



UPPER SCHOOL OVERVIEW



OUR MISSION

Convent of the Sacred Heart is New York City's oldest independent school for girls, educating students in grades Pre-K through 12. As part of an international network, we are committed to a set of principles shared by all Sacred Heart schools. Known as the "Goals and Criteria," these principles articulate the core components of a Sacred Heart education, and charge our community with a unified educational mission.

At the heart of our philosophy is the belief that each child possesses unique gifts. Our job is to unearth those gifts, nurture them, and empower each child of the Sacred Heart to share those gifts with the global community.

THE GOALS

Schools of the Sacred Heart commit themselves to educate to:

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| GOAL I | A personal and active faith in God |
| GOAL II | A deep respect for intellectual values |
| GOAL III | A social awareness which impels to action |
| GOAL IV | The building of community as a Christian value |
| GOAL V | Personal growth in an atmosphere of wise freedom |

Convent of the Sacred Heart admits students of any race, religion, color, sexual orientation, or national or ethnic origin to all rights, privileges, programs and activities generally accorded or made available to students at the school. The school does not discriminate on the basis of race, religion, color, sexual orientation, or national or ethnic origin in the administration of its educational policies, admissions policies, scholarship and loan programs or athletic or other school-administered programs.

For Upper School Admissions, please contact
Immy Mullin, Associate Director of Admissions and Financial Aid,
at imullin@cshnyc.org



REQUIREMENTS

The Upper School consists of grades 9-12. Upper School students take a minimum of six academic subjects with a variety of electives to choose from. Students in grade 12 take a maximum of six academic subjects with electives that fit their interests and talents. Additionally, a number of Upper School courses are offered at the Honors or Advanced Placement level. Entrance to these courses requires departmental approval. To graduate, students must take the following courses between grades 9 and 12:

ENGLISH	required each year
THEOLOGY	required each year
SCIENCE	three years including Physics
HISTORY AND SOCIAL SCIENCES	three years including U.S. History
MATHEMATICS	three years including Precalculus
LANGUAGES	completion of third level in one language
PHYSICAL EDUCATION	required each year
PERFORMING & VISUAL ARTS	foundations courses required in grade 9; one additional class in Performing Arts, Visual Arts or Computer Science beyond grade 9 foundations courses

WORLD LANGUAGE OPTIONS

French
Latin
Mandarin
Spanish

HONORS OPTIONS

Sciences
Mathematics
French
Spanish

AP OPTIONS

Art History
Biology
Calculus AB
Calculus BC
Chemistry
English Literature
French Language
Latin
Music Theory
Physics C: Mechanics
Physics C: Electricity
and Magnetism
Spanish Language
Spanish Literature
Statistics
Studio Art



AUGUST

- Preseason for Fall Sports

SEPTEMBER

- Immersion for Ninth Grade
- Ninth Grade, Princeton-Blairstown Center
- College Visiting Day for Seniors
- Class 12 College Night
- Senior Night
- All-School Service Day–Walk/Swim for Uganda
- Fall Visit to Abba House in Albany
- Tachs Test Prep at Our Lady Queen of Angels

OCTOBER

- Weekend Habitat for Humanity Trip
- Halloween Celebration
- Celebration of Hispanic Heritage Month
- Mater's Feast Day
- H.E.A.R.T. Dance Outreach Program
- Model United Nations Conference at Horace Mann
- Ninth Grade Retreat
- C.A.S.A. Art Service for Little Sisters of the Assumption
- H.E.A.R.T. Swim Outreach Program
- Ignatian Family Teach-In for Justice Virtual Conference
- Making Strides Against Breast Cancer
- OLQA Homework Helpers Program

NOVEMBER

- Thanksgiving Drive for New York Common Pantry
- Upper School Play
- Midnight Run
- Alumnae Lunch
- College-Age Alumnae Reunion
- Red & White Swim Meet

