



School Profile 2026-27



HIGH MOWING SCHOOL
Waldorf Preschool – Grade 12 • Boarding and Day

Community and School

High Mowing School is the first Waldorf high school and only Waldorf boarding school in North America. Since 1942, HMS has offered an experiential, rigorous, and dynamic academic and artistic program to provide a solid foundation for future academic work. Within a small and supportive school community, young people and adults develop authentic, meaningful, and lasting relationships. We offer a complete program of humanities; mathematics; sciences; world languages; fine, practical and performing arts; movement; outdoor and land-based education; and individual interest electives — all immersed in and surrounded by a vibrant and preserved natural environment. Our students develop into academically and socially motivated individuals ready to make an impact in their communities. High Mowing School is accredited by NEASC (New England Association of Schools and Colleges) and AWSNA (Association of Waldorf School of North America).

Enrollment

High Mowing is home to 338 students from Preschool to Grade 12. The high school grades (9-12) consist of 128 day and boarding students (38% Boarding, 62% Day). International students constitute 22% of our high school student body and come to us from 18 countries: Bahamas, Barbados, Bermuda, Brazil, Canada, Costa Rica, Ecuador, Germany, India, Italy, Jamaica, Kenya, Lithuania, Mozambique, Namibia, Serbia, Trinidad and Tobago, and the US. US students come from 10 states and territories.

Educational Philosophy and Teaching Methods

The mission of our high school is to prepare students to meet the challenges of an increasingly complex world with confidence and courage. While our academic curriculum is relevant for our current time, students learn the timeless skill of how to learn. Immersed in challenging courses, they are encouraged to witness, explore, create, and engage deeply in developing and synthesizing their own learning. As students question and deepen their understanding of subject matter, they experience the power of perseverance. Our project-based approach allows students to breathe: courses move from focused, core academic subjects to immersive learning experiences in world language, movement, arts, music, nature, and drama. Project-based, experiential learning allows students to learn in the moment, and to connect thinking, sensitivity, and actions in a deeper way.

Not only do students need to develop the knowledge and technical skills to meet today's world, but they must also develop the critical human capacities that will enable them to move successfully through their post-graduation experience. In addition to providing a solid academic foundation, our curriculum emphasizes developing capacities of creativity, imagination, flexibility, collaboration, and compassion, which are crucial foundations for further academic study and engaging as thoughtful and collaborative citizens and colleagues. Every course at HMS is designed to help our students gain awareness of themselves and others and to develop a sound moral compass for their journey. In addition, festivals and celebrations held throughout the year play an important role in strengthening the community and social fabric of the school, building a respect for diversity, and providing moments of reverence and humor.

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FOUNDED

1942

STUDENTS IN GRADES PRE-K-12

338

HIGH SCHOOL STUDENTS

128

INTERNATIONAL STUDENTS

22%

STUDENTS COME FROM

18

COUNTRIES



Curriculum

The focal point of the HMS school day is the Main Lesson block: a 90-minute daily seminar on a topic that typically lasts for 3-4 weeks (approximately 20 class periods). Some Main Lesson blocks feature off-campus immersive learning explorations, while others are intensively laboratory focused. Each year the students complete nine Main Lesson blocks, covering mathematics, three-to-four sciences courses, history, literature and drama. In addition to the Main Lesson blocks, students take trimester to year-long track courses in mathematics, world language, English, history, arts, and movement. Afternoon electives include a wide-range of options from the arts and music to philosophy and land stewardship.



SUBJECT	GRADE 9	GRADE 10	GRADE 11	GRADE 12
English	English 9 or ESL Comedy & Tragedy* Electives (see below)	English 10 or ESL History through Language* The Hero’s Journey* Electives (see below)	English 11 or ESL Parzival* Shakespeare OR Monologues* Electives (see below)	English 12 or ESL Transcendent Thinkers* Electives (see below)
Mathematics	Year-long math class placement based on ability from Pre-Algebra through Calculus and/or Statistics			
	Permutations & Combinations*	Surveying and Trigonometry*	Projective Geometry*	Statistics*
Social Science	Study Skills 9/World Geography Economic Geography* History: Ideals & Humanity* History through Art* Modern History I* Electives (see below)	Economics US History* Electives (see below)	Economics Contemporary Lit and Post-Grad Planning Civics and and US History (if missing credit) Government & Economics* Climate and Culture* Medieval History* Renaissance History* Electives (see below)	Civics/Current Events 12 Civics and US History (If missing credit) Comparative Faiths* History through Architecture* Modern History II* Electives (see below)
Natural Science	Comparative Anatomy with Lab* Plant Chemistry with Lab* Thermal Physics with Lab* Health 9 Electives (see below)	Cell Biology & Physiology with Lab* Embryology* Inorganic Chemistry with Lab* Electricity & Magnetism with Lab* Health 10 Electives (see below)	Botany* Kinematics with Lab* Electives (see below)	Biochemistry with Lab* Optics* Zoology & Evolution with Lab* Electives (see below)
World Language	Year-long world language classes offered: French I-IV, or Spanish I-IV. Some select students offered level V.			
Physical Education	Students begin every day with Morning Activity Electives (see below)			
Performing & Studio Arts	Art 9: Basic Drawing Metals I: Copper Electives (see below)	Art 10: Color and Design Sophomore Drama Block* Electives (see below)	Electives (see below)	Senior Drama Block* Electives (see below)
Technology	Technology 9 Electives (see below)	Electives (see below)		
Electives: Open to most grades, some limited to grades 11 and 12.	Recent electives include: Creative Writing, Great Novels, Controversial Classics, The Art of Storybook Writing, How to Read Literature Like a Professor, History of Genocide, Human Behavior Through Data, Intro to Business & Entrepreneurship, Modern Art, Mythology in Art and Media, Nourishing Traditions, US History Through Sport, Philosophy: The Art of Living, Sustainable Cities, Logic Puzzles, Fall Harvest, Advanced Anatomy and Physiology, Atomic Chemistry, Ornithology, Outdoor Exploration Skills, Intro to Permaculture, 10K Training, Circus Arts, Circus Aerials, Juggling, Net Games, Floor Hockey and Field Games, Strength Training, Filmmaking, Photography, Rock Band, Clay Sculpture, Book Arts, Ensemble, Choir, Fine Arts I-III, Knitting, Sewing, Metalwork, Music Theory, Pottery, Quilting, Recording, Songwriting, Music Theory, Stained Glass, Welding, Woodworking, Culinary, SAT Test Prep.			



