Be Exceptional

The Sacred Heart School of Montreal

The only all girls Catholic high school in Montreal

Preparing Girls to Change the World
OUR MISSION

The Sacred Heart School of Montreal is for families seeking an education that combines academic excellence and timeless values. Sacred Heart has more than 150 years of experience graduating young women of action with solid skills and tools for success. Rich in cultural, religious and socio-economic diversity, Sacred Heart students have the courage and confidence to take their place in an ever-changing world. The goal of a Sacred Heart education is to help each student develop her intellectual potential as well as her personal gifts and talents.

OUR GOALS

The Sacred Heart School of Montreal Commits to Educate to:
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
Welcome to the Sacred Heart School of Montreal, the city's only all girls English Catholic high school. For over 150 years, we have been preparing girls to change the world. Our mission, supported by our five goals and criteria, is to nurture the mind, body and spirit of each student in a supportive and caring environment. We embrace and celebrate the uniqueness of each student. Our strong belief in the teacher-student-parent partnership ensures a successful learning environment, that allows the student to reach her full potential and be prepared to meet the challenges of tomorrow.

From the moment your daughter enrolls at Sacred Heart, she becomes part of a diverse international community of Sacred Heart students worldwide. Our global network of Sacred Heart Schools allows us to offer a far-reaching student exchange program to our Grade 10 and 11 students. In recent years, our students have travelled to the United Kingdom, Belgium, France, Spain, India, Southeast Asia, Australia, New Zealand and the United States.

The connection does not end at graduation; as an alumna, your daughter will be welcomed as a lifelong member of The Canadian Association of Sacred Heart Alumnae (CASHA) and the Association mondiale des anciennes et anciens du Sacré-Coeur (AMASC).

We hope the enclosed information will help you discover our school. We encourage you to visit our website at www.sacredheart.qc.ca.

Welcome to Sacred Heart!

Shawn O’Donnell  
Head of School
WHY CHOOSE SACRED HEART?

- All Girls Catholic High School
- Small Class Size
- Dedicated, Highly Qualified Faculty
- Low Student/Faculty Ratio - 6:1
- Rich Arts Curriculum
- Close Partnership with Parents
- Competitive and Challenging Athletics Programs
- Active Social Justice Culture
- Advanced Placement Courses
- Accelerated and Enrichment Programs
- Continual Focus on Academic Excellence
- Access to a Network of 148 Sacred Heart Schools
- Exchange Program
- Grade 12
- Boarding
Welcome to boarding at Sacred Heart!

When your daughter becomes a boarder at The Sacred Heart School of Montreal, she becomes part of a large, diverse family. Whether she boards 7 days a week or 5 days a week, she will be surrounded by a caring and engaged residence life staff who are there to ensure her safety, happiness and academic success.

Comfortable living space

Located within the school, the boarding space is made up of double rooms, single rooms and a quad for short stay boarders. Each room (except the quad which has two bunk beds) is fully furnished with twin beds with under bed drawers for storage, an armoire, an elongated and modern work space including a desk, lamp, ergonomic desk chair, multi-charger outlet and a bureau. WIFI can be accessed throughout the residence.

The solarium offers incredible views of the city and is a space where the girls can study, exercise or play board games. The common room is furnished with cozy couches, a piano, and a large screen television – it is a great space for the girls to relax at the end of the day.

A fully equipped kitchen is at the students’ disposal and meals are served in a dining area located near the newly renovated student lounge. The student lounge is another area for the students to study, read and socialize. Laundry facilities are also available.

Life at Sacred Heart

The school day runs from 8:25am to 3:10pm. After school, students are encouraged to participate in the many sports teams and/or clubs offered. Students also benefit from supervised study periods and a faculty that is readily accessible to answer questions.

Weekends are filled with art and cultural outings such as trips to local museums, participation in local festivals and much more, taking advantage of Montreal’s vibrant and dynamic multicultural scene.
A Montreal Catholic high school (grades 7-12) for girls, established in 1861, with more than 150 years of experience. The Sacred Heart School of Montreal is part of a worldwide network of Sacred Heart Schools, all of which share common goals, mission and philosophy.

Our current home on Atwater Avenue is the sixth home of the school since its inception in 1861. City House, as it is fondly known, is a building rich in history and equipped for the modern student. Rooted in tradition, but always evolving, The Sacred Heart School of Montreal aims to instill the values that our founder, Saint Madeleine Sophie Barat so valued all the while promoting
creative education and leadership framed by the five goals of a Sacred Heart education. The truly international character of a Sacred Heart School aids in fostering a global education and citizenship in our girls.

The Sacred Heart School of Montreal has undergone many changes since it opened its doors on Atwater Avenue in 1928. Although things may look different than they did all those years ago, the same warm, welcoming environment is contagious the minute you step foot inside its doors.
Total School Population: 230 girls

Small Class Sizes & Low Student Teacher Ratio (6:1)

100% Advance to Post-Secondary Education

Free Online Tutoring

Online Course Offerings - sophieconnect.org

Enriched Academic Programs

Chromebooks for all students
Advanced Placement (AP) Courses:
   English, Music, Psychology & History

Visual Arts, Theatre & Music

Accelerated Math Program

Grade 12 Blended Learning Program
Robotics Program

Leadership Training

Athletics: Soccer, Hockey, Basketball, Volleyball, Flag Football, Track & Field, Badminton, Running, Swimming, Tennis, Golf
International Student Exchange Program

School Wide Community Service Program

House System

After School Clubs
Sacred Heart is....

