



2025-2026 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 Studies (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 studies.

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	10 bins
Religion	10 bins required through the 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 Studies	3 bins (beginning with the class of 2027)
Immersive Elective	1 course per 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 third day of the mod. 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 and cumulative final or do not pass the final with a 63%, 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 AIS after the drop/add period in their first mod of the class will receive a "W" on their transcripts. Students who drop the class after the second mod of their AIS class 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 the cost of the course.
- Students cannot be scheduled into a class that is necessary for graduation credit. Forest Ridge assumes the 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

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 STUDIES CAPSTONE

Advanced Integrated Studies (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

Forest Ridge Endorsements encompass a curated sequence of courses and activities, thoughtfully organized by thematic interest. These programs offer students an immersive and rigorous exploration in one of three distinguished fields: Global Citizenship, The Arts, and STEM. Completing an Endorsement often demands substantial engagement beyond the classroom, requiring dedication to independent study, extracurricular projects, and meaningful contributions to the broader community.

Students who aspire to pursue an Endorsement must demonstrate initiative, time management skills, and the confidence to articulate their insights publicly. The application process begins in the spring of sophomore year, and selected students will engage in their chosen field throughout their junior and senior years. Upon successful completion, the Endorsement designation will be formally noted on the student's transcript and highlighted in the school's official letter of recommendation for college admissions.

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.

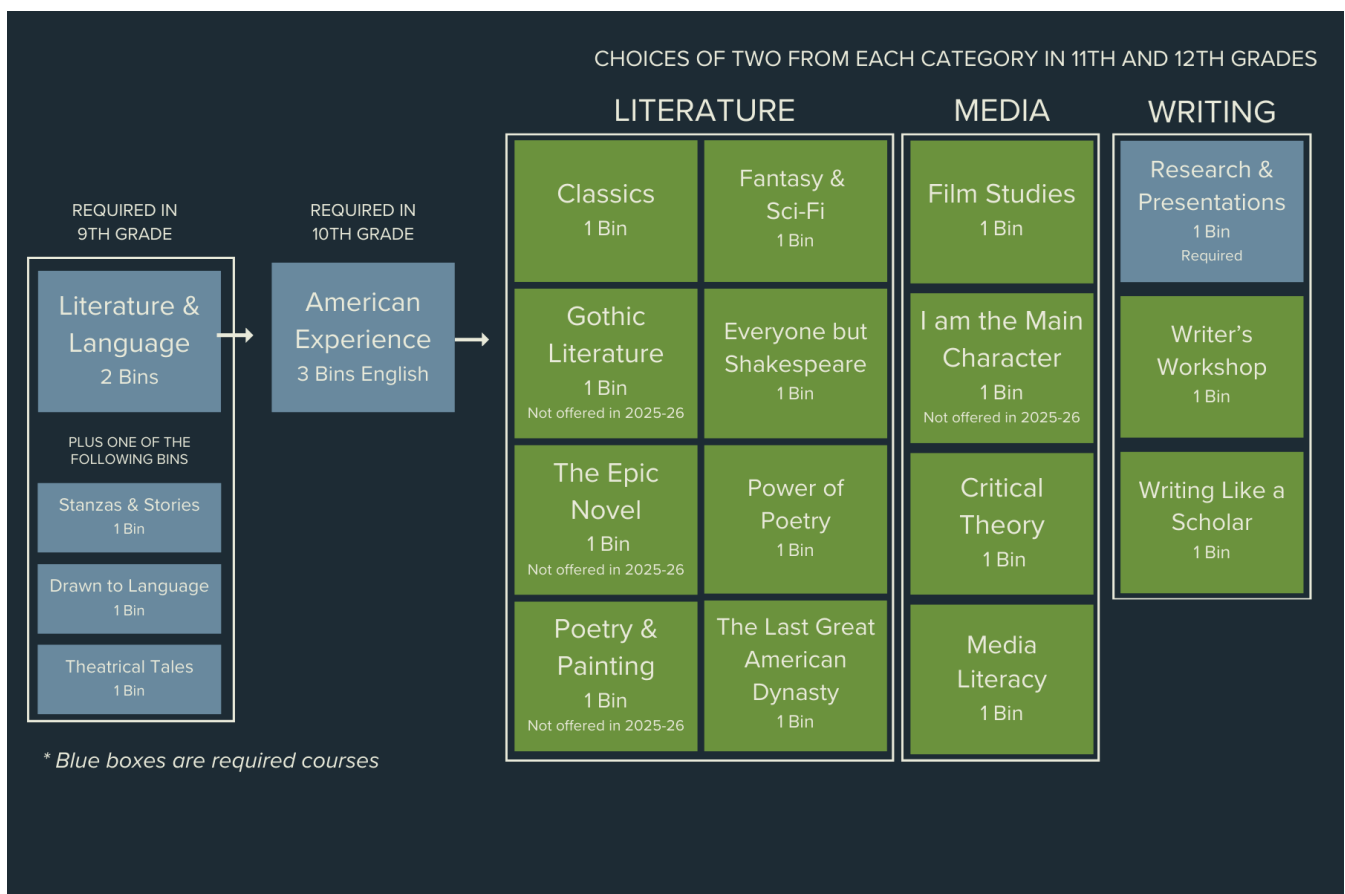
COURSE OFFERINGS BY DEPARTMENT

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.

Bins 1 and 2 of English for 9th graders provide the foundation for success in reading, writing, speaking, and listening at the secondary and post-secondary levels. Students will continue to develop the language and attitudes by which scholars analyze literature, including familiarity with literary elements and devices, and practice reading comprehension at increasing levels of text complexity. Students will build their confidence as speakers and listeners through a variety of discussion formats, including informal small-group discussions and formally assessed seminars. Writing instruction will focus on the academic argument writing skills students will need for more advanced study in the discipline with particular attention paid to structure, organization, and use of evidence to support claims. In every bin of English, students will be expected to do some amount of reading and annotating outside of class time, to engage in class discussions and activities, and to write in a variety of time frames, including on-demand and extended process essays.

In Bin 3, students will have some input on the genres and texts they study by indicating their preference from the options below; only one option will run each year.

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 the establishment of the American republic, examine the rise of sectionalism through the Civil War and the

Reconstruction Era, explore the rise of America as a global power in the 19th and 20th centuries, and conclude with the Civil Rights Era and the Cold War and its aftermath. Students will build habits as independent readers, focusing on comprehension and close reading analysis. Students will further strengthen their writing skills through short-term and extended assessments with a focus on clarity and well-supported claims. Students will have opportunities to develop historical thinking through research and inquiry. Students will advance their speaking and listening skills through a variety of formats, including discussions, seminars, and presentations.

Prerequisite: None

Grade level: 10

Credit earned: 3 bins English and 3 bins Social Studies

Fantasy and Sci-Fi Literature

Note: This course is offered every other school year. It will be offered 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 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 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; 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 such critical praise for Shakespeare – very much like Carlyle's 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 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 2026-27 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 next in the 2026-27 school year.