DECEMBER

- Semi-Formal Christmas Dance
- Upper School Concert
- Christmas Caroling
- Toy Drive for Little Sisters of the Assumption
- Lessons and Carols
- Student Diversity Leadership Conference, NAIS

JANUARY

- Kairos Retreat
- Weekend Habitat for Humanity Trip
- Ninth and Tenth Grades College Counseling Nights
- Upper School Dance with Your Daughter

FEBRUARY

- Celebration of Black History Month
- February Fury Spirit Week
- Habitat for Humanity Mini-Build
- Valentine's Day Celebration
- Valentine's Skating Party
- Alumnae Authors Night
- Midnight Run
- Project Cicero Book Drive

MARCH

- Preseason Trip to Florida for Spring Sports
- Alternative Spring Break Service Trips
- Celebration of Women's History Month
- International Night
- Upper School Musical
- Tenth Grade Retreat
- Upper School Supper and Alumna Reflection
- National Latin Contest

APRIL

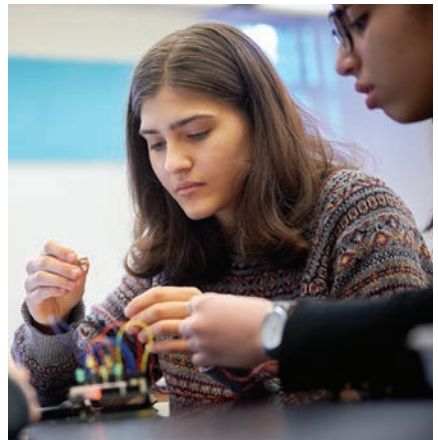
- Eleventh Grade Ring Day Ceremony
- Weekend Habitat for Humanity Trip
- All-School Service Day
- Raku Field Trip—Ceramics
- Upper School Instrumental Recital

MAY

- Upper School Spring Concert
- New Ninth Grade Welcome Dinner
- AP Senior Art Exhibit—Presentation to Community
- All-School Mass of St. Madeleine Sophie Barat
- Alumnae Senior Lunch
- DAIS Conference
- Alumnae Induction Ceremony
- NYC AIDS Walk
- Youth & Philanthropy Initiative Finals Presentation
- Kids Walk for Kids with Cancer
- Senior Capstone Presentations

JUNE

- Upper School City Trips
- Senior Dinner Dance
- Senior Transition to College Day
- Re-Member Service Immersion: Pine Ridge, SD
- H.E.A.R.T. Summer Outreach Program
- Prize Day Ceremony
- Street Fair for Uganda
- Baccalaureate Mass and Brunch
- Graduation



PUBLICATIONS

Cornerstone (Yearbook)
Iris (Visual Arts Magazine)
Spirit of 91st Street (Newspaper)
Zenith (Literary Magazine)

CLUBS & ACTIVITIES

Acoustic Club
Admissions Club
Amnesty International
Anti-Human Trafficking Awareness Club
Art Club
Asian American Affinity
Biology Club
Book Club
Bread for the World
C.A.S.A. (Children's After-School Studio Arts Program)
Campus Ministry
Computer Science Club
Diversity, Awareness, and Inclusion Coalition
Environmental Club
Finance & Investment: Literacy, Practice, and Outreach
Forensics (Speech Team)
Joint Schools Association
Junior Statesmen of America
Kairos Retreat Team
KidsForShe
Launch X
Math Team
Mental Health Awareness Club
Mock Trial
Model United Nations
P.R.I.D.E. (Providing a Responsible Inclusive Diverse Environment)
Sacré Coeur Community Service Club
(Includes *Habitat for Humanity Chapter* and *Helping Hearts Philanthropy Committee*)
Student-Athlete Advisory Council
Student Government
Sacred Heart Surgeons
Student Initiative for Research and Social Action
WPH (Women of Proud Heritage)
WSCJ (Women of the Sacré Coeur De Jésus)

VISITING STUDENT PROGRAM

Students may study for part of a semester in one of our U.S. or international schools. We regularly send students to Nantes, France; Madrid and Barcelona, Spain; Rome, Italy; Dublin, Ireland; Sydney and Brisbane, Australia; and Taipei, Taiwan. This is a wonderful opportunity to master a world language, discover another part of the world, make new friends and learn and appreciate another culture throughout the Sacred Heart Network. In the U.S., students have attended Sacred Heart Network schools in Miami, New Orleans, Omaha, San Francisco, Grand Coteau, Washington, D.C. and Seattle.

