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Headlight



Written by the students of Marblehead High School for our school and community

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Come see the high school’s production of Mamma Mia!

Georgia Marshall, Assistant Editor, Junior

The Drama Club members at MHS have been dedicating themselves wholeheartedly to another spring musical that is sure to bring the whole community together. This year, the high school is putting on a production of Mamma Mia!, a Mediterranean-style hit inspired by the music of the 1970s pop group ABBA. While already popular as a movie, the stage version offers audiences plenty of surprises, from lesser-known songs to visually stunning dance numbers.

The musical follows a mother-daughter duo, Sophie (played by Lilya Guervitch, a freshman) and Donna (played by Lucy Key, a junior), as they prepare for Sophie’s wedding. Unbeknownst to Donna, Sophie has secretly invited three possible fathers in the hopes of reuniting her family and having one of them walk her down the aisle (after doing some snooping in her mom’s diary). Following last year’s jaw-dropping production of Hadestown: Teen Edition, this year’s musical brings a more upbeat, pop-driven energy to the stage, while still promising to leave a lasting impression on viewers.

Since early March, the cast and crew have dedicated themselves to countless hours of rehearsal. Music rehearsals have been led by music director Colleen Inglis, choreography has been developed by Ellore Jennings alongside student dance captain Liv Niles, and blocking rehearsals have been directed by Drama Club advisor and show director Ashley Skeffington. Together, the production team has brought a fresh perspective to the show, allowing performers to make it their own. Behind the scenes, crew members have been hard at work building sets, coordinating lighting, and designing costumes to ensure a seamless and engaging production.

With its lively music, energetic performances, and dedicated student effort, Mamma Mia! is shaping up to be a must-see event for the MHS community. Be sure to come out and support the cast and crew at one of the upcoming performances Marblehead High School on May 1st, May 2nd, and May 3rd.



Support the Arts at MHS by coming to
see our spring production of
Mamma Mia!

Your guide to surviving test season

Evan Eisen, Assistant Editor, Senior



With SAT and AP season just around the corner, students at many high schools, including Marblehead High School, are feeling excited to finally be taking these tests, but also they are feeling anxious and nervous about how they will do. There is no need to worry though as studying doesn’t need to be a constant fight between you and your textbooks. In fact, a lot of recent research has demonstrated that adding a few simple changes to your studying methods can create a massive difference and it’s definitely not just “studying more.”

To start, something that scientists have been preaching a lot about recently is that the human brain loves being challenged. When I say challenge, I don’t mean “I read the same pages in my textbook over and over all night” kind of challenge. The brain needs the kind of challenge that forces your brain to remember things. Many scientific studies over the years have shown that active recall, which is quizzing yourself, completing practice problems, or explaining a concept without referring to your notes, strengthens your memory more than highlighting or rereading will ever accomplish. Think of it in a sense as a workout for your brain as it builds up “memory muscles” when it’s forced to lift the weight itself.

A second trick that will help is called space repetition, which is the opposite of cramming a whole bunch of concepts into your memory. Space repetition is where instead of putting studying off until the night before, you spread it out over a couple of weeks or months. Scientists have found that studying something over a period of time

can make you better remember it. There are many websites and apps on the internet that can help assist you with this, but you could also do it on your own by dedicating some time everyday to memorizing material.

A surprising method that a lot of psychological research has found is that of interleaving. It sounds fancy, but in actuality it’s just combining different kinds of problems or topics in one study session. For example, instead of doing ten identical math problems in a row, you would have problems that focus on different topics, like geometry or algebra. It may feel harder, but that is the point, for it actually shows that your brain can memorize the concepts as it recognizes patterns and can apply skills more naturally. This is what the SAT and AP tests, or rather any assessment, tests you on.

Studying isn’t just you referring to your notes. Scientists have been studying how stress affects test performance and have determined that high levels of stress can make the brain freeze up, causing forgetfulness. Test anxiety is completely normal and it doesn’t mean you are unprepared; however, there are some strategies you can use to calm yourself. For example, take time out for short deep breathing exercises, quick breaks, or even a 60 second reset. These can calm your nervous system long enough to create focus.

As testing season approaches, remember this: study smarter, not longer. Your brain is built to learn; it’s just a matter of giving it the proper tools to do so. If you use the right strategies, you might walk out of your tests feeling confident.

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