

Head of School
Mary Rose Guerin

Director of Upper School
Stephany Fontanone

Director of College Counseling
Nikki Danos
ndanos@forestridge.org

4800 139th Avenue SE
Bellevue, WA 98006-3015
Main: 425-641-0700

www.forestridge.org
CEEB Code: 481070

Curriculum

Forest Ridge's rigorous college-preparatory curriculum builds a strong academic foundation and cultivates inquiry, intellectual courage, open-mindedness, and self-knowledge in the first two years. In the junior & senior years, students explore interests in greater depth, developing creativity, flexibility, and independence.

To promote engagement, deep learning, and student agency, we offer no standardized curricula or honors/AP/IB courses. We have committed to a curriculum through which each student is encouraged to take on challenges and to demonstrate skills and understanding at a high level in all academic work, and not to avoid subjects in which she may need more support.

Course Selection

When a course is not available at Forest Ridge, students may complete it through an approved online platform. These courses will appear on the student's transcript with a letter grade, but the grade earned will not be calculated into the student's Forest Ridge GPA. In addition to Level III proficiency in an international language, all students must take the following minimum requirements:

12 mods English | 10 mods religious studies & social studies
9 mods math & science | 6 mods art & physical education | 1 mod technology

Highest math, science & international language courses offered in 2025-26:
Biology II Calculus II Chemistry II French VI Mandarin III Spanish V

Mission

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

Our Core Values

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

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

SAT Averages Class of 2026

26 students tested

Subject	Mid 50%	Mean
EBRW	585-680	615
Mathematics	540-725	623
Total	1100-1415	1238

Grading Scale

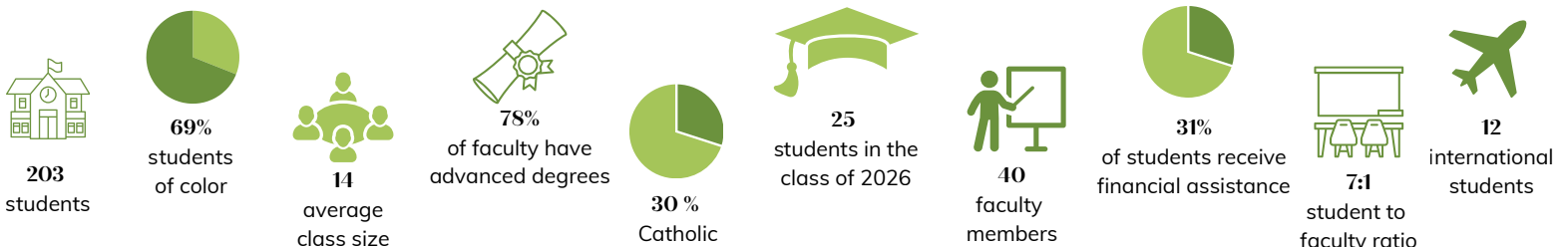
93-100 A = 4.0	73-76 C = 2.00
90-92 A- = 3.66	70-72 C- = 1.66
87-89 B+ = 3.33	67-69 D+ = 1.33
83-86 B = 3.00	63-66 D = 1.00
80-82 B- = 2.66	<63 = No Credit/Fail

Cumulative GPA for the Class of 2026 at the end of junior year*:

Highest Cumulative GPA: 4.0 Median GPA: 3.8 Lowest GPA: 3.29

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

By the Numbers



Innovative Programs

The Mod Schedule

In Fall 2024, Forest Ridge adopted a mod schedule. The academic year is divided into six mods, each lasting approximately six weeks. Each class meets daily, with three 90-minute classes and one 45-minute class each day, allowing students to benefit from 12% more instructional time than our previous semester-based schedule. Our innovative schedule gives students time for hands-on, interdisciplinary learning and experimental labs, active engagement, collaboration, and problem-solving.

Endorsement Pathways

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

Advanced Integrated Studies (AIS)

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

Immersive Week

Beginning in 2022, students are required to participate in Immersive (formerly Interim)—a weeklong experience focusing on one integrated, global course or experience that covers topics not traditionally taught in high school.

Exchange Program

US and international exchange program offered through the global Sacred Heart Network.

College Statistics

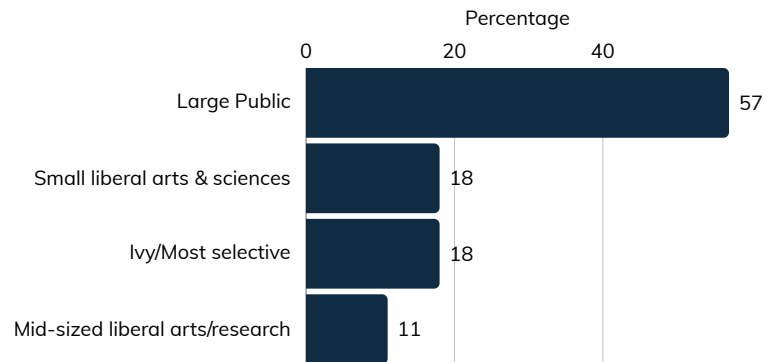
Forest Ridge has a long-standing tradition of sending 100% of its graduates to college. Our college counselor provides personal guidance and selection advice to every student. The Class of 2025 applied to 149 colleges in 36 states and 5 countries.

Historical Data

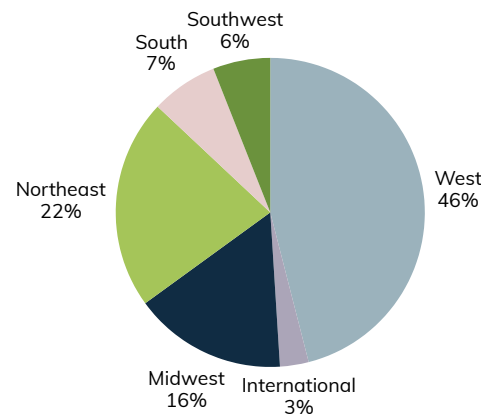
Early Action & Early Decision Applications

% of students applied	2021	2022	2023	2024	2025
Early Action	70%	64%	75%	91%	93%
Early Decision	41%	36%	50%	39%	36%

2025: Types of Colleges Applied To



2025: Apps by Region



2025: Matriculation by Region

