



Be Curious

The Sacred Heart School of Montreal

Boarding in the ♥ of the City

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

Your School in the Heart of the City!



What better place to live and pursue your academic career than in the very heart of this multicultural city. The Sacred Heart School of Montreal is proud to have been a part of the fabric of Montreal since 1861. Many of the city's influential female leaders are graduates of our school. Come be a part of this wonderful legacy!

From the moment you arrive, you will feel the warmth and dedication not only of the residence team but the whole school. We pay close attention to each student's individual needs and will craft the best program with the utmost care. You will be surrounded by advisors and mentors who will ensure you have all the necessary support, all the while discovering what makes Montreal so special. At Sacred Heart, we like to say we prepare girls to change the world with 'courage et confiance'!

I look forward to meeting you!

A handwritten signature in black ink that reads "Shawn O'Donnell". The signature is fluid and cursive.

Shawn O'Donnell
Head of School

A Warm, Caring Environment

The Residence Life Program Provides:

The Sacred Heart School of Montreal has a long history of providing a warm, loving and caring environment for its students. The residence life program provides:

- A unique opportunity for students from various cultures and communities to experience boarding life in the dynamic and multicultural city of Montreal
- A dedicated and engaged staff assisting with all aspects of our students' development
- Advising for academic, personal, and emotional development
- Staff well trained to facilitate social development and acculturation
- An opportunity for personal growth in areas of independence, time management, teamwork and leadership skills in a "home-like" setting
- Strong partnership and communication between Residence Life Team and parents



A school with longstanding academic excellence

Since 1861, The Sacred Heart School of Montreal, the city's only all girls English Catholic high school, has been graduating exceptional leaders. The school is committed to developing young women of intellect, wisdom, compassion and with a sense of justice. The Sacred Heart School of Montreal is part of a worldwide network of schools that share common goals, mission and values.

Preparing Girls to Change the World

What Makes Sacred Heart Special?

- A warm, caring environment
- Dedicated, highly qualified faculty
- Low student-faculty ratio at 6:1
- Balanced focus on academics, wellness and athletics
- Small class sizes
- Rich arts curriculum
- Advanced placement (AP) courses
- Active social justice culture
- A unique House system
- Exchange programs
- Close partnership with parents
- Walking distance to museums, theatres



Explore Your Passions

THE ARTS

Art Club

BLC/CLB (Barat Literary Circle/
Cercle Littéraire Barat)

Choir

Junior Concert Band

Senior Concert Band

Christmas Wishes

DASHABUSTAAD (Variety performance
showcasing student talent)

Drama Production

French Play

Les Olympes de la Parole

Penned with Heart Literary Magazine

Poetry in Voice

The Pulse school newspaper

World Scholars Cup

ATHLETICS

Cross Country Running

Badminton

Flag Football

Golf

Basketball

Halo Road Race

Soccer

Hockey

Tennis

Volleyball

Swimming

Track and Field

Intramurals

CLUBS AND SOCIETIES

Culinary

Debating

Model U.N.

Photography

Robotics

Memory Book

Dance





Co-curricular Activities

LEADERSHIP

Carnival committee
Class Representatives
CAIS Junior and Senior Leadership Conferences
Community Service Day committee
Environment committee
Girls' Athletic Association (G.A.A.)
Girls for The Cure committee
Grad committee
Sounds of Hope committee

Student Council (Prefects Grade 11)
Co-Captains (Grades 7-11)

SOCIAL JUSTICE

Community Service Day
Free the Children committee
Youth Philanthropy Initiative

Your Home Away From Home

Residence at Sacred Heart

- Located in the west wing of the school, the Residence quarters are equipped with: eight double rooms, two single rooms and one quad for short stay boarders.
- A communal lounge area with cozy couches, a large-screen TV, a piano, and a variety of games
- A beautiful solarium with 180-degree view of the city
- Wi-Fi
- A fully equipped kitchen to keep your snacks
 - A newly renovated dining area – boarders will be served nutritious, well balanced and delicious family-style breakfasts and dinners. Lunches take place with the day students in the cafeteria.
 - A brand new student lounge where you can study, read and socialize
 - Laundry facilities



A Day in the Life of a Sacred Heart Boarder

MONDAY-FRIDAY

7:00 am	Residence staff check floors - all awake	
7:30 - 8:00 am	Breakfast	
8:00 am	Collect school books and electronics - Make sure school bag has all books and equipment for the day. Tidy your room.	
8:10 am	Depart Boarding	
8:25 - 3:10 pm	School Day	
3:10 pm	Study Hall or after school activities	
4:30 - 5:30 pm	Activities and free time Check noticeboard. Use house facilities.	
5:30 - 6:00 pm	Dinner	
6:00 - 8:00 pm	Prepare and proceed to Study Hall (Grades 7-9) in designated Study Hall area supervised by Residence team - (Grades 10-11) in own room (9pm)	
6:00 - 8:00 pm	Grades 7-9 Study Hall (supervised by Residence team)	
6:00 - 9:00 pm	Grades 10-11 (own room)	
8:30 - 10:00 pm	Free time in room (reading, getting ready for bed)	
9:15 - 10:00 pm	Electronics in	Bedtime (lights out)
	Grades 7-9 = 9:15 pm	9:30 pm
	Grades 10-11 = 9:45 pm	10:00 pm



FRIDAY EVENING

3:10 - 5:30 pm	Snack and free time
5:30 - 6:00 pm	Dinner
6:00 - 9:00 pm	Free time/Movie night/Games/Activities/Baking
11:00 pm	Bedtime (lights out)



SATURDAY

9:45 am	Wake up
10:00 am	Brunch
11:00 am - 5:00 pm	Planned activities
5:00 - 6:00 pm	Dinner
6:00 - 9:00 pm	Free time/Movie night/Games/Activities/Baking
10:45 pm	Grades 7-9 Electronics handed in to staff
11:00 pm	Bedtime (lights out)

SUNDAY

9:45 am	Wake up	
10:00 am	Brunch	
11:00 am - 5:00 pm	Laundry, cleaning rooms, studying, shopping/errands, free time	
5:00 - 6:00 pm	Dinner	
6:00 pm	Prepare and proceed to Study Hall (Grades 7-9 in designated Study Hall areas, Grades 10-11 in own room)	
6:00 - 8:00 pm	Grades 8-9 Study Hall (supervised by Residence team) Grades 10-11 (own room)	
8:30 - 10:00 am	Free time in room (reading, getting ready for bed)	
9:15 - 10:00 pm	Electronics in	Bedtime (lights out))
	Grades 8-9 = 9:15 pm	9:30 pm
	Grades 10-11 = 9:45 pm	10:00 pm





Discovering Your New City - Montreal - Cosmopolitan, Multicultural, Diverse

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.



Here's How to Apply

1. Apply online www.sacredheart.qc.ca
2. Submit the following:
 - 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 for 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



The Sacred Heart School of Montreal

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