



THE CATHOLIC ACADEMY  
OF STAMFORD



# HIGH SCHOOL HANDBOOK

A Celebration of Choice →

2023  
-  
2024



# Portrait of a CAS Graduate



Our formation and education is predicated on the belief that each student is a child of God. As such, the formation and education guides each student to become:

## A Faithful Active Catholic Who:

- Celebrates faith through prayer, sacraments, Christian service, words and actions. Practices their Catholic faith and is a Christian role model
- Understands Catholic heritage and tradition in accordance with the Liturgical Calendar through study
- Understands that service is a call from our baptism and demonstrates the corporal and spiritual works of mercy.
- Uses scripture as a guide in the journey to faith

## A Lifelong Learner Who:

- Develops critical and analytical problem solving skills
- Seeks knowledge and is goal oriented and self-disciplined
- Utilizes technology competently and responsibly to facilitate learning, research and growth
- Inspires a love of learning in others

## An Effective Communicator Who:

- Articulates ideas clearly and creatively in writing and speaking
- Listens and expresses opinions compassionately, appropriately, and respectfully
- Resolves problems with integrity, respect and moral understanding

## A Responsible Citizen Who:

- Acts as a considerate, respectful and charitable Christian steward
- Values the privileges of our democratic society
- Appreciates the cultural uniqueness of all people
- Protects God's creation
- Possesses an ability to make decisions based on the teachings of the Catholic faith
- Takes responsibility for one's actions and words

## A Healthy, Self-Confident Person Who:

- Values and protects the gift of life
- Respects and appreciates the diverse abilities and talents of others
- Works to explore, develop, utilize his/ her God-given gifts and talents
- Motivated to accomplish personal, social, emotional, and spiritual goals



- 1 Academy of our Lady of Mercy/  
Lauralton Hall
- 2 Academy of Information  
Technology & Engineering
- 3 Cardinal Kung High School
- 4 Fairfield College Preparatory  
High School
- 5 Fordham Prep
- 6 Greenwich High School
- 7 Holy Child High School
- 8 Immaculate High School
- 9 Iona Prep
- 10 J.M. Wright Technical School
- 11 Kennedy High School
- 12 King School
- 13 Notre Dame Catholic School
- 14 Regis High School
- 15 Salesian High School
- 16 Stepinac High School
- 17 Stamford High School
- 18 St. Joseph High School
- 19 Ursuline School
- 20 Westhill High School



THE CATHOLIC ACADEMY  
OF STAMFORD

# Contents\*

\*please note: this information is intended as an overview and is subject to change.





## Overview:

Inspired by the Mercy Tradition, Lauralton Hall empowers young women to pursue their highest potential through lifelong learning, compassionate service, and responsible leadership in a global society.

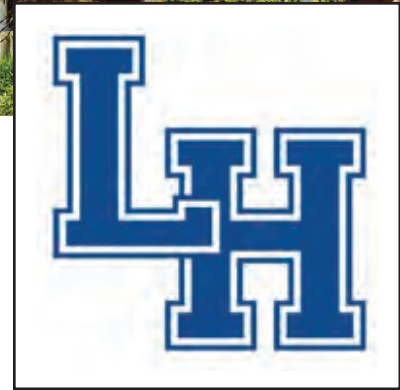


### URL

[lauraltonhall.org](http://lauraltonhall.org)

### Address/Tel

200 High Street  
Milford, CT 06460  
203.877.2786



### Annual Tuition

\$22,975 per year  
International Student Tuition:  
\$32,975 per year

### Gender

All Girls

### Total # of Students

270

### Transportation options

Metro-North Railroad offers discounted tickets for students traveling to and from school using the Metro-North ETIX Mail&Ride program.

### % of Students that go on to a higher degree

100%

### Scholarship Opportunities

Lauralton Hall allocates \$1.25 million toward scholarships and need-based financial aid.

### Advanced Placement Courses

15  
8 UConn ECE Courses

### Extracurricular Activities

Lauralton encourages each student to become involved in at least one extracurricular activity. There are many opportunities to become involved on campus including 30+ clubs, student government, musical theatre, drama, performing arts, student publications, service opportunities, and more.

