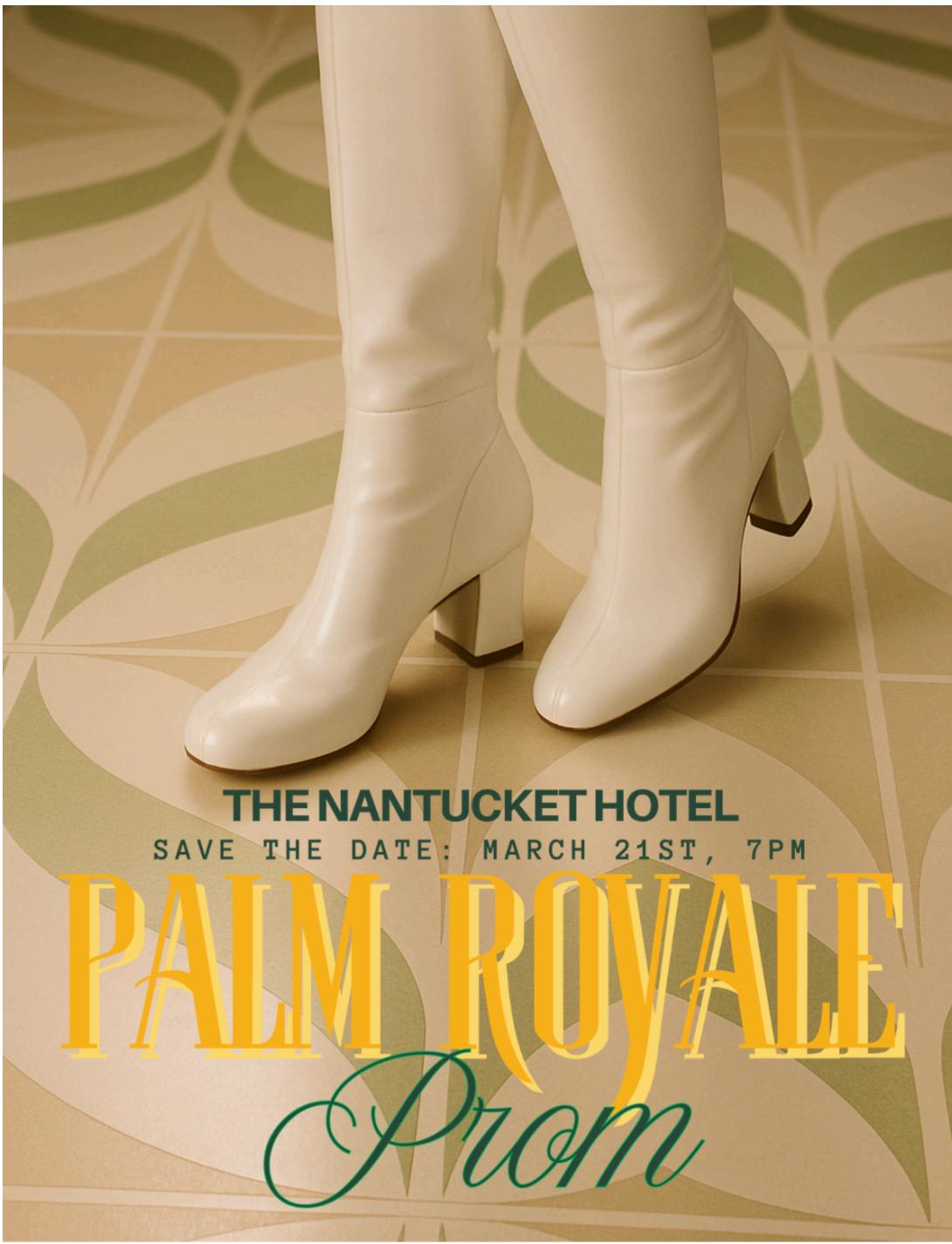
You're kindly invited to

All School Parent Meeting & Curriculum Night

Wednesday, January 21
6:00pm-7:30pm

We ask at least one adult member of each family to attend this important annual meeting. Join us for refreshments and the opportunity to learn about the school's curriculum, operations, strategic planning, and re-enrollment for next year.





Join the Palm Royale Prom Committee

Prom Royale—our 1969-inspired, retro resort-style fundraiser—is coming together, and we'd love your help!

Parents are invited to join the Palm Royale Prom Committee and be part of bringing this unforgettable evening to life.

Prom is a **21+ fundraiser** featuring music, dancing, and a silent auction, all in support of Nantucket Lighthouse School. We also welcome event sponsors who want to support the school while embracing the retro flair of Prom Royale.

🎬 *Watch the reel:*

<https://www.instagram.com/reels/DTSpSTIjQlY/>

✨ *Explore sponsorship opportunities:*



REGISTRATION IS NOW OPEN!
AN ACTIVE, PLAY-BASED SUMMER PROGRAM
SERVING CHILDREN AGES 3.5 TO 12

Our mission is to ensure that every child is engaged and nurtured across a wide variety of collaborative and creative experiences.

WEEKLY SESSIONS:
June 22nd–August 21st

Ages 3.5–4 9:00 am–3:30 pm	Ages 5+ 9:00 am–4:00 pm
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Currently enrolled NLS students will receive a discounted rate.
Please use discount code "NLSFamilies2026" at checkout.

[Register for Camp Lighthouse](#)

Extended Day will meet in the Cottage for the rest of January



Extended Day
Monday–Friday
Pick Up in Cottage
2:30–5:10pm

The Extended Day program includes hands-on activities, artistic projects, homework help, and imaginative play indoors and out.





