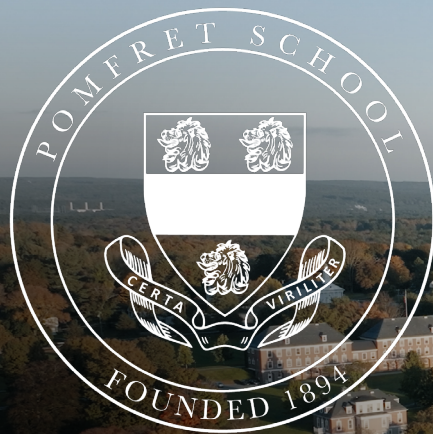




POMFRET SCHOOL

2026-2027 PROFILE

CEEB Code: 070615

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Founded in 1894, Pomfret School is an independent coeducational boarding and day school in Northeastern Connecticut. Serving talented and motivated learners in grades nine through postgraduate, the curriculum blends college-preparatory academics, meaningful student leadership, and competitive athletics with distinctive experiential programs.

Our mission is “to empower students to pursue lives of meaning and purpose” and our vision is “to inspire the next generation of change makers and problem solvers.”

Admissions Context and Transcript Guide

- » Advanced courses (ADV) are Pomfret’s most rigorous classes, equivalent to AP level or higher. Honors courses (HON) are next highest and are accelerated college preparatory offerings. Both require departmental approval.
 - » All Pomfret classes are college-preparatory and employ Competency-Based Learning (CBL).
 - » A+ is our highest grade; D- is the lowest passing grade. At the discretion of the academic office, students may earn a PASS in place of a letter grade.
 - » Pomfret does not rank or report a GPA to colleges except for scholarship purposes.
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- » Students are required to take six academic obligations every term.
 - » Pomfret operates on a trimester system. Fall trimester grades serve as our mid-year report.
 - » Pomfret does not publish average ACT and SAT scores on the School Profile. Our curriculum best showcases the abilities of our students.
 - » We disclose to colleges any change in a student’s enrollment status, whether pre- or post-admission, no later than ten calendar days after the official date of a student’s withdrawal.

Pomfret is accredited by the New England Association of Schools and Colleges (NEASC) and is approved by the Connecticut State Department of Education.

DEMOGRAPHICS

Total Students	350
Boarding	85%
Day	15%
Countries	29
States	29
International	22%
BIPOC	25%
Financial Aid	36%
Four-Year College	100%

Academic Philosophy

Pomfret's curriculum provides broad exposure to foundational skills and discipline-specific content for freshmen and sophomores. **Freshmen and sophomores have significantly less access to Advanced and Honors courses.**

Juniors and seniors enjoy increased access to Advanced and Honors coursework and considerable academic freedom, including the opportunity for independent study and the Certificate Program.

All Pomfret courses are built around clearly defined competency-based learning outcomes. Students receive meaningful feedback on assessments aligned with these outcomes, and final letter grades reflect the demonstrated progress toward — and often beyond — those goals.

COMPETENCY-BASED LEARNING EVALUATION AND GRADE EQUIVALENT

EVALUATION	LETTER GRADE	GPA (UNWEIGHTED)
Excelling Beyond the Standard	A to A+	4.00 - 4.33
Practicing Skillfully	B+ to A-	3.33 - 3.67
Developing Independent Proficiency	B- to B	2.67 - 3.00
Needing Ongoing Support	C- to C+	1.67 - 2.33
Beginner Understanding	D- to D+	0.67 - 1.33
Insufficient Evidence	E/F	0



[See Our Curriculum Guide »](#)

Graduation Requirements and Academic Progression for Students Entering Grade Nine

DEPARTMENT	REQUIREMENT	COMPULSORY COURSES	ADV HON	ADVANCED AND HONORS OPPORTUNITIES
English (ENG)	4 Years	Ninth: Humanities I: English Tenth: Humanities II: English*	33 1	ADV English electives offered each trimester.
History (HIST)	3 Years	Ninth: Humanities I: Global Studies Tenth: Humanities II: American Studies*	7 2	ADV Psychology, Criminal Justice, Government & Politics, Global, American, and African American Studies, and Gender & Society; HON Global Sustainable Development
Mathematics (MATH)	Through 11th Grade	Minimum requirement: Math III / Algebra II	7 3	Honors and ADV Precalculus through ADV Calc 5 and ADV Statistics; three yearlong HON courses
Science (SCI)	2 Lab Sciences	Ninth: Lab Science by Design	7 6	ADV Anatomy, Astronomy, Biology, Chemistry, Physics, Environmental Science, Coding, and Engineering; 6 yearlong HON offerings.
World Language (LANG)	Through Level 3	Spanish, French, Latin	5 6	HON and ADV courses in Spanish, French, and Latin.
Arts (ARTS)	7 Trimesters	Ninth: Arts Immersion	5 6	ADV Ceramics, Dance & Composition, Performance Studies, Photography, and Studio Art. 6 trimester HON offerings.
Wellbeing (WB)	2 Trimesters	Tenth: Foundation of Wellbeing	2 0	Cross-listed courses in ENG, HIST and SCI, including ADV Psychology

