



LOWER SCHOOL OVERVIEW



OUR MISSION

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 Kindergarten Admissions, please contact Elizabeth R. Santini, Director of Admissions and Financial Aid, at esantini@cshnyc.org

For Preschool and Grades 1-4 Admissions, please contact Elizabeth Guillory, Associate Director of Admissions and Financial Aid, at eguillory@cshnyc.org



Established in 1881, Sacred Heart is New York City’s oldest independent school for girls, grades Pre-Kindergarten through 12. Sacred Heart is located on two campuses, the Academic Campus at 1 East 91st Street and the Athletics and Wellness Center at 406 East 91st Street. Sacred Heart engages and motivates its students to be informed and responsible global citizens by creating an active learning environment consisting of academic excellence coupled with personal integrity.

LOWER SCHOOL ACADEMIC OFFERINGS AND ENRICHMENT

The Lower School consists of grades Pre-Kindergarten through 4. Lower School students take a combination of thought-provoking core subjects and academic enrichment, including:

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| Language Arts:
Reader’s Workshop
Writer’s Workshop | Social Studies
Library
Art |
| Mathematics:
Singapore Math | Creative Drama
Music |
| Science | Physical Education |
| World Language:
French or Spanish | Technology/STEAM
Health and Wellness |
| Religion | Public Speaking |

A complete list of Lower School course offerings can be found on our website under Academics/Curriculum Guide.

LOWER SCHOOL HOURS

Monday–Friday

PRE-KINDERGARTEN

(age 3 by August 31)

8:00–12:35

JUNIOR KINDERGARTEN

(age 4 by August 31)

8:00–2:00

KINDERGARTEN

(age 5 by August 31)

8:00–3:00

GRADES 1–4

8:00–3:15

AFTER-SCHOOL

The Lower School after-school program offers more than 50 classes. Some favorites include ballet, swimming, ceramics, tennis, robot building & science, gymnastics, chess and Irish dancing. Pre-K: 12:35–1:30, Jr. K: 2:00–3:00, Kindergarten–grade 4: 3:15–4:15 (or later).

EXTENDED DAY

The Extended Day Program for Kindergarten–grade 4 runs Monday through Friday from 3:15–5:30 on all days when school is in session except early dismissal days.

Financial aid is available for both after-school and extended day.



Preschool (Pre-Kindergarten and Junior Kindergarten) at Sacred Heart is a child-centered Early Childhood Program for young girls in a caring, creative environment that nurtures a love of learning. Our curriculum focuses on the development of the whole child—intellectually, socially, emotionally, physically and spiritually—providing the building blocks for future success. Our teachers and administrators for the Preschool understand and embrace the value of early childhood education. Under their guidance, students are encouraged to explore, interact, imagine, create, perform, solve problems and build knowledge through activity-based learning. Preschool classrooms are equipped with reading and mathematics readiness materials geared to a range of developmental levels. In addition, Preschool students participate in a customized weekly swim program at our Athletics and Wellness Center.

PRE-KINDERGARTEN

Pre-Kindergarten classroom activities include the use of manipulative materials to enhance math and reading readiness, group interactions to promote sociability and concern for peers and the environment, and an introduction to scientific explorations. In addition to circle time, there are free choice activities, art projects, group lunch and daily outdoor play on our rooftop playground overlooking Central Park. Students participate in weekly specialty classes such as world language (French or Spanish), music, creative drama, library, religion and physical education.

JUNIOR KINDERGARTEN

The students in Junior Kindergarten are encouraged to become independent and self-motivated learners as well as caring and empathetic classmates. Theme-based projects further develop literacy skills with language arts lessons, storytelling, dramatic role playing and sharing of personal experiences. Math readiness skills are developed through guided activities and exploration using manipulatives and blocks. Art is incorporated throughout the curriculum, and students participate in weekly science, world language (French or Spanish), music, creative drama, library, religion and physical education classes, all led by specialty teachers.



In Lower School, our goal is to nurture and challenge each student to become an independent learner and leader. Instilling confidence and a strong sense of self is a primary focus. The Lower School's rigorous academic program is designed to develop competency and higher-order thinking, encourage creativity, cultivate problem-solving skills and foster independence in each student.