PEER SUPPORT

Seniors have a unique opportunity to continue a tradition of service at Sacred Heart through the roles of Peer Leaders. All ninth graders are divided into Peer Groups of six to eight students and each group is led by two Peer Support Leaders. In these groups, students have the opportunity to discuss strategies for managing the academic and personal challenges of Upper School. The leaders participate in a summer training workshop and undergo supervision throughout the year. In addition, ninth graders are given the option of further meetings with their Peer Leaders should they request them.

DIVERSITY PROGRAM

Sacred Heart strives to make all aspects of school equitable so that all students have the opportunity to reach their full potential as learners. Equity empowers members of the community to actively build and sustain diversity, multicultural education and inclusion. Sacred Heart recognizes that each distinct perspective, experience and skill is needed and valued. Students and teachers initiate programs to raise awareness of diversity within our school, as well as in the local, national and global communities. Programs take the format of special presentations, speakers, videos, discussions and interactive group activities. Recent topics examined include religious differences, socio-economic status, race, gender, sexual identity and ethnicity.

11TH GRADE THEOLOGY PROJECT

Each student proposes a research project on a specific Christological theme and shares her research project with the class in a 40-minute presentation at the end of the school year. Former topics include:

- Liberation Theology in Latin America: An Analysis of Marxism and Christianity
- The Urgency of Intersectionality: Can Womanist Theology Bring Awareness to the Unspoken Struggle of Black Women Against Police Violence
- Theodicy in the Church: Why an Omnipotent God Permits Evil

ANNUAL INDEPENDENT CAPSTONE PROJECTS

In 11th and 12th grades, students complete in-depth, collegiate level research on a subject of their choosing and present the findings of their research in the spring to the school community. Former capstone titles include:

- Voter Suppression in the US
- Nonprofit Management
- Exploration of Game Theory
- Mental Health Analysis/Python
- Recession and Stock Market



COMMUNITY SERVICE PROGRAM

The Upper School Service Learning Program is an intrinsic component of the Sacred Heart curriculum. It reflects the school's Goals and Criteria and helps form the intellect and spirit of each young woman at Sacred Heart.

*"Be humble,
be simple,
and bring joy
to others."*

—St. Madeleine Sophie Barat

NINTH and TENTH GRADE

In ninth grade, students are involved in the YPI (Youth and Philanthropy Initiative) and SIA (Student in Action) programs, which is the first part of a unique two-year Social Justice sequence that directs our students first to look inward by exploring their personal values, then to focus outward as active citizens exploring social issues impacting their local community. The skills learned prepare our students for Sacred Heart's tenth grade Social Action program, in which each student commits to volunteering 30 hours at one agency through her sophomore year to address the concerns of the most needy and vulnerable.

ELEVENTH and TWELFTH GRADE

Students participate in leading myriad service-oriented clubs and have the opportunity to participate in domestic and international service-learning immersions. We strive to build individual student character within and beyond the walls of our school. Upon completing service work, Sacred Heart students engage in deep reflection on what has been learned from each experience.

OTHER SERVICE LEARNING OPPORTUNITIES

- Network of Sacred Heart Schools Summer Service Projects
- Alternative Spring Break Service Learning Domestic & International Projects
- Monthly Habitat for Humanity Builds
- Annual Bread for the World Gathering
- Ignatian Teach-In for Justice: Washington, D.C.

