



Making Amends

In 1976 Elton John released his award-winning song *Sorry Seems to be the Hardest Word*. I remember this ballad from many years ago, and recently while thinking about Jason Craig Harris's community workshop, *Finding Our Way Back to Each Other: Healing, Bridging, and Repair in a Time of Division*, I considered why the ideas behind the song and Jason's work resonate so deeply with me and with the ethos of Nantucket Lighthouse School.

Is sorry the hardest word? Last spring Psychology Today published an article on this very subject: *Why Sorry is the Hardest Word*. In it, James Kerr talked about how important apologies are in human relationships and why it is so difficult for people to offer them. Shame, fear of consequence, blows to our self-image and ego, and attempts at rationalizing behavior often get in our way. Would this still be true if we practiced this skill, and built a muscle for it, when we were young and attended a school that placed its importance next to studying history, learning to read, or thinking critically?

While I do not have a researched answer, I have the privilege of seeing our teachers guide children through conflict resolution, starting with the acknowledgement of one's actions and their impact on others, and then moving towards saying sorry. Kerr defines three important elements in a well-structured apology: acknowledging the wrongdoing, expressing contrition, and making amends. This simple protocol is consistent with the daily approach we take at Nantucket Lighthouse School.

With time and care, a shared language, and an agreed upon path to repair, Lighthouse children regularly practice how to navigate conflict, listen to another's perspective, and offer an apology that is meaningful to the person receiving it. This might be a verbal or written gesture, a hug or handshake, or repair to what was broken, the shape largely dependent upon the age of the children and the particulars of the situation.

Every day, I watch these impactful moments unfold in classrooms and on the playground, and I imagine how the regular rehearsal of saying sorry helps children grow into thoughtful, kind, and accountable adults who care about their communities and the people within them. Will sorry be the hardest word for our students? I'd like to think it won't, especially when we create time and space for such important work and when children see us modeling it, too.

Please join us for Jason's talk, *Finding Our Way Back to Each Other: Healing, Bridging, and Repair in a Time of Division*, at 6:00p.m. on Thursday, March 19 at

Dreamland Nantucket. This program is generously funded by The Remain Fund at the Community Foundation for Nantucket and sponsored by Dreamland Nantucket.

I hope you have a beautiful weekend.

Emily

Happy, Thoughtful Kids Grown Here

At Nantucket Lighthouse School, fostering kindness, curiosity, wisdom, and belonging is at the heart of everything we do. With our youngest Small Schoolers to our oldest Middle Schoolers, the Golden Rule is modeled and practiced throughout every school day. This culture of kindness is a cornerstone of our philosophy and helps ensure that we are raising compassionate children.

As part of Massachusetts' commitment to fostering safe schools, all students must receive age-appropriate bullying prevention education. At Nantucket Lighthouse School, we meet this requirement through Second Step, a research-based social-emotional learning program. Over the next four weeks, I will be visiting each classroom to lead a short series of bullying prevention lessons.

While empathy is embedded in our daily routines and community norms, research shows that explicitly teaching social skills helps children better recognize, understand, and respond to challenging peer situations. These lessons give children clear language and practical tools to support one another and contribute to a respectful school community.

In our first lesson, we will focus on understanding what bullying is - and what it is not. Bullying is defined as aggressive behavior that is repeated over time, occurs within a relationship where there is a power imbalance, and is intended to cause harm or distress. Through age-appropriate discussions and activities, classes will learn how bullying differs from normal conflict or rough-and-tumble play, which are natural parts of development. We will talk about ways children can recognize, report, and respond safely if they ever witness or experience bullying.

These conversations help reinforce our class norms, strengthen positive peer relationships, and deepen the sense of warmth and belonging that define our school community.

Please feel free to reach out if you would like to learn more about Second Step!

Warmly,

Julia

Important Upcoming Dates:

Educational Speaker Series
Thursday, March 19th
6:00–7:00pm

NO SCHOOL

Professional Development
Friday, March 20th

Prom Royale
Saturday, March 21st
7:00 pm

NO SCHOOL
Spring Break
April 20–24th



NANTUCKET LIGHTHOUSE SCHOOL'S
EDUCATIONAL SPEAKER SERIES PRESENTS
Jason Craige Harris



Finding Our Way Back to Each Other
Healing, Bridging, and Repair
in a Time of Division

THURSDAY, MARCH 19
6:00 - 7:00 P.M.
THE DREAMLAND

A FREE COMMUNITY EVENT

Jason Craige Harris is a strategist, essayist, and storyteller who helps leaders and some of the sharpest minds in the country solve hard problems. When organizations and communities are stuck, polarized, or quietly unraveling, Jason is often the person called in to help steady the room, fix what's broken, and help people talk to each other again. Trained in ethics, psychology, and systems thinking, he blends science with real life—using humor, deep listening, and storytelling to help people navigate conflict, repair relationships, and make decisions under pressure.

