



2024-2025 Upper School

CURRICULUM GUIDE

Mission

The mission of Forest Ridge School of the Sacred Heart is to educate young women to think critically, embrace challenges, model resilience, confront injustice, seek equality and lead globally in the pioneering spirit of our foundress. Our alumnae change the world.

Vision

We are a leader in educating girls to be competent, confident and courageous women, ready to lead lives of purpose in a rapidly changing and increasingly complex world.

Academic Philosophy

Forest Ridge educates all students to the highest academic standards, while challenging students intellectually through a curriculum that values curiosity, inquiry and investigation. In order to educate students who are ready to meet the ever-changing needs of our world, we commit ourselves to the following program pillars.

INTELLECTUALLY INVIGORATING

Forest Ridge teaches our students not what to think-but how. As a Sacred Heart School, Goal Two calls us to educate to a deep respect for intellectual values. Inspiring curiosity and joy through a curricular program that empowers our students to explore new intellectual horizons, delve deep into their academic interests, and take ownership of their learning, our students gain an understanding of themselves and their place in the world. Our girl-centered learning environment fosters inquiry-driven and independent research, providing student choice, while ultimately cultivates an authentic love of learning in our students. Through their learning, our students develop the sense of purpose needed to make a positive impact on their world.

INTERCONNECTED

Relationships are central to learning at Forest Ridge. Whether student to student, one course to another, or classroom to their outside world-education at Forest Ridge is interconnected. Our multidisciplinary curriculum, rich with integrated and collaborative learning opportunities, pushes our students to apply their knowledge and skills in a variety of cross- and extra-curricular ways. Through service learning, our students step out of the classroom and into the community, gain awareness and compassion for others and their circumstances and foster a true sense of reciprocity in service. The international Network of Sacred Heart Schools, made up of over 150 schools, provides our students with the opportunity to attend school anywhere in the United States or around the globe, introducing them to a variety of perspectives as they experience the interconnectedness of the world firsthand.

EXPERIENTIAL

Girls learn best when their learning is relevant to their interests and their world. Through a collaborative, hands-on approach, our students take an active role in their learning, applying academic concepts to real-world experiences. Students are engaged intellectually, socially, emotionally, and physically, as they investigate areas of interests and passions. Putting the theoretical into practice, students are able to apply what they're learning to make a tangible difference. Experiential learning at Forest ridge comes to life through our signature programming, promotes the cultivation of confidence, competence, and courage, spurring our students to become change-makers in an ever-evolving world.

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THE UPPER SCHOOL PROGRAM

BIN REQUIREMENTS

The mod schedule offers 21 bins during the regular school day. Forest Ridge requires that students complete a minimum of 70-75 bins in the subject areas listed below for Upper School graduation. Most students will pursue additional credits in these disciplines through electives that take them beyond these baseline requirements.

Students can more deeply delve into an area of interest with an opportunity to receive academic credit for an Advanced Integrated Seminar (AIS) project completed in the senior year. All students also complete a service requirement. Forest Ridge faculty focus on ensuring that each course meets the high standards of intellectual rigor expected by the international Network of Sacred Heart Schools. Students are required to take a minimum of 20 bins in grades 9-11, and 15 bins in grade 12 (excluding credits earned from before- and after-school sports, drama, and music ensembles). Additionally, students must enroll in at least 15 core academic bins per year. Core academic bins are included in the following disciplines: English, social studies, religion, math, science, international language, and research seminars.

SUBJECT:	REQUIREMENT:
English	12 bins
Fine Arts*	6 bins
Health & Physical Education	4.5 bins PE 1.5 bins Health
International Language	6 bins of continuous study of the same language <i>and</i> level 3 proficiency (<i>level 2 proficiency required for ELL students</i>)
Mathematics	9 bins required 12 bins highly recommended
Science	9 bins required 12 bins highly recommended
Social Studies	12 bins (through the class of 2026) 9 bins (beginning with the class of 2027)
Religion	11 bins required for class of 2025, 10 bins required for class of 2026, 9 bins required for class of 2027, and 8 bins required for class of 2028
Technology Elective	1 bin (through the class of 2026)
Research Seminars	3 bins (beginning with the class of 2027)
Immersive Elective	1 Course per year (beginning in the 2021-22 school year)
Additional Electives	1 bin (through the class of 2026) 2 bins (beginning with the class of 2027)

Conversion from credit system: 0.5 credit = 1.5 bins 1.0 credit = 3 bins

*The University of California (UC) schools require 3 bins in a **single** area of the Fine Arts as an entrance requirement. Please consult with the College Counseling Department if you have any questions about fulfilling the UC schools' entrance requirement.

COURSE PLANNING

COURSE REGISTRATION

Registration for the following year's courses occurs in late winter/early spring. Course descriptions and graduation requirements are published at that time on our website, and we strongly recommend that each student and her family familiarize themselves with the information. Advisors oversee this process and work closely with students to help them make appropriate choices. Every student registers for a full program every year. A student's re-enrollment contract must be returned before the registration is considered complete. While we commit to offering the courses listed in the catalogue, on rare occasions a course may be canceled due to low enrollment.

INDEPENDENT STUDY

Independent study is permitted only when a particular course or research/service project is not included in the curriculum and only when a student has completed her requirements in a given discipline. Independent study must be approved by the Academic Dean.

ACADEMIC POLICIES & PROCEDURES

COURSE CHANGES AND WITHDRAWALS

Students requesting a change of schedule must complete a Course Change Request form and return this form to the Academic Dean by the deadline published for the add/drop period. Courses dropped for each mod will not appear on a student's transcript. If a student transfers from one section of a class to another, the work from both classes will be taken into account in determining the term grade. Any changes to a student's course schedule that occur after the add/drop period will be formally noted on the student's transcript as a Course Withdrawal. A student may not withdraw from a class with two or fewer weeks left in a mod. Seniors who intend to receive level II status in science courses must commit to completing all mods in the series along with an independent project; if they drop any mods of the series or fail to complete the independent project, they will receive a "W" on their transcripts. Students enrolled in AIS must commit to completing all course requirements (proposal, paper, project, and presentation) to the satisfaction of the AIS advisor to earn a passing grade. Students who drop the class in the first mod after the drop/add period will receive a "W" on their transcripts. Students who drop the class after the second mod has begun will not earn credit, and their transcripts will show "No Credit."

AUDITING A CLASS

Occasionally a student may want to take a class without earning credit. The student must make such a request to the Academic Dean.

PASS-FAIL CLASSES

Occasionally a student may wish to take a course pass/fail. Requests for pass/fail are considered on a case-by-case basis by her teacher, the Director of Upper School, and the Academic Dean. We also ask that she notify the College Counselor of her request. To earn a "Pass," a student must achieve at least 63%.

INCOMPLETES

Occasionally, if a student does not complete all requirements for a course and/or does not earn a passing grade at the end of a semester, she will be assigned an Incomplete on her report card. This is at the discretion of the Director of Upper School. The student's teacher will work with the student and Academic Dean to create a plan to complete the course. Once she has completed the course, her report card and transcript will be updated with the new grade. If she does not follow through with the plan within two weeks of grades being posted, she will earn an "F" on her transcript and be required to retake the course again next time it is offered. If a student earns an incomplete for the first mod of a year-long course, her teacher may determine that she is not ready to move on to the next portion of the course.

GRADING SCALE

Teachers evaluate student performance and provide feedback to students in a variety of ways throughout the semester. While the faculty strives for a shared understanding and consistency in grading practices, teachers' syllabi explain the assessments and grading practices specific to each given course. The cumulative assessment of performance will be translated to a letter grade that is represented on the student's transcript.

Letter grades will be assigned based on the following percentage ranges. The lowest grade a student may earn on any assignment is a 50%, even if the assignment is not submitted.

Students must earn at least 73%, or developing level of mastery, in the course to progress to the next level in a sequential course (such as math or international language). Failure to do so will require the student to either enroll in a formal summer course or complete summer work in order to progress as decided by faculty in consult with the Department Chair and the Division Director. Division director will determine which approach is best suited to allow the student to be successful in future courses.

GRADE	PERCENTAGE AND GPA
A	93-100 4.0
A-	90-92 3.66
B+	87-89 3.33
B	83-86 3.00
B-	80-82 2.66
C+	77-79 2.33
C	73-76 2.00
C-	70-72 1.66
D+	67-69 1.33
D	63-66 1.00
F	0-62 0.00

ACADEMIC PROBATION

If a student's cumulative average falls below a 2.0, or she earns two "D's" or one "F" in any given mod, she will be placed on Academic Probation. In the case of probation, a meeting will be scheduled with the Academic Dean to define the terms of the probation, and a letter explaining the conditions of the student's academic probation will go home and must be signed by parents/guardians. The student's subsequent academic progress will be carefully monitored in order to help her become academically successful. The student's enrollment contract will be held until the student sufficiently meets the requirements outlined in the academic probation letter.

ABSENCES AND CREDIT

All non-school related absences, excused and unexcused, contribute to a student's total absence count. Student's active participation in class is expected. In an effort to support student success and in partnership with families, the School will inform parents/guardians at incrementable absence marks. Excessive absences may result in an attendance accountability contract.

ONLINE COURSES

With prior permission of the Academic Dean, students may register for an online class. A study bin, if possible, will be assigned to the student's schedule to support the learning.

The following are the most common reasons why a student will engage in online learning:

- A student has exhausted the curriculum in a discipline, including elective classes. Forest Ridge assumes cost of the course.
- Students cannot be scheduled into a class that is necessary for graduation credit. Forest Ridge assumes cost of the course.

Credits for approved online courses will count towards Forest Ridge graduation requirements and appear on a student's transcript; however, the grade earned in the outside course will not be calculated into her Forest Ridge cumulative GPA. If a student is interested in pursuing an online class for a reason outside of those listed above, she may choose to do so at the family's expense. The class will not count towards Forest Ridge graduation requirements. If approved, it will appear on the student's Forest Ridge transcript but will not be calculated into the Forest Ridge cumulative GPA.

SIGNATURE PROGRAMS

SACRED HEART GLOBAL ACADEMY

Sacred Heart Global Academy (SHGA) is a partnership between Forest Ridge School and Woodlands Academy, which allows our students to take unique courses beyond the typical school day. This program has offered both summer and school-year online courses taught by Network school faculty members and have included students from several Sacred Heart schools. Summer courses meet synchronously daily for three weeks, and school-year courses meet synchronously once a week in the evenings. Students are expected to complete significant asynchronous work independently between class meetings. SHGA courses are announced in the spring and can be applied toward a student's graduation requirements.

IMMERSIVES

Immersives are required, one-week courses during which students take one integrated, academic class which covers topics not traditionally explored in the upper school curriculum. Immersive courses include experiential learning opportunities such as week-long immersion trips, field trips, service-learning experiences, and labs. Immersive week takes place between mods 4 and 5.

ADVANCED INTEGRATED SEMINAR CAPSTONE

Advanced Integrated Seminar (AIS) is a senior-capstone project that provides students the opportunity to explore a topic of interest beyond the classroom. AIS is an interdisciplinary, self-directed experience that requires an extended process of inquiry and is designed to encourage students to think critically and creatively. Recent AIS projects include: Sustainability: Climate Change and Water Scarcity; Financial Implications of Malware Attacks; and The Psychology of Color. AIS is a graduation requirement starting with the Class of 2027.

ENDORSEMENT PATHWAYS

The Endorsement Pathway Program provides students with the opportunity to deepen their learning in a specialized area of interest, differentiating themselves from their peers. Each Endorsement Pathway consists of a series of content-related courses and learning experiences that provide students with in-depth knowledge and exploration in one of the three areas: Global Citizenship, The Arts, and STEM.

ENDORSEMENT PATHWAY DETAILS

GLOBAL CITIZENSHIP	STEM	THE ARTS
<p>Students pursuing a Global Citizenship endorsement have a deep curiosity in the interconnectedness of peoples, places and complex ideas. They devote their energies to creating deep understanding and devising ways to turn this knowledge into action.</p> <p>ENDURING UNDERSTANDINGS</p> <ul style="list-style-type: none"> • Power and powerlessness: Systems and structures provide and limit power. • Justice: Issues of race, class, gender, sexual orientation, national identity, language, religion and ableism are intricately related. • Global identity: We each have a unique global identity which is shaped by our social, historical, linguistic, political and cultural context. • Imperfections: Socially responsible global citizens can analyze multiple truths and perspectives at the same time. • Communication: Socially responsible global citizens are open to having difficult conversations and willing to sit with discomfort. • Action: Advocacy, action and solidarity transform learning into practice. 	<p>Students pursuing a STEM endorsement have a deep interest in science, technology, engineering and/or mathematics. They devote their energies to fields across their educational experiences.</p> <p>ENDURING UNDERSTANDINGS</p> <ul style="list-style-type: none"> • Interdisciplinary: Integration of science, technology, engineering and mathematics content is used to answer complex questions, investigate global issues and challenges and develop solutions for real world problems. • Reasoning: Data analysis, logic and critical thinking make sense of phenomena. • Communication: Writing and presentation of arguments using data and observation justifies and/or supports scientific claims. • Solutions: Scientific, engineering and mathematical processes provide tools to construct creative and innovative solutions to problems including, but not limited to, injustice and inequity. • Responsibility: Technology presents limits, risks and impacts while creating solutions and should be used ethically and responsibly. • Action: Scientific, engineering and mathematical knowledge and skills are applied through service and leadership. 	<p>Students pursuing an Arts endorsement have a deep interest in visual, performing and/or literary arts. They devote their energies to honing their craft and sharing it with others.</p> <p>ENDURING UNDERSTANDINGS</p> <ol style="list-style-type: none"> 1. Art and culture: Art shapes culture by expressing values and contemporary perspectives, by challenging conventional ways of thinking and by becoming artifacts that carry their meaning across time and place. 2. Culture and art: Art reflects the values, aesthetics and ways of thinking of the time and place in which it is created. 3. Art and artist: A work of art is a unique creation that expresses the personal vision, values, skills and aesthetics of an individual artist. 4. Art and social change: Art is a powerful vehicle for social criticism and protest. Art has also been used as propaganda to influence public opinion. 5. Change: Artistic values and the public's interest in and the value placed on artistic expression change over time and differ among different societies and cultures. 6. Skill in any branch of the arts is developed through dedicated practice over time.

