

# The Future is Calling



 SACRED HEART  
SCHOOL *of* HALIFAX

  
High School



In high school it's time to get serious; to consider what the future holds, and how you can make your mark on the world.

Our Grade 10-12 Program is stellar. Here you can strengthen your critical thinking skills, build self-confidence, develop all-important leadership skills, get involved in social action, and plan your post-secondary future. But of course it's not all just about academics; there's athletics, arts, debating, and plenty of extracurricular activities to get involved in. Our teachers will be outstanding guides on this high school journey of yours - committed to you and invested in your success. And, your entire experience will be grounded in our Sacred Heart values and traditions that will provide direction and value for the rest of your life.

Read on to find out why our High School Program is an excellent choice.





1

SHSH has forged a stellar reputation for the quality of our academic program and the high-level of our university preparedness. Virtually all of our graduates go on to a university education because we develop their game plan early. In addition to individual counselling and guidance, students also learn from recent graduates about how to start preparing for their post-secondary years. In Grade 11, students can write PSAT exams to experience lengthy multiple choice formats and to obtain a benchmark. Once in Grade 12, students have weekly compulsory **University Preparation** that gives them the tools they need: career planning, the university application process, scholarship applications, and resumé writing. Along their Senior School journey, students are supported as they develop their strengths and a well-rounded background including volunteerism and leadership, and are encouraged to apply for scholarships, bursaries, and awards. Overall, students leave Sacred Heart fully equipped to engage in a successful and fulfilling post-secondary academic experience so they can be agents of change in our world.



2

We work with our students to make sure he or she is on the path that's right, whether it's as a doctor, artist, architect, entrepreneur, or mathematician. That's why our **Advanced Program** includes Advanced Placement (AP) university classes, educational travel, unique online courses, and experiential learning with local specialists to augment their learning experience. In other words, we are rich in opportunity. The AP courses we offer are rigorous, university-credit courses that are honoured across the globe and benefit your child in multiple ways:

- they can pick and choose the subject areas they want to excel in, they don't have to take all advanced courses;
- with a score of four or five on an exam, a student will then have a first-year university credit(s) before they even enter university;
- completion of AP courses indicates to universities that a student appreciates a challenge and has already proven readiness for their first-year program of study;
- and AP is widely recognized and highly regarded at top colleges and universities around the world.

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"We are incredibly grateful that our girls had the privilege to grow up in a school environment that so wonderfully supports, nurtures, and cares for the needs of each individual child. However it was not until after graduation as they transitioned to university that we fully realized the return on our investment in a Sacred Heart education. The impact of their Sacred Heart foundation is evident in their ability to meet any academic challenge, their commitment to social justice, and their confidence to step into leadership and make their mark on the world."

- Dr. Cathy Driscoll and Dr. Michael Sangster

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3

The saying about tomorrow's leaders are today's students could not ring more true for us. Throughout Senior School we provide and encourage extensive **student leadership** opportunities in Student Council, as Prefects, and through our unique House System where students compete for the annual House Cup. Students are also taught to educate themselves about the issues that are important to them, speak up when their voice needs to be heard, and take action when they want to make a difference.

4

We offer unique programming like **Core**, which provides students with information and opportunities for discussion to help them make informed decisions. These topics include everything from academically and socially navigating junior high; digital citizenship and productive use of social media; stereotypes of masculinity and femininity; inclusion; peace and spirituality; respect for all; and sexual health, which includes issues of healthy relationships, good communication, and consent. We also regularly talk about topics in the news or what might be on their minds that day.

5

We are the only School east of Montreal that offers single gender education, but we do so on a co-ed campus - **the best of both worlds**. Our classes are thoughtfully designed to teach boys and girls in the ways that they learn best because research has shown, and our experience tells us, that both girls and boys thrive in a single-gender academic setting. Both boys and girls are given the room to gain confidence without the distraction of or comparisons to the other gender. There are opportunities to interact outside of the classroom during lunch and free time and through co-curricular and extra-curricular activities such as band, choir, and our theatrical productions.







6

As part of a family of Sacred Heart schools around the globe, **our students have access to the world**. Exchange programs from as near as Montreal to as far away as Japan are available to those who wish to extend their education outside the classroom. Our program also includes opportunities for travel at virtually every grade level from 7 to 12. Younger students might take a trip to the Québec Winter Carnival to take in French Canadian culture and adventure, or to Ottawa to learn about democracy in action. Or, they may take a few days and learn about leadership at Brigadoon or Kejimikujik National Park. Older students have the chance to travel around the world, and in recent years they have journeyed to Greece, England, Italy, France, and Costa Rica as part of student trips or service programs.

7

Senior School is not, however, just about academics. As part of our whole-child philosophy guided by our Five Goals, we ensure our students are engaged in **social justice and charitable activities** in the spirit of our Founder, St. Madeleine Sophie Barat. So when our students graduate, the world is theirs to conquer, but it's also theirs to make better. Because we believe Sacred Heart students have a responsibility to give back to their community and their world.





8

**Join us in the Shark Tank!** Our Sacred Heart Athletics program, which consists of our junior (Grades 7-9) and our senior (10-12) Sharks teams, compete in both independent and public school leagues throughout the school year. Our teams are committed to good sportsmanship and fair play, but we also believe in competing hard and winning - we take practice and competition very seriously. SHSH senior teams compete both recreationally and competitively in a variety of sports like basketball, soccer, cross country, hockey, badminton, skiing, field hockey, and table tennis. We offer elite athletes the flexibility to pursue athletic goals while maintaining strong academic standing. Our faculty excel at supporting those who may have to miss classes to train, compete, and travel. As a result of this tailored approach, we count in our alum community three Olympians, a number of U SPORTS and NCAA scholar athletes, and national and international elite performers in swimming, gymnastics, paddling, running, and sailing.





9

SHSH believes the Arts are an integral part of a well-educated and well-rounded student. Our **exceptionally strong visual and performing arts programs** give students the opportunity to hone their skills in music, art, or theatre, and often through all three at once. Musicians can play in one of our bands, sing with our co-ed liturgy choir, or our all-girls choral group; budding thespians can perform in our annual musical theatre production which is impressive in its scope and scale; and in Fine Art classes, students at every level are given an opportunity to create and to collaborate while they learn a variety of techniques and engage with a host of media, exploring both the aesthetic and the cultural along the way.

10

When it comes to **extra-curricular activities**, the options are almost endless. There are over 30 clubs or groups to be part of in the Senior School - opportunities like CineClub, Culinary Club, Mathletics, Robotics, the Environment Committee, Creative Writing, Games Club, and Yoga. And, if a student is interested in something that we don't already offer, we welcome the opportunity to help them find like-minded students who may share their passion.







Call us: 902-422-4459  
Visit us: 5820 Spring Garden Road, Halifax