Embrace the darkness! Embrace the complexity! In this course, students will engage in an intensive study of Gothic 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 next in the 2026-27 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

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

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

The Last Great American Dynasty

Offered during X bin. Note: This course is offered every other school year. It will be offered in the 2025-26 school year.

This English elective explores F. Scott Fitzgerald's *The Great Gatsby* alongside the music and storytelling of Taylor Swift. Through close reading, analysis, and creative projects, students will examine themes of wealth, ambition, love, and loss in both Fitzgerald's Jazz Age novel and Swift's modern narratives. By drawing connections between literature and contemporary music, this course offers a fresh perspective on the American Dream and the legacies we leave behind.

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

MEDIA

Media Literacy

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

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

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

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

Note: This course is offered every other school year. It will be offered next in the 2026-27 school year.

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

Note: This course is offered every other school year. It will be offered next in the 2026-27 school year.

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.

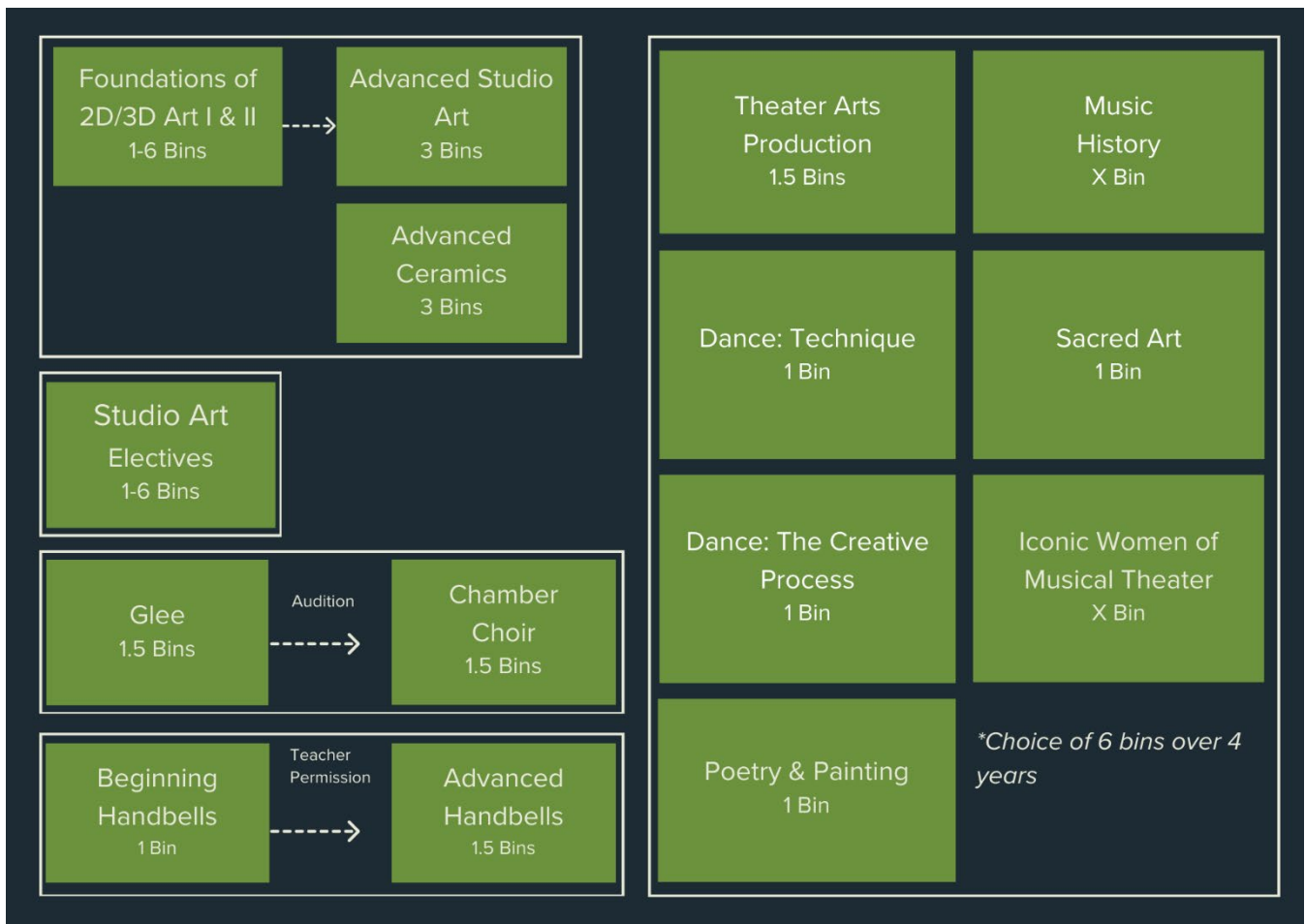
Prerequisite: Intermediate English Language Development or Expanding score on the WIDA

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 audition 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

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

Prerequisite: None

Grade level: 9, 10, 11, 12

Credit earned: 1 bin 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. This course is graded on a pass/fail scale and is not calculated into a student's GPA.

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 next in the 2026-2027 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 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. Note: This course is offered every other school year. It will be offered next in the 2026-2027 school year.

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. Note: This course is offered every other school year. It will be offered next in the 2026-2027 school year.

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

The Magic of Color I & II

Offered during X bin.

Color is like music to the soul. In this fun Creative Arts/Ceramics collaboration, 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: 0.5-1 bin Fine Arts

Reductive Artmaking

Offered during X bin.

Many intriguing art techniques focus on subtracting material rather than adding it, allowing the artist to reveal hidden beauty within the medium. In this creative class, we will explore both 2D and 3D mediums, using processes such as papercutting, printmaking, sgraffito, scratch art, and carving to create our own powerful works.

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

Playing with Patterns

Patterns are everywhere. In this creative class, students will explore patterns in nature and use them to inspire new works in the mediums of clay, printmaking, pencils, and paint.

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

2D/3D Art Foundations I & II

In these foundation courses, students will practice their artistic skills and deepen their understanding of the elements of art through class assignments. Students will explore the 2D mediums of drawing, painting, printmaking, papercutting, and collage, and the 3D medium of ceramics. They will be introduced to global and contemporary art to both inspire their work and strengthen their own artistic voice.

