

Head of School

Mary Rose Guerin

Director of Upper School

Stephany Fontanone

Director of College Counseling

Nikki Danos

Ndanos@forestridge.org

4800 139th Avenue SE
Bellevue, WA 98006-3015
Main: 425-641-0700
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 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, four 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 continued to grade students using an A-No Credit scale during the pandemic, and for the 2022-2023 year, we will return to an A-F grading 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 2021-22 year, SHGA offered three one-semester courses that provided synchronous learning for both our international and domestic students. We are offering four in 2022-23, including two summer courses that have concluded. 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. 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 2022-23 are:

Biology II Physics II Calculus II French V Spanish V

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/fail course.

Innovative Programs

- US and International exchange programs offered through the global Sacred Heart Network.
- Spring 2022: Students required to participate in **Interim**—a week long experience focusing on one integrated, global course that covered topics not traditionally taught in high school.
- 1997: Forest Ridge became one of two school in the US to pilot the 1:1 Laptop Program.

SAT Averages Class of 2023 29 Tested		
Subject	Mid 50%	Mean
EBRW	530-680	607
Mathematics	510-675	592
Total	1050-1310	1200

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/Fail	

Cumulative GPA for the Class of 2023*:

At the end of junior year:

Highest Cumulative GPA: 4.0 Median GPA: 3.56 Lowest GPA: 2.24

*Forest Ridge does not rank students. Grades are calculated on an unweighted 4.0 scale.

Demographics

- 275 students
- 64% students of color
- 36% Catholic
- 37% receive financial assistance and scholarship
- Average class size: 14
- 32 students in the senior class
- 27 international students

Faculty

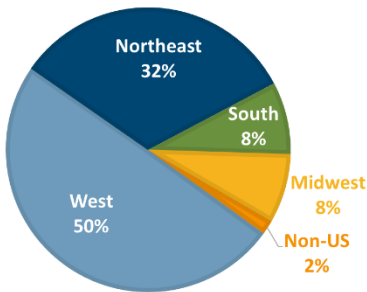
- 37 middle school & upper school faculty members
- 78% have advanced degrees
- Student/faculty ratio: 7:1

College Statistics

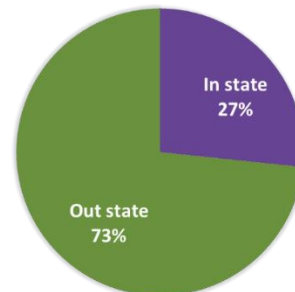
Forest Ridge has a long-standing tradition of sending 100% of its graduates to college. Our college counselor provides personal guidance and selection advice to every student. The Class of 2022 applied to 159 colleges in 34 states and three countries.

Historical Data Early Action & Early Decision					
% of students applied	2018	2019	2020	2021	2022
Early Action	57%	63%	74%	70%	64%
Early Decision	32%	40%	43%	41%	36%

2022 Apps by Region



2022 Matriculation by Region



Types of Colleges Class of 2022 Applied To