The service learning program in the Upper School is organized through the Madeleine Sophie Center for Community Service and Outreach in collaboration with other faculty, staff, parents and administrative offices and often with other divisions.



INTERSCHOLASTIC ATHLETICS

ATHLETIC CHAMPIONSHIPS

2017-18

Varsity Volleyball
AAIS Semifinalist
NYSAIS Quarterfinalist

JV Volleyball
AAIS Quarterfinalist

Varsity Soccer
AAIS Quarterfinalist

Varsity Cross Country
AAIS Regular Season Champions
AAIS Post-Season Champions
NYSAIS Champions
NYSPPSAA Fed Qualifier

Varsity Swimming
AAIS Regular Season Champions
AAIS Post-Season Champions

Varsity Badminton
AAIS Semifinalist

Varsity Basketball
AAIS Regular Season Champions
AAIS Post-Season Champions
NYSAIS Quarterfinalist

JV Basketball
AAIS Regular Season Champions
AAIS Semifinalist

Varsity Indoor Track
NYSAIS Qualifier
NYSPPSAA Fed Qualifier

Varsity Tennis
AAIS Regular Season Runner-Up
AAIS Semifinalist

Varsity Lacrosse
AAIS Regular Season Champions
AAIS Tournament Champions
NYSAIS Quarterfinalist

Varsity Softball
AAIS Quarterfinalist

Varsity Outdoor Track
NYSAIS Qualifier

2018-19

Varsity Volleyball
AAIS Semifinalist
NYSAIS Qualifier

JV Volleyball
AAIS Quarterfinalist

Varsity Soccer
AAIS Semifinalist

Varsity Cross Country
NYSAIS Qualifiers

Varsity Swimming
AAIS Regular Season Champions
AAIS Post-Season Champions
NYSAIS Qualifiers
NYSAIS Event Champion

Varsity Basketball
AAIS Semifinalist

JV Basketball
AAIS Regular Season Champions
AAIS Post-Season Champions

Varsity Indoor Track
NYSAIS Qualifiers

Varsity Tennis
AAIS Quarterfinalist

Varsity Badminton
AAIS Quarterfinalist

Varsity Lacrosse
AAIS Regular Season Runner-Up
AAIS Post-Season Champions
NYSAIS Quarterfinalist

Varsity Softball
AAIS Regular Season Runner-Up
AAIS Post-Season Champions

Varsity Outdoor Track
NYSAIS Qualifiers

2019-20

Varsity Volleyball
AAIS Quarterfinalist
NYSAIS Qualifier

JV Volleyball
AAIS Quarterfinalist

Varsity Soccer
AAIS Semifinalist

Varsity Cross Country
AAIS Regular Season Runner-Up
NYSAIS Runner-Up
NYSPPSAA Fed Qualifier

Varsity Swimming
AAIS Regular Season Champions
AAIS Post Season Champions
NYSAIS Qualifiers
NYSAIS Team Runner-Up

Varsity Basketball
AAIS Regular Season Runner-Up
AAIS Post Season Runner-Up
NYSAIS Quarterfinalist

JV Basketball
AAIS Semifinalist

Varsity Indoor Track
NYSAIS Qualifiers

Varsity Tennis
AAIS Quarterfinalist

No Spring 2020 Season

INTERSCHOLASTIC ATHLETICS OFFERED

FALL

Varsity	JV & Varsity
Soccer	Volleyball
Tennis	
Cross Country	

WINTER

Varsity	JV & Varsity
Indoor	Basketball
Track & Field	Swimming

SPRING

Varsity	
Lacrosse	Outdoor
Softball	Track & Field
Badminton	Golf



THE ARTS



PERFORMING ARTS

CHORUS (Grades 9–12)

Rehearsals twice a week

In- and out-of-school performances

Performs a varied repertoire

MADRIGALS (Grades 10–12)

Acapella vocalists

Chosen from within the Chorus

Rehearsals once a week

In- and out-of-school performances

Christmas and Spring Concerts

DRAMA (Grades 10–12)