### Athletics Program

Lauralton Hall is a member of the Connecticut Interscholastic Athletic Conference (CIAC), the body that governs all high school athletics in the state and follows the rules of the National Federation of High School Sports. As part of the Southern Connecticut Conference, we compete with member schools in Amity Regional, Branford, Career Magnet, Cheshire, East Haven, Foran, Guilford, Hamden, Daniel Hand, Hillhouse, Jonathan Law, Lyman Hall, Mercy North Haven, Notre Dame (West Haven), Sacred Heart Academy (Hamden), Sheehan Shelton, West Haven, and Wilbur Cross. We have 15 different sports teams.

### Foreign Language

Spanish, Latin

### Alumni Feedback

Lauralton alumnae are welcomed back to campus for various school events, such as reunions, mass, alumnae induction, career day, classroom guest speakers, fundraisers, etc.



The environment at Lauralton allowed me to be myself and gave me the opportunity to learn something new every day. The classes were challenging, but our teachers were always there to help students with a welcoming smile.



# Academy of Information, Technology & Engineering (A.I.T.E)



## Overview:

AITE is an inter-district, college preparatory public high school with a STEAM focus. With high academic standards and rigorous graduation requirements, students take 4 years of English, Math, Science, Social Studies and a World Language. Electives are chosen from 5 areas of concentration - Information Technology, Architecture & Engineering, Business, Fine Arts and Biomedical Sciences.

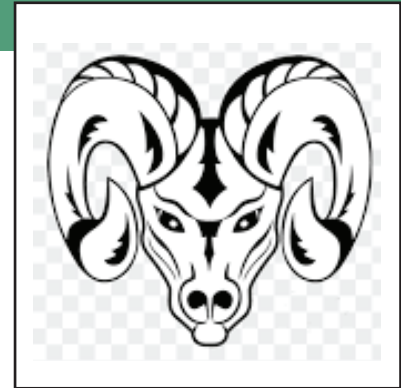
The mission of the Academy of Information Technology & Engineering is to maintain a safe and supportive environment which nurtures the mind, body and heart of every student. Our dedicated educators are committed to providing a rigorous, STEAM focused, college preparatory curriculum designed to prepare and inspire students to reach their highest potential and to contribute positively to our global community.

### URL

[aitestamford.org](http://aitestamford.org)

### Address/Tel

411 High Ridge Road  
Stamford, CT 06905  
203.977.4336



### Annual Tuition

Public school, requires application with lottery system

### Gender

Co-Ed

### Class Size

### Student/Teacher Ratio

12:1

### Curriculum Basis

Trade & Academic

### Total # of Students

700

### Transportation options

Public school bus schedule for stamford students.

### Advanced Placement Courses

36 Honors Courses, 16 AP Courses,  
7 ECE Courses, 200 VHS courses

### % of Students that go on to a higher degree

95%

### Extracurricular Activities

<https://www.aitestamford.org/student-life/student-activities>

### Athletics Program

Students who choose to attend AITE still have the option to participate in high school athletics.

Per CIAC rules, AITE is a school of choice and therefore anyone that wishes to participate in high school athletics must do so at their designated sending district. For example, if your school district is Stamford High School then you would at Stamford High. If your school district is Norwalk High School, then you are required to go to Norwalk High School to participate in athletics.





### Mission Statement:

The mission of Cardinal Kung Academy is to support parents in their role as primary educators of their children by providing a rigorous Catholic classical education at a reasonable cost.

The Cardinal Kung Academy graduate will prize truth and excellence. He or she will be well-prepared to succeed in post-secondary studies and, being able to articulate and defend the tenets of the Catholic Faith, will be ready to live an authentic life in Christ. The future graduate will be a joyous ambassador of the Faith, bringing excellence and joy to his or her future field and vocation, as well as charity and service to those in need.

### URL

[cardinalkungacademy.org](http://cardinalkungacademy.org)

### Address/Tel

948 Newfield Avenue  
Stamford, CT 06905  
203.329.8296



### Annual Tuition

HS- \$11,800  
JHS- \$7,300

### Gender

Co-Ed

### Class Size

14

### Student/Teacher Ratio

14:1

### Total # of Students

107

### Transportation options

Busing for students  
within Stamford city limits.