Prerequisite: None
Grade level: 9, 10, 11, 12
Credit earned: 1-6 bins Fine Arts

Advanced Studio Art

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: Previous Studio Art course 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: Previous Studio Art course 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

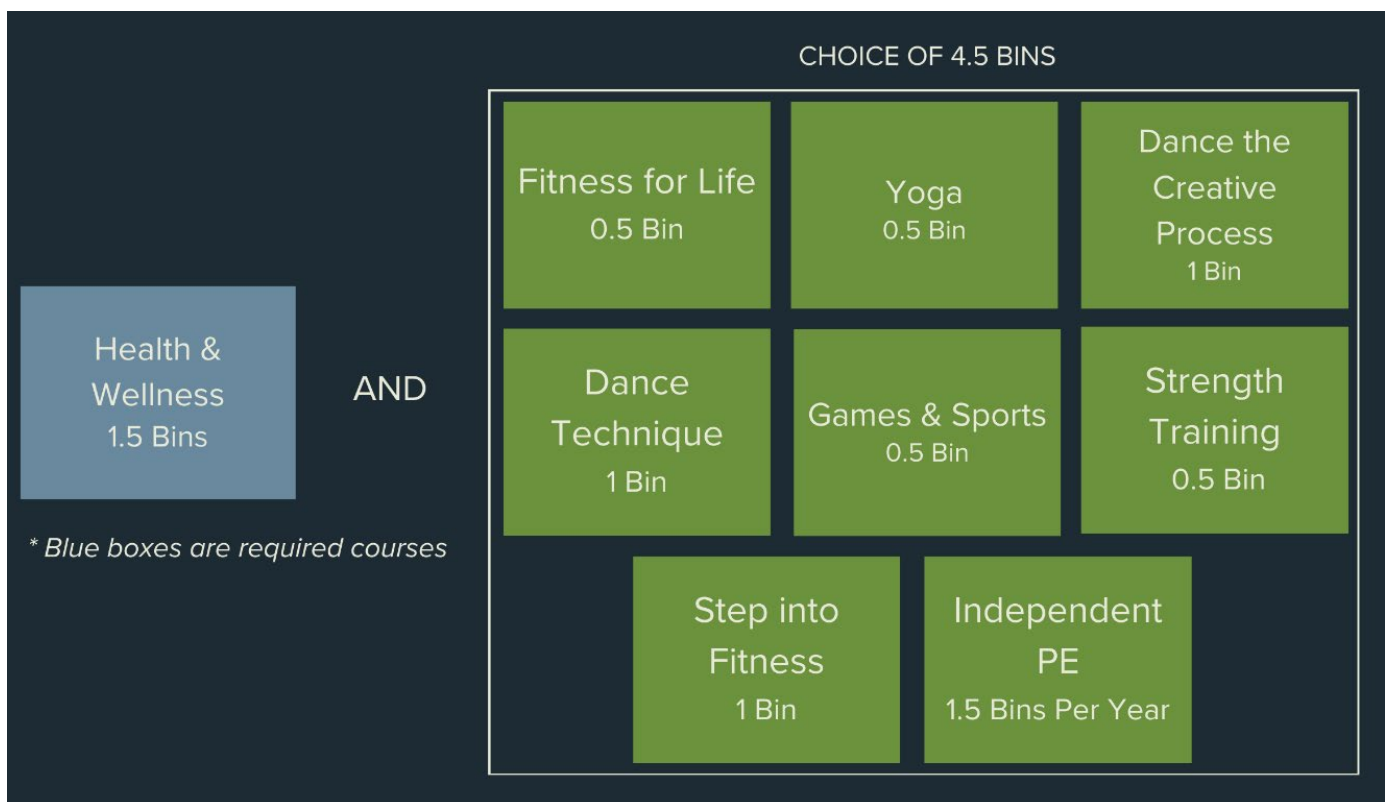
HEALTH AND PHYSICAL EDUCATION

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*

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

DANCE

Dance: Technique

Note: This course is offered every other school year. It will be offered next in the 2026-2027 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, Ultimate Frisbee, 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. Students 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 2025-26 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

Mandarin Chinese for Heritage Speakers

This course is designed for students who already speak Mandarin but have not had the opportunity to formally work on improving their language skills in the areas of reading and writing. The course provides students with opportunities to enhance their language skills and deepen their cultural understanding and connection with Chinese culture. The curriculum incorporates a variety of authentic learning materials, such as Chinese history, geography, culture, literature, and both historical text and contemporary media. Students will expand and enrich their language skills with a diversity of original Chinese movies, poetry, novels, business writings and documents. By the end of this course, students gain fluency in their reading and writing skills and develop a deeper appreciation for their culture roots. This course will be delivered with 100% Mandarin immersion learning experience.

Prerequisite: Permission by instructor

Grade level: 9, 10, 11, 12

Credit earned: 3 bins International Language

Mandarin Language Conversation

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

Students will boost their language skills in listening, reading, and especially in speaking and communicating in Mandarin. Students will work on topics related to daily news, events in life, and other authentic ways of interacting with the language. Students will benefit from improved language skills and increased confidence and fluency with Mandarin Chinese. This course is assessed on a Pass/Fail scale.

Prerequisite: Mandarin III

Grade level: 9, 10, 11, 12

Credit earned: 0.5 bin 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

Heritage Spanish

Offered during X bin.

This course is specifically designed for students who are heritage speakers of Spanish, with prior exposure to the language through family or community. The focus is on enhancing language skills by exploring students' own cultural backgrounds while improving reading, writing, and academic Spanish. Through the study of cultural topics and language refinement, students will strengthen their communication abilities and deepen their connection to Spanish-speaking cultures.

Prerequisite: Permission from instructor

Grade level: 9, 10, 11, 12

Credit earned: 0.5 bin International Language elective

French & Spanish Language Conversation

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

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/Spanish I or above

Grade level: 9, 10, 11, 12

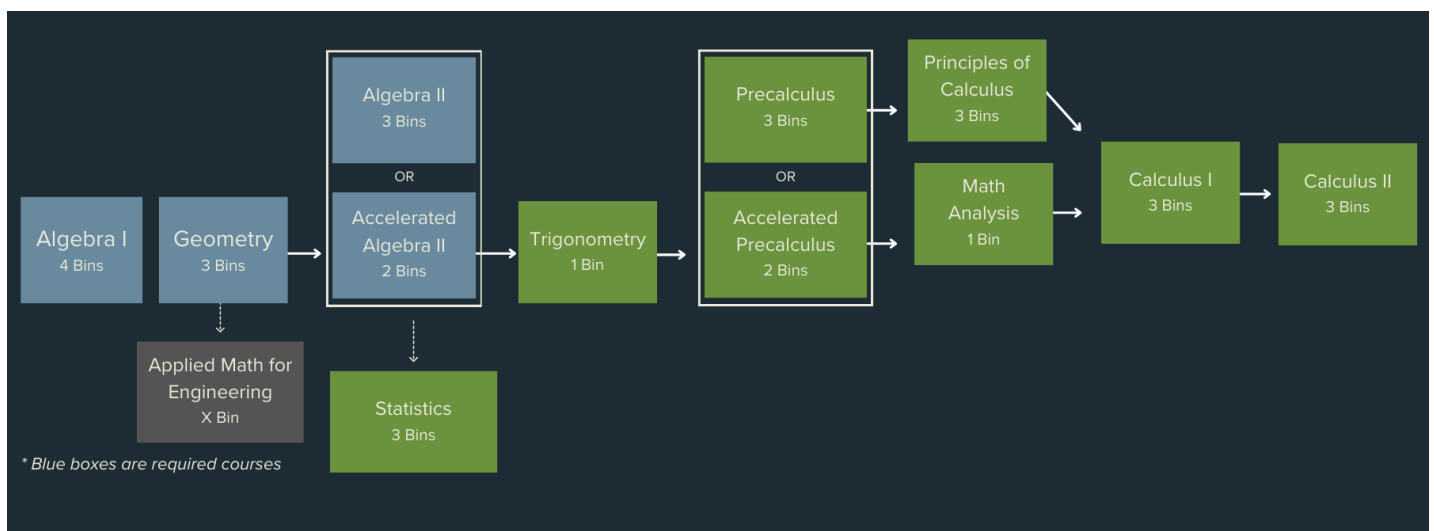
Credit earned: 0.5-1.5 bins International Language Elective

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 in their senior year.