Special Programs

Capstone Program

A progressive, multi-year program that focuses on developing the skills students need to take an active role in directing their education, the Capstone Program cultivates competencies needed in the fast-paced, ever-changing world. Students' Capstone experience culminates in their Senior Capstone Project. This year-long, individually-crafted and self-driven project allows each student to follow a passion, explore new questions, and finally share the experience with the school community. Each Senior Capstone Project includes four components: Practicum, Written, Expo, and Oral Presentation. Students work alongside both a faculty member serving as a Project Mentor and a professional acting as a subject matter expert.

Projects Block

For two weeks each year, students and faculty participate in a Projects Block, either on campus or further afield. During this time, regularly scheduled classes are suspended and all students participate in an immersive two-week experience. Courses vary each year and range from service learning, artistic endeavors, immersion in the natural world, and cultural experiences.

Circus Studies Program (CSP)

The CSP program at HMS offers students the opportunity to have a circus-focused education while also participating in our core classes and elective program. CSP students train daily with high-level circus coaches in a variety of disciplines including acrobatics, juggling, and aerials.

Black Rock Football Academy (BRFC)

The BRFC program at HMS offers students the opportunity to play club-level soccer on a daily basis while also participating in our core classes and elective program. Students train outdoors in the fall and spring and indoors in the winter. They play games and tournaments year round.

Grading System, GPA, Ranking

In keeping with the school's educational philosophy that emphasizes character and capacities alongside academic rigor, High Mowing School does not offer Advanced Placement courses. Some courses offer an honors option to those students who seek more demanding academic work. These may include year-long track classes in mathematics, world languages, English and selected academic electives. Students either self-select into an honors class, or are recommended to participate by a teacher. Honors classes are designated by an (H) on their transcript, and starting the 26-27 school year will also be given a 10% weight increase in GPA. Any honors classes prior to the 26-27 school year are not weighted. Additionally, some upper-classmen are invited to be a TA in a class where they have shown strong interest and skill in a subject area and have shown the leadership skills necessary to be successful in that role. High Mowing School does not rank students or participate in the National Honor Society.

A+	97-100	4.0	A	94-96	4.0	A–	90-93	3.7
B+	87-89	3.3	B	84-86	3.0	B–	80-83	2.7
C+	77-79	2.3	C	74-76	2.0	C–	70-73	1.7
D+	67-69	1.3	D	64-66	1.0	D–	60-63	0.7
F	0-59	0						
P: Pass			H: Honors			W: Withdrawn		
F: Fail			TA: Teaching Assistant			*LP: Learning Plan		
NG/NC: No Grade/No Credit			M: Medical Leave					





Standardized Test Results, Graduating Class of 2026

SAT Middle Composite	1100-1190
SAT Middle 50% Critical Reading/Writing	500-590
SAT Middle 50% Math	490-590



College Attendance

In 2026, High Mowing School graduated 39 students, with an anticipated 34 students in the Class of 2027. Historically, 95% of our graduates pursue further education at 4-year colleges and universities immediately upon graduation. A small percentage (3%) defer enrollment for a gap year before matriculating to a 4-year institution, while 2% transition directly into the workforce or other post-secondary opportunities, including 2-year colleges.