### Scholarship Opportunities

Defender of the Faith Award ~ \$1,000

### % of Students that go on to a higher degree

95%

### Advanced Placement Courses

AP Latin, AP Calculus AB,  
AP Computer Science

### Foreign Language

All students learn Latin.  
Advanced students may also  
learn a modern language  
(Spanish, French)

### Athletics Program

Girls Volleyball, Girls Basketball,  
Boys Soccer, Boys Basketball,  
Girls & Boys Tennis, Frisbee Club,  
Running Club

### Extracurricular Activities

Based on student interest.  
Some current and past extracurriculars:  
Chess Club, Women's Prayer Group,  
Debate/Philosophy Club, Robotics,  
Schola (Choir).  
All students take drama, art, and music.

**Overview:**

Fairfield College Preparatory School is a Jesuit, Catholic School of excellence forming young men of intellectual competence, who possess the conscience to make wise decisions, a compassion for others, and a commitment to justice in our global society.

**URL**  
fairfieldprep.org

**Address/Tel**  
1073 North Benson Road  
Fairfield, CT 06824  
203.254.4200



**Annual Tuition**  
\$23,600

**Gender**  
All Boys

**Total # of Students**  
800

**Transportation options**  
Metro North to Fairfield train station and shuttle bus to Prep

Fairfield Board of Education bus to Prep if a student lives in Fairfield and resides more than 1.5 miles away from the school

Bus service to: Ridgefield, Wilton, Easton, Trumbull, Monroe, Shelton.

**% of Students that go on to a higher degree**  
100%

**Scholarship Opportunities**  
Need-Based Financial Aid – 37% of students receive need-based financial aid. Average award is 48% of tuition, maximum award is 95% of tuition.

Merit Aid – \$1.1 Million of MagisScholarships awarded to the Classes of 2025 and 2026 over their four years at Prep.

**Advanced Placement Courses**  
24

2 Dual Credit Courses through Fairfield University in Bioengineering and Film & Video Production.

**Extracurricular Activities/ Sports**

Over 55 extracurricular activities and clubs.

35 athletic teams in 17 sports.

7 performing arts ensembles.

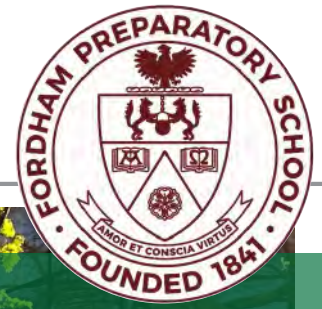
Over 20 opportunities for Christian ServiceImmersion Trips and Retreats.

Brand new e-sports lab.

CAS Students save on \$70 application fee with code **fpappwaive**.

Fairfield College Preparatory School strives to be a reflective community of faith, in which students revere their relationship with God and with one another. We are committed to graduating transformational leaders who will respond to global and ecological challenges in an interconnected world marked by profound change.





## Mission Statement:

As a Catholic, all-male, Jesuit college preparatory school, Fordham Prep's mission is to inspire young men to reflect, to question, to learn, to pray, to love, to serve and to lead. Since 1841, we have based our challenging curriculum and pursuit of human and academic excellence on a foundation of Catholic faith and principles. We seek to be one community created from a broad spectrum of ethnic, racial, geographic and socioeconomic backgrounds. We strive to include qualified students of limited financial resources by providing substantial financial assistance. Our faculty and staff dedicate themselves to a caring and dynamic interaction with students both inside and outside the classroom, a characteristic of Jesuit education for over 450 years. We educate our students to be men for others: spiritually motivated, intellectually accomplished and committed to promoting justice.

### URL

[fordhamprep.org](http://fordhamprep.org)

### Address/Tel

441 East Fordham Rd.  
Bronx, NY 10458  
718.367.7500



### Annual Tuition

\$23,960

### Gender

All Boys

### Student/Teacher Ratio

12:1

### Total # of Students

358

### Transportation options

Metro North to Fordham or  
Botanical Garden stops.

BX9 & BX12 Buses.

Shuttle from Manhattan's  
Upper West Side.

### Scholarship Opportunities

Merit Based Scholarships based on:  
Excellent Grades.  
High School Placement Test Score  
Participation in the Ram for a  
Day Shadow Day Program.