Prerequisite: Performance on placement test

Grade level: 9

Credit earned: 4 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

Principles of Calculus

This course introduces students to key calculus concepts in an accessible and exploratory way. Students will discover how math can help solve real-world problems by exploring ideas like rates of change, growth and decay, and the relationships between functions and their graphs. They will learn to evaluate limits, use derivatives to analyze motion and optimize situations, and explore the basics of integrals. Along the way, they will also investigate topics like slope fields, approximation methods, and special rules for solving tricky limits.

Prerequisite: C+ in Precalculus or Accelerated Precalculus

Grade level: 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

Mathematics for Engineering

Offered during X bin.

At the end of this course, students will: 1) Understand how algebraic and geometric concepts are applied in real-world engineering problems. 2) Develop problem-solving and critical-thinking skills through hands-on projects. 3) Gain familiarity with engineering tools, design processes, and technologies. 4) Collaborate effectively on projects and communicate technical solutions.

Prerequisite: Geometry

Grade level: 10, 11, 12

Credit earned: 0.5 bin Mathematics

Algebra Booster

Offered during X bin.

Designed for students who have completed Algebra 1 and/or Geometry, this course strengthens foundational algebra skills and builds confidence for success in Algebra II. Through targeted practice, problem-solving strategies, and key concept reviews, students will reinforce their understanding of equations, functions, polynomials, and more ensuring a smooth transition to higher-level math.

Prerequisite: Geometry

Grade level: 9, 10, 11

Credit earned: 0.5 bin Mathematics

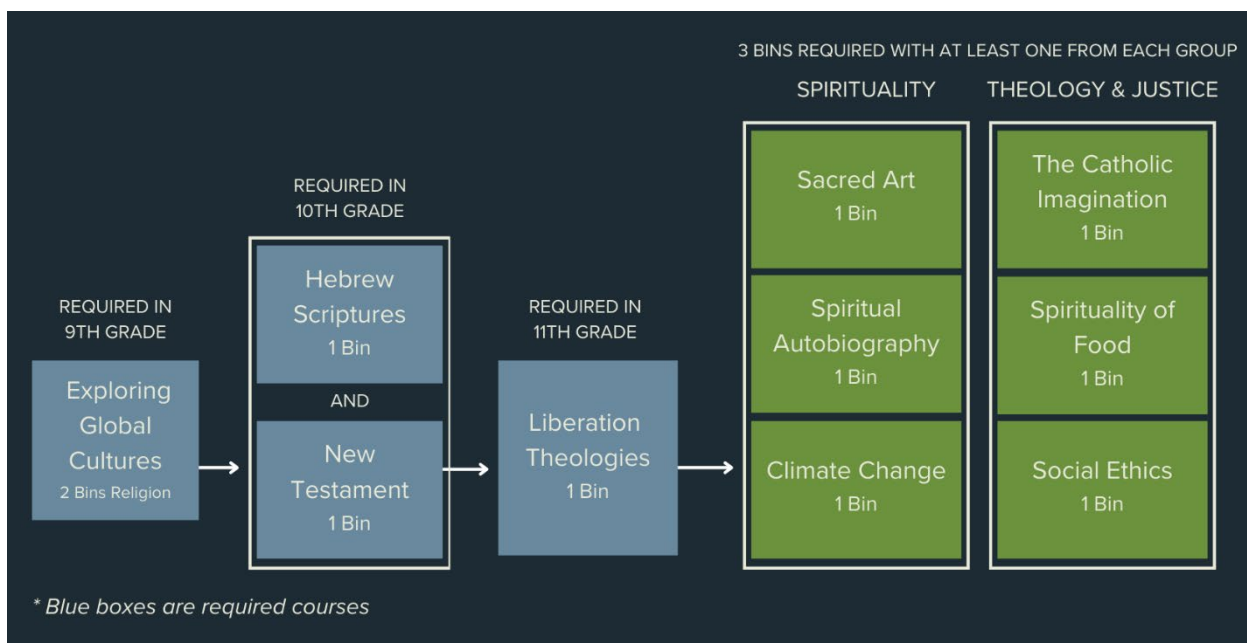
RELIGION

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 mods.

This integrated course fulfills both the Social Studies and Religion requirements for the 9th grade year. EGC covers the Religion content areas of world religions and religious literacy, and the Social Studies content areas of World History and Contemporary World Problems. Religion and Social Studies content is fully integrated in all units, which are organized around themes of colonization, education, climate change, nationalism, and regional identity. Through case studies, primary source analysis, seminar discussions, writing assignments, and real-world problem-solving, students in EGC develop foundational skills in geography, textual analysis and interpretation, research and

writing, and deliberation. All 9th grade students take this class together, making it a formative part of the Upper School experience.

Prerequisite: None

Grade level: 9

Credit earned: 3 bins Social Studies and 2 bins Religion

Hebrew & Christian Scriptures

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

Hebrew Scriptures explores the texts of the Hebrew Bible/Tanakh/Christian Old Testament. Beyond just “knowing the stories” of scripture, students will consider perennial questions about God’s nature, ethics, 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 scholars 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 Bible.

Prerequisite: Exploring Global Cultures or Religious Literacy Canvas Module

Grade level: 10

Credit earned: 1 bin Religion

New Testament

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

New Testament focuses on the person of Jesus as he is revealed in the Gospels and Pauline letters. Through close readings of the New Testament and engagement with work of ancient, medieval, and contemporary theology, students will gain insight into the ways the Church, as the 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: Hebrew Scriptures

Grade level: 10

Credit earned: 1 bin 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. That is the central claim of Latin American liberation theology. In this course, students will read and analyze key texts of Latin American liberation theology and its theological sources: Exodus, the prophets, the Gospels, and the documents of modern Catholic Social Teaching. Students will study the economic, political, and historical conditions that gave rise to liberation theology in Latin America, with a focus on colonization and the Cold War. They will also evaluate the complicated relationship between Latin American liberation theology and classical Catholic theology. This is a theory and theology heavy course in which students will hone skills in close reading and argument analysis.

Prerequisite: Hebrew Scripture & New Testament

Grade level: 11, 12

Credit earned: 1 bin Religion

SPIRITUALITY

Spirituality courses give juniors and seniors a chance to learn about diverse spiritual experiences and study the ways people across the world and through history have articulated their experiences of the divine. Assignments in these courses push students to grow in their own spiritual practices and ask students to attend to and communicate their experience of the holy.