A researcher and longtime meditation practitioner, Jason studies how stress, power, and fear hijack our conversations—and how curiosity, dignity, and courage can bring us back. As a Pollyanna speaker, he brings big ideas down to earth, helping people see that leadership isn't about being the loudest or the smartest—it's about being human, especially when it's hardest.

GENEROUSLY FUNDED BY:



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IN COLLABORATION WITH:



Nantucket Lighthouse School's Educational Speaker Series Presents: ***Finding Our Way Back to Each Other, Healing, Bridging, and Repair in a Time of Division*** with

Jason Craig Harris

Nantucket Lighthouse School's Educational Speaker Series nurtures lifelong learning and advances dialogue around urgent social and developmental topics by supporting families, educators, caregivers, and community members with resources that have a tangible, positive impact.

Please join us as we reflect on how repair happens in families, schools, and communities. Together, we will explore how everyday choices can either widen divides or help heal them. Participants will leave with concrete ways to listen more generously, speak more courageously, and remain connected even when conversations are hard. We welcome you exactly as you are.

RSVPs are encouraged but not required.

[Reserve Your Seat Here](#)

Prom Royale: The Countdown Is On!

Prom Royale is almost here, and we would love to see as many members of our parent community there as possible.

Join us for a night filled with **live music from La Tulipe followed by dancing with DJ Billy Voss**, a **silent auction featuring wonderful items, lawn games**, and a **collaborative mural painting experience**, all set within a fun and festive atmosphere.

We hope you will come celebrate with us for a great cause—and don't forget to bring your friends!

[Purchase Your Tickets Today](#)

Prom ROYALE

THE NANTUCKET HOTEL
MARCH 21ST | 7:00 PM

STEP INTO 1969 PALM BEACH

A VIBRANT, PALM ROYALE THEMED EVENING
DESIGNED TO BRING OUR ISLAND
COMMUNITY TOGETHER FOR A WONDERFUL
CAUSE. ENJOY A NIGHT OF LIVE MUSIC,
DANCING, GAMES, AND A LIVELY SILENT
AUCTION, ALL WRAPPED IN RETRO
GLAMOUR AND FEEL-GOOD ENERGY.

TICKETS ON
SALE NOW



A FUNDRAISING EVENT FOR NANTUCKET LIGHTHOUSE SCHOOL

 Watch the reel:

[https://www.instagram.com/reel/DVei7WMAZRg/?
utm_source=ig_web_copy_link&igsh=MzRIODBiNWF1ZA==](https://www.instagram.com/reel/DVei7WMAZRg/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWF1ZA==)

 Prom Royale Look Book:

[https://www.instagram.com/reel/DUHAmVljQsK/?
utm_source=ig_web_copy_link&igsh=MzRIODBiNWF1ZA==](https://www.instagram.com/reel/DUHAmVljQsK/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWF1ZA==)



AN ACTIVE, PLAY-BASED SUMMER PROGRAM
SERVING CHILDREN AGES 3.5 TO 12

CAMP FOR NANTUCKET LIGHTHOUSE SCHOOL STUDENTS



These two special weeks of camp are only available to currently-enrolled Nantucket Lighthouse School students!

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

NANTUCKET LIGHTHOUSE SCHOOL STUDENT ONLY CAMP WEEKS:

June 15–18 (Monday–Thursday)

\$520

August 24–28 (Monday–Friday)

\$650

Limited space is available.

[Register for June 15–18](#)

[Register for August 24–28](#)

[Learn More About Camp Lighthouse](#)



Nantucket
Lighthouse
School

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.

[Learn More and Sign Up](#)





Community Events



The Maria Mitchell Association

NANTUCKET STEAM FESTIVAL



A FREE Community Event Centered Around Science, Technology, Engineering, Art, & Mathematics

3.14 MILES FROM SHORE: INFINITE PATTERNS

SATURDAY, MARCH 14

Nantucket High School Gymnasium

10:00am – 2:00pm



$\pi = 3.14$

Designated Sensory Friendly Half-Hour Starts at 9:30am Before the Festival Begins



COME EXPLORE WITH OUR LOCAL ORGANIZATIONS!



AND DON'T MISS YOUR CHANCE TO SEE DOKTOR KABOOM: UNDER PRESSURE!
A FREE TICKETED EVENT IN COLLABORATION WITH DREAMLAND THEATRE MARCH 13 AND 14.
SECURE YOUR TICKETS TO DOKTOR KABOOM AT NANTUCKETDREAMLAND.ORG



The Maria Mitchell Association, in collaboration with the Nantucket Dreamland, invites the community to two unforgettable and entertaining performances featuring Doktor Kaboom: Under Pressure!
Friday, March 13th at 7:00pm



Join in for the 14th annual ShamRock Run, a fundraiser for Nantucket Island Safe Harbor for Animals (NiSHA). The event will start and finish at the Cisco Brewers parking lot. Register at runsignup.com

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

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