

► Does The Sacred Heart School of Montreal require uniforms?

Yes, Sacred Heart requires uniforms for students in Grades 7 to 11. We have both a dress uniform, which is worn on Tuesdays and during special events, and a casual uniform, which is worn on other days. There is also a P.E. uniform worn during P.E. class. Uniforms can be purchased new, through our supplier TopMarks, or gently used through our Parents' Guild Uniform Shop. Grade 12 students have a business casual dress code instead of uniforms.

► Did you know we offer a Grade 12 program?

We offer a Grade 12 program where students can graduate with an Ontario Secondary School Diploma and go straight to the university of their choice without having to go to CEGEP. [Click here](#) to learn more about this unique opportunity.

► What is the average class size at The Sacred Heart School of Montreal?

The average class size is 18.

► When does the school day start and end?

The school day starts at 8:30 a.m. and ends at 3:10 p.m.

► What words do students, parents, faculty and staff use to describe Sacred Heart?

Warm, caring, community, family, supportive.

► What are the benefits of an all-girls school?

Please [click here](#) to learn about the many benefits of attending an all-girls school.

► Is Sacred Heart a boarding school?

While the majority of our students are day students, we do offer a stimulating and fully-equipped boarding program. The Sacred Heart School of Montreal has **both 5-day boarding and 7-day boarding options available**. We have a long history of providing a warm, loving and caring environment for our 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. To learn more about our boarding program, [click here](#).

► Does your school have any traditions?

Yes! We have many unique traditions that enrich student life at our school. Many of our traditions are common to all Sacred Heart schools around the world. Some of our traditions include Christmas Wishes, Détente, our ribbon ceremony and prizes ceremony which celebrate our students' accomplishments, the DASHABUSTADD student talent show, and the Feast of Mater Admirabilis. We also have a House System, where each new student is assigned to one of the 8 Houses, each aptly named after an outstanding early Sacred Heart educator. The Houses are led by Prefects, which are Grade 11 students selected by the school community to serve as school leaders. The House system reinforces the community atmosphere that is inherent to the philosophy of a Sacred Heart Education.



► **What kinds of international opportunities are available to Sacred Heart students?**

There are many international opportunities available to Sacred Heart students. We are a part of the international Network of Sacred Heart Schools. There are over 150 schools in our worldwide network, including *25 in Canada and the United States*. Each one was founded by the Society of the Sacred Heart, and we all share the same five goals that govern our mission and guide our educational philosophy. We hold regular cultural exchanges with our sister schools around the world, and our students are provided with the unique opportunity to take advantage of a worldwide network.

Sacred Heart students are also given the opportunity to go on international service trips, leadership trips, and Europe trips, all of which contribute to the personal and intellectual growth of our students. Our Concert Band travels internationally to compete and they have won many medals.

In addition, our school is enriched by the presence of international students who come from all over the world. We encourage the sharing of different cultures and strive to make our school a welcoming meeting place where people from all over the world can gather and learn together.

► **Is financial aid available?**

Yes! We have a robust bursary program at Sacred Heart. The average bursary is **\$8,600**. To learn more about tuition and financial assistance, [click here](#).

► **How does the Catholic faith contribute to a Sacred Heart education?**

We are guided by the Five Goals of the Sacred Heart Network of schools founded by the Society of the Sacred Heart, a Catholic order of religious sisters. The Five Goals are:

- ***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***

Everything that takes place within our school reflects one or more of the Five Goals. In addition, students participate in daily prayer, regular school masses, and community service. Our Ethics and Religious Cultures course teaches students about the Catholic faith and how it connects with the world around us. While we are a Catholic school, we are inclusive and welcoming of everyone of all faiths and beliefs; 30% of our students are non-Catholic.

► **Is there bus transportation provided to and from school?**

Yes, there is an optional bus service provided to the West Island, Ville Saint-Laurent, the Town of Mount Royal, Laval, and the South Shore in conjunction with other QAIS (Quebec Association of Independent Schools) private schools. [Click here](#) to learn more.

► **What kinds of extracurricular activities do students participate in?**

We have many extracurricular activities available to students. Please [click here](#) to learn about the activities we offer.



► **Is lunch provided at school?**

Yes, an optional lunch program is provided to students at an additional cost. [Click here](#) to learn more.

► **Is counseling and academic advising provided to the students?**

Yes, a qualified personal counselor is available to students Monday to Friday during school hours. We also have an experienced academic advisor on staff to assist with all advising and career planning needs.

► **Which sports do you offer?**

Our school is a member of the Greater Montreal Athletics Association (GMAA) and participates in tournaments and leagues along with the public school boards and other private schools in the greater Montreal area. We offer *12 different sports at our school making up over 25 competitive teams*. Our list of sports offered can be found [here](#).

► **Does Sacred Heart have community service requirements?**

Yes. As a prerequisite for graduating with a Sacred Heart certificate, all Grade 7-11 students must complete *40 hours of community service* by April of Grade 11. Half of these community service hours must be completed before entering Grade 11, including during the summer. Students in our Grade 12 program must complete 20 hours of community service over the course of their Grade 12 year. Our students, faculty, and staff also participate in various community service events, activities, and fundraisers throughout the year, which is consistent with Sacred Heart's Goal 3: To develop a social awareness which impels to action. To learn more about community service at Sacred Heart, [click here](#).

► **What is your French program like?**

Sacré-Cœur offre trois niveaux de français, de la langue seconde de base à la langue maternelle (langue d'enseignement - même cours que les écoles secondaires du Québec). Nos élèves obtiennent un certificat de bilinguisme pour avoir terminé les cours de langue maternelle anglaise et française. En secondaire I et II, nos élèves passent leurs cours de sciences sociales (géographie et histoire) et d'art en français. Les élèves de secondaire I à III ont un cours de culture francophone (culture de la France, du Québec et de la Francophonie), qui s'ajoute aux cours de français, ce qui permet un horaire de 8 cours en français, au minimum, sur le cycle de 8 jours. Chaque année, nous proposons des cours supplémentaires à option en français à partir de la 3e année du secondaire.

Sacred Heart offers three levels of French from basic second language to mother tongue (langue d'enseignement - same course as French Quebec High Schools). Our students graduate with a bilingual certificate for completing both, mother tongue English and French. In Grade 7 and 8, our students take their Social Sciences (Géographie & Histoire) and Art in French. Students in Grades 7 to 9 also take mandatory Francophone culture classes (culture de la France, du Québec et de la Francophonie) in addition to their regular French classes. Annually, we also offer French electives for students in Grade 9 and up.



► **Does Sacred Heart offer an accelerated math program?**

Yes, we offer an accelerated math program for students who excel in math and would like to take Calculus in Grade 11. [Click here](#) to learn more about our curriculum and to download our Math and Science curriculum options PDF.

