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Mission Statement

Forest Ridge School of the Sacred Heart educates young women to think critically, embrace challenges, model resilience, confront injustice, seek equality and lead globally in the pioneering spirit of our founders. Our graduates change the world.

Our Core Values

Forest Ridge provides a diverse and rigorous college-preparatory environment that inspires young women to become confident compassionate leaders. As a member of a global network of more than 150 schools, we educate to the core of our 200-year tradition through the Sacred Heart Goals and Criteria:

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

Accreditation/Membership

Northwest Association of Independent Schools • National Association of Independent Schools • Northwest Association of Accredited Schools • Network of Sacred Heart Schools in the United States • National Association of College Admission Counselors

Curriculum

All Forest Ridge students follow a rigorous, college preparatory curriculum. In the freshman and sophomore years we focus on building a strong skill foundation in all disciplines, while also fostering dispositions of inquiry, intellectual courage, open-mindedness, and self-knowledge. In the junior and senior years, the curriculum allows students to pursue areas of interest in greater depth and fosters creative problem-solving skills, flexible thinking, and independence.

With a goal of promoting genuine engagement, deep learning, and student agency, two years ago we completed our transition away from externally imposed, standardized curricula and have removed the “honors” and IB designations from our course descriptions. We have committed to a curriculum through which each student is encouraged daily to take on challenges and to demonstrate skills and understanding at a high level in all her academic work, and not to avoid subjects in which she may need more support. Our education prepares girls for the world they will enter through interdisciplinary courses, development of 21st century skills, and inspiring curiosity that impels them to be life-long learners.

COVID-19 Grading Policy

Beginning in mid-March 2020, Forest Ridge implemented synchronous virtual classes during the Covid-19 pandemic. Since 1997, we have been a one to one laptop school. If a student did not have reliable Internet, we provided a hotspot. Forest Ridge continued to grade students using an A-No Credit scale for second semester of 2020.

COVID-19 Partnership – Sacred Heart Global Academy

Starting in Fall 2020, we have partnered with Woodlands Academy, a Sacred Heart school outside of Chicago, to form the Sacred Heart Global Academy (SHGA). Through the SHGA, we will offer four classes for our international students who have not been able to return to the US to continue their education. Students may enroll in synchronous classes in their time zone with students from both schools.

Course Selection

We give students the opportunity to pursue coursework not offered at Forest Ridge through online learning or at local community colleges. These courses will appear on the student’s transcript with a letter grade, but the grade earned will not be calculated into the student’s Forest Ridge GPA. In addition to Level III proficiency in an international language, all students must take the following minimum requirements:

- 8 semesters English, religious studies and social studies
- 6 semesters math and science
- 4 semesters art and physical education

The highest math, science & international language courses offer in 2020-21 are:

Biology II

Physics II

Calculus II

French IV

Spanish IV

Matteo Ricci

For over 20 years, Matteo Ricci Institute has been offering college courses in local Catholic high schools through our Consortium Program. Consortium courses are taught by qualified high school faculty under the supervision of Seattle University faculty. Students who successfully complete the course(s) are eligible to earn college credit. The college credit is transferable to most colleges and universities.

Advanced Integrated Studies (AIS)

AIS is a Capstone-like opportunity for seniors who are interested in engaging in a topic of interest beyond the classroom for credit. Rooted in the Sacred Heart Goals & Criteria, AIS challenges students to gain a deeper understanding of a social, political or ethical issue; to investigate a topic in science or technology; or to explore the experience of artistic expression. At the heart of AIS are five phases: the proposal; a research paper; a product such as a performance or a demonstration; a portfolio; and a culminating presentation. This is a pass/fail course.

Note: Due to the incomplete testing profile for the Class of 2021, we are providing standardized testing data for the past three years.

| SAT Three Year Average Class of 2018-2020 | | |
|--|-----------|------|
| Subject | Mid 50% | Mean |
| EBRW | 595-710 | 661 |
| Mathematics | 575-720 | 660 |
| Total | 1221-1415 | 1320 |

| ACT Three Year Average Class of 2018-2020 | | |
|--|-----------|------|
| Subject | Mid 50% | Mean |
| English | 25.3-33.3 | 29.6 |
| Math | 22.3-28.6 | 27 |
| Reading | 25.3-33.6 | 29.6 |
| Science | 23.6-28.3 | 27 |
| Composite | 24-30.6 | 28.3 |

| Grading | |
|---------|-----------|
| 93-100 | A = 4.0 |
| 90-92 | A- = 3.66 |
| 87-89 | B+ = 3.33 |
| 83-86 | B = 3.00 |
| 80-82 | B- = 2.66 |
| 77-79 | C+ = 2.33 |
| 73-76 | C = 2.00 |
| 70-72 | C- = 1.66 |
| 67-69 | D+ = 1.33 |
| 63-66 | D = 1.00 |
| <63 | No Credit |

Cumulative GPA for the Class of 2021*:
 At the end of junior year: Highest Cumulative GPA: 3.97 Median GPA: 3.58 Lowest GPA: 2.45
 *Forest Ridge does not rank students. Grades are calculated on an unweighted 4.0 scale.

Demographics

- 275 students
- 66% students of color
- 25% Catholic
- 38% receive financial assistance and scholarship
- Average class size: 15
- 29 students in the senior class
- 25 international students

Faculty

- 48 middle school & high school faculty members
- 78% have advanced degrees
- Student/faculty ratio: 6:1

Innovative Programs

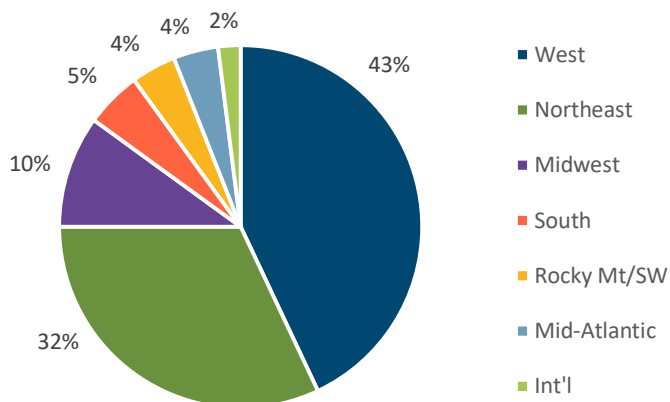
- US and International exchange programs offered through the global Sacred Heart Network
- 2017: The Center for Girls was established to incorporate Women as Global Leaders (WAGL) into school programming and expanded to include social-emotional and wellness programming
- 2010: WAGL established with a grant from the Bill & Melinda gates Foundation teaching skills for world engagement as future leaders
- 1997: Forest Ridge became one of two school in the US to pilot the 1:1 Laptop Program

College Statistics

Forest Ridge has a long-standing tradition of sending 100% of its graduates to college. Our college counselor provides personal guidance and selection advice to every student. The Class of 2020 applied to 130 colleges in 33 states and three countries.

| Historical Data Early Action & Early Decision | | | | | |
|--|------|------|------|------|------|
| % of students applied | 2016 | 2017 | 2018 | 2019 | 2020 |
| Early Action | 59% | 68% | 57% | 63% | 74% |
| Early Decision | 17% | 34% | 32% | 40% | 43% |

2020 Apps by Region



2020 Matriculation by Region

