

NETWORK OF SACRED HEART SCHOOLS

Academy of the Sacred Heart
St. Charles, Missouri

Academy of the Sacred Heart
New Orleans, Louisiana

Academy of the Sacred Heart
Bloomfield Hills, Michigan

**Carrollton School of the
Sacred Heart**
Miami, Florida

Convent of the Sacred Heart
New York, New York

**Convent & Stuart Hall
Schools of the Sacred Heart**
San Francisco, California

**Duchesne Academy of the
Sacred Heart**
Houston, Texas

**Duchesne Academy of the
Sacred Heart**
Omaha, Nebraska

**Forest Ridge School of the
Sacred Heart**
Bellevue, Washington

Josephinum Academy
Chicago, Illinois

**Newton Country Day School of the
Sacred Heart**
Newton, Massachusetts

**Princeton Academy of the
Sacred Heart**
Princeton, New Jersey

Sacred Heart Academy Bryn Mawr
Bryn Mawr, Pennsylvania

Sacred Heart Greenwich
Greenwich, Connecticut

Sacred Heart School of Halifax
Halifax, NS

Sacred Heart School of Montreal
Montreal, QC

Sacred Heart Schools
Atherton, California

Saint Philomena School
Portsmouth, Rhode Island

Schools of the Sacred Heart
Chicago, Illinois

Schools of the Sacred Heart
Grand Coteau, Louisiana

**Stone Ridge School of the
Sacred Heart**
Bethesda, Maryland

**Stuart Country Day School of the
Sacred Heart**
Princeton, New Jersey

The Regis School of the Sacred Heart
Houston, Texas

Villa Duchesne School of the Sacred Heart
St. Louis, Missouri

**Woodlands Academy of the
Sacred Heart**
Lake Forest, Illinois

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FACULTY PROFILE

- 40 full-time teachers
- 6 support staff/administrators
- 3 part-time teachers
- 44 master's degrees
- 2 doctoral degrees
- 1 Ed.D
- Student to faculty ratio: 9 to 1

ENROLLMENT

- Total student body: 313
- *Self-identification of race/ethnicity*
- 10% Hispanic or Latina
- 7.5% Black or African American
- 8% Asian
- 1.5% Native American
- 73% Caucasian
- 55% of students receive some form of financial aid

PORTRAIT OF A GRADUATE

Discerning:
Duchesne graduates aim to be attuned to God's presence, practicing self-reflection and acting with purpose from a strong moral compass for courageous decisions.

Inquisitive:
Duchesne graduates seek lifelong learning, possessing skills in analysis, critical thinking, and problem-solving to understand contemporary issues and build God's kingdom on Earth with imagination.

Kind:
Duchesne graduates value civil discourse, respecting the dignity of those they disagree with and facing challenges with courage and grace.

Empathetic:
Duchesne graduates strive for compassion, inspired by Catholic Social Teaching, and work toward human rights and protecting creation.

Authentic:
Duchesne graduates aim to remain true to their principles and values while recognizing cultural differences, understanding all are created in God's image and are brothers and sisters in Christ.

SCHOOL & PHILOSOPHY

Founded in 1881, Duchesne Academy of the Sacred Heart is a Catholic, independent, college-preparatory school dedicated to providing young women with a rigorous and supportive atmosphere in which to best develop their moral, spiritual, and intellectual lives. It is one of 25 institutions comprising the Network of Sacred Heart Schools in the United States and Canada. Schools of the Sacred Heart commit to educate to:

- 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

COMMUNITY SERVICE

Goals

- Contemplate civic responsibility
- Deal realistically with personal gifts and limitations
- Analyze injustice
- Embrace a life-long commitment to service
- Model the teachings of Christ in the broader community

8,678

service hours in 2023-2024

Service Requirements

Freshmen, sophomores, and juniors complete 45 hours for graduation. Seniors complete an additional two-week, full-time service experience at one local community partner (approximately 60 hours).

SPECIAL AWARDS

Barat Service recognizes students who have made service a part of their lives and have generously shared time and talent.

Très Bien recognizes students who raise their averages in a class at least five points, while maintaining all other class averages.

Mes Amis recognizes students who continually reach out to others in their class and in the school community. As a result, their efforts strengthen Duchesne Academy.