Sacred Art

The God of the Bible is a God who liberates from oppression, and working for liberation is at the heart of Christian discipleship. That is the central claim of Latin American liberation theology. In this course, students will read and analyze key texts of Latin American liberation theology and its theological sources: Exodus, the prophets, the Gospels, and the documents of modern Catholic Social Teaching. Students will study the economic, political, and historical conditions that gave rise to liberation theology in Latin America, with a focus on colonization and the Cold War. They will also evaluate the complicated relationship between Latin American liberation theology and classical Catholic theology. This is a theory and theology heavy course in which students will hone skills in close reading and argument analysis.

Prerequisite: Liberation Theologies

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

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

Grade level: 11, 12

THEOLOGY & JUSTICE

Theology & Justice courses ask juniors and seniors to apply their learning about Catholic theology and social justice to analysis of texts and films, as well as to issues in the contemporary world. Assignments in these courses ask students to think and write analytically, to create work that reflects their understanding of both theology and justice, and to use their imaginations in pursuit of a more just world.

The Spirituality of Food

Food—actual and symbolic—is central to Catholic spiritual life. The Bible tells stories of forbidden fruit, Manna from heaven, and the Last Supper. Catholics mark feasts and holy days with King Cake and Minne di Sant’Agata, and Lent with fasting and abstinence from meat. Catholic organizations feed the hungry and advocate for food justice. And for Catholics, the “source and summit” of spiritual life is a shared meal: the Mass, also called eucharist or holy communion. This class explores the spiritual, cultural, aesthetic, and ethical dimensions of food, with a focus on Catholic traditions. Students will engage in theological analysis, historical investigation, spiritual reflection, and, of course, cooking and eating together.

Prerequisite: Hebrew Scriptures, New Testament

Grade level: 11, 12

Credit earned: 1 bin Religion

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

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 considering the course material.

Prerequisite: Liberation Theologies

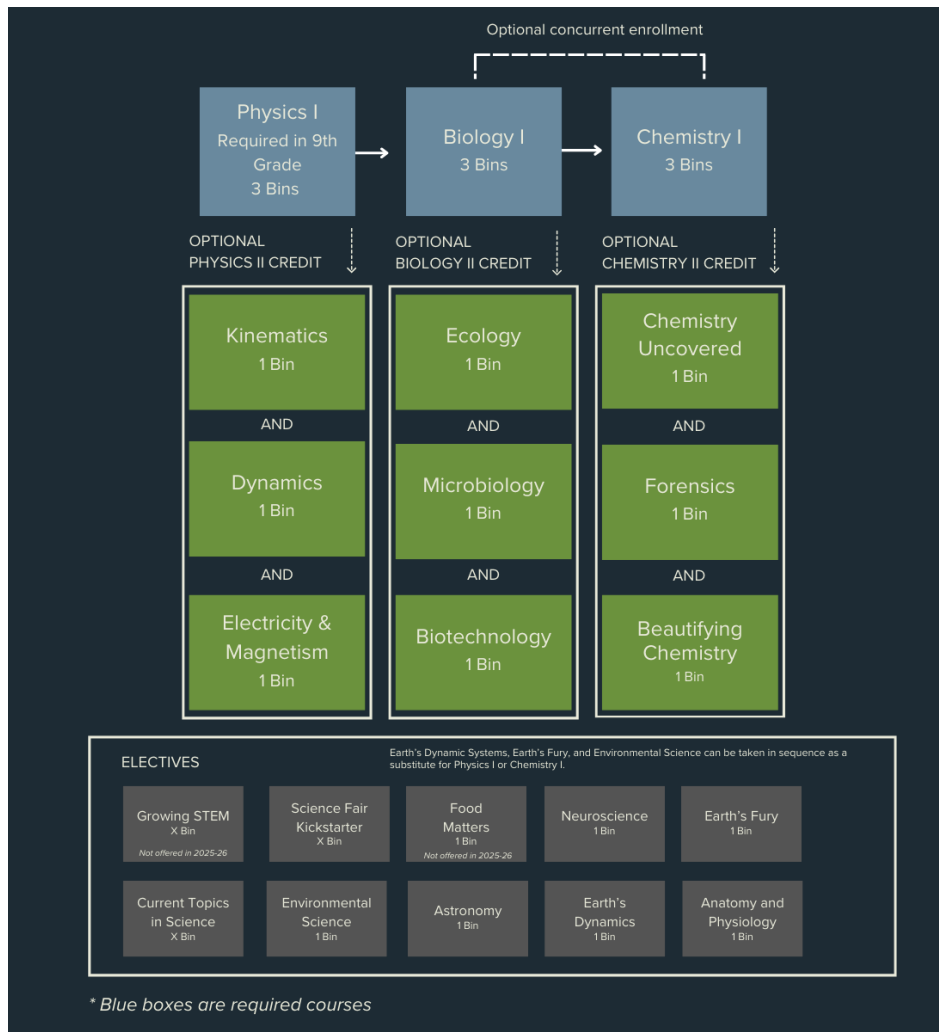
Grade level: 11, 12

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

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, 10
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. Students present a research project completed in class at the Forest Ridge STEM Fair.

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. Additionally, students must earn a passing score on a cumulative exam at the end of their third bin. 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 2025-2026 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: 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 2025-2026 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: 11, 12
Credit earned: 1 bin Science*

Electricity & Magnetism

Note: This course is offered on a rotating basis. It will be offered in the 2025-2026 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: 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 2025-2026 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 2025-2026 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 2025-2026 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, Chemistry Uncovered, 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, Chemistry Uncovered, and an independent project to receive Chemistry II credit.

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

Chemistry Uncovered, Debunking Myths (Chemistry II option)

What's the truth behind "chemical, toxic-free" products? Is MSG really bad for you? Can you safely mix household cleaners? In this Level 2 chemistry course, students will dive into popular science myths and use chemistry to uncover the truth behind them. Through hands-on experiments, critical analysis, and guided discussions, students will explore the scientific principles and mechanisms that debunk these myths. From understanding chemical reactions to analyzing everyday substances, this course emphasizes the importance of evidence-based reasoning and scientific literacy. Perfect for curious minds eager to separate fact from fiction, this course will transform how students view science behind the world around them.

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

This course explores the inner workings of the brain, from the structure and function of neurons to the complex processes that shape perception and behavior. Students will investigate topics such as action potentials, neurotransmitters, and sensory systems through hands-on labs, activities, and demonstrations. They will also apply their knowledge to real-world challenges, designing a potential gene therapy to modify neuron communication and conducting an independent research project on a neuroscience topic of their choice.

*Prerequisite: Biology I recommended
Grade level: 9, 10, 11, 12
Credit earned: 1 bin Science*

Growing STEM

Offered during X bin. Note: This course is offered on a rotating basis. It will be offered next in the 2026-2027 school year.

Students will learn about the design 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*

Astronomy

Note: This course is offered on a rotating basis. It will be offered 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: Physics I or concurrent enrollment in Physics I
Grade level: 10, 11, 12
Credit earned: 1 bin Science*

Anatomy and Physiology

Offered during X bin.