SENIOR TEACHING ASSISTANTS

Students in their senior year may apply to be a teaching assistant (TA) for a course. TAs work together with cooperating teachers to help with activities, including assisting students individually or in small groups with class work, giving feedback on assignments, and preparing and/or presenting portions of lessons to the class. TA courses are a part of a student's schedule and are graded as pass/fail. Students interested in being a TA must have extensive content knowledge in the subject area, as evidenced by prior coursework or experience. Students should first contact the teacher with whom they would like to TA. If the teacher can accommodate a TA, the student needs to contact the Academic Dean for an application. A TA course can fulfill an Endorsement Pathway requirement, and priority for TA placements will be given to students pursuing an endorsement.

ADVANCED PLACEMENT

Advanced Placement courses are not offered at Forest Ridge. Students may choose to register for any AP exam at their local public school. However, AP scores will not be listed on a Forest Ridge transcript.

If you wish to take an AP exam, please contact the College Board to identify your local public school and find contact information for the AP Coordinator at that school. Forest Ridge does not assist with AP exam registration.

If you are absent from Forest Ridge to take an AP exam, you will be marked absent unexcused and you are responsible for any work due or assigned that day. If you have a scheduled assessment in your Forest Ridge class, it is the teachers' discretion if you will be permitted to reschedule the assessment.

SERVICE LEARNING

One of the essential goals of a Sacred Heart education is to graduate students who are "educated to a social awareness which impels to action." This entails a significant emphasis on service learning throughout a student's experience at Forest Ridge. Service learning is precisely that: integrating teaching and learning through meaningful interactions in our community that are relational and incorporate intentional reflection as part of the educational experience. Through these opportunities, Forest Ridge hopes to foster empathy, promote civic engagement, teach the skills of building community, and instill a willingness to step out of one's comfort zone to learn across all manner of perceived boundaries.

Through service learning, students choose opportunities where they can use their unique gifts to form meaningful relationships and improve the lives of others. Our goal is for students to build their commitment to others as they move through their upper school years and out into the world.

Service-Learning Program specifics:

- 80 hours of service over four years.
- Students may earn up to 20 hours before the beginning of 9th grade.
- Students may complete their service hours on or off campus.
- Students will have the opportunity to participate in grade-level and whole-school service-learning opportunities within the school day.
- For those who choose to participate, service involvement may be embedded into the Advanced Integrated Seminar program.

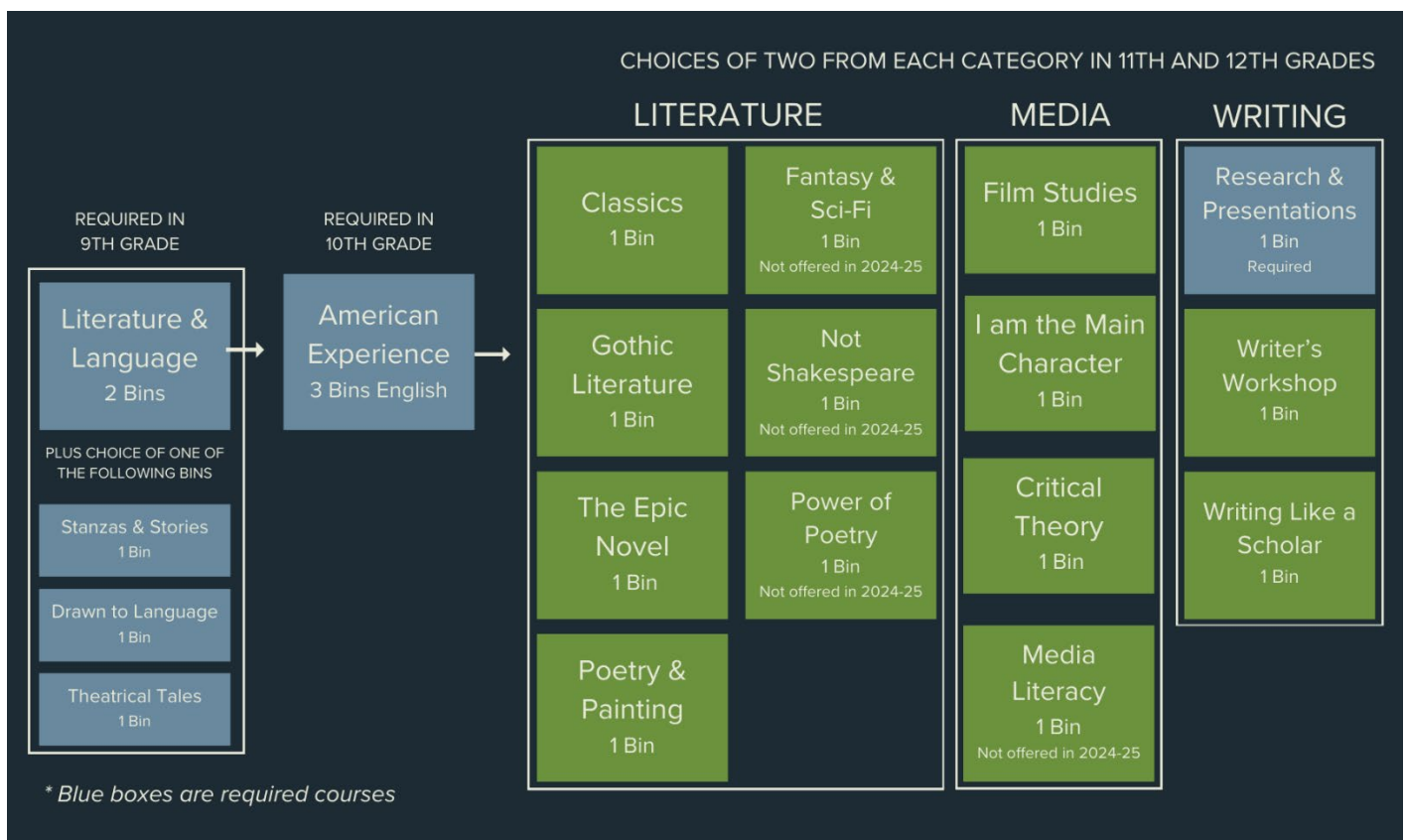
COURSE OFFERINGS BY DEPARTMENT

ENGLISH

Graduation Requirement: 12 Bins. Students in 11th and 12th grade must complete two bins in each of the following areas: Literature, Media, and Writing.

We believe that effective communication skills empower students to flourish as capable leaders. We also believe that a love of reading and the skill of being a discerning, critical, and appreciative reader are intrinsic attributes of life-long learners. These beliefs guide our English Department's curricular decisions through each phase of our students' education at Forest Ridge.

The Upper School English curriculum aims to further students' critical and analytical reading and writing skills in preparation for college and beyond. We choose readings that reflect our literary and cultural heritage from classical to modern times and that also express the richness of our multicultural world. Students explore the moral, philosophical, psychological, and religious themes found in literature and reflect on the relevance of these themes in their own lives. We strive to include stories told from many voices, so that students can recognize others' perspectives and better understand what influences their own. Writing instruction, in a variety of modes, focuses on the ability to communicate ideas effectively to diverse audiences. We emphasize skills of invention and revision, and development of a genuine and individual voice.



LITERATURE

Literature and Language

Required in 9th Grade. Literature and Language is 2 bins and students must choose 1 bin from the three remaining options.

In the third bin of English for 9th graders, students will continue to strengthen their reading comprehension and analysis abilities, build confidence as speakers and listeners through discussion, and master the academic argument writing skills they will need for more advanced study in the discipline. Students will select one of the 9th grade English electives described below. Regardless of which course students select, they will be expected to do some amount of reading outside of class time, to engage in class discussions and activities, and to write in a variety of time frames, including extended process essays.

Option 1: Stanzas and Stories

When we pick up a novel, we usually expect to see paragraphs of prose. But some writers find that verse, or poetic, form is the best way to convey their story. When writers tell a story in verse, they add a dimension of meaning--giving us, as students of their craft, even more opportunities for analysis and appreciation.

Option 2: Drawn to Language

Stories with pictures are enjoyable for any age, but graphic novels for teens and adults have become increasingly popular, addressing sophisticated themes with complexity. When we read a graphic novel, we have the opportunity to analyze not just the words that writers use, but the hundreds of other choices that they must make about the visual features of the page.

Option 3: Theatrical Tales

When we read drama as scholars of English, we have the opportunity to strengthen our abilities to make inferences and to imagine how the play comes to life on the stage. Through reading plays, including ancient Greek tragedy and modern classics, we will see how writers tell timeless stories and evoke powerful emotions in their audience.

*Prerequisite: None
Grade level: 9
Credit earned: 3 bins English*

The American Experience: United States History and Literature

Required in 10th Grade. Note: This is an interdisciplinary class that meets during all 6 mods.

In this integrated English and Social Studies course, students will explore the diversity of the American people and their patchwork of voices and perspectives through multiple sources and artforms. This course will critically examine the various stories of American identity told in history and literature. We will begin with an exploration of the foundations of the United States; the majority of the course will then investigate the Reconstruction Era through modern day. Students will build habits as independent readers, focusing on comprehension and close reading. Students will further develop their writing skills, with a focus on clarity and well-supported claims. Written work will include in-class writing, primary and secondary source analyses, and a culminating research project. Students will advance their speaking and listening skills through dialogue and presentations.

Prerequisite: None

Fantasy and Sci-Fi Literature

Note: This course is offered every other school year. It will be offered next in the 2025-26 school year.

Students will analyze elements of Fantasy and Science Fiction, differentiating between the genres and defining attributes that constitute each. After practicing this knowledge, students will apply the content to texts in each genre to identify fantastical and fictional elements that explain, describe, or allude to real-world issues. Students will discuss radical and prophetic leadership, diversity of culture, language, and thought, and the intricacies of interpersonal relationships in novels like *Dune* and *The Fellowship of the Ring*. The goal of this course is to encourage students to apply their consumption and creation of fantasy and fiction practically to social and political issues, articulating the theme of a narrative itself as well as the role a popular narrative's theme has in influencing the reader and society at large. As society shapes our stories, our stories also shape society.

Prerequisite: None
Grade level: 11, 12
Credit earned: 1 bin English

The Power of Poetry

Note: This course is offered every other school year. It will be offered next in the 2025-26 school year.

"Poetry is above all a concentration of the power of language, which is the power of our ultimate relationship to everything in the universe." - Adrienne Rich. In this course, students will engage in an intensive study of poetic forms with an emphasis on women and non-binary writers including Audre Lorde and Danez Smith.

Prerequisite: None
Grade level: 11, 12
Credit earned: 1 bin English

Everyone but Shakespeare

Note: This course is offered every other school year. It will be offered next in the 2025-26 school year.

"This King Shakespeare does he not shine, in crowned sovereignty, over us all, as the noblest, gentlest, yet strongest of rallying-signs; indestructible; really more valuable in that point of view than any other means or appliance whatsoever? We can fancy him as radiant aloft over all Nations of Englishmen, thousand years hence."
—Thomas Carlyle, *The Hero as Poet* (1841)

This course is designed to introduce students to an array of early modern English plays written by William Shakespeare's – often more popular – contemporaries. We will then discuss whether or not such critical praise for Shakespeare – very much like Carlyle's aforementioned 19th century paean – which has been widely accepted by readers for ages, is really deserved. As such, time-honored notions of the Bard's supreme standing in the English literary canon will no longer be sacrosanct. Naturally, we will become familiar with the historical and cultural circumstances surrounding the production of a given piece of literature, and also explore the development and expression of some fundamental ideas, assumptions, myths, and beliefs that still influence literature and society today.

Prerequisite: None
Grade level: 11, 12
Credit earned: 1 bin English

The Epic Novel: One Mod, One Book

Note: This course is offered every other school year. It will be offered next in the 2024-25 school year.

In this course students will engage in an intensive study of the epic novel as literary form. What makes a work epic, and what is unique about this type of narrative? Possible texts include: Ursula Leguin's "Lavinia", Isabel Allende's "House of the Spirits", and even Homer's Odyssey.

*Prerequisite: None
Grade level: 11, 12
Credit earned: 1 bin English*

Let's Get Emo: Gothic Fiction and Poetry

Note: This course is offered every other school year. It will be offered in the 2024-25 school year.

Embrace the darkness! Embrace the complexity! In this course, students will engage in an intensive study of the Gothic in literature from the classic to the contemporary. What makes this genre unique, and why does it remain so popular? Possible texts include: Mary Shelley's "Frankenstein", Oscar Wilde's "The Picture of Dorian Gray", and many, many.

*Prerequisite: None
Grade level: 11, 12
Credit earned: 1 bin English*

Poetry and Painting

Offered during X bin. Note: This course is offered every other school year. It will be offered in the 2024-25 school year.

For centuries, art has inspired poets and poetry has inspired artists. In this English/Visual Arts class, students will discover the crossroads of Poetry and Painting; between the art of the written word and visual art. Students read and write poems, create visual Art and visual poetry, comparing similar themes across visual art and verse.

*Prerequisite: None
Grade level: 11, 12
Credit earned: 1 bin English*

Take a Bite Out of the Classics: Reading the Canon

Students will learn about the history and development of the Western Canon and will read works ranging from Ancient Greece to the 20th century. What makes a work a "classic"? Who decides, and do we have to agree with them?

*Prerequisite: None
Grade level: 11, 12
Credit earned: 1 bin English*

MEDIA

Media Literacy

Students will exercise their analytical and argumentative skills by engaging with a variety of persuasive, informative, and entertaining media while investigating the delineations between each category of author's purpose. While the course will primarily focus on literary texts, students will also be exposed to visual art, performance art, and film. The course will begin with an introduction to formal logic, assessing students' ability to identify weak or fallacious reasoning in argumentative texts. Students will then apply these rhetorical skills to close readings of informational texts, evaluating authorial and evidential reliability, as well as how appeals are employed to engage the reader of the text. Lastly, students will appraise media meant strictly for entertainment, drawing on their exposure to texts from multiple genres and perspectives featuring diverse methods of argumentation and dissemination of information throughout the mod. The goal of this course is to encourage critical reading, emboldening students to actively participate in (rather than passively consume) media as a practical, everyday life skill *and* a college-preparatory skill.

Prerequisite: None

Grade level: 11, 12

Credit earned: 1 bin English

Film Studies: Representation and Power

In this course, we examine the role of storytelling in challenging cultural norms. We'll focus on voices that have been historically underrepresented both in the U.S. and abroad, whose work subverts the dominant narrative. This Socratic Seminar encourages critical and comparative thinking and offers students the opportunity to engage deeply with issues such as the role of art/the artist in society, and the politics and power of representation on-screen and on the page. We will examine the techniques used by writers and filmmakers to construct powerful stories and study the underlying theory present in both mediums. Students will hone their analytical skills in discussion and writing and will apply various critical lenses as they investigate both film and text. This course will culminate in a major project that will have both a creative and an analytic component and will be completed in cooperation with the Digital Media Lab.