The Lower School (K–4) core curriculum, consisting of Language Arts (Reader's and Writer's Workshop), Mathematics (Singapore Math), Science, World Language (French or Spanish) and Social Studies, is developmentally appropriate and challenging at every level. In addition to the core subjects, our students benefit from an array of specialty subjects and other academic enrichment opportunities fostering critical thinking, effective communication (both speaking and listening skills), ethical judgment, leadership and global formation. Students "graduate" from Lower School with not only an academic foundation for a lifelong love of learning, but a personal foundation for a life led with purpose and shaped by responsibility, empathy and integrity.

LOWER SCHOOL S.T.E.A.M.

The primary goal of the Lower School S.T.E.A.M. curriculum (science, technology, engineering, arts and math) is to build on a child's natural curiosity. Each S.T.E.A.M. unit is an access point for guiding student inquiry with authentic, hands-on, project-based learning. The purpose is to instill a mindset that understands the process of questioning, investigating, researching, problem-solving and creating. Projects are developed with respect to grade level and grow more complex with each year.

ARTS

Our extensive visual and performing arts program is a key component of the Lower School curriculum. We offer a wealth of opportunities for students to exercise their imagination, trust their intuition and grow in patience and self-control. We emphasize that the quality of the product reflects the quality of the process. Through critical observation—watching and listening—we inspire and encourage aspiring artists, musicians, and actors to actualize their dreams.

RELIGION

During the Lower School years, we emphasize the uniqueness of each child and focus on the theme of God's love. Our religion curriculum cultivates an understanding of Catholicism as well as an awareness and acceptance of all religions. Students strengthen their own spirituality as they learn the Gospel values of love, compassion and justice through literature, reflection, art projects and drama activities.

TECHNOLOGY

Technology is integrated throughout the Lower School curriculum. Each year, students become increasingly more independent, more creative and more productive in how they work and apply technology to their assignments. Through hands-on, open-ended projects, our students are encouraged to collaborate with their classmates to problem-solve various engineering and design challenges. Students build innovative robots and use Scratch to create their own animations. They are educated about the importance of digital citizenship and safety consistently throughout the year.



Field trips extend our students' education beyond the classroom and foster an appreciation of learning in every environment.

RECENT FIELD TRIPS

PRE-KINDERGARTEN

Conservatory Garden
The Metropolitan Museum of Art

JUNIOR KINDERGARTEN

Central Park Zoo
Conservatory Garden
The Metropolitan Museum of Art

KINDERGARTEN

Legoland
The Metropolitan Museum of Art
National Museum of Mathematics
Orchards Farm Trip

FIRST GRADE

National Museum of Mathematics
The Jewish Museum
Queens County Farm

SECOND GRADE

NY Tenement Museum
NY Transit Museum
NY Hall of Science

THIRD GRADE

Lenape Trip Education Center
The Society of Illustrators
The Harlem Jazz Museum

FOURTH GRADE

Van Cortlandt Manor
The Metropolitan Museum of Art
Mystic, CT (*overnight trip*)

LEADERSHIP DEVELOPMENT

Every year of Lower School, students are given increased responsibilities and leadership roles. Fourth grade is a pivotal year in which students are charged with specific responsibilities, such as leading the Pledge of Allegiance each morning or serving as ushers during weekly masses. Students also develop confidence from programs that foster meaningful relationships across grades and school divisions. For example, the Reading Buddy program matches Kindergarten students with 4th graders and the Prayer Partner program pairs each senior with a 4th grader.

PUBLIC SPEAKING

Throughout Lower School, students learn the rudiments of oral presentation, develop sequencing and organizational skills and grow in confidence through a series of oral assessments and presentations. Integrated into every subject, every year, public speaking improves students' ability to recall and identify essential facts and to present that information to an audience.