In this course, students will explore the structure and function of major organ systems. Through hands-on labs, dissections, and case studies, students will investigate how these systems work together to maintain homeostasis and adapt to challenges. Emphasis will be placed on real-world applications, from sports injuries to medical conditions, and students will have the opportunity to explore careers in healthcare. This course is ideal for students interested in healthcare, biomedical sciences, and physical therapy. This is a rigorous course with regular homework assignments.

*Prerequisites: concurrent enrollment in Biology I
Grades: 10, 11, 12
Credit: 1 bin Science*

Current Topics in Science

Offered during X bin. This course is graded on a pass/fail scale and is not calculated into a student's GPA. Note: This course is offered on a rotating basis. It will be offered 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: 0.5 bin Science*

Food Matters

Offered during X bin. Note: This course is offered on a rotating basis. It will be offered next in the 2026-2027 school year.

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.

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

Earth's Dynamic Systems

This class may be taken as a stand alone or in conjunction with Earth's Fury and Environmental Science as a substitute for Physics I or Chemistry I.

This course explores the interconnected systems that shape our planet, including the geosphere, hydrosphere, atmosphere, and biosphere. Students will investigate weather patterns, ocean currents, and climate variability, gaining a deeper understanding of how energy from the Sun and Earth's internal heat drive these processes. Through hands-on activities and real-world data analysis, students will learn how natural forces create regional and global climate differences, influence extreme weather events, and sustain life on Earth.

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

Earth's Fury: Natural Disasters & Hazards

This class may be taken as a stand alone or in conjunction with Earth's Dynamic Systems and Environmental Science as a substitute for Physics I or Chemistry I.

This course delves into the science behind earthquakes, volcanoes, hurricanes, tornadoes, tsunamis, and other natural disasters. Students will explore the geological and atmospheric processes that cause these catastrophic events. Through simulations, case studies, and hands-on experiments, students will analyze disaster data, assess risks, and evaluate mitigation strategies.

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

Environmental Science

This class may be taken as a stand alone or in conjunction with Earth's Dynamic Systems and Earth's Fury as a substitute for Physics I or Chemistry I.

This course examines the natural state of the environment and the impact of human activities on the planet. Students will develop the skills to analyze environmental issues critically and thoughtfully, exploring Earth as a dynamic, ever-changing system. Topics may include human population growth, climate change, water resources, and pollution, with content shaped by student interests. Class time is hands-on and interactive, featuring experiments, activities, and discussions of current events to connect scientific concepts with real-world challenges.

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

Science Fair Kickstarter

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

This course will help students get a head-start on choosing and planning a compelling science fair project for the 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: 9, 10,11,12
Credit earned: 0.5 bin Science*

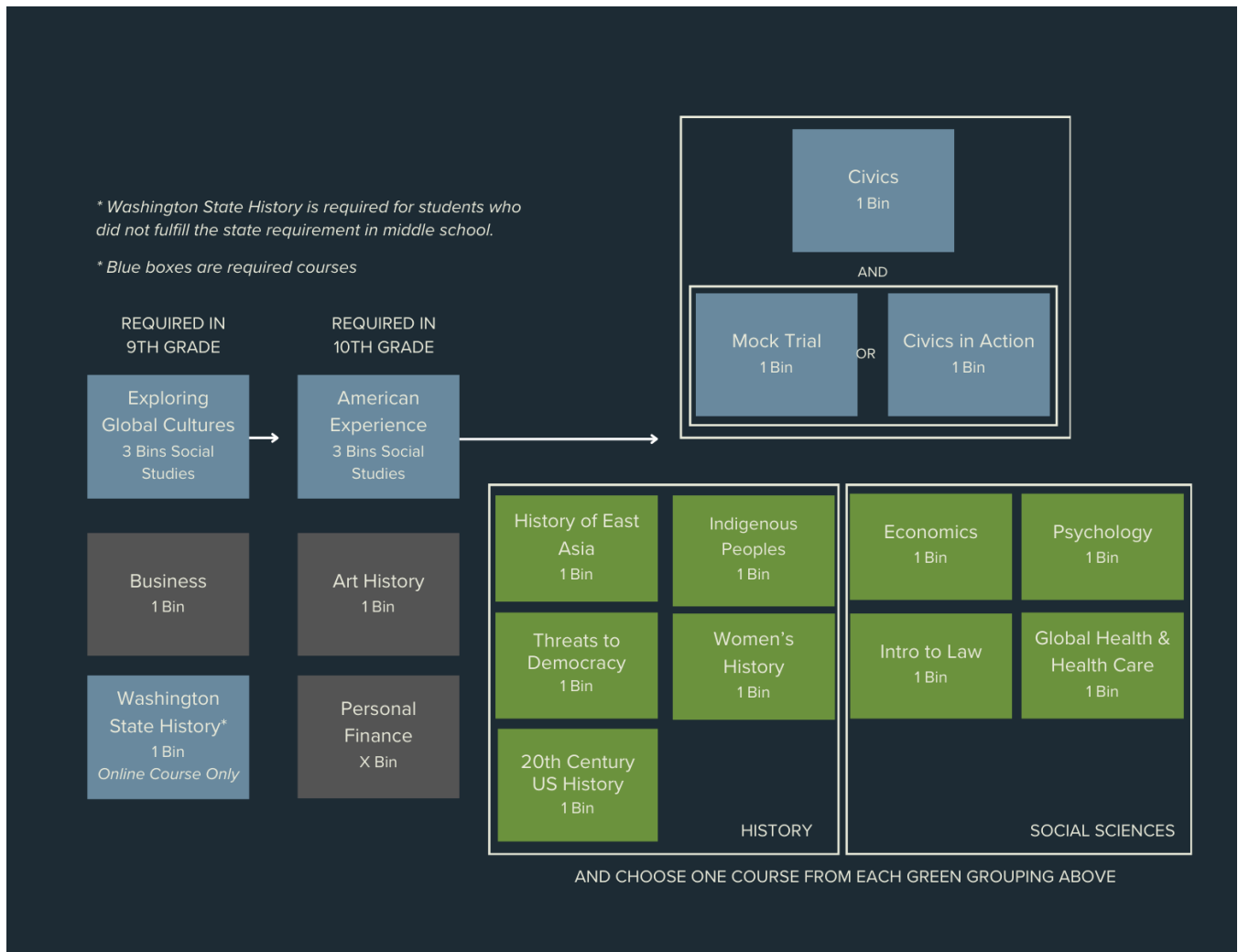
SOCIAL STUDIES

Graduation requirement: 10 bins through the class of 2026 / 9 bins beginning with the class of 2027

Social Studies courses at Forest Ridge give students opportunities to build historical context for understanding modern issues, examining the interconnectedness of our world, and develop their ability to negotiate complex issues with mutual respect and collaboration. Through this study, our students learn to serve the common good in an interdependent world.

The work of our department is grounded in the Goals & Criteria of Sacred Heart Education and the Washington State Social Studies Learning Standards. Social Studies teachers are particularly called to: Immerse students in diverse global perspectives, developing competencies such as critical consciousness, language facility, and cultural literacy [Goal III, Criterion 2]. Promote active citizenship and civic responsibility on the local, national, and global level [Goal III, Criterion 5]. Cultivate in the student's life skills, such as initiative, creativity, and agility [Goal V, Criterion 6].