Prerequisite: None

Grade level: 11, 12

Credit earned: 1 bin English

"I am the Main Character:" Anagnorisis and Peripeteia in Video Game Narratives

Video games offer a unique opportunity for self-professed connoisseurs of storytelling to fill the shoes of a protagonist. The line between the self and the character blurs, creating a natural environment for earnest introspection, followed by choice and change. In "I am the Main Character," students work to evaluate ethical dilemmas from different perspectives, applying multiple critical lenses to popular video game narratives, writing and roleplaying iterations of the same main character through different lived experiences.

The goal of this course is to encourage students to practice personal, informed decision-making, see their way out of their own perspective, and apply writing and reading in numerous, experiential, imagined contexts, empowering students to lead conversations, listen with conscientious intent, and appreciate the complexity of the human experience.

Prerequisite: None

Grade level: 11, 12

Credit earned: 1 bin English

Critical Theory

In this course, students will delve into the core concepts of critical theory, investigating how different perspectives shape our understanding of narratives. We'll navigate the fascinating terrain of feminist criticism, unraveling the impact of gender on storytelling and character representation. Postcolonial theory will lead us to explore the responses of authors from diverse backgrounds to the legacies of colonization. In our discussions, we'll analyze literature through a deconstructionist lens, examining how the societal structures we uphold influence the way we read narratives. Additionally, we'll delve into the psychological dimensions of literature through psychoanalytic criticism, exploring the unconscious desires and fears of characters and the symbolic significance of these malleable, abstract feelings within texts. Comprehension of these concepts will be assessed through engaging class discussions, analytical essays, and creative projects, fostering an environment where thoughtful dialogue and application of theoretical concepts are integral to students' learning. The goal of this course is to provide students with a deeper understanding of critical literary theory in preparation for reading dense, collegiate-level texts, but also the skills to apply these insights to their own interpretations and expressions, unlocking new dimensions of meaning within the pages of both fiction and non-fiction texts.

Prerequisite: None

Grade level: 11, 12

Credit earned: 1 bin English

WRITING

Research & Presentations

In this course, students will complete a variety of research projects in different disciplines, further developing their research, writing, and presentation skills for AIS (and beyond). The final project will be the completion of their AIS proposal and elevator pitch.

Required in 11th grade

Prerequisite: None

Grade level: 11

Credit earned: 1 bin English

Writer's Workshop

This course is open to anyone who wishes to explore the craft and practice of creative writing. Whether you're well into your tenth chapter or have never written anything longer than a tweet, this class will encourage you to stretch your creative muscles. You will experience reading and writing fiction, poetry, personal narrative, and drama in a workshop setting. The course will include individual and class critiques of work, as well as discussion of the techniques writers use to make their words leap off the page!

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 1 bin English

Writing Like a Scholar

According to Cathy Birkenstein and Gerald Graff, authors of *They Say, I Say*, "the best academic writing has one underlying feature: it is deeply engaged in some way with other people's views." Scholars in any discipline engage in ongoing conversations with past and current thinkers. In this course, students will develop the writing skills needed to enter into the conversation of literature and language at the college level by selecting an artist (broadly defined), engaging with the artist's work, reading scholarly criticism of the artist's work, and writing in response to

that criticism. E.g., a student might choose to study Dickinson's poetry or Frida Kahlo's self-portraits; the student will learn how to read scholarly criticism of those works and write a research paper that synthesizes the research.

Prerequisite: None

Grade level: 11, 12

Credit earned: 1 bin English

ENGLISH LANGUAGE DEVELOPMENT

Intermediate English Language Development

Offered during X-bin. Year-long. Required for ELL students who score Entering or Developing on the WIDA

This course focuses on supporting students at the intermediate level of English language development as they actively read and engage with text as well as writing assignments that focus on a variety of writing skills and goals. Through instruction students will develop academic literacy skills, connect to the real world through content and achieve academic success. Language growth will be monitored through the WIDA ACCESS test taken once a year in the spring. This course is graded on a pass/fail scale and is not calculated into a student's GPA.

Prerequisite: Entering/Developing score on the WIDA

Grade level: 9, 10, 11, 12

Credits earned: 1.5 bins Elective

Advanced English Language Development

Offered during X-bin. Year-long. Required for ELL students who score Expanding on the WIDA

This course provides continued support for students at the advanced level of English language development. This course works on developing the language skills, critical thinking, and learning strategies required for academic success. Language growth will be monitored through the WIDA ACCESS test taken once a year in the spring. This course is graded on a pass/fail scale and is not calculated into a student's GPA.

Prerequisite: Intermediate English Language Development or Expanding score on the WIDA

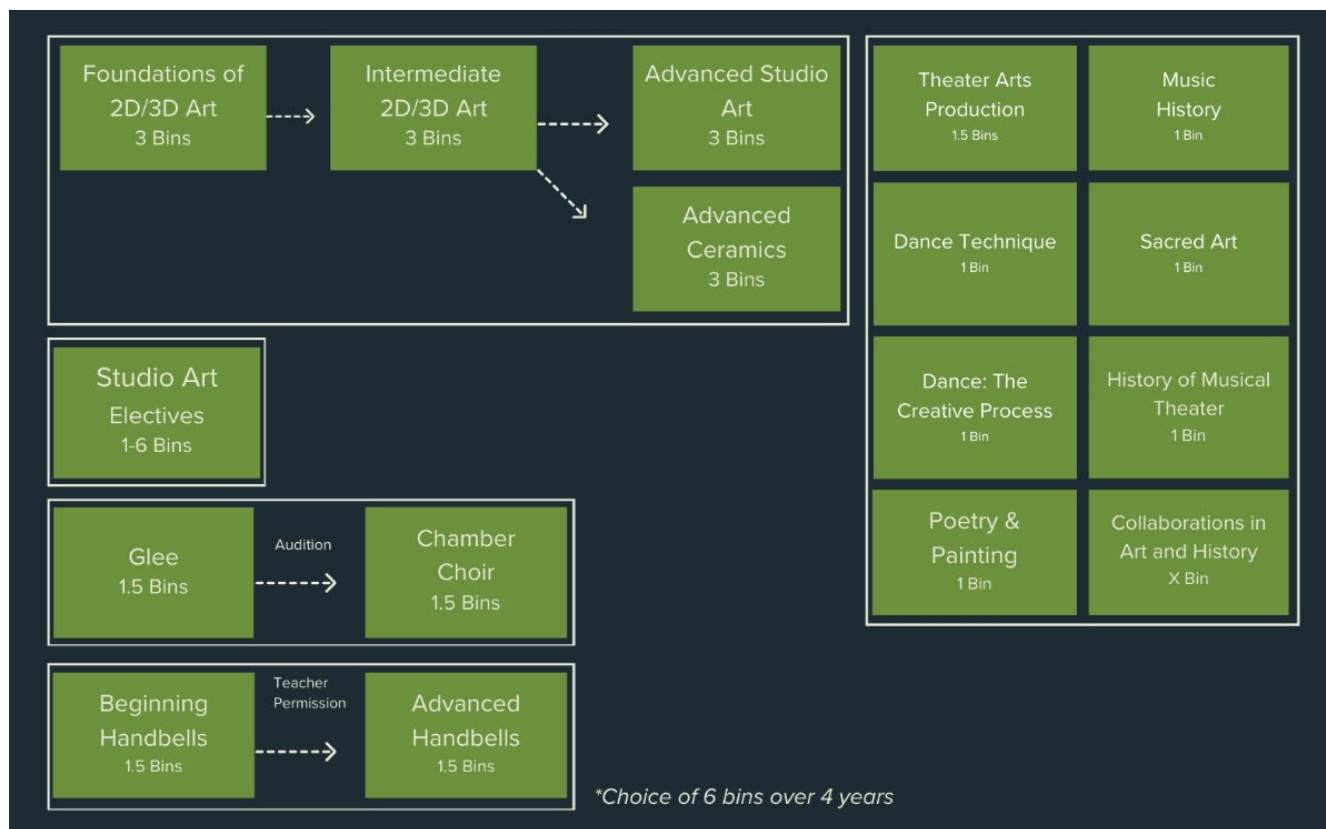
Grade level: ELL Students 9,10, 11, 12

Credit earned: 1.5 bins Elective

FINE ARTS

Graduation requirement: 6 Bins. Students may choose from any of the Fine Arts courses to meet this requirement. Students should plan on earning 3 bins in graded courses in the same area (ex. 2D/3D Art Foundations), as some colleges have this requirement.

The Fine Arts Department, consisting of Music, Performing Arts, Digital Art, and Studio Art, educates each student by focusing on the individual discipline and utilizing values established in the Goals and Criteria of Sacred Heart education. The primary goals of the Fine Arts program are to expose the student to a variety of media from each of these disciplines, and to empower the work of creative imagination. Students learn how art mirrors a culture and gain appreciation of the artistic contributions of our global community, resulting in a deepened understanding of a variety of cultural perspectives. We teach concepts, skills, and learner traits. Concepts deal with aesthetics, discipline, balance, form, pace, rhythm, perception, and essential ideas. Skills are the mechanics of our disciplines - the manual dexterity of the artist in the studio, the ability to communicate and express ourselves with poise on stage, and the ability to make music with confidence and joy. Fine Arts courses place special emphasis on many positive traits; passion and curiosity which drive and motivate us, self-discipline and assurance which allows us to act with courage and resilience in our global community, imagination to see a variety of solutions to a single problem. These concepts, skills, and traits are essential to a well-rounded arts education and a well-rounded life.



MUSIC

Glee

Offered Wednesday mornings. Year-long.

Glee is a year-long non-auditioned choir. Over the course of the year students will learn the basics of good singing, presentation skills and different genres of choral music from traditional to pop. The course is focused on building community through singing and developing good basic singing and presentation skills. One highlight of every year is the Composer Workshop where we prepare music of a composer we enjoy and then spend a weekend with that composer exploring their music and creative process.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 1.5 bins Fine Arts

Chamber Choir

Offered during X Bin. Year-long.

The Chamber Choir is a year-long auditioned and select choir that meets once a week after school. Chamber Choir is a musical ambassador for the school which performs outside of school and tours every other year. Choir members will have an advanced sense of pitch and musicality, be able to learn advanced choral repertoire independently, as well as to commit to our rehearsal and performance schedule.

Prerequisite: Audition required

Grade level: 9, 10, 11, 12

Credit earned: 1.5 bins Fine Arts

Beginning Handbells

Offered Wednesday mornings. Year-long.

Students learn basic music reading and ensemble skills in a context of preparing music for performance, covering a variety of musical styles. Class includes two evening concerts a year as well as participation in liturgies and school assemblies.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 1.5 bins Fine Arts

Advanced Handbells

Offered during X bin. Year-long.

Students in this selective group increase their music reading and performance skills while expanding into areas such as conducting, arranging, and concert planning. In addition to two on-campus evening concerts each year, this class includes several off-campus performances as well as participation in liturgies and school assemblies.

Prerequisite: One year of experience playing handbells OR significant experience on another musical instrument.

Grade level: 9, 10, 11, 12

Credit earned: 1.5 bins Fine Arts

Topics in Music History

Offered during X bin

The arts have held up a mirror to society for all recorded history. This course explores culture and its expression through music and other performance-based art beginning with the early Middle Ages and advancing through the culture and music of the western European peoples, including some world music and popular music of the 20th and 21st Century. Students will listen, watch, write, and discuss as we march up through the centuries learning about the humanity and creativity of those who came before us as artists.

Prerequisite: None
Grade level: 9, 10, 11, 12
Credit earned: 0.5 bin Fine Arts

PERFORMING ARTS

Theater Arts Production

Upper School Theater Arts Production is currently an afterschool activity at Forest Ridge.

Upper school Theater and its participants have helped shape our society throughout history. The theater program is designed to challenge, excite, empower, ignite, and celebrate students as they delve into the art of being human. Why theater at Forest Ridge? Participants will explore the following in this program - how empathy changes the world, personal expression, public presentation skills, the power of storytelling, time management, communication skills, trust with self and others, diligence, generosity of spirit, acting technique, vocal technique, dance technique, and much more.

All students are invited to participate in this ever-evolving program. There are two main projects a year allowing those with multiple interests to choose a season that works for them. Students may earn 1.5 bins Fine Arts credit per year but cannot meet the UC requirement of 3 bins in a single area as the course is assessed on a Credit/No Credit scale.

Prerequisite: None; Audition required
Grade level: 9, 10, 11, 12
Credit earned: 1.5 bins Fine Arts per school year

"Here's to the ladies who lunch!" Iconic Women in Musical Theater

Offered during X bin

From Ethel Merman to Audra McDonald, women have always been pivotal in the world of Musical Theater. In this course, we will explore famous female identifying artists who have left a lasting mark on the Broadway stage and beyond. Through script/score study, class discussions, film clips and audio recordings, students will explore the history of Musical Theater through a modern, female centered perspective.

Prerequisite: None
Grade level: 9, 10, 11, 12
Credit earned: 0.5 bin Fine Arts

DANCE

Dance: Technique

Note: This course is offered every other school year. It will be offered in the 2024-2025 school year.

Students in this course will experience multiple forms of dance through their history, movement vocabulary, and works of choreography. Forms may include Modern/Contemporary, Ballet, Hip Hop, West African, and others. While exploring these forms, students will develop confidence, body awareness, and performance skills, and will have opportunities to choreograph their own works. The material in Dance: Technique is suitable for students with any level of previous dance experience or none, from first-time beginners to advanced dancers! This course satisfies the prior dance experience prerequisite to choreograph for DanceFest.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 1 bin Fine Arts or PE

Dance: The Creative Process

Note: This course is offered every other school year. It will be offered next in the 2025-2026 school year.

Students in this course will experience multiple forms of dance through an exploration of the creative process. During the course, students will build foundational skills in choreography using movement vocabulary from Modern/Contemporary, Hip-Hop, Jazz, and other forms of dance. Students will develop confidence in movement improvisation and create short solo works, big group dances, and everything in between! No prior dance experience necessary; the material can be tailored to any level of dance background. This course satisfies the prior dance experience prerequisite to choreograph for DanceFest.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 1 bin Fine Arts or PE

STUDIO ART

Inspired by Nature

Offered during X bin

Explore your creativity by making art inspired by natural forms. We will look at both 2-D and 3-D contemporary artists' work and create our own ceramics and mixed media art based on characteristics of nature.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 1 bin Fine Arts

Fun with Forms

Offered during X bin

Artists play with forms to both imitate nature and bring their own ideas to life. In this class we will build both 2-D and 3-D forms in the mediums of ceramics, paint, printmaking, and mixed media.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 1 bin Fine Arts

Tantalizing Textures

Artists use texture to enhance our experience of surfaces creating added movement and excitement. Join this fun collaborative arts class and explore both 2-D and 3-D surface design concepts in clay and mixed media.