ACADEMIC ACHIEVEMENTS

PRIZE is awarded to the student(s) in an individual class who has the highest yearly average (with a minimum of 90%).

DISTINCTION is awarded to the student(s) with the next highest average in an individual class.

RECOGNITION is awarded to the student(s) who might not have the highest average but consistently worked hard.

ATHLETICS

Duchesne competes in Class B as a member of the River Cities Conference in 11 NSAA sponsored activities. We also offer six club sports. 77% of students participate in at least one sport. 39% of students participate in at least two sports.

Fall:	Winter:	Spring:	Club Sports:
Cross Country	Basketball	Soccer	Archery
Golf	Swimming	Tennis	Cheerleading
Softball	Diving	Track & Field	Dance Team
Volleyball	Bowling		Esports
			Lacrosse
			Trap Shooting

ACADEMIC PROFILE

GRADUATION REQUIREMENTS

A minimum of **26.0** credits are required for graduation, which must include:

English 4.0	Fine Arts 2.0
Math 4.0	IT .25
Theology 4.0	International Language 2.0
Science 4.0*	P.E. 2.0
Social Studies 4.0	

*Biology + Chemistry + Physics + 1 credit Science or IT

ADVANCED PLACEMENT (AP) COURSES

- African American History
- American Government
- Calculus
- Chemistry*
- Computer Science A
- Computer Science Principles
- English Literature
- European History
- Physics*
- Psychology*
- Spanish
- Statistics
- Studio Art
- US History

* Offered every other year

HONORS COURSES

- Algebra II
- American Lit III
- Art History*
- Biology
- Biomedical Physiology
- Calculus III
- Chemistry
- Child Development*
- Cold War and the 21st Century*
- International Relations*
- Economics
- Freshman Literature*
- Geometry
- Physics
- Pre-Calculus
- Research Methodology
- Sophomore Literature*
- Spanish IV
- World Cultures*

*New courses

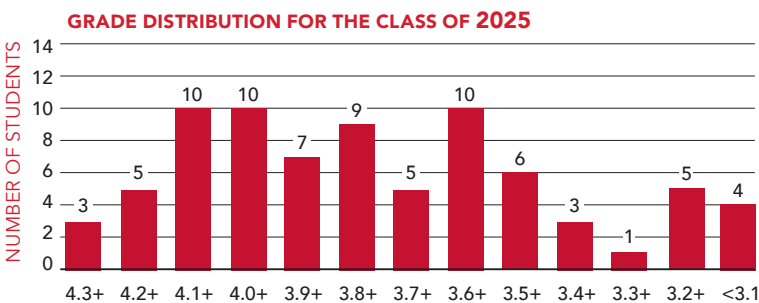
DUAL ENROLLMENT

Students may earn college credit for:

- AP Calculus** through Creighton University
- AP Physics** through the University of Nebraska Omaha
- AP US History, World Religions, Spanish IV, Catholic Social Teaching, and Honors Biomedical Physiology** through Nebraska Wesleyan University

GRADE CONVERSION CHART

Beginning with the 2022-2023 school year, Duchesne adopted a new grading scale. Cumulative GPA is calculated and reported using a 4.0 scale, instead of the former 100-point scale. All honors courses receive an added 0.5 GPA point; all AP courses receive an added 1.0 GPA point which is averaged into the cumulative GPA. Course grades reported on the transcript are not weighted.



Letter grade	100pt Scale	Regular scale	Honors scale	A.P. scale
A	94-100	4.0	4.5	5.0
A-	90-93	3.8	4.3	4.8
B+	87-89	3.4	3.9	4.4
B	84-86	3.1	3.6	4.1
B-	80-83	2.8	3.3	3.8
C+	77-79	2.4	2.9	3.4
C	74-76	2.1	2.6	3.1
C-	70-73	1.8	2.3	2.8
D+	67-69	1.4	1.9	2.4
D	65-66	1.1	1.6	2.1
F	>64.5	0.0	0.0	0.0

AP/HONORS COURSE PARTICIPATION

for the 2024-2025 School Year

115 students taking one or more AP course(s)

229 students taking one or more honors course(s)

In the interest of promoting personal health and wellness, school policy limits the number of AP Classes to 4 for all juniors and seniors unless the student receives administrative approval.