Community Events



NCS offers summer programs for ages 4–18, from beginner classes to advanced racing and instructor training, with scholarships available for every program.

Each year, NCS awards scholarships to about 100 island youth so they can participate in our summer sailing programs at a significantly reduced cost. We are working hard this year to raise more money for scholarships and be able to reach more students than ever!

Summer 2026 Program Registration

- **Islander Registration:** January 20–22
- **Returning Sailor Registration:** January 26–28
- **General Registration Opens:** February 2 at 12:00 PM

[Learn more about our 2026 Programs HERE](#)

[Scholarship Application Here \(Due January 20th\)](#)



NANTUCKET BOYS & GIRLS CLUB

INDOOR SOCCER LEAGUE

SATURDAYS ONLY

JAN. 31ST, FEB. 7TH, FEB. 14TH

1ST - 2ND GRADE 9AM - 10AM
3RD - 4TH GRADE 10AM - 11AM
5TH - 6TH GRADE 11AM - 12PM

CO-ED LEAGUE

SPACE IS LIMITED

SIGN-UP ONLINE:
NANTUCKETBOYSANDGIRLSCLUB.ORG

DODGE BALL

LEAGUE

SIGN-UP ONLINE
JAN. 16TH - FEB. 18TH

SCHEDULES AVAILABLE
FEB. 20TH

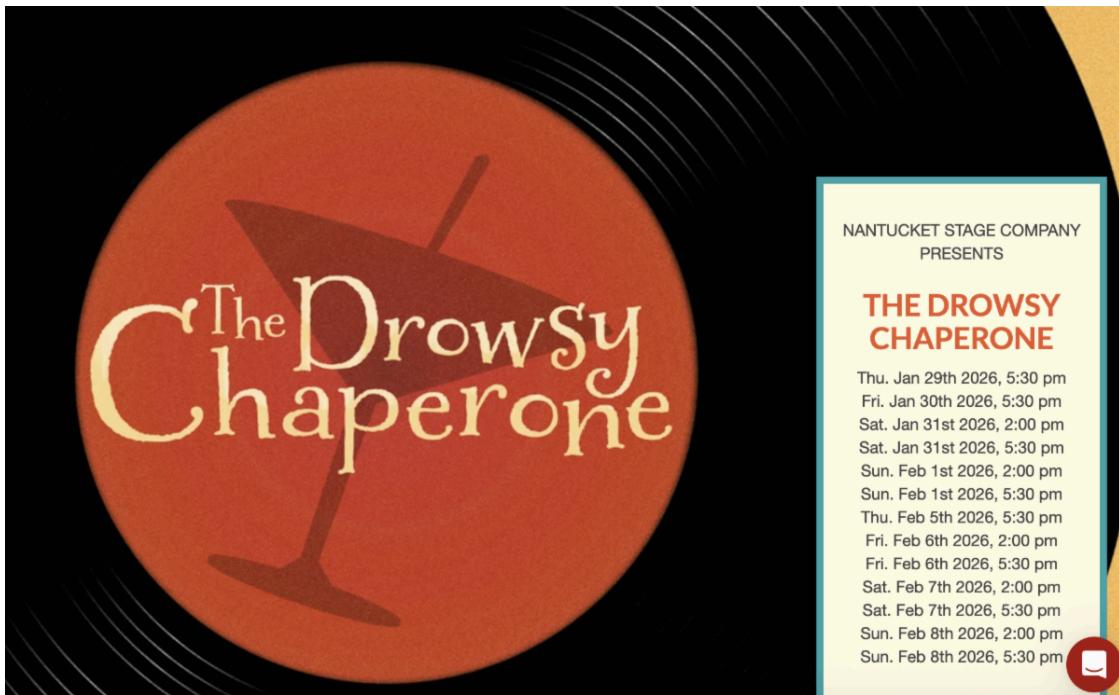
GAMES HELD ON TUESDAYS & THURSDAYS



NANTUCKET BOYS & GIRLS CLUB

FOR MEMBERS IN
1ST-7TH GRADE

SIGN-UP ONLINE:
WWW.NANTUCKETBOYSANDGIRLSCLUB.ORG



NANTUCKET STAGE COMPANY
PRESENTS

**THE DROWSY
CHAPERONE**

Thu. Jan 29th 2026, 5:30 pm
Fri. Jan 30th 2026, 5:30 pm
Sat. Jan 31st 2026, 2:00 pm
Sat. Jan 31st 2026, 5:30 pm
Sun. Feb 1st 2026, 2:00 pm
Sun. Feb 1st 2026, 5:30 pm
Thu. Feb 5th 2026, 5:30 pm
Fri. Feb 6th 2026, 2:00 pm
Fri. Feb 6th 2026, 5:30 pm
Sat. Feb 7th 2026, 2:00 pm
Sat. Feb 7th 2026, 5:30 pm
Sun. Feb 8th 2026, 2:00 pm
Sun. Feb 8th 2026, 5:30 pm



NANTUCKET MUSIC CENTER PRESENTS

BEGINNER'S UKULELE DROP-IN

FREE

NO INSTRUMENT? NO PROBLEM!
UKULELES AVAILABLE.

SUNDAYS
5 : 30 - 6 : 15

ALL AGES

NCMC Parlor
56 Centre St
nantucketmusic.org

SCAN TO REGISTER



Nantucket Lighthouse School | 1 Rugged Road | Nantucket, MA 02554 US

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