SERVICE-LEARNING OUTREACH

Sacred Heart students are educated to a social awareness that impels to action, compelling them to look beyond themselves and to see their ability to impact and influence the larger world. In the Lower School, students are provided with age-appropriate, meaningful opportunities to raise awareness within the Sacred Heart community, as well as to help others both locally and globally. Service learning projects include performing for residents at Terence Cardinal Cooke, participating in the Heifer Walk with Middle School students, and raising money to bring supplies to a school in need.

GLOBAL CITIZENS

As part of a worldwide network of over 160 Sacred Heart schools, 91st Street helps students become well-informed, open-minded and compassionate global citizens from a young age. Through global education initiatives such as the visiting students program, in which students from Sacred Heart schools around the world visit 91st Street, our students develop an appreciation for the diversity of cultures and viewpoints beyond their immediate surroundings.

OUR GOALS AND CRITERIA

In the Lower School we interpret the Goals as follows:

1. God loves you.
2. Learning is important and fun.
3. We can make the world a better place by helping others.
4. The people at school are part of your Sacred Heart family.
5. It is important to make smart choices during work and play.



PHYSICAL EDUCATION

At Sacred Heart, athletics and wellness are critical to our mission of educating the whole child. On and off the field, in and out of the pool, our athletics program fosters essential life skills of discipline, cooperation, sportsmanship, dedication and enthusiasm. Our comprehensive wellness program emphasizes balance and resilience as much as fitness and nutrition, and encourages students to take responsibility for their well-being. Whether they are aiming for the Olympics or personal achievement, Sacred Heart students develop a lifelong commitment to health and wellness.

LOWER SCHOOL CURRICULUM UNITS

Swimming	Basketball Skills	Yoga
Soccer Skills	Softball Skills	Speed, agility, balance
Volleyball Skills	Dance	

FAMILY PROGRAMS

Family Swim, Masters Swim Club, Adult Swim Lessons

SWIM AND S.T.E.A.M. PROGRAM

Held in June, this program enables girls in grades K-4 to improve their swim skills, learn new wellness activities and have fun learning S.T.E.A.M. concepts. www.swimandsteam@cshnyc.org

WEEKLY PRESCHOOL SWIM CLASSES



COMMUNITY EVENTS

SEPTEMBER

- Kindergarten Family Fun Day at 406
- Head of School New Parent Dinner
- Lower School Curriculum Nights and Receptions
- All-School Assembly: Rentrée
- All-School Walk and Swim for Uganda

OCTOBER

- Grades K–4 Dads/Special Persons and Daughters Dinner Dance at 406
- Dads/Special Persons and Daughters LS Halloween Party
- Halloween Parade

NOVEMBER

- Grade 4 Sacrament of Reconciliation
- Grades 1–4 Parents and Daughters LS Fun Day
- Thanksgiving Drive for New York Common Pantry

DECEMBER

- Nutcracker Ballet
- Pre-K–Grade 4 Class Christmas Programs
- Grades 3–12 Lessons & Carols

JANUARY

- Brave Parenting Lecture Series hosted by the Parents Awareness and Inclusion Committee

FEBRUARY

- February Fury Pep Rally
- Family Valentine’s Skating Party
- Project Cicero Book Drive
- Celebration of Black History Month

MARCH

- Grade 2 First Communion
- Celebration of Women’s History Month

APRIL

- All-School Service Morning
- Caregivers Coffee
- Lower School Spring Productions
- Grade 4 Parent Orientation to Middle School
- Grade 4 Overnight to Mystic Seaport
- Grades 1–4 Mothers/Special Persons and Daughters Fitness Day at 406

MAY

- Field Day
- Spring Auction Benefit
- Grandparents’ and Special Person’s Day for Kindergarten and Grade 3
- Grade 4 Herstory and Shakespeare Presentations
- Dads’ Golf Outing
- Grade 4 Salute
- All-School Mass of St. Madeleine Sophie Barat

JUNE/JULY

- Prize Day Ceremonies
- Spring Street Fair
- Dads’ Summer Barbeque
- Soirée for Moms
- Swim & S.T.E.A.M.



Convent of the Sacred Heart
 1 East 91st Street
 New York, NY 10128-0689

212.722.4745
www.cshnyc.org