* Honors credit available



Co-curricular Philosophy

Pomfret offers a robust co-curricular and extracurricular program. Students engage in an athletic or afternoon activity every trimester. Pomfret offers sixteen different sports and fourteen afternoon activities. Beyond afternoon programming, Pomfret sponsors nearly thirty clubs and unity groups. These offerings are fundamental aspects of the Pomfret learning experience.

Signature Programs

PROJECT: POMFRET (CORE REQUIREMENT)

Project: Pomfret is a ten-day learning laboratory powered by student curiosity. Students and faculty develop shared objectives, explore essential questions, and pursue interdisciplinary projects with real-world applications. Often conducted beyond campus, each experience aligns with at least one United Nations Sustainable Development Goal and culminates in a community project fair. Students establish essential questions, reflect on their learning and growth, and are assessed against Portrait of the Graduate outcomes. Project: Pomfret is a graduation requirement.

QUEST (CORE REQUIREMENT)

The cornerstone of Pomfret's student life curriculum, QUEST provides dedicated time for social-emotional learning, personal development, and community building. Organized around Belonging, Being, Character, and Community, the program encourages students to understand who they are, consider who they are becoming, and explore how people can live and belong together. Successful participation in QUEST programming is a graduation requirement.

SENIOR CHAPEL TALK (CORE REQUIREMENT)

A defining Pomfret rite of passage, the Senior Chapel Talk asks every senior to deliver a six-to-eight-minute personal speech before the assembled school community. Through stories of vulnerability, growth, and discovery, students reflect on their experiences and share meaningful life lessons. The talk is a graduation requirement.

INDEPENDENT STUDY (CHALLENGE BY CHOICE)

Independent Study allows juniors and seniors to pursue meaningful learning beyond the traditional curriculum. Guided by Pomfret's competency-based approach, students establish clear outcomes, apply their knowledge in authentic ways, reflect on their progress, and revise their work in real time — developing independence, expertise, and ownership of the learning process.

CERTIFICATE PROGRAM (CHALLENGE BY CHOICE)

Pomfret's Certificate Program empowers students to turn curiosity into expertise through advanced coursework, independent research, real-world experiences, and mentorship with faculty and industry experts. Along the way, students build a portfolio that showcases their growth, creativity, and impact.

Six Certificate Domains

- » Artistic Expression & Design
- » Character & Leadership
- » Global Citizenship & Awareness
- » Social Justice
- » STEM Exploration
- » Sustainability

Public benchmarks include the junior Certificate Research Exhibition and the senior Certificate Capstone Presentation. Graduates earn a certificate distinction on their diploma and academic transcript.

LEADERSHIP ACADEMY (REQUIRED OF ALL SCHOOL LEADERS)

Pomfret's signature leadership program equips students with the skills and confidence to lead effectively and ethically. Through interactive lectures and practical workshops led by faculty and guest experts, students strengthen communication, practice conflict resolution, and develop team management skills. A structured credit system helps students balance leadership responsibilities and roles with academics and afternoon activities.

GLOBAL STUDIES (CHALLENGE BY CHOICE)

Pomfret students can expand their learning through credit-bearing study and travel experiences in the United States and abroad. Opportunities may be embedded within existing courses, such as a two-week exploration of Costa Rica, or offered as stand-alone summer programs. Each emphasizes immersive, place-based learning, and is aligned with one or more Certificate Domains. Global Study Experiential Education (ExEd) courses count toward graduation requirements, and students are assessed against defined competency-based learning outcomes.

PORTRAIT OF THE GRADUATE

Pomfret graduates have the capacity for critical inquiry, creative problem-solving, ethical leadership, and purposeful engagement within the communities they serve.

