MIDDLE SCHOOL OVERVIEW
OUR MISSION

The Convent of the Sacred Heart is New York City’s oldest independent school for girls, educating students in grades Pre-K through 12. As part of an international network, we are committed to a set of principles shared by all Sacred Heart schools. Known as the “Goals and Criteria,” these principles articulate the core components of a Sacred Heart education, and charge our community with a unified educational mission.

At the heart of our philosophy is the belief that each child possesses unique gifts. Our job is to unearth those gifts, nurture them, and empower each child of the Sacred Heart to share those gifts with the global community.

THE GOALS

Schools of the Sacred Heart commit themselves to educate to:

GOAL I  
A personal and active faith in God

GOAL II  
A deep respect for intellectual values

GOAL III  
A social awareness which impels to action

GOAL IV  
The building of community as a Christian value

GOAL V  
Personal growth in an atmosphere of wise freedom

Convent of the Sacred Heart admits students of any race, religion, color, sexual orientation, or national or ethnic origin to all rights, privileges, programs and activities generally accorded or made available to students at the school. The school does not discriminate on the basis of race, religion, color, sexual orientation, or national or ethnic origin in the administration of its educational policies, admissions policies, scholarship and loan programs or athletic or other school-administered programs.

For Middle School Admissions, please contact Elizabeth Guillory, Associate Director of Admissions and Financial Aid, at eguillory@cshnyc.org
The Middle School at Sacred Heart, which includes Grades 5-8, is designed to be a time for students to embrace new opportunities, take risks, and cultivate resilience. The main goal is to empower Middle School students by giving them the tools for success in the upper grades and beyond, focusing primarily on developing the skills of critical thinking, clear and concise writing, problem-solving, confident public speaking, responsible decision-making, and thoughtful collaboration with peers. These skills are achieved through an academic program that offers classes in the following core subjects:

- English
- Mathematics
- Science
- Social Studies
- Religion
- Library
- Art
- Drama
- Music
- Physical Education
- Health and Wellness
- Technology
- French
- Spanish
- Latin

Additionally, Middle School Mathematics and World Languages are offered at the Honors level. A complete list of Middle School course offerings can be found on our website under Academics: Curriculum Guide.

MIDDLE SCHOOL HOURS
GRADES 5–8
Monday–Friday
8:00–3:00
OPEN FACULTY HOURS
3:00–3:30
ELECTIVES
3:30–4:30
ATHLETICS
3:30–4:30
TRANSPORTATION
Private bus service is available to students in the Bronx, Brooklyn, and Downtown Manhattan
ACADEMIC ENRICHMENT
ELECTIVES
All Middle School students are encouraged to choose at least one weekly enrichment elective per trimester. These activities offer students an opportunity to pursue their interests in a relaxed atmosphere and to develop friendships with students in other Middle School grades. Each elective meets once a week after school, with the exception of sports teams, which meet two to three times weekly. The electives offered may include dance, art, creative writing, stock market, robotics, debate, and math games.

TECHNOLOGY and INNOVATION
Students use technology throughout the core academic classes to broaden their creativity, communication, informational fluency and critical thinking. In Grades 5-6, students attend a weekly technology class and are exposed to computer programming, 3D design, and robotics. Students in Grades 6-8 have the opportunity to participate in Fabrication Laboratory, a technology elective involving the use of maker tools and virtual reality programming. Students in Grade 8 may take Introduction to Computer Programming, Design and Robotics. This academic course provides an exploration of computer programming and elements of engineering.

VISUAL and PERFORMING ARTS
The Middle School arts program seeks to encourage students to take creative risks, develop an artistic voice and practice important problem-solving skills. In addition to foundation courses in art, music and drama, every fall the Middle School produces a musical. Everyone who auditions for the musical is guaranteed a part. Practice is three days a week after school. Students also have the opportunity to participate in Chorus. Group lessons in violin and flute are available during the school day.

PUBLIC SPEAKING
Middle School students strengthen their voice to communicate with increased confidence, clarity and precision by learning the rudiments of oral presentation and how to construct an evidence based argument. Because public speaking is integrated throughout the curriculum, projects range from dramatic readings in the Great Speeches Project to informative presentations in the World Language Fashion Show in French and Spanish.

COMMUNITY SERVICE
The Middle School's service program is committed to preparing and inspiring students to be active, informed, and responsible citizens locally, nationally, and globally. Through a combination of education about social justice issues and direct service, students are encouraged to voice their opinions and share ideas to effect positive change. Service projects include preparing meals for Midnight Run projects, participating in the Heifer Walks with Lower School students, and fundraising for our Network school in Uganda.

RELIGION
Through the study of Hebrew and Christian scriptures, cultural issues and world religions, the religion curriculum aims to enrich the academic program for students to grow in faith knowledge and explore spirituality in their lives and in the lives of others. In addition, students actively participate in liturgies, sacramental opportunities, and grade level retreats.