Prerequisite: None
Grade level: 9, 10, 11, 12
Credit earned: 1 bin Fine Arts

The Magic of Color

Offered during X bin

Color is like music to the soul. In this fun class we will explore the dynamics of color and color combinations to create expressive and vibrant artworks. Students will work in the mediums of ceramics, painting, and printmaking.

Prerequisite: None
Grade level: 9, 10, 11, 12
Credit earned: 1 bin Fine Arts

Playing with Patterns

Create your own unique patterns while studying textile and mosaic history. In this 2D/3D class we will explore printing and ceramic traditions and techniques and use them as inspiration for our new creative works.

Prerequisite: None
Grade level: 9, 10, 11, 12
Credit earned: 1 bin Fine Arts

2D/3D Art Foundations

2D/3D Art Foundations is a ceramics/drawing and painting collaborative course. Students will build a deeper understanding of the elements and principles of art and design through studying contemporary and historical art traditions. We will work in the mediums of clay, pencil, pen, charcoal, pastels, watercolor, paper-cutting, collage and printmaking. Both observational and inventive approaches will be used so that students can practice developing their skills to create expressive and powerful work.

Prerequisite: None
Grade level: 9, 10, 11, 12
Credit earned: 3 bins Fine Arts

2D/3D Intermediate Art

2D/3D Intermediate Art is the second level of the ceramics/drawing and painting collaborative course. Students will continue to build on their understanding of the elements and principles of art and design through studying contemporary and historical art traditions. We will work in the mediums of clay, pencil, pen, charcoal, pastels, watercolor, paper-cutting, collage and printmaking. Both observational and inventive approaches will be used so that students can deepen their skills as they create individual, expressive and powerful work.

Prerequisite: 2D/3D Art Foundations or Ceramics I and Drawing & Painting I
Grade level: 9, 10, 11, 12
Credit earned: 3 bins Fine Arts

Advanced Studio Art

This course is open to juniors and seniors who have previously taken a studio art course and who have passed a portfolio review. This course is designed for art students who can work independently, are critical and creative thinkers, and may consider a further pursuit of art at a higher academic level. Students will explore a wide variety of art mediums and techniques to strengthen their artistic voice. Studio Artists will deep dive into research of global historical and contemporary artists to inform and inspire their own work. Students will begin to develop a portfolio of work that investigates thematic personal expression.

Prerequisite: 2D/3D Intermediate Art or Drawing & Painting II and portfolio review

Grade level: 11, 12

Credit earned: 3 bins Fine Arts

Advanced Ceramics

This course provides the opportunity for students to move beyond the foundational skills of throwing and hand-building, allowing them to design and create assignments focused on originality and personal style. Students will work independently in the Ceramics studio as they experience the “life” of a Ceramic artist. Students will design and create both functional and non-functional ware while taking their skills to the next level.

Prerequisite: 2D/3D Intermediate Art or Ceramics II and portfolio review.

Grade level: 11, 12

Credit earned: 3 bins Fine Arts

Sacred Art

Many of the greatest masterpieces known to humankind were created out of a desire to understand, celebrate, and share an understanding or connection to the divine. Students will both study the various eras of Christian art (Early Christian, Celtic, Baroque, etc.), and produce their own piece of art for each unit, focusing on themes such as art as sacramentals, sacred space and architecture, as well as sacred symbolism seen throughout history. Students may earn credit for either a Fine Arts or Religion class.

Prerequisite: None

Grade level: 11, 12

Credit earned: 1 bin Fine Arts or 1 bin Religion

Collaborations in Art and History

Join this fun class where we will study the history of creative collaboration and team up with classmates to build group produced works of art. In this Art/Social Studies joint class we will practice partnership building skills, while working in the mediums of drawing, painting, papercutting, and sculpture.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 1 bin Fine Arts or 1 bin Social Studies

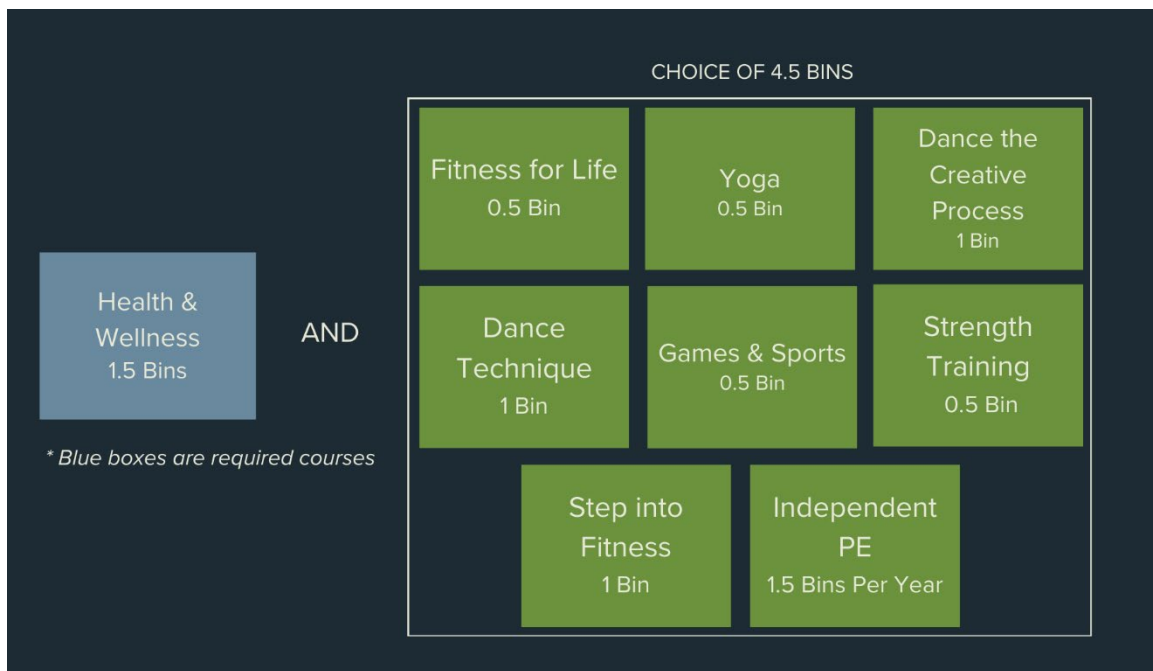
HEALTH AND PHYSICAL EDUCATION

Graduation requirement: 1.5 bins Health and 4.5 bins PE

The Health and Physical education classes at Forest Ridge aim to provide our students with a wholistic understanding of the importance of personal health and wellness issues, basic knowledge of sports and recreational activities and a foundation that promotes and encourages an active lifestyle.

Health class is designed to provide information needed to make important decisions about health, wellness, and individual lifestyle choices. Upper school topics covered include social/emotional health, nutrition, substance abuse, body image, healthy relationships, sexual health, and first-aid. Emphasis is on self-advocation and assuming responsibility for one's own health.

The physical education classes are developmentally tiered and take into account varied skill levels with a focus on effort, improvement, participation and skill building. We encourage teamwork, self-discipline, perseverance, resilience, and sportsmanship.



Games & Sports

Offered during X bin

Students will explore a wide variety of fitness activities, including individual and team sports, and cooperative games. The class focuses on developing an active and healthy lifestyle.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 0.5 bin Physical Education

Cardio & Strength

Offered during X bin

Students will explore a wide variety of fitness classes for all levels, such as bootcamp, strength conditioning, circuit training, and aerobics. The class focuses on developing an active and healthy lifestyle.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 0.5 bin Physical Education

Health & Wellness

Required

This course examines a range of health and wellness topics, with a focus on information and skills that will support students in living healthy and balanced lives. Topics include physical health and disease, decision-making skills, safety, nutrition, substance use, mental and emotional health, and sexual health. Throughout the course, students will engage in hands-on activities, discussions, and self-assessments that relate the topics of class to their own lives and curiosities. This course meets the state requirements for health education; most students fulfill this graduation requirement in the 10th grade.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 1.5 bins Physical Education

Fitness for Life

This course utilizes the Fitness Center to focus on the four components of fitness: muscular strength, muscular endurance, flexibility, and aerobic capacity. Students will use the skills learned in this class to develop their own personal fitness program. The intent of this course is for students to experience the benefits of a regular and well-rounded fitness regimen as part of leading a balanced, healthy lifestyle.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 1 bin Physical Education

Yoga

Offered during X bin

Traditional yoga practices are taught using asanas to increase strength and flexibility during this course. An emphasis is put on correct alignment for safe practice. Restorative practice and meditation help students increase energy levels and decrease stress through relaxation and breathing exercises. Foundational concepts of yoga are covered along with reflecting on how yoga and meditation can fit into a student's life.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 0.5 bin Physical Education

Step Into Health

Offered during X bin

This class introduces students to the holistic benefits of fitness walking as a key component of a healthy lifestyle. Through daily walks around Somerset, students will learn the physiological and psychological advantages of regular walking and the importance of setting and achieving personal fitness goals. Additionally, students will integrate technology for fitness tracking, engage in mindfulness practices, and culminate the course by creating personalized fitness walking plans.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 0.5 bin Physical Education

LifeSaver 101

Offered during X bin

This course will teach students skills of CPR and First Aid, empowering them to respond effectively in emergencies. Students will practice life-saving techniques such as CPR, AED usage, and first aid for wounds, burns, and fractures. LifeSavers 101 goes beyond skill acquisition, fostering teamwork, critical thinking, and a sense of responsibility. Upon completion, students are eligible for CPR and First Aid certification. This course is assessed on a Pass/Fail scale.

Prerequisite: None

Grade level: 12

Credit earned: 0.25 bin Elective

DANCE

Dance: Technique

This class is offered in alternate years. It will be offered in the 2024-25 school year.

Students in this course will experience multiple forms of dance through their history, movement vocabulary, and works of choreography. Forms may include Modern/Contemporary, Ballet, Hip Hop, West African, and others. While exploring these forms, students will develop confidence, body awareness, and performance skills, and will have opportunities to choreograph their own works. The material in Dance: Technique is suitable for students with any level of previous dance experience or none, from first-time beginners to advanced dancers! This course satisfies the prior dance experience prerequisite to choreograph for DanceFest.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 1 bin PE or Fine Arts

Dance: The Creative Process

This class is offered in alternate years. It will be offered in the 2025-26 school year.

Students in this course will experience multiple forms of dance through an exploration of the creative process. During this course, students will build foundational skills in choreography using movement vocabulary from Modern/Contemporary, Hip-Hop, Jazz, and other forms of dance. Students will develop confidence in movement improvisation and create short solo works, big group dances, and everything in between! No prior dance

experience necessary; the material can be tailored to any level of dance background. This course satisfies the prior dance experience prerequisite to choreograph for DanceFest.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 1 bin PE or Fine Arts

INDEPENDENT PHYSICAL EDUCATION OPTIONS

Students can earn 1.5 bins of Physical Education credit each year through activities offered outside of the school day. Approval to receive credit must be obtained in advance from the Academic Dean in conjunction with the sponsoring coach (on or off campus) or adult supervisor of the activity.

Forest Ridge Athletics

Credit is earned for committed participation for the entire season of any of our Forest Ridge Sports Teams - Volleyball, Cross Country, Soccer, Orienteering, Basketball, Tennis, or Golf.

Athletics Outside of Forest Ridge

Students may earn Physical Education credit through committed participation in a coach- or instructor-led athletic activity not offered in the school curriculum. This could include but is not limited to ballet, riding lessons, swim team or track team, etc. Student must complete 50 hours of participation to earn the credit.

Grade level: 9, 10, 11, 12

Credit earned: 1.5 bins Physical Education

Limit: 1.5 bins earned through Independent PE per school year

INTERNATIONAL LANGUAGE

Graduation requirement: 6 bins and level 3 proficiency in a single language.

The primary aim of the International Language program is to present world languages as essential tools for communication, given the global community in which we live. Employing proficiency-based methods, students develop the ability to use other languages in realistic situations following the standards of communication, cultures, connections, comparisons, and communities while developing the skill areas of listening, speaking, reading, and writing. The knowledge, insight, and appreciation they gain for other cultures allows students to develop empathy by broadening their understanding of how others live, think, and interact in ways different to their own. Sacred Heart schools are part of a dynamic international network with a well-established global exchange and service program. Upper school students may study abroad, and all Forest Ridge families are invited to host exchange students.

FRENCH

French I (equivalent to French 1A and 1B in the middle school)

French I is an introductory course to the French language and Francophone culture. Students learn to communicate in the present and past about themselves, their family, their environment and many other aspects of daily life. Through a variety of communicative and proficiency-oriented activities in speaking, listening, reading and writing, this course aims to provide students with a solid foundation in the fundamental structures of the language as well as broaden their cultural understanding.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 3 bins International Language

French II

Level II expands the communication skills already acquired in Level I and increases cultural awareness of the different areas of France and the Francophone world. Students learn to express themselves using different tenses and modes. Class activities include pair-work, video clips, skits, short compositions, and cultural readings, as well as one-on-one interviews. The course is conducted as much as possible in French with an emphasis on proficient communication in listening, speaking, reading, and writing.

Prerequisite: C+ in French I or Forest Ridge teacher recommendation

Grade level: 9, 10, 11, 12

Credit earned: 3 bins International Language

French III

In Level III students continue to develop their communicative competence in speaking, listening, reading, and writing. Students interact with authentic materials such as short films, articles, literature excerpts, and online language learning activities to develop listening comprehension, oral competence, and sociocultural communicative proficiency. This class is mostly conducted in French.

Prerequisite: C+ in French II or Forest Ridge teacher recommendation

Grade level: 9, 10, 11, 12

Credit earned: 3 bins International Language

Course format for French IV and V will be determined by enrollment. Insufficient enrollment means the course will be offered through One Schoolhouse. Student will be notified of format before the school year begins.

French IV

Students develop awareness of cultural, social, and political issues. This course allows students to communicate effectively in a range of situations, demonstrating linguistic competence and international understanding. Using a variety of media (readings, TV broadcasts, video clips) and text types (essays, articles, debates, brochures), students continue to work on the development of oral and written expression in order to be able to express themselves accurately and resourcefully in French, using correct register and format for a variety of written text types which include - formal - informal letters, journal entries, articles, interviews, speeches etc. Interactive oral activities, personal research and presentations are also included. This class is conducted in French and students are expected to communicate only in French.

