

Education *with* Purpose





We like to say that our Senior School has “the best of both worlds”. That’s because our [Diamond Model of Education](#) offers a single-gender program for students in Junior High (Grades 7-9), where it is most important for their academic and social development, and a co-ed program in Senior High (Grades 10-12), which provides a more realistic social setting that prepares them for a diverse and ever-evolving world.

Senior School is also where we get very serious about our academic rigour. In Junior High, students build a foundation for success by developing good study habits, solid organizational skills, and a genuine love of learning, all of which readily transfer over to Senior High, where they strengthen their critical thinking skills, build their self-confidence, and prepare themselves for university.

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 that make our community and our world better. Sacred Heart students are not just exceptional scholars, athletes, artists, and leaders, but are also extraordinary human beings.

Read on to find out why our Senior School Program would be an excellent choice for your child.





1

Sacred Heart 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 from our University Counsellor, 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 classes that give 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 they are on the path that's right for them, 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 **Advanced Placement (AP)** courses we offer are rigorous, university-credit courses that are honoured across the globe and benefit students 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.



3

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.

4

We are the only School east of Montreal that offers single-gender education, but we do so on a co-ed campus as part of our **Diamond Model of Education — the best of both worlds**. In Junior High (Grades 7-9), our classes are single-gender and thoughtfully designed to teach boys and girls in the ways that they learn best, free from stereotypes and as an age-appropriate foundation. In the High School (Grades 10-12), they move into a co-ed environment that is more inclusive and better reflects our social reality, which helps prepare them for the post-secondary world and beyond. In both environments, our highly-trained faculty use differentiated teaching to nurture the voices, independence, and path for all of our students.

5

Senior School is not 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.





6

The saying that 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.

7

As part of a family of Sacred Heart schools around the globe, **our students have access to the world**. We offer a **Sacred Heart Exchange Program** that allows students to experience a new culture, country, and experience in locations like France, Japan, or Australia. The Program is an incredible way to extend their education outside the classroom. In Senior School, there are also numerous travel opportunities 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 as part of our March Break trips, and in recent years, they have journeyed to Greece, England, Italy, France, and Costa Rica as part of student trips or service programs.





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. Sacred Heart 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 alumni 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

Sacred Heart 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, Yoga, and so much more. And, if a student is interested in something that we don't already offer, we welcome the opportunity to help start a club and find like-minded students who may share their passion.





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 SACRED HEART
SCHOOL of HALIFAX