ADVANCED PLACEMENT RESULTS 2024

58 students took at least one AP test

95% of students scored a 3 or higher

ACT Scores for the Class of 2025 (as of July 2024)

Subject	Mean	Mid 50%-ile
English	26	23-32
Math	24	20-24
Reading	29	25-35
Science	26	23-30
Composite	26	23-29

Cumulative GPA for the Class of 2025 (end of junior year)

Mean	Median
3.78	3.849

PLACEMENT IN CLASS

Duchesne only admits students able to do college-preparatory work and because classes are small, there is generally a small range in students' grade averages.

Duchesne does not report student rank.

AT A GLANCE: DUCHESNE INITIATIVES

SUSTAINABILITY

- 2020 US Department of Energy Green Ribbon School
- Goal to become zero waste by 2030 and net zero carbon emissions by 2045
- First school in Omaha to implement composting program
- 50 MWh of clean energy generated from on-campus solar array since 2019
- School currently diverts 82% of its waste from the landfill
- Campus garden for education purposes and food production

INTERNATIONAL EDUCATION + SERVICE

Duchesne, part of a global school network with 150+ campuses across six continents, provides international exchange opportunities for Sacred Heart Students. Students can apply for two to four-week exchanges at other Sacred Heart schools worldwide. These exchanges are available between junior and senior year during the summer.

Each year, Duchesne hosts Sacred Heart students from different countries, nurturing lasting international friendships. The school also organizes service trips during the academic year and summer, blending education, real-world experience, and travel.

GLOBAL CITIZENSHIP CERTIFICATE

Students explore the complexities of the world, historical connections, and current issues: political, environmental, spiritual, and economic. Students must declare this track at the end of their freshman year (in the 2023-2024 academic year, sophomores were also invited to apply), and must remain on this track through graduation, with the successful completion of all requirements.

GCC TRACK FEATURES:

- Field trips within the Omaha area
- Service hours in direct contact with refugee groups and other cross-cultural organizations.
- Engagement in a cultural immersion experiences which can include domestic or international exchanges
- Virtual exchanges with other Sacred Heart students around the world.

DURHAM MUSEUM INTERNSHIP PROGRAM

Juniors and seniors may apply for this opportunity to explore the behind-the-scenes operations of Omaha's Durham Museum. Students work with Durham's extensive collections, photo archiving, conducting research, and assisting with curating new exhibits.

ZOO ACADEMY

Omaha Henry Doorly Zoo Academy offers a half day at Henry Doorly Zoo, either morning or afternoon, in two curricular experiences: Conservation and Animal Science. Credits and grades earned in Zoo Academy count towards graduation requirements for Duchesne. This opportunity is open to juniors and seniors. Students apply during their sophomore year.

50+ CLUBS, INCLUDING:

Academic Decathlon	Caring for Africa	Healthy and Positive Environments (HOPE)	Mock Trial National Honor Society	Robotics Science Bowl	Student Ambassadors
All Writes Reserved	Chess	ILAC	National Spanish Honors Society	Green Ribbon Social Media/Marketing Sodality/CLC	Student Athletic Leadership Team (SALT)
Anime Archery	Cor Unum DASH Diversity	Ice cream International Foods	Operation Others	Spanish Speaking	Swifties
Art	Dungeon and Dragons	Korean Culture	Peer Facilitators	Speech	Thespians UNICEF
Bee	Fashion	Liturgical Choir	Pickleball	Sports	Young Medicine (YOSA)
Bell Choir	Feminist	Math	Political Topics	Sports and Spirit	Weight Lifting
Board Games	Flag Football			Sustainability	
Book	For-Life				
Campus Ministry	French				

INTERNATIONAL EXCHANGE



students have many opportunities for international travel:

- BRISBANE, AUSTRALIA
- MELBOURNE, AUSTRALIA
- MADRID, SPAIN
- AMIENS, FRANCE
- VIENNA, AUSTRIA
- TAIPEI, TAIWAN

SERVICE/JUSTICE TRIPS

- Dominican Republic
- Uganda
- Spain
- New Orleans, LA
- Washington DC
- St. Augustine Indian Mission, Winnebago

STEAM & TECHNOLOGY

Through Duchesne's courses, students develop skills including intellectual, artistic, communication, and leadership skills, to solve global and humanitarian challenges that face the world. STEAM cultivates inquiry, design skills, and creativity through hands-on learning.