### Advanced Placement Courses

21 Subjects  
(AP Scholars in 2022-2023; 128)

### Foreign Language

Greek, Latin, French, Italian,  
Mandarin, Spanish

### Athletics Program

41 Teams in 18 Sports

### Extracurricular Activities

60+ clubs and activities



# Greenwich High School

## Overview:

Greenwich High School is a collaborative community of learners dedicated to academic excellence, personal integrity, and interpersonal responsibility.



**URL**  
ghs.greenwichschools.org

**Address/Tel**  
10 Hillside Road  
Greenwich, CT 06830  
203.625.8000



**Annual Tuition**  
Public School

**Gender**  
Co-Ed

**Total # of Students**  
2700 approx.

**Transportation options**  
None to Stamford

**Acceptance Rate**  
100% (based on  
residency requirements)

**% of Students that go on  
to a higher degree**  
94%

**Advanced Placement Courses**  
31 AP Courses and 86 Honors Courses

**Foreign Language**  
Chinese, French, Italian,  
German & Spanish

**Athletics Program**  
42 Varsity Teams

**Extracurricular Activities**  
Over 150 clubs ~ Examples:  
Artificial Intelligence Club,  
Debate Club, Democracy in Action,  
Programming Club, Piano Club  
and so many more.

## Mission Statement:

The mission of School of the Holy Child is to develop “women of conscience and action.” An all-girls, Catholic, independent, college-preparatory school for grades 5-12, the School is guided by the educational philosophy of Cornelia Connelly, the founder of the Society of the Holy Child Jesus, and her dedication to “joy in teaching and joy in learning.” Accomplished and dedicated faculty members foster the spiritual development, individual talents and interests of each student. This is realized through rigorous and comprehensive academic, arts, athletics, service and global programs. Holy Child graduates are prepared for the innovative and critical thought necessary in a diverse, interconnected society.

### URL

[holychildrye.org](http://holychildrye.org)

### Address/Tel

2225 Westchester Ave.  
Rye, NY 10580  
914.967.5622  
[admission@holychildrye.org](mailto:admission@holychildrye.org)



### Annual Tuition

Grades 9-11: \$36,500  
Grade 12: \$37,500

### Gender

All Girls

### Student/Teacher Ratio

6:1

### Total # of Students

358

### Transportation options

Student commutation tickets may be purchased from Metro North. The Gryphon Shuttle picks-up and drops-off students to and from the Rye and White Plains Metro North Train Stations at no cost. Car pools can often be arranged with other Holy Child families living in your area. Students currently come from 68 communities in Westchester, Fairfield, Putnam, New York and Bronx counties.

### Scholarship Opportunities

Approximately 30% of Holy Child's student body, grades 5 through 12, receives financial assistance, totaling over \$1.5M. For 2021-2022, the average grant was \$13,000, with individual grants ranging from 5% to 86% of tuition. In addition, Holy Child offers two named need-based scholarships.

### Advanced Placement Courses

Holy Child offers an individualized and innovative curriculum, including Advanced Placement classes in all disciplines.

### Foreign Language

Foreign language courses are offered in French, Spanish, Mandarin and Latin. In addition, there are travel opportunities for language and cultural immersion, and School Year Abroad programs in France, Spain, Italy, Japan, Vietnam and China.

### Athletics Program

There are 160 upper school student athletes and 13 Varsity Teams. Programs include: Basketball, Cross Country, Field Hockey, Soccer, Volleyball, Tennis, Swimming, Track & Field, Golf, Softball, Lacrosse and Tennis.

### Extracurricular Activities

Extra-Curricular activities include: Student publications, Student Government, Vocal Groups, National Honor Society, Robotics Club, CAMBIAS (diversity club), Mock Trial, Model UN, Campus Ministries, Visual Arts and Student Exchange Programs. Performing Arts include: Vocal and Instrumental instruction and performance.

### % of Students that go on to a higher degree

100%

### Acceptance Rate

100%



## Overview:

Immaculate High School is the premiere, private, co-ed, Catholic school in Danbury, Connecticut serving Fairfield and Westchester counties. Immaculate specializes in college preparation through innovative courses, low student to teacher ratios and individualized counseling. Immaculate is currently ranked (Niche 2023) as the top Catholic, co-ed, day school in Connecticut.

