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# NCDS

*The Ninth Grade  
Experience*

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an independent, Sacred Heart school for girls in Grades 5-12





*Starting high school is an exhilarating journey down an unknown road.*



Even the most self-assured student can use some direction. [The Ninth Grade Experience](#) at NCDS is a year-long program designed specifically to ease the transition to high school. Led by the Class Dean and a team of carefully chosen faculty, the program focuses on building academic and personal skills in each girl that contribute to the formation of identity and spirit in the freshman class.



## *Ninth Grade Faculty Team*

The ninth grade team is comprised of teachers whose sole focus is to provide support and guidance to students entering the Upper School. Members of the team serve as advisors and class moderators, as well as chaperones on trips and for community service days.

## *Advisory*

Each freshman has an advisor who is a member of the ninth grade team. Through weekly individual conferences and frequent small group meetings, the advisor comes to know each girl well and helps her navigate the year. Advisors develop strong, positive relationships with every student and facilitate communication with parents.



## *Senior Mentors*

After an extensive application process, seniors are selected and trained to work with the ninth grade as mentors. These students serve as orientation leaders and are available throughout the year to answer questions, to promote forming friendships, to engage with small groups, and to serve as role models for the younger girls.

## *Seminars and January Workshops*

Taught by experienced faculty and administrators, these classes expand the girls' understanding of the Sacred Heart mission and strengthen skills in time management, ethical decision-making, and interpersonal relationships. Topics such as strategic reading and note-taking, stress management, and how to develop grit and resilience are also addressed.



## *Trips and Orienteering*

In addition to community service outings and academic field trips, the ninth grade participates in two overnights: the September orientation trip to the Toah Nipi Intersersity Center in Rindge, NH, and a February retreat at the Craigville Retreat Center in Cape Cod. A two-day orienteering activity in the spring reinforces the building of community.

## *Class Service Project*

During the orientation trip in September, the ninth grade thoughtfully discusses and selects a class service project. This is a year-long social justice commitment on the part of the class. Through their participation in this endeavor, the girls identify social concern, raise awareness, and organize a response to the need.

# NCDS

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For more information, please call the Admission Office at  
**617-244-4246** or visit [newtoncountryday.org](http://newtoncountryday.org).