In their Social Studies classes, all Forest Ridge students hone their academic writing skills, deliberate issues in discussions, and practice their historical analysis, perspective-taking, and research skills. We apply these skills to the study of local, national, and global histories, current world issues, geography, civics, and economics.



Exploring Global Cultures

Required for 9th graders. Please note that this is an interdisciplinary class that meets during 5 mods.

This integrated course fulfills both the Social Studies and Religion requirements for the 9th grade year. EGC covers the Religion content areas of world religions and religious literacy, and the Social Studies content areas of World History and Contemporary World Problems. Religion and Social Studies content is fully integrated in all units, which are organized around themes of colonization, education, climate change, nationalism, and regional identity. Through case studies, primary source analysis, seminar discussions, writing assignments, and real-world problem-solving, students in EGC develop foundational skills in geography, textual analysis and interpretation, research and writing, and deliberation. All 9th grade students take this class together, making it a formative part of the Upper School 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 the establishment of the American republic, examine the rise of sectionalism through the Civil War and the Reconstruction Era, explore the rise of America as a global power in the 19th and 20th centuries, and conclude with the Civil Rights Era and the Cold War and its aftermath. Students will build habits as independent readers, focusing on comprehension and close reading analysis. Students will further strengthen their writing skills through short-term and extended assessments with a focus on clarity and well-supported claims. Students will have opportunities to develop historical thinking through research and inquiry. Students will advance their speaking and listening skills through a variety of formats, including discussions, seminars, and presentations.

Prerequisite: None

Grade level: 10

Credit earned: 3 bins English and 3 bins Social Studies

Civics

Required

This course fulfills the first part of the Upper School 2-part Civics requirement. Students in this course learn concepts and theories related to United States government and politics with a focus on civic engagement. Through research, discussion, and reading, students 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.

Prerequisite: None

Grade level: 11, 12

Credit earned: 1 bin Social Studies

Mock Trial

Offered during X bin. Mock Trial or Civics in Action Required.

This course fulfills part 2 of the Upper School 2-part Civics requirement. Students in this course must commit to additional out-of-school attendance at the district competition. Mock Trial is designed to help students develop an understanding of real-life case law and the role of the court system in a democratic society. This is a competition-based class where we prepare to participate in the district (and maybe even state!) YMCA Mock Trial. We will work as a class using the WA Youth and Government YMCA competition case for the year to become witnesses and attorneys while prepping our case for trial. We will examine witness statements, learn about the rules of evidence, and develop a case theme and theory. We will also practice effective questioning techniques and how to properly raise and respond to objections. Students will strengthen their analytical writing skills through preparing effective opening and closing statements and pretrial motions. Throughout Mock Trial, students will gain public speaking skills and critical thinking experience in addition to working closely with their peers as a team.

*Prerequisite: None
Grade level: 9, 10, 11, 12
Credit earned: 1 bin Social Studies*

Civics in Action

Civics in Action or Mock Trial Required.

This course fulfills part 2 of the Upper School 2-part Civics requirement. Designed to foster learning and questioning about contemporary issues, the course informs students about essential systems and promotes inquiry and critical thinking about current events and their underlying causes. Key topics include current metrics related to global population and health, the impacts of industrialization and urbanization, and the work being done by multilateral institutions. The core component of the course is a civic action project centered around the UN Sustainable Development Goals in which students will apply what they have learned in Civics and in Civics in Action to develop an Action Plan for effecting change on an issue of their choice on the local, national and global level.

*Prerequisite: Concurrent enrollment in Civics
Grade level: 11, 12
Credit earned: 1 bin Social Studies*

HISTORY ELECTIVES

History Electives give Juniors and Seniors a chance to dive deep into the history of a specific region, time period, or community. Students interrogate sources and perspectives as they develop interpretations about the past and its relationship to the present. Assignments in these courses push students to deepen their research, analytical, and writing skills, culminating in an inquiry-based research paper.

Topics in 20th Century U.S. History

This course provides students with the opportunity to study a theme or period in 20th century United States history in great depth. Students apply learning from their American Experience course as they use primary source materials to analyze movements, events, and figures that have shaped contemporary America. The specific topic of this course varies year-to-year but may include topics such as The War on Terror, Black Nationalisms of the '50s-'70s, and the Cold War.

*Prerequisite: none
Grade level: 11, 12*

Threats to Democracy

Threats to Democracy examines a variety of challenges to democratic government, focusing on the 20th century and present political hotspots in the world. Our study begins with 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 also consider the ways in which nationalism, globalization, imperialism and authoritarianism present challenges for democracies around the world and throughout history. Students will closely analyze a diverse array of primary sources, videos, and historical interpretations to explore case studies. 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

Case Studies in Women's History

In this course, students investigate what life was like for women in different times and places in our world. Though stories of women's marginalization are often highlighted in history textbooks, women played key roles in important historical developments across time and space. Studying women's history gives students an opportunity to think about how to research people and communities whose voices may be missing from the most accessible documents and records; in this course we dive into material history and practice making the invisible visible. A case study approach allows students to practice asking similar questions about different times and places; possible case studies include women in colonized Mexico, the Women's War in Nigeria, and women in classical Athens.

Prerequisite: none

Grade level: 11, 12

Credit earned: 1 bin Social Studies

Indigenous Peoples

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.

Prerequisite: none

Grade level: 11, 12

Credit earned: 1 bin Social Studies

History of East Asia

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 then turns 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 examine the extent to which imperialism, modernization, nationalism, and migration impacted the lives of different states and groups of people. Specific turning points 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 51 Trials. Students 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

SOCIAL SCIENCE ELECTIVES

Social Science electives give Juniors and Seniors a chance to learn more about the social systems that operate in our world and to apply qualitative and quantitative methods to social science data. Assignments in these courses require students to synthesize and present information in various forms, as well as to deliberate about issues facing societies today.

Introduction to Economics

Introduction to Economics is a project-based course designed to introduce students to basic concepts in macroeconomics. Through a variety of hands-on projects, simulations, and research opportunities, students will learn how an economy functions as a whole. Students will analyze features of different economic systems important to determining their role in the workforce, setting their goals for savings and investments, increasing their understanding of fiscal and monetary policy, and weighing the costs and benefits of their economic decisions. Students will also learn about the various economic interactions between individuals, households, businesses, governments, and societies.

Prerequisite: none

Grade level: 11, 12

Credit earned: 1 bin Social Studies

Intro to Law

This course gives students an opportunity to develop Social Science skills through an introduction to the American legal system. We will trace the roots of our legal rights, as well as how laws are interpreted in our courts and how laws are executed in our legal system. We will also consider philosophical and ethical issues concerning the multiple influences on our laws and how laws shape our society and our lives. We will also have the opportunity to learn the very practical components of law, such as how to affect change in the legal process, file legal action and how to work with those whose jobs are to enforce our laws. The course also aims to expose students to a variety of jobs related to law through a series of guest speakers, giving students insight into career paths and post-secondary options.