Prerequisite: C+ in French III or Forest Ridge teacher recommendation

Grade level: 9, 10, 11, 12

Credit earned: 3 bins International Language

French V - Survey of French Literature

This course is designed to familiarize the students with significant works and authors in literature from the Middle Ages through the 20th century, and the historical, cultural, and social factors which influenced literary trends and movements. Class activities include readings, analysis, and discussions of a variety of excerpts from plays, novels, poetry, and philosophical essays. Several plays and short novels will be read in their entirety. Activities also include presentations and short essays. This class is completely in French.

Prerequisite: C+ in French IV or Forest Ridge teacher recommendation

Grade level: 9, 10, 11, 12

Credit earned: 3 bins International Language

MANDARIN

New enrollment in Mandarin in the upper school is on pause for the 2024-25 school year. Level I will not be offered, and Levels IV and V will be offered through One Schoolhouse.

Mandarin II

Chinese II students continue to improve their Chinese skills by using both structured and created language. Cultural connections are made at appropriate intervals to familiarize students with the Chinese speaking world. Students learn to initiate and participate in daily communication, apply new vocabulary and more complex sentence patterns to fulfill the functions of expressing individual needs, describe circumstances, compare the similarities and differences of phenomenon, and demonstrate culturally contextualized understanding. Students improve character literacy, authentic language production and cultural competency.

Prerequisite: C+ in Mandarin I or Forest Ridge teacher recommendation

Grade level: Open to returning students in grades 9, 10, 11, 12

Credit earned: 3 bins International Language

Mandarin III

Chinese III students develop their essential Chinese language skills while gaining a deeper understanding of Chinese culture through engaging with various audio, visual, textual materials and increasing authentic language

application experience. The course is designed for students who have had at least two years of Chinese study and takes them into structured communication through comprehensive skill-enhancement with abundant task-based practical grammatical structures and sentence patterns.

Prerequisite: C+ in Mandarin II or Forest Ridge teacher recommendation

Grade level: Open to returning students in grades 9, 10, 11, 12

Credit earned: 3 bins International Language

SPANISH

Spanish I (equivalent to Spanish 1a and 1b in the middle school)

This course is designed for students to begin the development of their linguistic skills in a foreign language. The approach to learning in Spanish I is both situational and cultural - the theme of each unit encourages immediate use of practical expressions and broadens awareness of Spanish-speaking people's culture. The proficiency-based program offers in-class opportunities for students to engage in communicative activities as they work toward mastering the instructional objectives. Interdisciplinary readings, video clips, and skit preparations add variety to the program.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit Earned: 3 bins International Language

Spanish II

Spanish II students will continue expanding their vocabulary and grammatical knowledge of the Spanish language. The goal of this course, gradually conducted more and more in Spanish, is to increase the oral and written use of Spanish as well as to further listening and reading comprehension. In order to achieve these goals, students will work individually and in a team in a number of presentations, projects, songs, games and hands-on activities that will take them onto cultural fields such as Hispanic markets, legends, food, movies, and family and relationships.

Prerequisite: C+ in Spanish I or Forest Ridge teacher recommendation

Grade level: 9, 10, 11, 12

Credit earned: 3 bins International Language

Spanish III

Students in Spanish III will strengthen their vocabulary and grammatical tools of the Spanish language by reading and watching cultural documents, reflecting upon traditions of the Spanish speaking world. By the end of our course, mostly conducted in Spanish, students will have been able to research and discuss environmental issues, social matters, technology conditions and professions. Through our adventure in Spanish, they will exercise their analytical thinking in substantiating opinions, emotions and decision-making as a foundation for their global leadership role.

Prerequisite: C+ in Spanish II or Forest Ridge teacher recommendation

Grade level: 9, 10, 11, 12

Credit earned: 3 bins International Language

Spanish IV

In this advanced course, students continue to develop their conversational skills while increasing their mastery of correct grammatical usage and reading comprehension. Students research and discuss current events not only in the Spanish-speaking countries but in the global community, using newspaper and magazine articles.

Supplementary activities include memorizing famous poems, reading short novels and stories, and viewing video segments and films.

Prerequisite: C+ in Spanish III or Forest Ridge teacher recommendation

Grade level: 9, 10, 11, 12

Credit earned: 3 bins International Language

Spanish V

In this advanced course, students continue to develop their conversational skills while increasing their mastery of correct grammatical usage and reading comprehension. Students research and discuss current events not only in the Spanish speaking countries but in the global community, using newspaper and magazine articles.

Supplementary activities include memorizing famous poems, reading short novels, stories and viewing video segments and films.

Prerequisite: C+ in Spanish IV or Forest Ridge teacher recommendation

Grade level: 9, 10, 11, 12

Credit earned: 3 bins International Language

French & Spanish Language Conversation

Offered during X bin

This course gives students the opportunity to practice their language skills during mods in which their core language course does not meet. It will be split into two sections: one conducted in French, and the other in Spanish. Throughout this immersive course, students will engage in a variety of activities, including pair conversation and whole group discussions. These activities are crafted to provide a balance between formal and informal topics, casual dialogues, and more structured conversations. A special focus will be placed on exploring current events in Francophone and Hispanic countries. By incorporating real-world issues, students will not only enhance their language proficiency, but also, gain valuable insights into the cultural and social dynamics of French- and Spanish-speaking communities. This course is assessed on a Pass/Fail scale.

Prerequisite: Concurrent enrollment in French I or above

Grade level: 9, 10, 11, 12

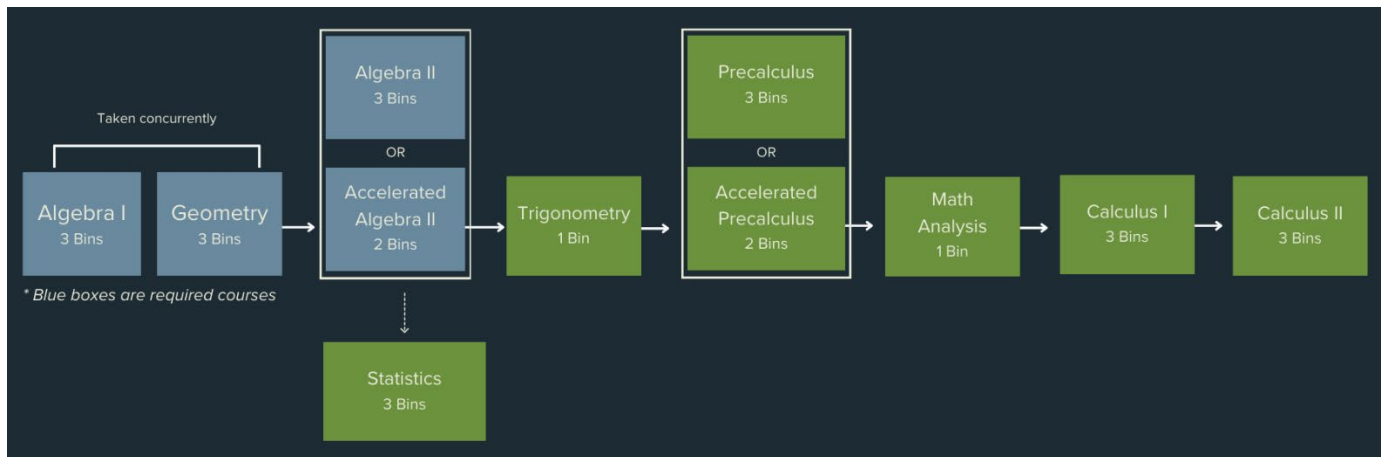
Credit earned: 0.5-1.5 bins International Language Elective

MATHEMATICS

Graduation requirement: 9 bins and satisfactory completion of Algebra II. Students are assessed in the fall of each school year to ensure proper placement.

The aim of the Mathematics department is to nurture each Forest Ridge student to grow in her knowledge of mathematical content and to deepen her mathematical thinking. We lead students through a curriculum that allows every individual to be challenged to realize her highest mathematical potential, as we recognize that students have differing backgrounds and abilities. Thus, we believe it is essential that each student be placed in the level of mathematics that will provide the appropriate level of challenge.

Mathematics is a global language, and to that end our courses guide students through a global awareness of math through a study of current events through a mathematical lens, hands on projects to demonstrate real world applications, and a variety of cultural views and approaches to math.



Algebra I

The focus of study is on the manipulation of algebraic expressions, equations, and inequalities together with the application of these skills to problem solving. By the end of the course, students will be able to factor polynomials, graph linear equations, solve systems of linear equations, understand functions, use rational and irrational numbers, solve and graph quadratic equations, and use exponential functions. Students will be enrolled in Algebra I during mods 1-3 and Geometry during mods 4-6 so they have the opportunity to take Calculus I their senior year.

Prerequisite: Performance on placement test

Grade level: 9

Credit earned: 3 bins Mathematics

Geometry

Geometry introduces students to the logic of mathematics and the development of formal and informal proofs. Students will study topics in Euclidean Geometry including points, lines, angles, polygons, circles, congruence, similarity, area, volume, and right-triangle trigonometry. This course incorporates the use of coordinate geometry and algebra throughout.

Prerequisite: Performance on placement test

Grade level: 9, 10

Credit earned: 3 bins Mathematics

Algebra II

The focus of study in Algebra II is families of functions. Students will be able to solve systems of equations and inequalities. Students will understand and transform quadratics, conic sections, polynomial, rational, exponential, and logarithmic functions. Students will also explore sequences, series, probability, and statistics.

Prerequisite: Performance on placement test, C+ in Algebra I and Geometry

Grade level: 9, 10, 11

Credit earned: 3 bins Mathematics

Accelerated Algebra II

Accelerated Algebra II covers the same topics as Algebra II but takes place over two bins instead of three. Additional topics include matrices and linear algebra.

Prerequisite: Performance on placement test, average of A- in Algebra I and Geometry, and department recommendation

Grade level: 9, 10, 11

Credit earned: 2 bins Mathematics

Trigonometry

Students will study more advanced trigonometric topics. These include the unit circle, right triangles, graphs of trigonometric functions, inverse trigonometric functions, trigonometric equations, and trigonometric identities.

Prerequisite: C+ in Algebra II or Accelerated Algebra II

Grade level: 10, 11, 12

Credit earned: 1 bin Mathematics

Precalculus

The focus of study in Precalculus is advanced applications and techniques for solving and analyzing functions. Students will master solving, analyzing and graphing functions including polynomial, rational, logarithmic, exponential, and conic sections functions. They will also explore sequences, series, vectors, and probability.

Prerequisite: C+ in Trigonometry

Grade level: 10, 11, 12

Credit earned: 3 bins Mathematics

Accelerated Precalculus

Accelerated Precalculus covers the same topics as Precalculus but takes place over two bins instead of three.

Prerequisite: Average of A- in Algebra II and Trigonometry

Grade level: 10, 11, 12

Credit earned: 2 bins Mathematics

Math Analysis

The focus of Mathematical Analysis is preparation for the study of Calculus. Topics include application of trigonometry, vectors, parametric equations, polar equations, and conic sections.

Prerequisite: C+ in Precalculus or Accelerated Precalculus

Grade level: 10, 11, 12

Credit earned: 1 bin Mathematics

Calculus I: Differential and Integral

The focus of Calculus I is on deepening critical thinking through application in calculus. Course topics include in-depth analysis of and applications of limits, differential and integral calculus. This course prepares students for Calculus II.

Prerequisite: C+ in Mathematical Analysis

Grade level: 11, 12

Credit earned: 3 bins Mathematics

Calculus II: Integral and Multivariable

Calculus II focuses on furthering student understanding of differential and integral calculus through the study of topics of parametric equations with polar coordinates, sequences and series as well as their applications. Other topics may include discrete mathematics, in-depth differential equations, or multi-variable calculus, up to the teacher's discretion. This course prepares students for a variety of higher-level college math courses.

Prerequisite: C+ in Calculus I

Grade level: 12

Credit earned: 3 bins Mathematics

Statistics

In Statistics, students will learn tools for collecting, analyzing, and drawing conclusions from data. Students are introduced to four broad conceptual themes – exploring data, planning a study, anticipating patterns in advance and statistical inferences.

Prerequisite: Algebra II

Grade level: 11, 12

Credit earned: 3 bins Mathematics

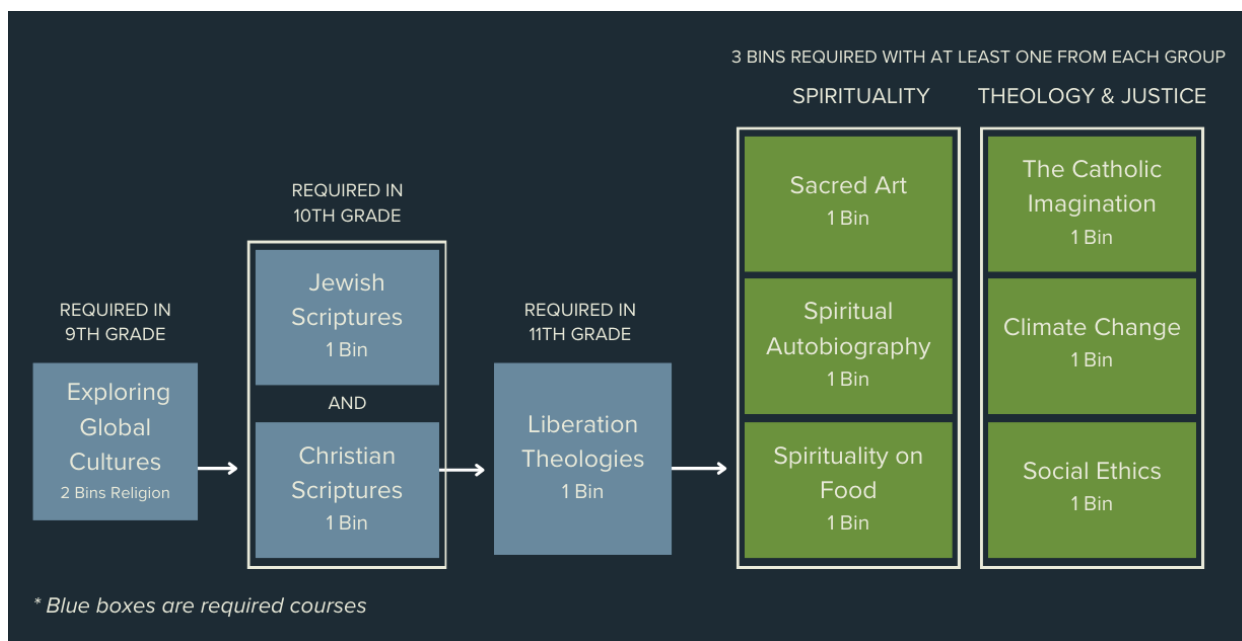
RELIGION

Graduation requirement: 8 bins, including at least one Spirituality course and at least one Theology & Justice course in 11th and 12th grade.

