



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 socioeconomic 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!



Here at Sacred Heart, we believe that every child is a unique treasure, and we are ready to nurture their potential and passions with open arms.

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. We are always glad to welcome new students into the warm embrace of the Sacred Heart family. At Sacred Heart, an intellectually engaging journey awaits, providing students the opportunity to stretch their limits and experience success through progress.

I look forward to meeting you!

A handwritten signature in black ink, appearing to read 'P. Briand'.

Patricia Briand

Head of School
patriciabriand@sacredheart.qc.ca
514-937-2845



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.

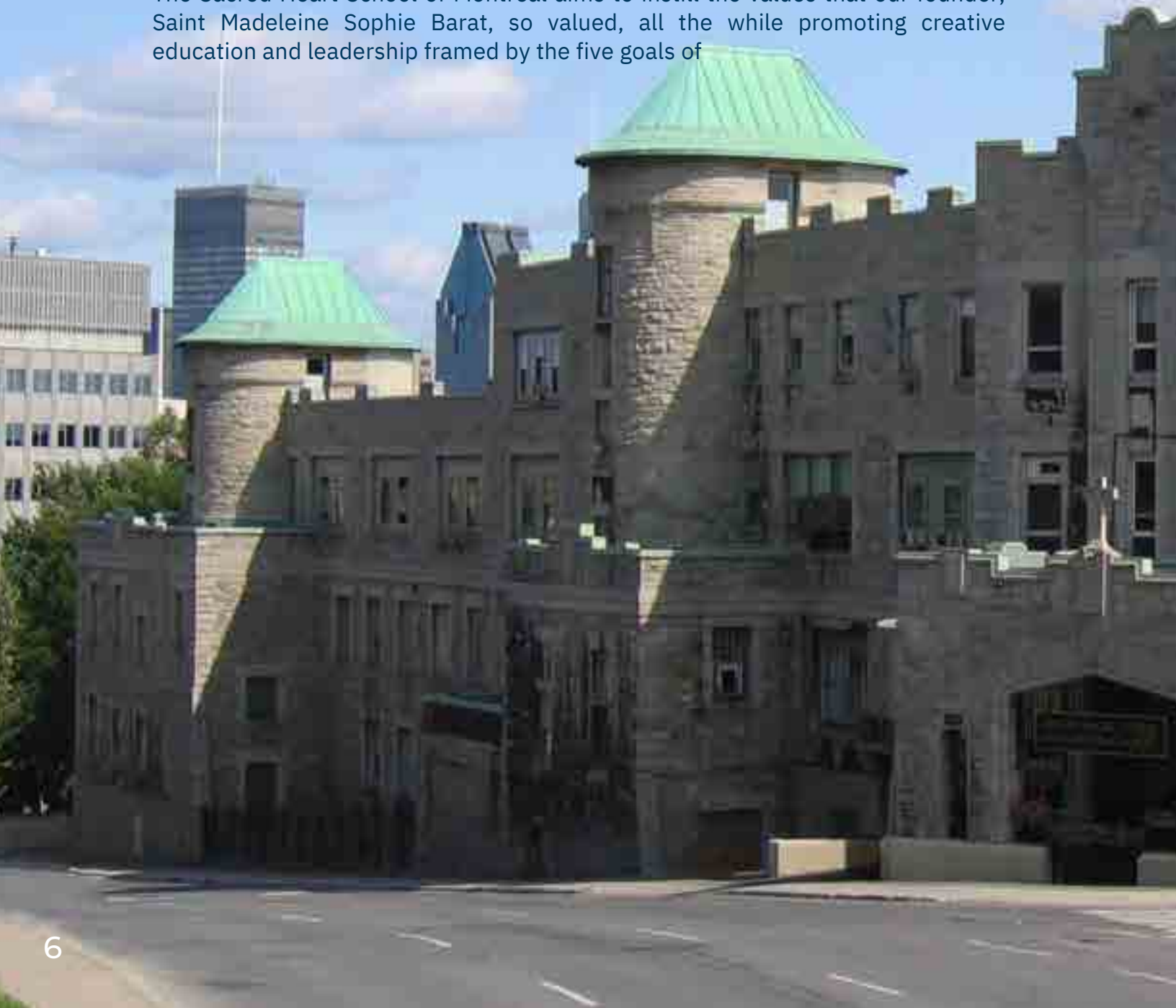
Our Mission

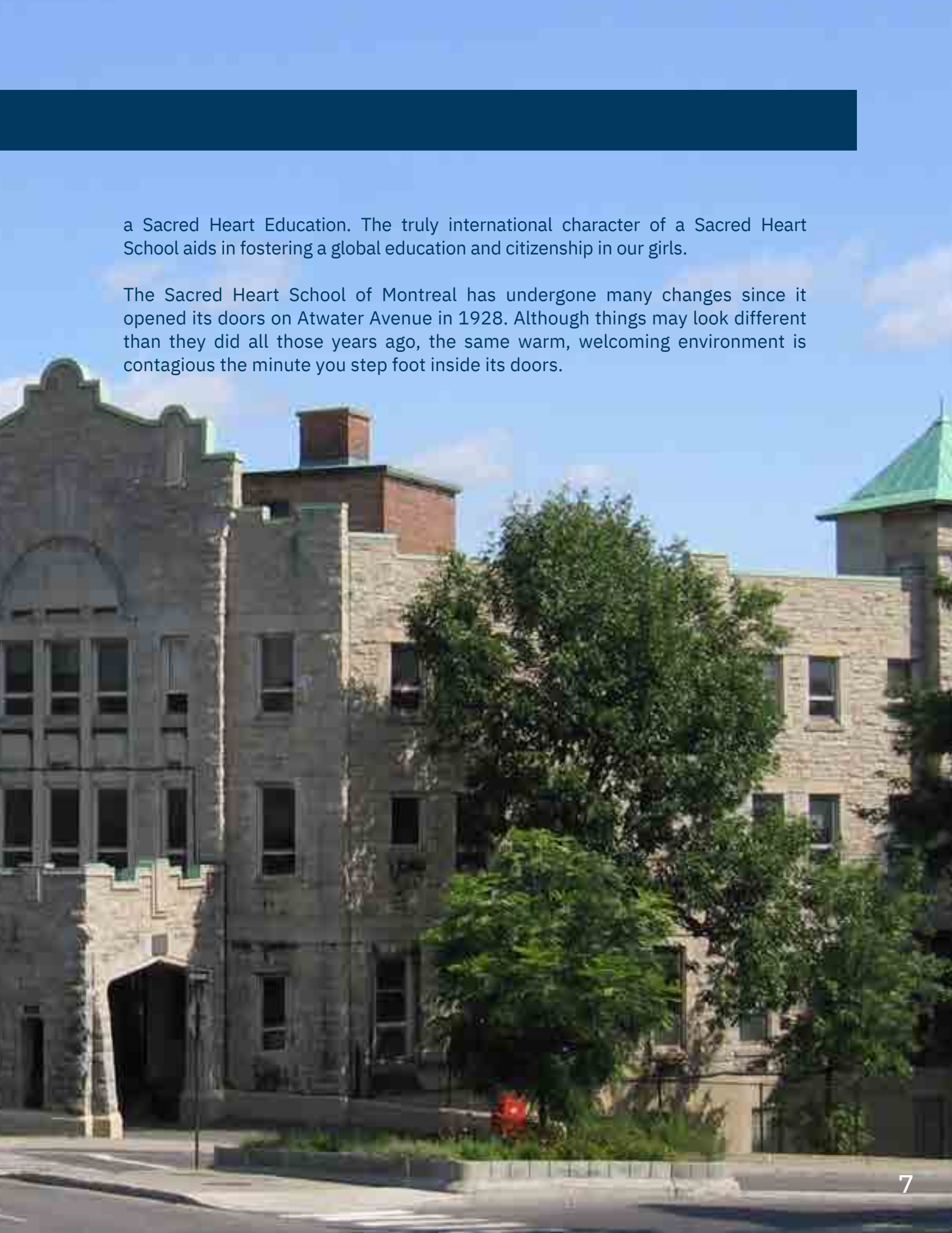
These are only some of the ways that we ensure that our learning environment encourages our students' progress. As a Sacred Heart network school, our mission is to nurture the mind, body, and spirit of all our students; our five goals allow this mission to develop organically into in-school as well as 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 18 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
- 👉 Opportunities for student exchange worldwide with other schools in the Sacred Heart Network