### URL

immaculatehs.org

### Address/Tel

73 Southern Boulevard  
Danbury, CT 06810  
203.744.1510



### Annual Tuition

\$17,750

### Gender

Co-Ed

### Class Size

16

### Student/Teacher Ratio

11:1

### Total # of Students

400

### Acceptance Rate

80%

### Retention Rate

98%

### % of Students that go on to a higher degree

100%

### Scholarship Opportunities

Merit and need-based Scholarships

### Transportation options

Fee-Based Busing with routes determined each year based on interest and availability. 2022-2023 busing includes a stop on Norwalk/Wilton line.

### Advanced Placement Courses

30 (including 8 dual-enrollment classes)

### Foreign Language

Spanish, French, Mandarin, Sign Language

### Athletics Program

Immaculate has a 60-year tradition of athletic excellence, as showcased by our numerous state, conference and individual awards. Visit: [www.immaculatehs.org/athletics/overview](http://www.immaculatehs.org/athletics/overview) for more details.

### Extracurricular Activities

Fall Drama, Spring Musical, Immaculate's Got Talent, Coffee Houses 30+ extracurricular clubs including Campus Ministry, Model UN, Mock Trial, Cyber Patriots, Student Ambassadors, Student Council, Rosary Club, Multicultural Club, Compassion in Action, Art Club, Key Club and many others including numerous Honor Societies

### Alumni Feedback



#### Lilly Zuccala, 2022

Immaculate was the obvious answer for me when deciding where to go to high school. Immaculate has a reputation for having a very strong academic program, an accomplished athletics department, an advanced theater group, and a welcoming faculty and student body. On top of it all the school is built on strong pillars of faith that create a welcoming and kind environment. There was no question that Immaculate was the school for me and I was truly excited with the outcome upon graduating.





## Mission Statement:

Iona Prep is a private, Catholic, all-boys environment that follows and adheres to the teachings of the Roman Catholic Church. We develop young men into moral and ethical leaders who are dedicated to Christian service and who strive for spiritual, intellectual and physical excellence.

### URL

[ionaprep.org](http://ionaprep.org)

### Address/Tel

225 Wilmot Road  
New Rochelle, NY 10804  
914.632.0714  
[BRobertson@ionaprep.org](mailto:BRobertson@ionaprep.org)



## Annual Tuition

\$19,800/yr.

## Gender

All Boys

## Class Size

200 students/year

## Student/Teacher Ratio

16:1

## Total # of Students

812

## % of Faculty with Advanced Degrees

85%

## % of Students that go on to a higher degree

100%

**Note:** Iona Preparatory graduates have earned more than \$130 million in merit-based scholarships over the last five years.

## Transportation options

Iona Prep offers more than a dozen buses and eight daily routes across the Bronx, Westchester and Connecticut, including one which conveniently picks up from **Stamford**.

Iona Prep Transportation is available from the Metro-North Harlem, Hudson and New Haven lines.

## Scholarship Opportunities

Gael Grants, which are limited by available resources, are awarded to those families whose Smart Aid applications demonstrate the greatest financial need.

Academic Merit Scholarships, Catholic Elementary School Employee Grants & Tuition Payment Plans are also available.

## Advanced Placement Courses

17 Advanced Placement courses, among them: English, Calculus, Biology, Chemistry, Physics, American, European and World History, Spanish Language, Computer Science and Psychology.

## Foreign Language

Spanish, Italian and Latin

## Athletics Program

Iona Prep's combined 37-acre, college-style campus offers 16 Sports: Baseball, Basketball, Bowling, Crew, Cross Country, Football, Golf, Ice Hockey, Lacrosse, Soccer, Swimming, Tennis, Track and Field, Volleyball, Winter Track, and Wrestling.

## Extracurricular Activities

Iona Prep's website lists fifty-four Clubs & Activities. Examples: Art, Chess, Cinematography, Cycling, Daily Gael Student News, Fishing, Frisbee, Gael Aviators, Genealogy, Jazz Ensemble, Martial Arts, Math Team, Mock Trial, Music Ministry, Philosophy, Photography, Prep Players and Stage Crew, Prep Reps, Rock Ensemble, Sci-Fi, Speech and Debate, and Yearbook.





