



# ACADEMY OF THE HOLY FAMILY



**Find your power.**



## ABOUT ACADEMY OF THE HOLY FAMILY

The Academy of the Holy Family (AHF), a Catholic secondary Day and Boarding school for young women, was founded in 1874 in the picturesque New England countryside of Connecticut. Through a challenging curriculum built on a supportive spiritual foundation, AHF empowers young women from the United States and around the globe to achieve their full God-given potential to impact their world.

Because of its commitment to any girl who seeks such an environment regardless of ethnic background, country of origin, color, creed or the economic status of her family, the Academy makes every effort to keep tuition fees as low as possible, making quality Catholic education financially feasible. The AHF is committed to guiding students as they grow into young women of faith, intelligence, and strength.

The Academy of the Holy Family is a small friendly and loving school, with under 100 students in total (Years 9-12) ensuring each student receives quality attention.

At the center of the AHF experience you will find students and teachers coming together as a community of teachers and learners in an environment that encourages the development of curious, lifelong learners. In every corner of the beautiful campus and beyond, you will find success stories where students and adults learn from each other and grow together. The cycle of learning is not contained by the walls of traditional classrooms, as is evidenced by the student's participation in online classes.

The dedicated faculty is comprised of members of the Sisters of Charity of Our Lady, Mother of the Church, and lay men and women. They are all professional educators who understand the challenges of delivering curricula to young women.

## CURRICULUM

The Academic program at the Academy is organized on a five day rotating schedule with eight academic periods. All classes are forty minutes in length. Offerings are aligned with the Common Core Standards and infused with the Catholic Identity Initiative for each content area, either meeting or exceeding state minimum graduation requirements.

Classes at the Academy of the Holy Family are small, enabling students to receive individual attention. The standardized testing results of students from Academy of the Holy Family are higher than the national average in every category - math, critical reading and writing.

An additional part of the curriculum at the Academy of the Holy Family is Life Skills. Throughout the four years of high school education, the girls learn how to manage finances and the math skills used in everyday life for building, shopping cooking, and more. The students learn personal care, interpersonal relationships, manners, home maintenance, food and nutrition, childcare, automotive skills, home decorating, how to plan long trips, home safety and more. The Academy of the Holy Family enables students to not only reach their full potential academically, but provides them with the opportunity to develop other talents and interests. Classes such as art and choir allow students to grow in their artistic ability. Extra-curricular activities, such as drama club, also allow students to grow in artistic expression. The sports program at the Academy leaves students with not only lifelong memories of playing side by side with friends, but with lasting principles on the importance of teamwork, hard work, and self-discipline. Students can find a sport for every season with soccer in the fall, basketball in the winter, and softball in the spring.

AHF ensures that its students graduate as well-rounded individuals. But above all, in all that Academy students do, they are taught that Christ should be the center of every undertaking. Students learn to pursue the beautiful life to which God is calling them with courage and determination. Students graduate from AHF stronger, ready to reach their goals and stand firm in the face of adversity, all with Christ as their never-failing companion.

## COMMUNITY

The Academy of the Holy Family is a Catholic school where students develop academically, spiritually, and socially while they grow as members of a community of respect and integrity.

At the Academy of the Holy Family, they believe that a successful community requires caring, trust, commitment, respect and dedication from all its members. The Academy of the Holy Family community includes Baltic and the surrounding towns, as well as teachers, parents, students from all over the United States and around the world. Being a boarder at the Academy of the Holy Family means sharing in the life of the school and of your friends in a special way. It means you will have the interesting experience of many younger and older sisters. These can be the most positive and exciting years of your life.

## ARTS

The goal for Fine Arts at the Academy of the Holy Family is to provide a balanced education including the Arts along with academics, to create a well-rounded student giving all students, regardless of academic level, the opportunity to learn in other ways, for some the best way.

The Arts enhance problem solving and the ability to look at things in new ways. Creativity builds self-esteem and self-fulfillment in a way the academic areas cannot. In the art room students are encouraged to nurture and discover their God-given talents. Students have the opportunity to create by knitting, crocheting, sewing, beading, drawing, painting, making cards and bracelets. Often times the fruits of their labors are donated to charity, developing within them the spirit of giving.

The stage at St. Michael Center is the site for theatrical productions featuring the talents of the students including musicals, plays and concerts.

## STUDENT LIFE

Students at the Academy of the Holy Family are part of a tradition that stretches back over 140 years and has produced hundreds of strong women in society. Each young woman is encouraged to develop her faith, to be part of the AHF community and to serve others as she strives for the excellence in academics, arts and athletics.

The Academy of the Holy Family offers a wide variety of opportunities for each young woman to grow in knowledge, experience and maturity. Clubs and organizations, sports teams, music ensembles, service opportunities, social events, liturgies and school activities allow each student to reach her potential in body, mind and spirit.

Here, each girl tries new things, takes risks, discovers inspiration in her triumphs and is strengthened by her learning experiences. She will mature in an environment of high standards, ethics and empathy. She will emerge an independent and resilient young woman, tenacious in her commitment to herself, her family and her community.

At AHF, we get to know each student and help unlock her potential, to better her life and her world. Take advantage of all AHF offers during your years as a Marist.

## Quick Facts

**Location:** Sprague, Connecticut - 2 hours from Boston and 3 hours from New York City

**Type of School:** Girls, Catholic School

**Enrolments:** Under 100 students (Grades 9 to 12)

**Student to Faculty Ratio:** 4:1

**Boarding Years:** 9-12

**International Students:** 16%

**ALL INTERNATIONAL STUDENT INQUIRIES SHOULD BE ADDRESSED TO THE DIRECTORS OF INTERNATIONAL ENROLLMENTS:**  
AMERICAN BOARDING SCHOOLS INTERNATIONAL (ABSI) EMAIL: ENROLL@SCHOOLSBOARDINGUSA.COM PHONE: +16467419153