CLUBS and ACTIVITIES
- Book Club
- Cardinal Swim Club
- Chorus
- Current Events
- DICE (Diversity Inclusion Culture Equity)
- Endangered Animals
- Environmental Club
- Fabrication Lab (3D Printing & Design)
- Instrumental Music
  - piano
  - flute
  - violin
- Math Team
- Meals On Wheels
- Model Congress
- Newspaper
- Photography
- Saturday Science
- WISE (Women in Science & Engineering)
- Women of the World Yearbook

RECENT FIELD TRIPS

FIFTH GRADE
- Sprout Creek Farm
- Metropolitan Museum of Art
- Museum of Modern Art

SIXTH GRADE
- American Museum of Natural History
- Nature’s Classroom (overnight)

SEVENTH GRADE
- Guggenheim Museum
- Cervantes Institute
- Historical Tour of Downtown Manhattan

EIGHTH GRADE
- Whitney Museum
- NY Tenement Museum
- Washington, D.C. (overnight)
GLOBAL CITIZENSHIP
As part of a worldwide network of over 160 Sacred Heart schools, our students become well-informed, open-minded and compassionate global citizens at a young age, engaging in service opportunities that have a global perspective, liturgies, interfaith experiences, international celebrations, and speakers on global issues. Sacred Heart Network Programs include:

Network Conferences (Grades 6-12)
Focus on leadership skills through interactive activities and discussions about the heritage of Sacred Heart schools in North America and internationally

Summer Service Projects (Grades 6-12)
Recent projects topics include coastal restoration, juvenile justice, sustainability, and diversity

Visiting Student Program (Grade 10)
Recent destinations include:
Nantes, France
Madrid and Barcelona, Spain
Rome, Italy
Sydney and Brisbane, Australia
Dublin, Ireland
Taipei, Taiwan

LEADERSHIP PROGRAM
The Middle School leadership program is committed to increasing students’ awareness of the importance of responsibility and compassion for others while offering opportunities to develop their voice.

Student Council allows for representation in all 4 grades within Middle School

Service Council allows for social justice issues to be explored and provides a platform for action

Middle School Clubs empower young women to explore their interests and enhance dialogue skills

Student-led projects, including raffles, special assemblies and presentations, build confidence and leadership

Middle School Families provide opportunities for mentorship between the grades

Peer Support provides transition help as Grade 8 students move into the Upper School

The Speaker Series brings diverse perspectives into the learning environment to enhance students’ understanding of themselves and each other. Recent speakers include diversity speaker Rosetta Lee, Girls Leadership Founder Rachel Simmons, and Untangled author Lisa Damour
PHYSICAL EDUCATION and WELLNESS

The goals of the Physical Education and Wellness program in Middle School are overall physical health and well-being. In addition to weekly physical education classes, team sports are accessible to all members of the Middle School community, allowing everyone the opportunity to gain the skill level needed for Upper School Athletics.

MIDDLE SCHOOL CURRICULUM UNITS
Basketball  Net Sports  Swimming  Water Polo
Dance  Raquet Sports  Team Sports  Yoga
Fitness  Softball

SCHOOL ATHLETICS
Fall Offerings  Winter Offerings  Spring Offerings
5/6 Soccer  5/6 Basketball  5/6 Softball
7/8 Soccer  7/8 Basketball  7/8 Softball
5/6 Cross Country  5/6 Swimming  5/6 Track
7/8 Cross Country  7/8 Swimming  7/8 Track
5/6 Volleyball  5/6 Lacrosse
7/8 Volleyball  7/8 Lacrosse

WELLNESS DAYS
Wellness Days, scheduled twice a year for every grade, allow students to spend time attending a series of workshops. Experts present on nutrition, personal health, and safety. Beyond Wellness Days, Grade 6 has a wellness course that meets once a week throughout the year. Topics include the relationship between behaviors and personal health, the role environmental influences (family, culture, peers, media) play in personal health, and tools for evaluating health information. Meta-cognitive strategies such as stress management and conflict resolution skills are also covered.

FAMILY PROGRAMS
Family Swim  Masters Swim Club  Adult Swim Lessons
SEPTEMBER
• Grade 7 Overnight Retreat
• New Student Orientation

OCTOBER
• Grade 6 Overnight to Nature’s Classroom
• Meals for Midnight Run
• Halloween Celebration
• All-School Service Day Walk/Swim for Uganda
• Uganda Spirit Week
• Grades 7 & 8 Wellness Day
• Grades 7 & 8 Family Liturgy

NOVEMBER
• Middle School Family Thanksgiving Baskets
• Middle School Musical
• National Geographic Bee

DECEMBER
• Kris Kringle Week
• Holiday Spirit Dress Day
• Christmas Liturgy

JANUARY
• Grade 5 Math Game Night
• Meals for Midnight Run
• Grades 5 & 6 Wellness Day

FEBRUARY
• February Fury Pep Rally
• Grades 7 & 8 Wellness Day
• Valentine’s Day Ice Skating Party
• Grade 6 Retreat
• Heritage Week
• Grades 5 & 6 Family Liturgy

MARCH
• Grade 8 Retreat
• International Women’s Day Celebration
• Grade 7 World Language Fashion Show
• Sacred Heart Network MS Conference

APRIL
• New Student Welcome Event
• All-School Service Day
• Grade 8 Overnight to Washington D.C.
• Lower School/Middle School Heifer Walk
• Grades 5 & 6 Wellness Day
• Earth Week Celebration
• Math-a-thon

MAY
• All-School Mass of St. Madeleine Sophie Barat
• Grade 5 Retreat to Sprout Creek
• Middle School Spring Performances
• Model Congress Conference
• Grade 8 Confirmation Service Project
• Book Festival

JUNE
• Spring Fair
• Field Day
• Prize Day Ceremony

JULY/AUGUST
• Network of Sacred Heart Schools Service Projects
• Sprout Creek Farm Camp