### Mission Statement:

The mission of the Connecticut Technical Education and Career System is to provide a world-class, unique and rigorous learning environment for high school students and adult learners that:

- Ensures both student academic success and career technical education mastery, as well as promotes enthusiasm for lifelong learning.
- Prepares students for post-secondary education, including apprenticeships and immediate productive employment.
- Engages regional, state, national and international employers and industries in a vibrant collaboration to respond to current, emerging and changing global workforce needs and expectations.
- Pursues and participates in global partnerships that provide CTECS students with international exposure and experience.

#### URL

wright.cttech.org

#### Address/Tel

120 Bridge Street  
Stamford, CT 06905  
203.324.7363



#### Student Dues

\$225/year

#### Gender

Co-Ed

#### Class Size

18-20

#### Curriculum Basis

Trade & Academic

#### Total # of Students

427

#### Acceptance Rate

Can accept 150/class year

#### Retention Rate

Mid-Upper 90%

#### Transportation options

School bus transportation provided to Stamford, Greenwich, Darien, New Canaan and Norwalk residents.

#### Scholarship Opportunities

Several offered to seniors for both trades and academics.  
About 20 scholarships offered and many other students can access on their own.

#### % of Students that go on to a higher degree

60%

#### AP Courses

1 Advanced Placement Course  
1 ECE Course

#### Foreign Language

Spanish

#### Trades Offered

Automotive Technology, Carpentry, Culinary Arts, Digital Media, Electrical, Health Technology, HVAC, Information Technology, Plumbing and Heating, Hospitality, Tourism and Guest Services

#### Extracurricular Activities

Sports - volleyball, cross country, soccer, girls and boys basketball, softball and baseball.  
Several clubs and after school programs.

# Kennedy High School

John F. Kennedy Catholic Preparatory School & St. Mary's Academy



## Overview/Mission Statement:

We are Kennedy Catholic.

We are strong and committed Christian leaders who are determined to make a difference for Christ in our world and the lives of others. Through the development of mind, body, and spirit we will strive always for excellence and the highest standards in Catholic education.

We are Courageous and Compassionate – We are Kennedy Catholic!



### URL

[kennedycatholic.org](http://kennedycatholic.org)

### Address/Tel

54 Route 138  
Somers, NY 10589  
914.232.5061

### Annual Tuition

\$10,175

### Gender

Co-Ed (9-12)

### Total # of Students

680

### Transportation options

Kennedy Catholic is easily accessible via the Harlem Line of the Metro-North Railroad. KCHS offers regular shuttle bus service between the Goldens Bridge Metro-North Station and the school in the morning and the afternoon.

### Scholarship Opportunities

Kennedy Catholic offers several academic scholarships to incoming students. To be eligible for these scholarships, prospective students must take the Test for Admission into Catholic High Schools (TACHS) entrance exam. The TACHS entrance exam is the scholarship exam for Kennedy Catholic.

### % of Students that go on to a higher degree

98% (2023)

### Advanced Placement Courses

10 honors classes  
15 Advanced Placement (AP) classes

### Athletics Program

34 teams with 19 varsity sports. Member of CHSAA and NYCHSFL. Spanning 2008-2023, KCHS student-athletes and coaches have earned 45 championships.

### Extracurricular Activities

27 Clubs.  
Member of the NYS School of Music Association (NYSSMA). String Ensemble affiliation with Westchester/Putnam Youth Orchestra. Art Studio affiliated with Katonah Museum of Arts, The Garrison Art Center SITE and the Greenwich Youth Film Festival.





## Overview:

Our students are immersed in an engaging and innovative curriculum anchored in an inquiry-based approach that fosters curiosity, intellectual growth, and character development. At King, individual accomplishment complements a deep sense of belonging. We embrace diversity in all its forms, nurturing every student to learn and grow in a collaborative and supportive community. Guided by dedicated educators and a commitment to academic excellence, King students become invested in their journey, develop a lifelong love of learning, and are well-equipped to succeed in college and beyond. They graduate with a global mindset, a strong sense of social responsibility, and the confidence to pursue lives of purpose.