Religion classes at Forest Ridge are guided by all five of the goals of Sacred Heart education: a personal and active faith in God, a deep respect for intellectual values, a social awareness that impels to action, the building of community as a Christian value, and personal growth in an atmosphere of wise freedom. These classes blend academic study, spiritual practice, service, and the arts as we support our students in growing their relationships with themselves, with God, and with others in their communities.

We are committed to creating safe and welcoming environments for all of our students, where students of all faiths can learn about religion and deepen their personal spirituality. As a Catholic school, we teach about the Gospel of Jesus Christ and the history, traditions, and spirituality of the global Catholic Church, and we also teach about the many faiths and belief systems in our world. We explore the role of religion in history and current events, and we challenge students to develop ethical thinking, discernment, and a practice of service to others. Religion classes meet each student where they are and emphasize what it means to be a Child of the Sacred Heart.

As a Catholic, Independent, Sacred Heart school, we have many streams of tradition that we draw from in our courses. In Religion, these include the Goals and Criteria of Sacred Heart education, the principles of religious literacy from the American Academy of Religion, and the frameworks for Catholic education from the Archdiocese of Seattle.



Exploring Global Cultures

Required for 9th graders. Note: this is an interdisciplinary class that meets during all 6 mods.

This integrated course fulfills both the social studies and Religion requirements for the 9th grade year. Religion and social studies content is fully integrated in all units, which are organized around the themes of colonization, health care, climate change, education, nationalism, and conflict and peace building. Students study world religions as a key component of understanding our global world and developing greater perspective-taking. Skills developed include geography, textual analysis and interpretation, inquiry, discussion, research and writing, and personal reflection. Students engage in case studies, seminar discussions, creative and real-world writing assignments, and

Model UN. All 9th grade students take this class together, making it a formative part of the Forest Ridge 9th grade experience.

Prerequisite: None

Grade level: 9

Credit earned: 3 bins Social Studies and 2 bins Religion

Jewish & Christian Scriptures

Required for 10th graders and students who transfer into Forest Ridge in 11th or 12th grade

The first module of sophomore religion focuses on the Old Testament. Beyond just “knowing the stories” of the Bible, students will consider perennial questions about God’s nature, ethics and morality, and the problem of suffering; read and interpret the Bible in its historical and cultural context, and apply ancient wisdom to contemporary issues. Close reading of the sacred texts and scholarly supplemental resources from Catholic, Protestant and Jewish theologians will provide a foundation for understanding the unfolding of God’s revelation, and the manifold ways we encounter the God who both “heeds and hides, bodes and abides” (G.M. Hopkins) in the Jewish Scriptures.

The second module of sophomore religion focuses on the person of Jesus, who is he and what he wanted. Students will study the Gospels and other New Testament books with an eye toward parsing the profound transformation that took place in the lives of the authors. and to which the reader is also invited. Students will read the canon of Christian scriptures and the works of thinkers from the first centuries after Christ to gain insight into the way the Church as People of God remembers, celebrates and draws its vitality from the Paschal Mystery of Christ’s life, death, resurrection, and gift of the Spirit.

Prerequisite: Exploring Global Cultures or Religious Literacy Canvas Module

Grade level: 10

Credit earned: 2 bins Religion

Liberation Theologies

Required in 11th grade

The God of the Bible is a God who liberates from oppression, and working for liberation is at the heart of Christian discipleship. This is the central claim of Christian liberation theologies. In this course, students will read and analyze key texts of Latin American liberation, Black liberation, feminist, and womanist theologies. They will study the historical conditions that gave rise to liberation theologies in Latin America and the United States in the twentieth century. They will evaluate the complicated relationship between liberation theologies and classical Christian theology. And they will evaluate the relationships between different kinds of liberation theologies—their connections, their controversies, and their criticisms of one another. Please note that this is a philosophy and theology heavy course in which students will practice skills in close reading and argument analysis.

Prerequisite: Jewish Theologians & Christian Scriptures

Grade level: 11, 12

Credit earned: 1 bin Religion

SPIRITUALITY

Sacred Art

Many of the greatest masterpieces known to humankind were created out of a desire to understand, celebrate, and share an understanding or connection to the divine. During this course, students will both study the various eras of Christian art (Early Christian, Celtic, Baroque, etc.), as well as produce their own piece of art for each unit.

We will focus on themes such as art as sacramentals, sacred space and architecture, as well as sacred symbolism seen throughout history. Students may earn credit for either a Fine Arts or Religion class.

Prerequisite: Liberation Theologies (beginning with the class of 2026)

Grade level: 11, 12

Credit earned: 1 bin Religion or 1 bin Fine Arts

Spiritual Autobiography

Kierkegaard once remarked that “God is no third party.” In this class, we will examine the ways authors from different ages, religious traditions, and experiences have encountered the Divine and communicated that experience in memoir and autobiography. From the Confessions of St. Augustine to Mary Karr’s Lit, students will explore how the themes of conversion, discernment, awakening appear in diverse ways, as well as the endlessly imaginative, often funny, sometimes tragic, ways authors resist authentic spiritual experiences. Students will be expected to create a portfolio that can be used as source material for their own process of recording their own unfolding spiritual journeys.

Prerequisite: Liberation Theologies (beginning with the class of 2026)

Grade level: 11, 12

Credit earned: 1 bin Religion

The Spirituality of Food

‘You are what you eat’ is a famous phrase that derives from the 1826 work “Physiologie du Gout”, by French food commentator, Anthelme Brillat -Savarin. A closer translation is “Tell me what you eat and I will tell you what you are”. The idea that we become somehow the nutrients that sustain us is a well-known premise not only of our survival, but of our personhood. Today we also know that how we partake of our food has a primary impact on our bodies, our personal philosophies and human impact on our planet as we use the resources of our planet to produce food for all on earth. This course examines where our food comes from, how agriculture impacts the planet, and how we can enhance our spiritual connections through intentional use of the food around us.

Prerequisite: Liberation Theologies (beginning with the class of 2026)

Grade level: 11, 12

Credit earned: 1 bin Religion

THEOLOGY & JUSTICE

The Catholic Imagination

Catholics believe in a transcendent God who is, at the same time, intimately close--lurking everywhere in creation. This belief has shaped a distinctively Catholic imagination rooted in what priest, novelist, and sociologist Andrew Greeley calls “the sacramentality of everyday life.” From the short stories of O’Connor and Adichie, to the neo-realist cinema of Pasolini, to the animated films of Cartoon Saloon, to the traditional olive wood crafts of Christians in the Holy Land, students will explore and analyze connections between Catholic sacramental theology and the arts. Assessments will include film reviews, essays, and creative projects. Please note that this is a film and literature heavy course.

Prerequisite: Liberation Theologies (beginning with the class of 2026)

Grade level: 11, 12

Credit earned: 1 bin Religion

Climate Change

Rapid climate change is one of the most significant moral, political, and scientific issues facing our world. Future leaders and citizens need to engage in interdisciplinary thinking to address this problem appropriately. Students in this religion elective will do just this as they examine rapid climate change and its social, political, spiritual, and environmental consequences through multiple lenses. Course topics will include the science of climate change, ethical frameworks, the politics and economics of climate change, religious environmentalisms, climate change and social justice, and grief. Students will engage in discussions and seminars, reflective writing, and innovative problem-solving as they apply the foundation they have gained in previous Religion and Science courses to this global issue. This class includes a particular focus on building the affective capacities and emotional tools that allow us to learn about and work to solve challenging problems without getting stuck in denial or despair.

Prerequisite: Liberation Theologies (beginning with the class of 2026)

Grade level: 11, 12

Credit earned: 1 bin Religion

Social Ethics

Social ethics investigates the moral dimensions of social structures and systems. This course will focus on the Catholic social ethics tradition and provide students with a broad but detailed introduction to classical theories of ethics, the relationship between theology and ethics, and contemporary ethical questions and frameworks. Students will apply these principles and frameworks to case studies in economics, politics, ecology, and conflict. Students will also be encouraged to examine their own moral beliefs in light of the course material.

Prerequisite: Liberation Theologies (beginning with the class of 2026)

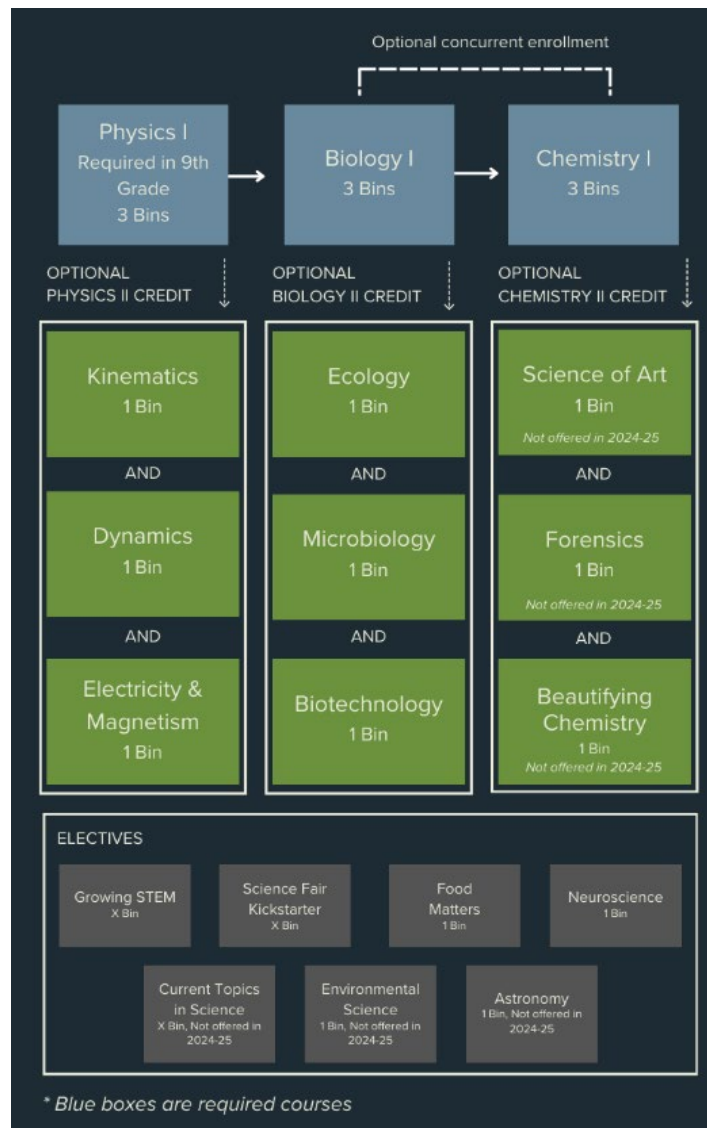
Grade level: 11, 12

Credit earned: 1 bin Religion

SCIENCE

Graduation requirement: 9 bins

At Forest Ridge, girls will think like scientists, do science, and see themselves as scientists. Every day, our program is skills-driven, inquiry-based, and hands-on. Class time centers around authentic experiential learning opportunities, where students are encouraged and expected to actively engage in scientific inquiry skills and practice good scientific habits of mind. They are invited to both zoom in to important details and to think big as they take a deeper look at life's mysteries and conundrums. A student's science experience will help her grow as an innovative and globally-minded leader who believes problems have solutions and who understands her actions and choices have impact beyond herself. Throughout her time at Forest Ridge, she will have full exposure to life, physical, and applied sciences. The science curriculum gives students opportunities to individualize their program of study by offering second level courses and electives. This curriculum encourages students to be women who can reason critically based on evidence, approach complex problems with confidence, and make choices based on a deep respect for, and understanding of, natural systems.



Physics I

Required in 9th Grade.

Physics I is an introductory level physics class, with a focus on project-based learning. In the first bin, the course will focus on the study of motion. During the second bin, students will learn how forces affect observable phenomena. The final bin will examine energy, work and power. The course uses projects, demonstrations and problem solving to study the concepts of physics. The hands-on lab activities focus on utilizing the scientific method to create experiments to observe and test new phenomena.

Prerequisite: None

Grade level: 9

Credit earned: 3 bins Science

Biology I

Required

This inquiry-based biology course introduces students to major themes in biology, including homeostasis, evolution, inheritance, and the interdependence of living systems, with an emphasis on real-world connections that are relevant to the students' lives. Classes consist primarily of hands-on labs and activities, case studies, and discussions. In addition to learning the fundamental concepts of biology, students develop problem-solving and critical-thinking skills through planning and carrying out inquiry-driven investigations, analyzing data, and constructing explanations.

Prerequisites: Physics I

Grade level: 10, 11, 12

Credit earned: 3 bins Science

Chemistry I

Required

This required course will cover the basics of chemistry. The students' investigations will include, but not be limited to, the structure of atoms, how they come together to bond, what reactions they undergo, and how to measure quantities in those reactions. The class will involve inquiry lessons, laboratory experiments, readings and homework assignments from the text, and computer simulations. This course is designed to build on the knowledge the students acquired in their physics course and prepare them for their study of biology.

Prerequisite: Physics I and Algebra I

Grade level: 10, 11, 12

Credit earned: 3 bins Science

LEVEL II SCIENCE ELECTIVES

The following science electives are open to all students who meet the prerequisites. Students wishing to earn Level II status on their transcript may do so by successfully completing all three electives in a core discipline (Physics, Biology, or Chemistry) and carrying out a culminating, individual investigation and presenting it at the annual Forest Ridge STEM Fair. Seniors who intend to receive level II status for their courses must commit to completing all three bins in the series along with the independent project; if they drop a course after Mod 3 has started or fail to complete the independent project, they will receive a "W" on their transcripts.

Kinematics (Physics II option)

Note: This course is offered on a rotating basis. It will be offered in the 2024-2025 school year.

This is a rigorous, algebra-based physics class. In this bin, students will focus their work on the study of motion. Advanced topics are covered as time permits. The course uses projects, demonstrations and problem solving to study the concepts of physics. The hands-on lab activities focus on utilizing real time data acquisition probes and sensors and developing skills around error analysis.

This class may be taken as a stand alone or in conjunction with Dynamics, Electricity & Magnetism, and an independent project to receive Physics II credit.

*Prerequisite: Physics I
Grade level: 10, 11, 12
Credit earned: 1 bin Science*

Physics II: Dynamics

Note: This course is offered on a rotating basis. It will be offered in the 2024-2025 school year.

