

### Head of School

Mary Rose Guerin

### School Principal

Kathi Hand

### Director of College Counseling

Nikki Danos

Ndanos@forestridge.org

4800 139<sup>th</sup> Avenue SE  
Bellevue, WA 98006-3015  
Main: 425-641-0700  
[www.forestridge.org](http://www.forestridge.org)  
CEEB Code: 481070

### 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 foundress. 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, three 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.

### COVID-19 Grading Policy

Beginning in mid-March 2020, Forest Ridge implemented synchronous virtual classes during the Covid-19 pandemic. We continue to grade students using an A-No Credit scale.

### Sacred Heart Global Academy

At the beginning of the 2020-21 school year, Forest Ridge School and Woodlands Academy in Chicago began our Sacred Heart Global Academy (SHGA) partnership. This innovative, one-of-a-kind program connects Sacred Heart students and educators around the world as a community of authentic leaders, agile thinkers, and lifelong learners. Throughout the 2020- 21 year, SHGA offered eight one-semester courses that provided synchronous learning for both our international and domestic students. Because of the success of the program, SHGA will be expanding this year. Please note the designation on our transcripts for all SHGA classes.

### 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 offered in 2021-22 are:

Biology II    Chemistry II    Calculus II    Computer Science 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 and 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/no credit course.

SAT Averages Class of 2022 25 Tested		
Subject	Mid 50%	Mean
EBRW	550-690	615
Mathematics	510-715	596
Total	1055-1420	1211

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 2022\*:  
 At the end of junior year: Highest Cumulative GPA: 4.0 Median GPA: 3.59 Lowest GPA: 1.76  
 \*Forest Ridge does not rank students. Grades are calculated on an unweighted 4.0 scale.

**Demographics**

- 315 students
- 66% students of color
- 25% Catholic
- 39% receive financial assistance and scholarship
- Average class size: 12
- 31 students in the senior class
- 26 international students

**Faculty**

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

**Innovative Programs**

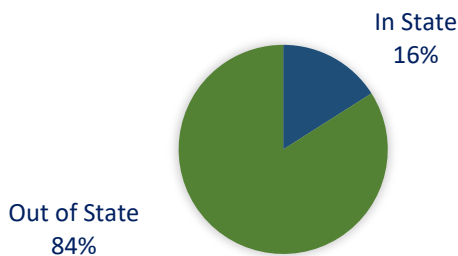
- US and International exchange programs offered through the global Sacred Heart Network
- 2017: The Center for Girls was established to incorporate Women as Global Leaders (WAGL) into school programming and expanded to include social-emotional and wellness programming
- 2010: WAGL established with a 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**

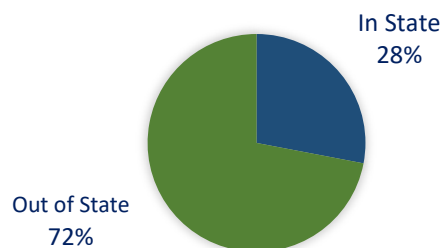
Forest Ridge has a long-standing tradition of sending 100% of its graduates to college. Our college counselor provides personal guidance and selection advice to every student. The Class of 2021 applied to 122 colleges in 28 states and two countries.

Historical Data Early Action & Early Decision					
% of students applied	2017	2018	2019	2020	2021
Early Action	68%	57%	63%	74%	70%
Early Decision	34%	32%	40%	43%	41%

**2021 Apps by Region**



**2021 Matriculation by Region**



**Types of Colleges Class of 2021 Applied To**