**URL**  
kingschoolct.org

**Address/Tel**  
1450 Newfield Avenue  
Stamford, CT 06905  
203.322.3496



## Annual Tuition

\$52,340

## Gender

Co-Ed

## Class Size

12-16

## Total # of Students

718

## % of Students that go on to a higher degree

100%

## Advanced Placement Courses

27

## Scholarship Opportunities

9 different community enrichment scholarships opportunities for Academic excellence, Athletics, Diversity, Equity and Inclusion, Community Partnership, Institutional Identity, and Strategic Enrollment Management. In addition to payment options and financial access (aid) should you qualify.

## Transportation options

Bus services within Stamford provided by the Stamford Board of Ed through First Student Bus company at no additional cost to families.

King coordinates bus stops in Central Greenwich, Old Rye, and Old Greenwich/Riverside.

## Foreign Language

French, Spanish and Chinese

## Athletics Program

Baseball, Softball, Basketball, Golf, Lacrosse, Soccer, Tennis, Crew, Cross Country, Field Hockey, Football, Ice Hockey, Track and Field, Squash, Volleyball, and Dance

## Extracurricular Activities

Athletics, Performing Arts, Art and Design, Clubs, Community Service, etc.



## Overview:

The vision of Notre Dame High School is to be the model of secondary education in the state of Connecticut. We achieve that with demanding academics coupled with a supportive learning community, a range of enriching extra-curriculars, a competitive sports program, and a fierce commitment to service -- all guided by Catholic values. Above all, we strive to instill in each student a sense of moral responsibility. Because, after all, leadership is worthless if it's not guided by ethics.



### URL

notredame.org

### Address/Tel

220 Jefferson Street  
Fairfield, CT 06825  
203.372.6521



### Annual Tuition

\$16,600

### Gender

Co-Ed

### Class Size/Teacher Ration

Average class size: 18  
Student/Teacher Ratio: 16:1

### Total # of Students

480

### Acceptance Rate

90%

### % of Students that go on to a higher degree

100%

### AP Courses

19

### Transportation options

We offer a bus that picks up the students in the morning at the old Trinity Catholic and drops them off at the same location.

We also offer a shuttle from the Fairfield Metro to Notre Dame for students who take the train.

### Scholarship Opportunities

Academic: \$2,500 - 8,000/year  
Presidential: \$10,000/year  
Dance, Chorus & Band: \$3,000/year

### Foreign Language

Spanish, French, Latin -  
(Distinguished Scholars Program)  
Italian - On-line  
Mandarin - On-line  
German - On-line

### Extracurricular Activities

33 Clubs, Including Art, Business, Drama, Languages, NHS, STEM, Gaming & More ~  
Visit our website for more details:

<https://www.notredame.org/cms/one.aspx?portalid=157626&pageid=317823>

### Athletics Program

Notre Dame is a member of the Southwest Conference and the CIAC.

Boys: Baseball, Basketball, Cross-Country Football, Golf, Ice Hockey, Indoor Track, Lacrosse, Soccer, Tennis, Track and Field, Wrestling

Girls: Basketball, Cheerleading - Spirit & Competition, Cross Country, Golf, Ice Hockey, Indoor Track, Lacrosse, Soccer, Softball, Tennis, Track and Field, Volleyball

Co-Ed: Bowling





## Mission Statement:

Regis High School transforms Catholic young men through an academically exceptional Jesuit education in a caring community which inspires leadership, generosity and a lifelong passion for service as Men for Others. Regis is tuition free and merit based, giving special consideration to families in need of financial assistance.

**URL**  
regis.org

**Address/Tel**  
55 East 84th Street  
New York, NY 10028  
212.288.1100  
admissions@regis.org



**Annual Tuition**  
Free/Merit Based

**Gender**  
All Boys

**Student/Teacher Ratio**  
10:1

**Total # of Students**  
532

**Acceptance Rate**  
10%

**% of Students that go on to a higher degree**  
100%

**Transportation options**  
Subway:  
Take 4, 5 or 6 train to 86th St.  
Walk West to Park Avenue then  
South to 84th Street.

**Foreign Language**  
French, Spanish, German, Chinese and Latin (all 4-year courses). Accelerated modern and classical language courses are also available senior year.

**AP Courses**  
Not offered, however, students who want to take Advanced Placement Exams are encouraged to do so after taking ordinary school courses.