Science!
- Science Expo: Display of Grade 7 Student Projects
- FIRST Robotics Competition
- Women in Biology: Interactive learning event fosters careers in science
- Canadian National Brain Bee: Grade 9 Students study neuroscience
- Women in Engineering: Senior Students visit Concordia University

Leadership!
- Participation in the Jr. & Sr. Leadership & the CAIS Leadership Conferences
- House system
- Active Student Council

Athletics!
- Local inter-school games, national tournaments
- Soccer, basketball, flag football, swimming, cross-country, volleyball, golf, tennis, hockey team, to name a few

Math!
- Certificates of Distinction awarded to top scorers: Canadian National Mathematics League Competition and Pascal, Cayley & Fermat Competitions

Philanthropy!
- Community Service Day – Launched and managed by Students
- Christmas Baskets for St. Gabriel’s Parish and Nazareth House
- Girls for The Cure
- Student Stock Exchange: Entrepreneurship with a social responsibility component
- Sounds of Hope - with The Montreal Children’s Hospital
- Youth Philanthropy Initiatives

Public Speaking and Competitive Essay Writing!
- Model U.N.
- Debating
- QAIS Competition
- Barat Literary Circle, Cercle Littéraire Barat
- Les Olympes de la Parole
- Scholars Cup
- Rotary Competition

Drama, Arts and Music!
- Concert Band – competes yearly in international festivals
- Annual Drama Production - The Wizard of Oz, The Addams Family, and many more
- Annual Arts Festival including music, painting, sculpture, photography and fashion show

Student Exchange!
- Thanks to our Sacred Heart Network of 148 schools worldwide, Senior School Students travel to many countries, including: Australia, France, Spain, and the United States

Sacred Heart!
- 100% of our graduates attend post-secondary institutions. Our girls attend John Abbott, Marianopolis, Dawson and Vanier Colleges; Collège Jean-de-Brébeuf; University of Ottawa, McGill University, Concordia University, University of Toronto, University of Western Ontario; The Hotchkiss School, Neuchâtel Junior College and United World College in Bosnia and Switzerland
Q. What is it like to study at an all girls school?
In one word, Empowering! You can be yourself. You don’t have to worry about boys taking up all the space or assuming all the leadership roles. An all girls school allows you to ask all the questions you want in class and get the extra attention you need.

Q. Are all your classes in English?
The school is an English high school for girls and the primary language of instruction is English. However, all students must take a French language course. We offer four levels of proficiency at each grade level. We also offer art, history and geography in French in grades 7 & 8.

Q. When does the school year start and finish?
The school year runs from the end of August until mid-June.

Q. What does the tuition include?
The tuition includes all academic and extra-curricular activities, textbooks, technology, academic support and advising, athletics and meals at school.

Q. What does the tuition NOT include?
The tuition does not include uniform, chromebook, medical insurance and overnight trips.
How War Destroys History

★ Damages caused by Fire

Because of the nature of the heritage, many crafts and buildings are also lost. The nation and its crafts are very prosperous and aesthetic, but almost no one cares about the crafts now. Many architectural skills are also lost. This is a serious cultural problem.

Architecture with wooden structures are extremely easy to be caught on fire, and burned into ruins if not extinguished immediately. And due to their scales, the fire is also very hard to stop. The Old Summer Palace shows a great example.

★ Damages caused by weapons

During wars, weapons like guns and artillery are involved. These weapons can ruin structures badly if bullets and bombs damage and break them. All these are examples.

★ The Lost of Cultural Relics

Due to the war, a large amount of treasures lost. Many valuable treasures were taken by the invaders. Such as the treasured bronze statue of the second level of the 15th which there are only 5 remaining in China. And destroyed ancient books and manuscripts that people don’t know their values, are often thrown away.

★ The Lost of Architectural History

Not that ancient myths was a perfect example of

Hyphenated design and the rise of both Chinese and Western styles. It can also be seen as adjusting ancient architecture structures, different cultures and different rivals. However, it had been destroyed through the war, and it’s a huge loss and interruption of the architectural history and human cultures.
Explore - Learn - Make Friends!
Located in the Canadian province of Quebec, Montreal is a unique combination of “European charm” and North American attitude.

Did you know? Montreal....

• has 120 distinct ethnic communities.
• has a population of more than 3.8 million.
• is the second largest francophone city after Paris and 60% of its residents are fluent in French and English.
• is actually an island in the middle of the St. Lawrence River, and the major Canadian port of entry to the St. Lawrence Seaway.
• has an average daytime temperature in July of 26° Celsius and in January of -4° Celsius.
• is named after Mount Royal, the hill located in the heart of the city, and site of a beautiful park whose architect, Frederick Olmstead, also designed New York’s Central Park.
• is a UNESCO City of Design.
• is an important centre of commerce, aerospace technology, artificial intelligence (AI), finance, pharmaceuticals, design, tourism, and music and comedy festivals.
• was voted in the 2017 QS World University Rankings as the best place in the world to be an international student.

Source: Tourisme Montréal
Here’s How to Apply

1. Apply online www.sacredheart.qc.ca
2. Submit the following:
   • Sacred Heart School of Montreal application form
   • A passport size photo
   • A birth certificate
   • A copy of your passport
   • Report cards from the last two years
   • Any TOEFL, IELTS or any other standardized test results
   • A letter of recommendation
   • A non-refundable application fee of $250
3. We will contact you to arrange an interview and coordinate the entrance tests.

Should you have any questions about the admissions process or the school please contact:
Ms. Stephanie Broadhurst at
(514) 937-2845 ext. 114 or
admissions@sacredheart.qc.ca