College Acceptances 2021-26

Academy of Art University
Acadia University
Adelphi University
Albright College
Alfred University
Allegheny College
American College of Greece
American International College
American University
Anna Maria College
Appalachian State University
Arcadia University
Assumption University
Bard College
Barry University
Bellarmine University
Beloit College
Bennington College
Bentley University
Berea College
Berklee College of Music
Boston College
Brandeis University
Brevard College
Bryant University
Bucknell University
Bunker Hill Community College
Cabrillo College
California College of the Arts
California Lutheran University
Champlain College
Chestnut Hill College
Christian Brothers University
Clark University
Clarkson University
Clemson University
Coastal Carolina University
Colby-Sawyer College
Colgate University
College of Charleston
College of the Atlantic
Colorado State University
Columbia College
Columbia University
Concord University
Concordia
Connecticut College
Cornish College of the Arts
CUNY Queens College
Curry College
Dickinson College
Douglas College, New Westminster
Drew University
Drexel University

Duquesne University
Earlham College
Eastern Carolina University
Eastern Nazarene College
Eastern Maritime Academy
Eckerd College
Elmira College
Emerson College
Emmanuel College
ESADE Business School
Evangel University
Ferrum College
Fisher College
Fitchburg State University
Flagler College
Florida Atlantic University
Florida Gulf Coast University
Florida State University
Fort Lewis College
Framingham State University
Franklin Pierce University
Furman University
Gardner-Webb University
George Mason University
The George Washington University
Gettysburg College
Glenville State University
Goucher College
Greenville University
Guilford College
Hampshire College
High Point University
Hobart and William Smith
Hofstra University
Holy Family University
Husson University
IE University - Madrid
Ithaca College
Jacksonville University
James Madison University
Juniata College
Keene State College
Kenyon College
King's College
Lafayette College
Lake Forest College
Lasell University
Lawrence Technological University
Lees-McRae College
Lesley University
Lewis & Clark College
Lenoir Rhynes University
Louisiana State University
Loyola University Maryland

Luther College
Macquarie University
Madison Area Technical College
Maine College of Art & Design
Maine Maritime Academy
Manchester Community College
Manhattanville College
Massachusetts College of Art & Design
Massachusetts College of Liberal Arts
Massachusetts College of Pharmacy and Health Sciences
McGill University
Marquette University
McKendree University
McNeese State University
Mercer University
Merrimack College
Michigan State University
Middlebury College
Minneapolis College of Art and Design
Misericordia University
Montserrat College of Art
Mount Holyoke College
Mount Wachusett Community College
Muhlenberg College
Nashua Community College
Nazareth University
Neumann University
Neumont College of Computer Science
New College of Florida
New England College
Niagara University
Northeastern University
Norwich University
NYU Tisch School of the Arts
Oberlin College
Ohio Wesleyan University
Otis College of Art and Design
Pace University
Pacific Lutheran University
Palm Beach Atlantic University
Parsons School of Design
Paul Smiths College of Arts and Science
Pennsylvania State University
Pitzer College
Plymouth State University
Providence College
Quinnipiac University
Radford University
Reed College

Rensselaer Polytechnic Institute
Rhode Island School of Design
Rhodes College
Ringling School of Art and Design
Rivier University
Rochester Institute of Technology
Roger Williams University
Saint Anslem College
Saint Joseph's College of Maine
Saint Michael's College
Salem State University
Salve Regina University
San Jose State University
Sarah Lawrence College
Savannah College of Art & Design
School of Art Institute of Chicago
Seton Hall University
Simmons University
Skidmore College
Smith College
Southern New Hampshire University
Southern University and A&M College
Springfield College
Stonehill College
St. Louis University
St. Thomas Aquinas College
Suffolk University
SUNY College of Environmental Science and Forestry
Susquehanna University
Syracuse University
Texas A&M International University
The College of Wooster
Tacoma Community College
The New School
The University of Tampa
Tiffin University
University of Alabama, Dayton
University of Arizona
University of Bridgeport
University of British Columbia
University of California, Davis
University of California, Los Angeles
University of Central Florida
University of Chester, England
University of Colorado, Boulder
University of Colorado, Colorado Springs
University of Connecticut
University of Denver
University of Evansville
University of Hawaii at Hilo
University of La Verne

University of Louisville
University of Maine
University of Maine, Farmington
University of Massachusetts, Amherst
University of Massachusetts, Boston
University of Massachusetts, Lowell
University of Mississippi
University of New Hampshire
University of New Haven
University of North Carolina at Chapel Hill
University of Oregon
University of Portland
University of Puget Sound
University of Rhode Island
University of Rochester
University of San Francisco
University of South Carolina, Columbia
University of South Dakota
University of Southern Maine
University of St. Andrews
University of the Arts
University of Toronto
University of Utah
University of Vermont
University of Washington, Seattle
University of Washington, Tacoma
Urban College of Boston
University of Westminster
Ursinus College
Utah Valley University
Vassar College
Virginia Tech
Vermont Technical College
Virginia Commonwealth University
Virginia Wesleyan University
Warren Wilson College
Washington & Jefferson College
Washington Adventist University
Washington College
Wentworth Institute of Technology
Western New England University
Westfield State University
Western Connecticut State University
Wheaton College, Massachusetts
White Mountains Community College
Wilson College
Wilkes University
William & Mary
Wittenberg University
Worcester Polytechnic Institute
Worcester State University
Xavier University of Louisiana
York College of Pennsylvania
Young Harris College
Youngstown State University