This is a rigorous, algebra-based physics class. In this bin, students will focus their work on the study of forces. Advanced topics are covered as time permits. The course uses projects, demonstrations and problem solving to study the concepts of physics. The hands-on lab activities focus on utilizing real time data acquisition probes and sensors and developing skills around error analysis.

*Prerequisite: Kinematics
Grade level: 10, 11, 12
Credit earned: 1 bin Science*

Electricity & Magnetism

Note: This course is offered on a rotating basis. It will be offered in the 2024-2025 school year.

This is a rigorous, algebra-based physics class. In this bin, students will focus their work on the study of electricity and magnetism. Advanced topics are covered as time permits. The course uses projects, demonstrations and problem solving to study the concepts of physics. The hands-on lab activities focus on utilizing real time data acquisition probes and sensors and developing skills around error analysis.

*Prerequisite: Dynamics
Grade level: 10, 11, 12
Credit earned: 1 bin Science*

Ecology (Biology II option)

Note: This course is offered on a rotating basis. It will be offered in the 2024-2025 school year.

Ecology is the study of interactions between the living and non-living world. Through experiments, case-studies, simulations, and other hands-on activities, students will gain a deeper understanding of the fundamental concepts related to ecological science. Topics will include natural selection, population and community ecology, animal behavior, biodiversity, and sustainability. The course will also explore some of today's major ecological challenges and the important research that is being done to address these concerns. Additionally, they will practice skills necessary for designing and conducting investigations and analyzing the resulting data.

This class may be taken as a stand alone or in conjunction with Biotechnology, Microbiology, and an independent project to receive Biology II credit.

Prerequisite: Biology 1
Grade level: 11, 12
Credit earned: 1 bin Science

Microbiology (Biology II option)

Note: This course is offered on a rotating basis. It will be offered in the 2024-2025 school year.

This course unravels the mysteries of the microscopic world, delving into the intricacies of cells and microbes. Through hands-on activities, engaging projects, and interactive simulations, students learn about the structure and functions of cells, microbial diversity, and the impact of microorganisms on health and the environment. This course fosters a deep understanding of fundamental biological concepts, while encouraging students to appreciate the marvels of the unseen world that plays a vital role in shaping our everyday lives.

This class may be taken as a stand alone or in conjunction with Ecology, Biotechnology, and an independent project to receive Biology II credit.

Prerequisite: Biology 1
Grade level: 11, 12
Credit earned: 1 bin Science

Biotechnology (Biology II option)

Note: This course is offered on a rotating basis. It will be offered in the 2024-2025 school year.

This course builds on students' knowledge of cells, biological molecules, and genetics to explore modern DNA science and laboratory techniques. A primary focus will be on applications of biotechnology in areas such as forensics, medicine, agriculture, and environmental science. Investigations will include identification of genetic elements in commercial foods containing genetically modified organisms (GMOs), introducing a foreign gene into an organism's genome, restriction analysis and PCR on simulated crime scene samples, and analysis of molecular genetic data often found in patient diagnoses of cancer and genetic diseases. The class will also discuss bioethical issues involved in biotechnology applications.

This class may be taken as a stand alone or in conjunction with Ecology, Microbiology, and an independent project to receive Biology II credit.

Prerequisite: Biology 1
Grade level: 11, 12
Credit earned: 1 bin Science

Beautifying Chemistry (Chemistry II option)

This course focuses on bio/organic chemistry and how science, chemistry in particular, is used to create things like soaps, dyes, lotions, etc. We will also consider how chemistry can be used to find the right soaps, shampoo, and other hygiene products for individual skin and hair types (including those of the students themselves!).

This class may be taken as a stand alone or in conjunction with Forensics, Science of Art, and an independent project to receive Chemistry II credit.

Prerequisite: Chemistry I
Grade level: 11, 12
Credit earned: 1 bin Science

Forensics (Chemistry II option)

Using inquiry-based settings, students will apply concepts of chemistry to explore techniques commonly used in solving crimes, including the proper collection, preservation, and laboratory analysis of various samples. This course will rely heavily on scientific reasoning and critical thinking as students evaluate how scientific methods have evolved and interpret their impact on the reliability of forensic evidence.

This class may be taken as a stand alone or in conjunction with Beautifying Chemistry, Science of Art, and an independent project to receive Chemistry II credit.

Prerequisite: Chemistry I
Grade level: 11, 12
Credit earned: 1 bin Science

Science of Art (Chemistry II option)

From ceramics to jewelry making to painting, chemistry is the foundation of all art. This course will explore the intersection of these two disciplines by allowing the students to apply their scientific skills of investigation as they experiment with different art processes to learn the chemistry involved in their production.

This class may be taken as a stand alone or in conjunction with Beautifying Chemistry, Forensics, and an independent project to receive Chemistry II credit.

Prerequisite: Chemistry I
Grade level: 11, 12
Credit earned: 1 bin Science

ADDITIONAL SCIENCE ELECTIVES

Students may choose to supplement their required science sequence with the following elective courses.

Neuroscience

Students will learn about the physiology and anatomy of the brain and the effects of different diseases and substances on it. Additionally focus we be on how we learn and how are brains change over time.

Prerequisite: None
Grade level: 9, 10, 11, 12
Credit earned: 1 bin Science

Growing STEM

Offered during X block. Note: This course is offered on a rotating basis. It will be offered in the 2024-2025 school year.

Students will learn about the designing of a garden. This will include the design, importance of pollinators, companion plants, enriching the soil, fertilizers vs. compost, and what is necessary for the health of the plants.

This will include information about the uses of different plants for medicinal, household, and cosmetic purposes as well as alternative methods for growing plants (such as hydroponics).

Prerequisite: None
Grade level: 9, 10, 11, 12
Credit earned: 0.5 bin Science

Environmental Science

Note: This course is offered on a rotating basis. It will be offered next in the 2025-2026 school year.

Environmental science focuses on the natural state of the environment as well as the impacts of human populations and activities on the natural world. Many of these topics are socially and politically controversial. The goal of this course is to give students the ability to understand the issues facing our species and to think critically and intelligently about the issues involved. Earth is a dynamic, changing planet, and this course will challenge students to think about global change as it impacts environments, economies, and societies. Topics will include human population growth, climate change, water resources, and pollution. Class time will be primarily spent doing hands-on activities, performing experiments, and discussing current events.

Prerequisite: None
Grade level: 10, 11, 12
Credit earned: 1 bin Science

Astronomy

Note: This course is offered on a rotating basis. It will be offered next in the 2025-2026 school year.

This is an opportunity for students to learn the fundamentals of Astronomy. The key units covered will be the night sky, our solar system, stars, galaxies, and the beginning & end fate of the universe. The content covered will be the fundamentals as well as the latest developments in the field. Students will have the opportunity to study an area of interest in depth to complement the content presented in class.

Prerequisite: None
Grade level: 10, 11, 12
Credit earned: 1 bin Science

Current Topics in Science

Offered during X block. Note: This course is offered on a rotating basis. It will be offered next in the 2025-2026 school year.

The goal of this course is to guide students in investigating current topics that are making the news and transforming their daily lives. Students will be given the opportunity to research and experiment with the topics as well as evaluate the techniques and procedures being used in terms of their validity and ethics. As part of this course students will get a chance to reinforce and implement the knowledge of the scientific method, guide them through the process of developing and thoroughly researching a scientific question, and introduce them to common scientific techniques and tools of analysis.

Opportunities will be given to engage in community science projects as well as be exposed to careers in different science disciplines.

Prerequisite: None
Grade level: 10, 11, 12
Credit earned: 1 bin Science

Food Matters

Note: This course is offered on a rotating basis. It will be offered in the 2024-2025 school year.

You are what you eat, right? At a molecular level, this is absolutely true! So, how do the ingredients you put into your foods transform into delicious meals that eventually become part of your skin, bones, blood, and muscles? In this course, students will apply what they have learned in their core science classes as they prepare some of their favorite foods. Working in both the kitchen and science lab, students will investigate the physical and chemical changes that occur to foods when they are whipped, brined, boiled, and baked. Additionally, they will trace how nutrients in food are absorbed and used by our bodies for energy, development, structure, and disease prevention. Finally, they will investigate how their food choices affect the environment and how nurturing a healthy environment ensures a sustainable food system for generations to come.

Prerequisite: None

Grade level: 10,11,12

Credit earned: 1 bin Science

Science Fair Kickstarter

Offered during X block

This course will help students get a head-start on choosing and planning a compelling science fair project for competition in the spring. Students will develop research skills, conduct literature reviews, and master experimental design and methodology. Hands-on experience in data collection and analysis, coupled with project planning and time management strategies, will empower students to confidently navigate the research process. This course also emphasizes effective communication, peer review, collaboration, and ethical considerations in scientific research, ensuring that students not only choose engaging topics but also develop the skills to present their findings with impact and integrity.

Prerequisite: None

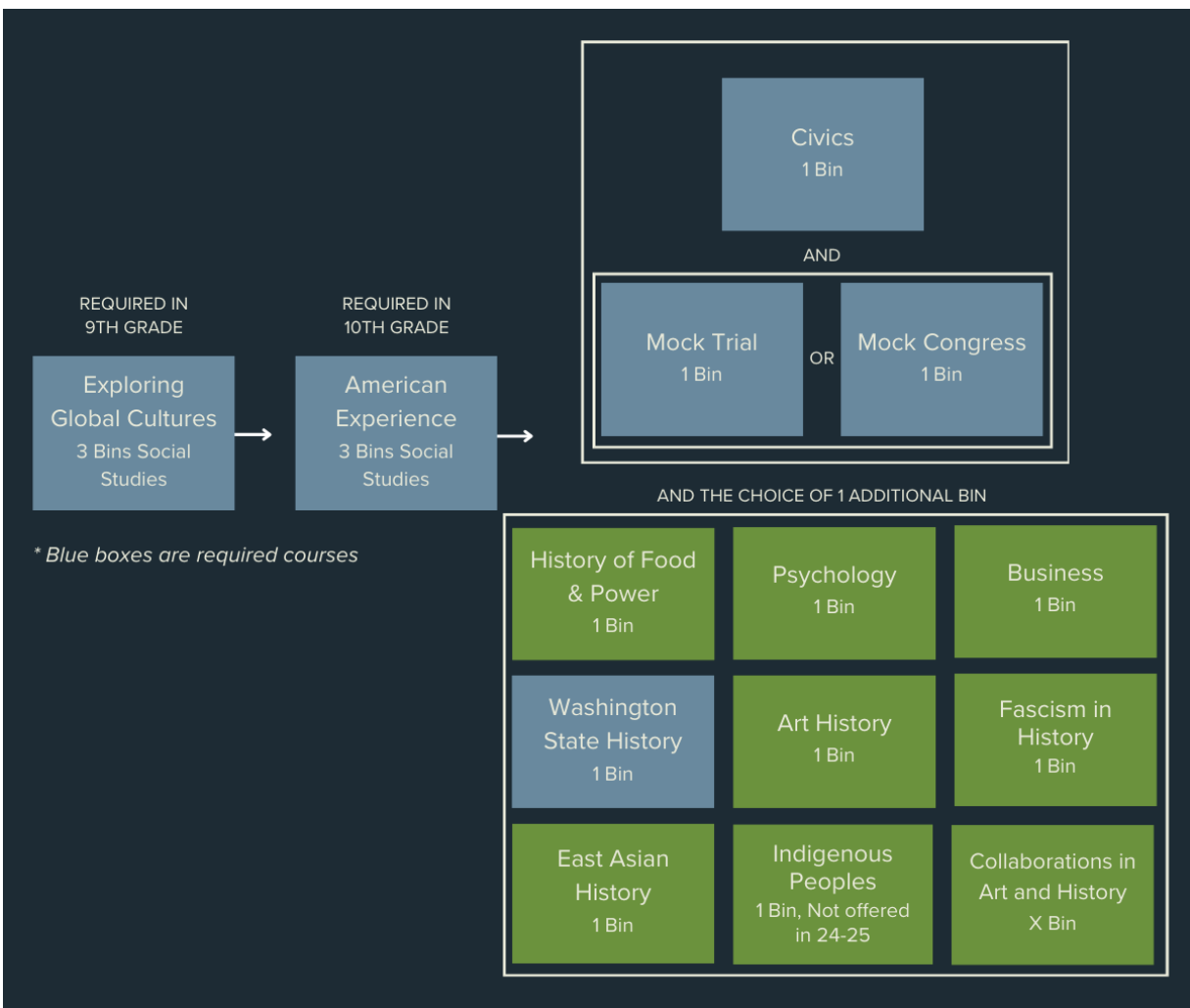
Grade level: 10,11,12

Credit earned: 0.5 bin Science

SOCIAL STUDIES

Graduation requirement: 12 bins through the class of 2026 / 9 bins beginning with the class of 2027

Our goals are to build a historical context for understanding modern issues, to examine the interconnectedness of history, and to become active, informed global citizens. Students will explore the tensions between the wants and needs of individuals and groups, and concepts such as fairness, equity, and social justice. Through active discussion, written communication, and leadership opportunities, students are exposed to varied perspectives and gain confidence to develop and voice their own opinions. In social studies, students at Forest Ridge will participate in discourse that develops an appreciation for United States culture along with an understanding of the broad spectrum of cultures, experiences, and accomplishments that characterize today's world. The department fosters opportunities to contribute to the global community and develop active citizenship. Furthermore, the curriculum is designed to build skills and attitudes that will assist our students in further academic study. These include evaluation of and access to varied sources, constructive discussion and debate, oral presentations, technological competency, analytical writing, and research.



Exploring Global Cultures

Required for 9th graders. Please note that this is an interdisciplinary class that meets during all 6 mods.

This integrated course fulfills both the social studies and Religion requirements for the 9th grade year. Religion and social studies content is fully integrated in all units, which are organized around the themes of colonization, health care, climate change, education, nationalism, and conflict and peace building. Students study world religions as a key component of understanding our global world and developing greater perspective-taking. Skills developed include geography, textual analysis and interpretation, inquiry, discussion, research and writing, and personal reflection. Students engage in case studies, seminar discussions, creative and real-world writing assignments, and Model UN. All 9th grade students take this class together, making it a formative part of the Forest Ridge 9th grade experience.

Prerequisite: None

Grade level: 9

Credit earned: 3 bins Social Studies and 2 bins Religion

The American Experience: United States History and Literature

Required for 10th graders. Please note that this is an interdisciplinary class that meets during all 6 mods.