Learn performance techniques, including physical theatre and expressionism

Improvisation techniques and theatre games

Scenes and plays from a variety of genres are studied in depth in class

Yearly musical and play

PRIVATE MUSIC LESSONS (Grades 9–12)

Learn piano, flute, violin, or cello

Yearly recital

MUSIC THEORY ELECTIVES (Grades 10–12)

Including AP Music Theory and NYSSMA Competition

FORENSICS (Grades 9–12)

Public speaking, dramatic reading and acting

Compete in speech tournaments

ORCHESTRAL ENSEMBLE (Grades 9–12)

Chamber Music Repertoire

Opportunity for solo and ensemble performance

Rehearsals once a week

Opportunities for private study

VISUAL ARTS

AP ART HISTORY

- An introductory survey of the history of art through lectures, discussions, and museum visits
- Understanding societies through the artworks they create
- Developing the vocabulary and skills of observation for recognizing and analyzing major works and movements in art

AP CERAMICS

- Wheel, hand building, extruder, slip and drape mold, glazing techniques
- Oxidation low and high fire clays and glazes. Saggar and raku firing field trips
- Ceramic science taught for the creation of new clay formulas and glazes with raw materials provided
- Open studio time available at all levels
- Field trips to museums, galleries, and artist studios, extensive library on-site, visiting artists

FILM/VIDEO

- Creation of films in range of styles: documentary, realistic, classic, formalistic, avant-garde
- AV equipment (cameras, microphones, editing equipment, etc.) available for student use
- Access to extensive class library of films and film literature
- Invention of cinema, classical Hollywood cinema, realism, auteurship, experimental, documentary and film genres
- Stop Motion Animation, Final Cut Pro X, Adobe Premiere, After Effect and Dragonframe animation software

PAINTING AND DRAWING

- New and traditional media and styles of painting: oil, acrylic, and watercolor
- Drawing and printmaking
- Trips to museums and galleries, research and class critiques build visual analysis skills. Open studio available for all levels

PHOTOGRAPHY

- Fundamentals of darkroom and Photoshop digital applications, all cameras and printing facilities and supplies provided. Mixed media materials combined with color digital and analog prints
- Studio lighting, 35mm medium format, 4x5 and 8x10 sheet film used with on-site pinhole cameras and view cameras
- 8x10 enlarger provides for enlargement of 8x10 camera negatives
- Alternative photo processes such as platinum palladium and liquid light, cyanotype procedures, metal plate
- Extensive on-site library, visits to museums and galleries, visiting photo artists
- Open studio and darkroom
- Work entered in Scholastic Art Award Competition

SCULPTURE

- Sculpture will explore various materials and tools using contemporary and traditional techniques
- Students will learn the foundations of three-dimensional building. Creating non-functional forms, students will contextualize their work within Art History and theory
- Mold making



LIBRARY and TECHNOLOGY SERVICES

LIBRARY SERVICES

The purpose of the library is to support curriculum and promote intellectual curiosity. Students have access to extensive collections of both print and digital materials.

The following are available both at school and from home, 24/7:

- Online access to the library catalog
- Leisure-reading e-books and audiobooks for all devices
- Online database subscriptions, including encyclopedias, full-text periodical collections, and specialized databases in the arts, humanities and sciences
- Reference and monograph e-book collections

TECHNOLOGY SERVICES

Interactive white boards in all classrooms for Grades K-12

Apple TV: wireless display of iPads on Smartboards

Photography/Film lab with computers that support high-resolution graphics and video editing

Course management system for posting of academic resources and interactive activities

Interactive kiosk to showcase student work

Makerspace/Fablab: circuit design, soldering, 3D CAD design and 3D Printing

Laser cutting: scaling and architectural concepts

Programming: Arduino/Raspberry Pi Board kits, Java and Python

Upper School: 1 to 1 BYOD Laptop program



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