Explore Your Passions

THE ARTS

- Annual Talent Show
- Art Club
- Concert Choir
- Drama Club
- Drama Productions
- Jazz Band
- Junior and Senior Concert Band
- Photography Club
- Sacred Rock
- Show Choir

CLUBS AND SOCIETIES

- Anatomy Club
- Battle of the Books
- Cooking Club
- Comic Book Club
- Dance
- Innovation and Design Club
- La Source
- Model U.N.
- Memory Book
- Penned with Heart Literary Magazine
- The Happiness Lab
- The Pulse School Newspaper
- Typing Club

LEADERSHIP & COMMUNITY

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

ATHLETICS

- Badminton
- Basketball
- Cross Country Running
- Flag Football
- Golf
- Halo Road Race
- Hockey
- Soccer
- Swimming
- Tennis
- Track and Field
- Volleyball



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.



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 that has a café-like feel where students gather to work together on projects and study
- 🕒 a beautiful sunroom with a view of the city
- 🕒 a fully stocked kitchen

The rooms are 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 a.m.	Residence staff check floors - all awake
7:30 - 8:00 a.m.	Breakfast
8:00 a.m.	Collect school books and electronics - Make sure school bag has all books and equipment for the day. Tidy your room.
8:10 a.m.	Depart Boarding
8:25 - 3:10 p.m.	School Day
3:10 p.m.	Study Hall or after school activities
4:30 - 5:30 p.m.	Activities and free time Check noticeboard. Use house facilities.
5:30 - 6:00 p.m.	Dinner
6:30 - 8:00 p.m.	Grades 7-9 Study Hall (supervised by Residence team)
6:00 - 9:00 p.m.	Grades 10-12 (own room)
8:30 - 10:00 p.m.	Free time in room (reading, getting ready for bed)
9:15 - 10:00 p.m.	Electronics in Bedtime (lights out) Grades 7-9 = 9:15 p.m. Grades 8-9 = 9:30 p.m. Grades 10-12 = 9:45 p.m. Grades 10-12 = 10:00 p.m.

FRIDAY EVENING

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

SATURDAY

9:45 a.m.	Wake up
10:00 a.m.	Brunch
11:00 a.m. - 5:00 p.m.	Planned Activities
5:00 p.m. - 6:00 p.m.	Dinner
6:00 p.m. - 9:00 p.m.	Free time / Movie night / Games / Activities / Baking
11:00 p.m.	Bedtime (lights out)

SUNDAY

9:45 a.m.	Wake up
10:00 a.m.	Brunch
11:00 a.m. - 5:00 p.m.	Laundry, cleaning rooms, studying, shopping/errands, free time
5:00 p.m. - 6:00 p.m.	Dinner
6:00 p.m. - 8:00 p.m.	Grades 8-9 Study Hall (supervised by Residence team) / Grades 10-12 (own room)
8:00 p.m. - 8:30 p.m.	Weekly Boarding Meeting
8:30 p.m. - 10:00 p.m.	Free time in room (reading, getting ready for bed)
9:15 p.m. - 10:00 p.m.	Electronics in Bedtime (lights out) Grades 8-9 = 9:15 p.m. Grades 8-9 = 9:30 p.m. Grades 10-12 = 9:45 p.m. Grades 10-12 = 10:00 p.m.





Preparing Girls to Change the World

How to Apply

1. Complete Application Online at www.sacredheart.qc.ca

2. Submit all required documents to admissions@sacredheart.qc.ca

- 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. Student interview (virtual or in-person)

Please visit our website for more details at www.sacredheart.qc.ca or contact our Director of Enrolment Management, Stephanie Broadhurst at admissions@sacredheart.qc.ca



The Sacred Heart School of Montreal



**3635 Atwater Avenue
Montreal, Quebec H3H 1Y4**



**514-937-2845
www.sacredheart.qc.ca**



CAIS