In this integrated English and Social Studies course, students will explore the diversity of the American people and their patchwork of voices and perspectives through multiple sources and artforms. This course will critically examine the various stories of American identity told in history and literature. We will begin with an exploration of the foundations of the United States; the majority of the course will then investigate the Reconstruction Era through modern day. Students will build habits as independent readers, focusing on comprehension and close reading. Students will further develop their writing skills, with a focus on clarity and well-supported claims. Written work will include in-class writing, primary and secondary source analyses, and a culminating research project. Students will advance their speaking and listening skills through dialogue and presentations.

Prerequisite: None

Grade level: 10

Credit earned: 3 bins English and 3 bins Social Studies

Civics

Required

Students in this course will learn concepts and theories related to United States government and politics with a focus on civic engagement. Through research, discussion, and reading, students will gain a critical understanding of the principles, values, and social structures that shape American political life. Students are challenged to grow as reflective critical thinkers, recognize their own assumptions, and become more engaged citizens. Students will also complete a Civic Action Project, an independent civic engagement project on an area of interest to them.

Prerequisite: None

Grade level: 11, 12

Credit earned: 1 bin Social Studies

Mock Trial

Mock Trial or Mock Congress Required

Explore the intricacies of the legal system and hone your critical thinking skills in this course. Students will delve into the principles of courtroom procedure, evidence presentation, and persuasive argumentation. Through immersive simulations, participants will take on the roles of attorneys and witnesses, learning how to construct compelling cases and articulate their positions. This course offers a dynamic blend of legal theory and practical application, providing a stimulating environment for aspiring legal minds to develop their advocacy skills.

Prerequisite: Concurrent enrollment in Civics

Grade level: 11, 12

Credit earned: 1 bin Social Studies

Mock Congress

Mock Trial or Mock Congress Required

Students in this course will engage in a hands-on exploration of the legislative process, simulating the workings of the United States Congress. Through role-playing as senators, representatives, and committee members, participants will craft and debate legislation, gaining a nuanced understanding of governance and public policy.

This course fosters critical thinking, public speaking, and negotiation skills, empowering students to comprehend the complexities of political decision-making and become informed, articulate advocates for their chosen causes.

Prerequisite: Concurrent enrollment in Civics

Grade level: 11, 12

Credit earned: 1 bin Social Studies

Fascism in History

This course examines the development of fascism in the early 20th Century, with a special focus on the rise and demise of the Nazi Party in Germany. We will examine the changes wrought by the unification of Germany, the significance of WWI and the Paris Peace Conference, the level of democracy in the Weimar Republic, the rise of Nazi Germany and the atrocities of WWII, and the Nuremburg Trials. Students will closely analyze a diverse array of primary sources, videos, and historian interpretations to explore our case study of Germany within the historical context of local and global events. The course will also aim to analyze the legacy of fascism by looking at current events. Assessments will include student-driven research, analytical essays, presentations, and seminars. In alignment with our Sacred Heart goals, the course promotes students' historical understanding and critical thinking while also considering how choices in history and today can impact the building of compassionate community and a healthy democracy.

Prerequisite: None

Grade level: 11, 12

Credit earned: 1 bin Social Studies

Collaborations in Art and History

Join this fun class where we will study the history of creative collaboration and team up with classmates to build group produced works of art. In this Art/Social Studies joint class we will practice partnership building skills, while working in the mediums of drawing, painting, papercutting, and sculpture.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 1 bin Fine Arts or 1 bin Social Studies

Business

This is a comprehensive overview curriculum, studying the main components of the domestic and global business world and business functions such as Human Resources, Finance, Marketing and Operations. Students will learn basic economic micro and macro principles and real-world skills such as structuring a problem, negotiating, and people and project management. A personal finance unit, including a simulated stock market challenge, is included in the course.

Prerequisite: None

Grade level: 11, 12

Credit earned: 1 bin Social Studies

Introduction to Psychology

Psychology is the study of how we think, feel, and behave. This course is designed to give students an introduction to this subject by examining the major psychological perspectives including behavioral, cognitive, and social-cultural. Cognition, perception, learning, human development, motivation, and personality are some of the topics of the class. Through reading, demonstration and research, students will gain a better understanding of who they

are and how they function as humans. They will also use their own lives as a practice field for applying the concepts.

Prerequisite: None
Grade level: 10, 11, 12
Credit earned: 1 bin Social Studies

Art History

Note: This course is offered in alternate years. It will be offered in the 2024-2025 school year.

This course is designed to support students in their discovery and appreciation of art history. They will learn to identify and critically analyze major forms of artistic expression from diverse cultures. They will examine what art can reveal about a society. Students write about art using specialized vocabulary to describe and critically analyze the work. A variety of art media and styles will be studied as the students look at architecture, painting, and sculpture. This class will give students the opportunity to use their prior knowledge of history, geography, politics, religion, languages, literature, and the visual arts. This course will be taught through a combination of materials such as selected readings, visual presentations, educational videos, and a museum visit. Students take leadership in explorations of assigned content, current events and topics of student choice.

Prerequisite: None
Grade level: 11, 12
Credit earned: 1 bin Social Studies

Indigenous Peoples

Note: This course is offered in alternate years. It will be offered again in the 2025-2026 school year.

Indigenous voices are present across our world, both historically and today. This course is part of our commitment to centering those voices that have been historically marginalized and oppressed. Students explore the past and present of indigenous peoples through a social justice lens, challenging Western concepts of "knowledge," "history," and "religion." Students will study communities around the globe, as well as those living and fighting for recognition in our own nation and region.

Themes of origin, spirituality, language, legal structures, resistance, and reparations guide our inquiry, and students investigate personal and institutional opportunities for reconciliation today.

Prerequisite: None
Grade level: 11, 12
Credit earned: 1 bin Social Studies

East Asian History, 1500-1945

This course is a broad survey of the rich and complex history of East Asia from 1500 up until the end of WWII. It begins by evaluating the term "Asia" and the challenges involved in defining this region. The class will then turn to a chronological organization of the region's history since 1500, examining various significant turning points for different political systems of East Asia up until the end of WWII in 1945. Along the way we will examine the extent to which imperialism, modernization, nationalism, and migration impacted the lives of different states and groups of people. Specific turning points that will be examined include: the advancement of global trade networks and centralization of East Asian societies; the impact of European colonialism; the rise of the Japanese Empire; the contest for China between the Nationalist and Communist parties; and the atrocities of WWII and the Tokyo

Trials. Students will engage closely with an array of primary and secondary sources, weigh multiple perspectives, and develop their own evidence-based arguments in research and writing assignments, as well as class discussions.

Prerequisite: None

Grade level: 11, 12

Credit earned: 1 bin Social Studies

The History of Food & Power

Note: This course is offered in alternate years. It will be offered again in the 2025-2026 school year.

This course examines how power dynamics have determined both who feeds societies and how food has been produced, distributed, and consumed. The course begins with an examination of world trade systems during the 16th-19th centuries, when the development of new colonial powers caused vast societal and environmental changes in cuisines and labor systems across the world. In the next unit, students investigate how “American” food has been shaped by immigration and self-determination, using case studies of Chinese-American cuisine and soul food. Lastly, students investigate the union organizing of the United Farmworker’s Movement in the 1960s in order to evaluate the methods of the labor movement in California and its allies in the Pacific Northwest. Students will analyze a diverse set of artifacts and sources for the course, with significant research and writing assignments. The course also immerses students into local history by our relationship with the education department of the Wing Luke Museum, which aids in the invitation of guest speakers and/or educational neighborhood food tours. It also enables students to get a food worker’s card through the King County Public Health department that will allow them to engage in hands-on cooking experiences in our FRidge. Students will be taught recipe research and preparation techniques of culturally significant foods directly by FRidge Chefs. Recipes will be tasted and discussed after each kitchen class as an opportunity to synthesize their learning.

Prerequisite: None

Grade level: 11, 12

Credit earned: 1 bin Social Studies

TECHNOLOGY

Graduation requirement: 1 bin through the class of 2026

At Forest Ridge we believe that every student can competently, confidently, and ethically use and innovate with technology. The Technology Department offers courses for all students to develop competencies in computational thinking and in using common software applications, as well as courses for developing a deeper knowledge of computer science and emerging technologies. The Department also advises on the development of technology-rich curriculum across the academic program.

Introduction to Computer Science

Note: This course is offered on a rotating basis. It will be offered next in the 2025-2026 school year.

The course covers a variety of computer science concepts and tools and explores current computer science issues. Students will learn about computational thinking while learning how to design and create apps. The class will also discuss topics such as artificial intelligence, virtual/augmented reality, and cybersecurity.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 1 bin Technology

Computer Programming

Note: This course is offered on a rotating basis. It will be offered next in the 2025-2026 school year.

Using the development of video games, students learn the basic concepts of programming and the fundamentals of Java programming language. Game topics covered include user control, decision-making, graphics, sound, character artificial intelligence, and animation. Students develop problem solving and logical thinking skills through object-oriented programming and algorithm design.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 1 bin Technology

Digital Media Studio

This course is graded on a pass/fail scale and is not calculated into a student's GPA.

This introductory course is designed for students to explore the capabilities of our Digital Media Lab. Participants will be learning to use the various software and hardware resources that comprise our Digital Media Lab. Hardware devices include the Microsoft Surface Studios, Z-space 3-D computer, External Touchscreen devices, Podcasting equipment, and our AR/VR devices. Software resources will include Microsoft Office Suite, Adobe Creative Cloud, Fresh Paint, Meta Quest, HTC Viveport, Sketchable and Sketchup.

This program is designed to blend artistic and technology skills which culminate in multiple projects across the devices and software. Self-direction and creativity are key components for success in this exploratory class. Due to the restrictions in the number of devices available, the maximum class size is 6 students per offering.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 0.5 bin Technology

Introduction to Engineering

This science and technology course is an exploration into the exciting world of engineering. Through hands-on projects and engaging lessons, students will delve into the fundamental principles of engineering, honing their problem-solving skills and collaborative teamwork. From conceptualizing and building prototypes to tackling real-world challenges, students will push the boundaries of innovation and imagination.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 1 bin Technology or Science

Yearbook

Offered during X bin. This course is graded on a pass/fail scale and is not calculated into a student's GPA.

This course is for students who are interested in working on the school's yearbook. Yearbook staff works as a team in all endeavors to meet page requirements and deadlines set by the publishing company. Lead editor opportunities are available to qualified students. Students will enhance their technical skills using the publisher's eDesign program, writing engaging descriptions, and taking photographs. This opportunity is especially helpful for students interested in pursuing journalism, graphic design, or communications.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 0.5-1 bin Technology

Technology Internship

Offered during X bin / Application required. Students are required to apply for this internship. If interested, please contact Ms. Rahmig. This course is graded on a pass/fail scale and is not calculated into a student's GPA.

Technology Interns will learn about computer systems and networks by supporting the Help Desk, mentoring their peers, and completing occasional independent assignments.

Prerequisite: None

Grade Level: 11, 12

Credit earned: 0.5 bin Technology

Social Media Foundations: A Course in Digital Strategy and Content Creation

Offered during X bin. This course is graded on a pass/fail scale and is not calculated into a student's GPA.

This hands-on course will cover the foundations of branding, social media strategy and analytics, as well as the keys to effective digital content creation. Using these skills, students will become their own content creators as they build a case study of Forest Ridge social media, including selection of a social media platform based on their desired audience and creation of a portfolio of branded content that will appeal to and inspire their selected audience.

Students who participate in this course are eligible to apply for a Marketing and Communications internship.

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 0.5 bin Technology

SEMINAR COURSES

Presenting with Confidence: Speech 1

Required in 9th grade. Offered during X bin. This course is graded on a pass/fail scale and is not calculated into a student's GPA.

Students will learn critical skills in communication that will make their presentations engaging, attractive, and actionable. Students will examine speeches and media to understand how they influence their audience. A mix of historical examples and everyday situations will allow students to consider how messages influence people. Students will learn to use these strategies to persuade their own audiences with confidence and courage.

*Prerequisite: None
Grade level: 9
Credit earned: 0.5 bins Seminar*

9th Grade Seminar

Required in 9th grade / meets every other Friday during Exploring Global Cultures

The 9th grade seminar program concentrates on the development of the whole self with a focus on academic tools to set up students for success such as study and research skills and time management, as well as topics on relationship building, identity development, cultural competency, spiritual formation, communication, wellness skills, and digital citizenship and literacy. These classes provide students with the assistance and skills needed with the transition to Upper School. This course is graded on a pass/fail scale and is not calculated into a student's GPA.

*Prerequisite: None
Grade level: 9
Credit earned: 0.5 bins Seminar*

Advanced Integrated Seminar (AIS)

Required for all students beginning with the Class of 2027. This course is graded on a pass/fail scale and is not calculated into a student's GPA.

Advanced Integrated Seminar (AIS) is a unique opportunity for students in their senior year to explore a topic of interest beyond the classroom. 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. This experience is designed to encourage students to think critically and creatively, solve problems, and develop skills of public speaking, research, media literacy, planning, self-sufficiency, and goal setting: skills that will help prepare students for college careers and adult life. This self-directed experience requires an extended process of inquiry that is interdisciplinary and may include community service, a mentorship or an internship component. Guidance is provided by a faculty advisor and an optional mentor with knowledge or expertise in the chosen topic area.

*Prerequisite: Proposal submission (spring of junior year)
Grade level: 12
Credit earned: 2 bins Seminar*

GENERAL ELECTIVES

The Art of Nails

Offered during X bin. This course is graded on a pass/fail scale and is not calculated into a student's GPA.

In this course, students will be able to explore the newest and most popular trend art trend: nail art! This class will go over the basics of nail art, from how to paint nails all the way to properly applying press on nails. Students with all levels of experience are welcome to join. Students will also not be expected to wear the nails themselves, so if students don't feel comfortable with nails but want to try out making press-ons, this will still be a great opportunity for them.

*Prerequisite: None
Grade level: 9, 10, 11, 12
Credit earned: 0.5 bin Elective*

College Workshop

Offered during X bin / Required in 11th and 12th grades. This course is graded on a pass/fail scale and is not calculated into a student's GPA.

Led by the Forest Ridge College Counselor, seniors will work on college applications in the fall, and juniors will begin their college search and essay writing in the spring.

*Prerequisite: None
Grade level: 11, 12
Credit earned: 0.25 bin Elective*

Financial Literacy

Offered during X bin. This course is graded on a pass/fail scale and is not calculated into a student's GPA.

This course is designed to equip seniors with essential life skills for financial success beyond graduation. Students will explore practical topics such as budgeting, smart spending, preparing taxes, and building credit.

*Prerequisite: None
Grade level: 11, 12
Credit earned: 0.25 bin Elective*