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## Mission Statement

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

## Our Core Values

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

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

## Accreditation/Membership

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

## Curriculum

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

With a goal of promoting genuine engagement, deep learning, and student agency, we do not offer a standardized curricula and have removed the “honors,” AP, and IB designations from our courses. We have committed to a curriculum through which each student is encouraged daily to take on challenges and to demonstrate skills and understanding at a high level in all her academic work, and not to avoid subjects in which she may need more support.

## The MOD Schedule

We have adopted [The MOD schedule](#) beginning in Fall 2024 whereby the academic year is divided into six mods, each lasting approximately six weeks. Each class meets daily, with three 90-minute classes and one 45-minute class each day, allowing students to benefit from 12% more instructional time than our previous semester-based schedule. Our innovative schedule gives students time for hands-on, interdisciplinary learning and experimental labs, active engagement, collaboration, and problem-solving.

## Endorsement Pathways

This optional two-year program allows students to deepen their learning in a specialized area of interest. Each [Endorsement Pathway](#) consists of a series of content-related courses and learning experiences that provide students with in-depth knowledge in one of three areas: Global Citizenship, The Arts, and STEM. Each pathway includes cultural competence, specific coursework, leadership, presentations, outside experience, service and a final portfolio.

## Course Selection

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

8 semesters English, religious studies & social studies | 6 semesters math and science  
4 semesters art & physical education | 1 semester of technology

The highest math, science & international language courses offered in 2024-25 are:

Biology II Calculus II French V Mandarin III Physics II Spanish V

## Advanced Integrated Studies (AIS)

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

## Innovative Programs

- US and International exchange programs offered through the global Sacred Heart Network.
- Beginning in 2022, students are required to participate in Immersive (formerly Interim)—a weeklong experience focusing on one integrated, global course or experience that covered topics not traditionally taught in high school.
- 1997: Forest Ridge became one of two school in the US to pilot the 1:1 Laptop Program.

SAT Averages Class of 2025 29 Tested		
Subject	Mid 50%	Mean
EBRW	550-710	622
Mathematics	475-690	591
Total	1035-1415	1214

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

**Cumulative GPA for the Class of 2025 at the end of junior year\*:**

Highest Cumulative GPA: 4.0 Median GPA: 3.61 Lowest GPA: 2.64

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

**Demographics**

- 225 students
- 69% students of color
- 31% Catholic
- 32% receive financial assistance and scholarship
- Average class size: 14
- 31 students in the senior class
- 12 international students

**Faculty**

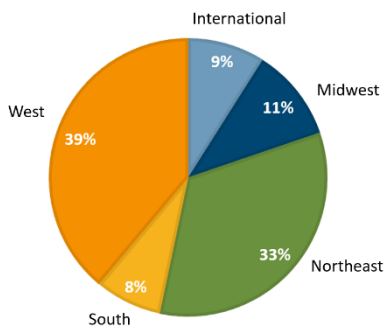
- 40 middle school & upper school faculty members
- 78% have advanced degrees
- Student/faculty ratio: 7:1

**College Statistics**

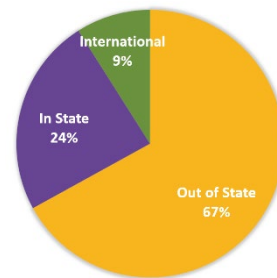
Forest Ridge has a long-standing tradition of sending 100% of its graduates to college. Our college counselor provides personal guidance and selection advice to every student. The Class of 2024 applied to 125 colleges in 32 states and four countries.

Historical Data Early Action & Early Decision					
% of students applied	2020	2021	2022	2023	2024
Early Action	74%	70%	64%	75%	91%
Early Decision	43%	41%	36%	50%	39%

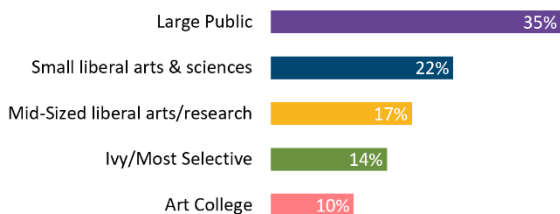
**2024 Apps by Region**



**2024 College Matriculation**



**Types of Colleges Class of 2024 Applied To**



**2024 Matriculation by Region**

