



**Preparing Girls to Change the World**

# **The Sacred Heart School of Montreal**

**The only all girls English Catholic high school in Montreal**





## Our Mission

The Sacred Heart School of Montreal is for families seeking an educational experience that combines academic excellence and timeless values.

Sacred Heart has more than 160 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!



We are always so glad to welcome new students to the Sacred Heart family. As our foundress Saint Madeleine Sophie Barat once said, she would have founded the Society of the Sacred Heart “for the sake of one child.” So, too, do we commit ourselves to the education and growth of each and every student. No matter the level of expertise or the range of your interests, you’ll find something creatively and intellectually stimulating here! Sacred Heart offers a variety of challenging intellectual ventures that give students of all levels the opportunity to push themselves and achieve success through progress.

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 Caring and Inclusive Environment

Not only do we dedicate ourselves to our students' academic success, we also center the cultivation of their emotional growth. From administration, faculty, and staff all the way to the student body at large, we at Sacred Heart are dedicated to fostering a caring and nurturing environment in which all are encouraged to express themselves to the fullest. Our school celebrates the diversity of our Sacred Heart family and beyond! Collaboratively, we are always learning more about the communities around us and, in so doing, creating an environment of inclusivity.

## Our Mission

These are only some of the ways that we ensure that our learning environment encourages our students' progress. As a Sacred Heart network school, our mission is to nurture the mind, body, and spirit of all our students; our five goals allow this mission to develop organically into in-school as well as extracurricular activities that push students to get involved in their communities, develop their social awareness, and seek personal and academic growth. All this and more ensures that all students leave Sacred Heart as well-rounded and accomplished young women.

# About The Sacred Heart School of Montreal

A Montreal Catholic high school (grades 7-12) for girls, established in 1861, with more than 160 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.



# 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 value.

## Academics

- Small class sizes with an average of 17 students
- Dedicated, highly qualified faculty with a student-faculty ratio of 6:1
- Advanced placement (AP) courses
- 3 levels of French, from *de base* to *langue d'enseignement*
- Accelerated Math stream starting in grade 8
- Choice of music, art, and drama electives
- Free online tutoring available 24/7 through PAPER
- Additional online enrichment courses offered through SophieConnect
- Opportunities for student exchange worldwide with other schools in the Sacred Heart network



# Explore Your Passions

## THE ARTS

Art Club  
Concert Choir  
Show Choir  
Junior and Senior Concert Band  
Art Club  
Photography Club  
Drama Productions  
Annual Talent Show

## ATHLETICS

Cross Country Running  
Badminton  
Flag Football  
Golf  
Basketball  
Halo Road Race  
Soccer  
Hockey  
Tennis  
Volleyball  
Swimming  
Track and Field  
Partnership with the Ribeiro-Moojen  
Pre-U Soccer Program

## CLUBS AND SOCIETIES

Model U.N. Robotics  
Memory Book  
Dance  
Cooking Club  
Comic Book Club  
The Pulse School Newspaper  
Penned with Heart Literary Magazine  
Battle of the Books  
Typing Club  
Bookbinding Club  
And more.

## LEADERSHIP & COMMUNITY

House System  
Class Representatives  
Student Council  
Grad Committee  
Carnival Committee  
CAIS Jr and Sr Leadership Conferences  
Community Service Day committee  
Environment committee / Green Team  
Girls for the Cure  
Youth Philanthropy Initiative  
Student Stock Exchange  
Truth and Reconciliation Club



# International Students



With small class sizes and a location right in the heart of downtown Montreal, the Sacred Heart School of Montreal's all girls school is ideally placed for international students to experience all that this compact, cosmopolitan city has to offer. One hundred percent of our students advance to post-secondary education and are well prepared to meet its challenges. With leading Canadian Universities at our doorstep, like McGill University and Concordia University, we know how to best prepare your daughter. Our Advanced Placement (AP) program enables students to earn college and university credits. We also offer a Grade 12 program that allows students to attend university anywhere.

# Montreal - Did you know?



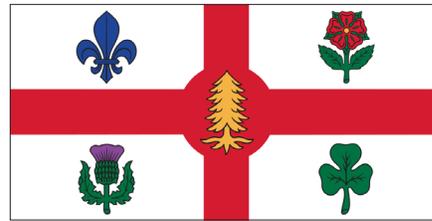
A popular local snack is “poutine” (French fries with cheese curds topped with gravy) 710 calories of delicious!



The Montreal Canadiens hockey team have won the most Stanley Cups in Major League hockey history.

# 80

Languages spoken  
Including French, English, Italian, Spanish & more



Montréal's flag displays five symbols representing the city's founding peoples: the white pine for

the Indigenous presence, the fleur-de-lis for the French, the rose for the English, the thistle for the Scottish and the clover for the Irish.

80% of the world's maple syrup comes from the province of Quebec



Home to the tallest observation wheel in Canada

# Boarding at Sacred Heart

Sacred Heart has a long history of providing a warm, loving and caring environment for its boarding students. Our residence is located right in the heart of our school, with a full-time staff that lives on site with the students. We offer the option of 5 or 7 day boarding to fit your needs.

Our boarding floor has:

- laundry facilities
- a common room with a large screen television, comfortable couches and a piano
- a beautiful sunroom with a view of the city
- a fully stocked kitchen

The rooms are single or double occupancy. Each room is equipped with:

- single beds with underbed drawers for storage
- armoire
- a work space including a desk, lamps, ergonomic desk chair, and multi-charger outlet.

Sacred Heart's boarding wing provides a unique opportunity for students from various cultures and communities to experience boarding life in the dynamic and multicultural city of Montreal. The residence has full-time supervision provided by our in-residence team.

Sacred Heart also provides after-school activities as well as social events on weekends, including art and cultural outings that take advantage of Montreal's vibrant city scene; trips to local events; sports; and much more.



# 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	Grades 7-9 Study Hall (supervised by Residence team)	
6:00 - 9:00 pm	Grades 10-12 (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 10-12 = 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
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 - 8:00 pm	Grades 8-9 Study Hall (supervised by Residence team) Grades 10-12 (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 10-12 = 9:45 pm	10:00 pm





# How to Apply

1. Complete our online application at [www.sacredheart.qc.ca](http://www.sacredheart.qc.ca)
2. Submit the following to [admissions@sacredheart.qc.ca](mailto:admissions@sacredheart.qc.ca)
  - A copy of the applicant's birth certificate including the names of the parents
  - A copy of report cards of the last two years
  - A copy of the current report card, if available
  - A small photo
  - A \$50 application fee (domestic applicants) or \$250 (international applicants)
  - A copy of the certificate of eligibility for English instruction (Quebec applicants only)

INTERNATIONAL APPLICANTS ONLY, please also submit the following:

- A certified English translation of the applicant's birth certificate
- A copy of the student's and the parents' passports
- A letter of recommendation
- Any TOEFL, ILETS, or any other standardized English test results (only required for Grade 10 and above)
- Entrance Tests (English and Math)

3. Interview (virtual or in-person)

Should you have any questions about the admissions process at our School, please don't hesitate to contact Stephanie Broadhurst, Director of Enrolment Management, at:  
[admissions@sacredheart.qc.ca](mailto:admissions@sacredheart.qc.ca)  
(514) 937-2845 ext. 114

WeChat: StephB15

Whatsapp: 514-654-9406

Skype: steph.broadhurst



# The Sacred Heart School of Montreal

3635 Atwater avenue  
Montreal, Quebec H3H 1Y4

514-937-2845  
[www.sacredheart.qc.ca](http://www.sacredheart.qc.ca)



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