CLASSES INCLUDE:

STEAM Academy, Digital Photography, Journalism, Yearbook, Interior Design, AP Computer Science A, AP Computer Science Principles, Digital Citizenship, Programming in Python, Robotics, and Participation in Metro Science + Engineering Fair.

DIGITAL CITIZENSHIP:

All freshmen take a semester-long Digital Citizenship course covering topics such as cybersecurity, programming, the impact of computing on society, managing digital footprints, and using technology to solve problems and build tools.

STEAM ACADEMY

- Business community partnerships
- Internship opportunities
- Participation in Omaha Fashion Week

PROGRAMS/EQUIPMENT

Glowforge, laser cutters, 3D printers, Adobe Creative Cloud, FinalCut Pro, Digital Sewing, VR sets, drones.

4 Year Computer Science pathway

“Your example, even more than your words, will be an eloquent lesson to the world”

— Saint Madeleine Sophie Barat

COLLEGE MATRICULATION

From 2021-2024, Duchesne Academy graduates matriculated to the following colleges and universities:

American University
Arizona State University
Augsburg University
Augustana University
Ave Maria University
Ball State University
Baylor University
Bellarmine University
Belmont University
Benedictine College
Benedictine University
Boston University
Brown University
Buena Vista University
California College of the Arts
Carnegie Mellon University
Chapman University
Coe College
Colgate University
College of Saint Benedict
College of Saint Mary
College of the Atlantic
College of the Holy Cross
Colorado College
Colorado School of Mines
Colorado State University
Colorado State University-Fort Collins
Columbia College-Chicago
Columbia University-New York
Cornell University
Creighton University
Culinary Institute of America
Dartmouth College
DePaul University
DePauw University
Dominican University
Dordt University
Drake University
Fashion Institute of Technology
Florida Institute of Technology
Florida State University
Flagler College
Fordham University
George Washington University
Georgetown University
Gonzaga University
Grand Canyon University
Gustavus Adolphus College
Hillsdale College
Indiana University-Bloomington
Iowa State University
Ithaca College
Johns Hopkins University
Kansas State University
Kean University
Loyola Marymount University
Loyola University-Chicago
Loyola University-New Orleans
Macalester College
Marquette University
Metropolitan Community College
Miami University-Oxford
Midland University
Mount Marty University
Nebraska Methodist College
Nebraska Wesleyan University
New York University
New York University-Abu Dhabi
Northeastern University
Northwest Missouri State University
Northwestern University
Occidental College
Oklahoma State University
Olivet Nazarene University
Regis University
Rhodes College
Rockhurst University
Saint Louis University
Saint Mary's College
Saint Mary's College of California
Saint Mary's University of Minnesota
Salve Regina University
San Diego State University
Santa Clara University
Savannah College of Art and Design
Seattle University
Seton Hall University
South Dakota School of Mines and Technology
South Dakota State University
Southern Methodist University
Spring Hill College
St. Ambrose University
St. Catherine University
St. John's University-New York
St. Lawrence University
St. Olaf College
Stanford University
Stephens College
Suffolk University
Texas Christian University
Truman State University
Tulane University of Louisiana
University of Alabama
University of Arizona
University of California-Irvine
University of California-Los Angeles
University of Central Florida
University of Chicago
University of Dallas
University of Denver
University of Iowa
University of Kansas
University of Limerick-Ireland
University of Mississippi
University of Missouri-Columbia
University of Missouri-Kansas City
University of Nebraska-Lincoln
University of Nebraska-Omaha
University of Northern Iowa
University of Notre Dame
University of Oregon
University of San Diego
University of San Francisco
University of Sioux Falls
University of South Carolina
University of South Dakota
University of Southern California
University of St. Thomas
University of Tulsa
University of Wisconsin-Madison
Vanderbilt University
Virginia Polytechnic Institute and State University
Washington University in St. Louis
Wayne State College
Western Michigan University
Whitworth University
Xavier University
Yale University