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

Global Health and Health Care

In a globalized world and on a shared planet, global health is a collective challenge for the world's nations. Health care, on the other hand, is structured and delivered independently by each nation, with some assistance from NGOs. This course is a deep dive into the political, social, and economic challenges of global health and health care delivery. Students investigate health care systems in various countries, study the work of the UN through the Sustainable Development Goals and the World Health Organization, and research and deliberate about pressing global health challenges. UN simulations, field trips, and guest speakers bring these issues to life.

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

Psychology

Psychology is the study of thinking, feeling, and behavior. This survey course introduces students to major psychological perspectives, topics, and methods, with a focus on classic studies in the discipline. Students will practice applying concepts to case studies, presenting and synthesizing information from peer-reviewed journal articles, and evaluating research methodologies and ethics.

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

OTHER SOCIAL STUDIES ELECTIVES

These courses do not count toward Social Studies graduation requirements.

Art History

This is a survey course, designed to support students in discovery and appreciation of art history. Students identify and critically analyze major forms of artistic expression from diverse cultures and examine what art can reveal about a society. Students write about a variety of art media and styles using specialized vocabulary to describe and critically analyze the work. This class gives students the opportunity to use their prior knowledge of history, geography, politics, religion, languages, literature, and the visual arts, and students take leadership in explorations of assigned content, current events and topics of student choice.

Prerequisite: none
Grade level: 9, 10, 11, 12
Credit earned: 1 bin Social Studies

Business

This course introduces students to the basic principles of business, including the basics of how to start a business, entrepreneurship, marketing, finance, and management. Students will gain an understanding of the real-world applications of business concepts, develop critical thinking skills, and participate in interactive activities, projects, and assessments to build a foundation for further study in business-related fields. By the end of the course, students will be able to understand the fundamentals of business and its role in society and identify different types of business organizations. The course will also explore the roles of management, marketing, and finance in a

business environment. Students will develop an understanding of entrepreneurship and how to start a small business, as well as be able to analyze basic economic and financial principles that affect businesses.

Prerequisite: none

Grade level: 10, 11, 12

Credit earned: 1 bin Social Studies

Personal Finance

Offered during X bin.

Welcome to Personal Finance, a crucial course designed to equip high school students with essential financial skills for their future. This course covers the fundamentals of budgeting, saving, investing, risk management, and managing debt, providing students with practical knowledge to make informed financial decisions. Topics include understanding credit, figuring out housing, planning for financial goals, and navigating financial products and services. Through engaging lessons, real-world scenarios, and interactive activities, students will develop the confidence and competence to manage their money wisely, setting a strong foundation for financial success and independence.

Prerequisite: none

Grade level: 11, 12

Credit earned: 0.5 bin Social Studies

TECHNOLOGY

Graduation requirement: 1 bin through the class of 2026

At Forest Ridge, we are committed to ensuring every student can effectively, confidently, and ethically engage with and innovate using technology.

Stay tuned for more tech-specific offerings coming by Summer 2025 thanks to the addition of a Digital Learning and Innovation Specialist.

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*

Introduction to Engineering & Robotics

Offered during X bin.

This science and technology course is an exploration into the exciting world of engineering and robotics. Through hands-on projects and engaging lessons, students will delve into the fundamental principles of engineering, honing their problem-solving skills and collaborative teamwork. Students will also learn how to create and program robots to perform basic tasks. This course is graded on a pass/fail scale and is not calculated into a student's GPA.

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

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 the US Academic Dean. 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. Limited to two students per Mod.

*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. Note: This course is offered on a rotating basis. It will be offered next in the 2026-2027 school year. 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.

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

Creating Art with Desmos

Students will learn math, technology, and simple coding while using the Desmos graphing calculator to create art. Students will create different art projects; some of which will be original works, others will be replicas of selected images or be inspired by a certain work, artist, or movement. They will explore static and dynamic objects.

*Prerequisite: Algebra II
Grade level: 9, 10, 11, 12
Credit earned: 1 bin Technology*

SEMINAR COURSES

Presenting with Confidence

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: 0.25 bin Seminar*

9th Grade Seminar

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.

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.

*Prerequisite: None
Grade level: 9
Credit earned: 0.25 bin Seminar*

Academic Foundations

This course is graded on a pass/fail scale and is not calculated into a student's GPA. It meets during an A-C block for two mods.

This class provides 9th-grade students with structured time to review key academic concepts essential for success in upper school. With a small group size, we can reinforce discipline-specific skills in math, writing, and other subjects, ensuring they are applicable to students' current courses. Topics may include organizational strategies, foundational math, writing support, and subject-specific skills tailored to their needs.

*Prerequisite: None
Grade level: 9
Credit earned: 2 bins Seminar*

College Workshop

Offered during X bin. Required in 12th grade.

Led by the Forest Ridge College Counselor, seniors will work on college applications in the fall.

*Prerequisite: None
Grade level: 12
Credit earned: 0.5 bin Elective*

SAT Prep

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

A focused, twice-weekly course designed to help students build the skills and confidence needed to succeed on the SAT. Through targeted practice, test-taking strategies, and in-depth review of math, reading, and writing sections, Students will develop the tools to think critically, manage time effectively, and approach each section with a clear strategy. This course helps them build endurance, refine their techniques, and tackle the exam with confidence. **Course is offered to juniors preparing to take the SAT in March.**

*Prerequisite: None
Grade level: 11
Credit earned: 0.5 bin Elective*

Advanced Integrated Studies (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 Studies (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: 2.5 bins Studies*

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*

Advanced 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 dive even deeper into the world of nail art. This class will go over more advanced techniques for creating press on nails, such as 3D art, character work, and chrome. Students may create nails for themselves or make a unique form of art for display.

*Prerequisite: The Art of Nails
Grade level: 9, 10, 11, 12
Credit earned: 0.5 bin Elective*

Prepare for a Zombie Apocalypse

Offered during X bin.

As a child, Dorothy Day witnessed strangers feed, clothe, and house one another in the wake of the 1906 San Francisco earthquake. That experience informed her faith and activism for the rest of her life. Day worked tirelessly for a better world because she believed a better world was possible--she had glimpsed it, however briefly, in the aftermath of disaster. This integrated X-bin course explores the scientific, sociological, ethical, artistic, and practical dimensions of disasters. Students will develop an understanding of climate science, gain insights into common human responses to crisis, and practice hands-on skills in disaster preparedness and response. Above all, students will explore the themes of hope and solidarity and practice the crucial task of imagining a better world.

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

Kairos Leadership

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

This class explores different leadership styles and skills as we build the annual Kairos Retreat for the junior class. During our time together we will explore how to grow into individually authentic leaders who strive to cultivate a culture of belonging. This class will teach speech writing, public speaking and the fundamentals of rhetoric, and small group dialog skills. Students who enroll in this class are expected to attend and lead the Kairos retreat for the Junior class. The course is limited to 8-10 students.

*Prerequisite: Teacher approval
Grade level: 12
Credit earned: 0.5 bin Elective*