**Athletics Program**  
Baseball, Basketball, Golf, Soccer, Track - Cross Country, Ultimate Frisbee, Volleyball

**Extracurricular Activities**  
Over 80 Extracurriculars including various interests, Sports/Activities, Culture and Identity, Performance Arts, Service-Based Programs, Student Publications and Dance. For a full list of all Extracurriculars, visit: <https://www.regis.org/section/?ID=122>

## Religious Formation

The Religious Formation Program provides numerous opportunities for students to commit to the common good, including Liturgical Ministry Roles, Retreat Programs, Social Justice Programs and Service, Immersion Experiences, and Peer Ministry.

For more details, go to: <https://regis.org/section/?ID=123>.



## Mission Statement:

A Mission of Faithfulness.

Steeped in the Catholic faith and educational tradition of St. John Bosco, Salesian High School is a home, a school, a parish, and a playground. Our diverse community of young men preparing for college and meaningful careers are encouraged to become men of character, leadership and service in a global society. We foster life-long friendships in a welcoming family environment that stresses a rigorous curriculum, creative arts, strong athletics and service to others.

### URL

[salesianhigh.org](http://salesianhigh.org)

### Address/Tel

148 E. Main Street,  
New Rochelle, NY 10801  
914.632.0248



### Annual Tuition

\$9,975

### Gender

All Boys

### Class Size

24

### Student/Teacher Ratio

11:1

### % of Students that go on to a higher degree

98%

### Transportation options

Salesian HS lies approximately 1 mile walking distance from the New Rochelle train Station, which operates on the New Haven Line.

### Scholarship Opportunities

Students may receive academic scholarships depending on their scores from the TACHS exam, the Salesian Scholarship Exam (offered in December) or both.

A limited amount of financial aid is available each year.

Grants are also available:  
email Steve Sallustio -  
[ssallustio@salesianhigh.org](mailto:ssallustio@salesianhigh.org).

### Athletics Program

Soccer, Baseball, Basketball, Tennis, Golf, Volleyball, Bowling, Track, Cross Country, Esports.

### Extracurricular Activities

Various Clubs & Activities

### AP Courses

Salesian High School provides a college-preparatory program for its students. College Link, Advanced Placement, Honors, and College Prep courses are offered according to a student's abilities. Academically talented eighth graders will be invited to join the St. Francis de Sales Honors Program, which begins in the ninth grade.





## Mission Statement:

The Mission of Archbishop Stepinac High School is to offer young men of the Archdiocese a highly competitive academic and extracurricular program that will prepare them for college and leadership roles. The faculty and staff accomplish these objectives by pursuing excellence and creating a supportive, disciplined atmosphere with a strong sense of camaraderie and Christian values that is unique to the Stepinac experience.



**URL**  
stepinac.org

**Address/Tel**  
950 Mamaroneck Ave  
White Plains, NY 10605  
914.946.4800  
stepinac@adnyeducation.org

## Annual Tuition

\$16,000

## Gender

All Boys

## Class Size

22

## Student/Teacher Ratio

12:1

## Total # of Students

807

## Acceptance Rate

85%

## Faculty w/Advanced Degrees

95%

## % of Students that go on to a higher degree

97%

## Transportation options

Metro-North Railroad and the Bee Line Bus System. Private bus transportation has established several convenient bus stops in the Bronx, Yonkers, Riverdale, Northern Westchester, and Connecticut and Stepinac is willing to increase stops based on sufficient commitment.

## Scholarship Opportunities

Financial Aid is awarded to eligible families who demonstrate the greatest need for financial assistance based on the information submitted and verified on their Blackbaud Financial Aid Management application.

(800)-360-8027

support@studentfinancialaid.

blackbaud.school.

## Foreign Language

Italian, Spanish, French and Latin

## AP Courses

26 Advanced Placement Courses

## Athletics Program

**Fall:** Football, Soccer, Bowling, Cross-Country. **Winter:** Basketball, Ice Hockey, Swimming, Indoor Track, Wrestling. **Spring:** Baseball, Lacrosse, Golf, Tennis, Track and Field

## Extracurricular Activities

A Helping Hand, Ambassadors, Business Investment, Backyard Sports, Campus Ministry, Classroom Crusaders, Coding, Comics, Crusaders for Life, Economy, Engineering/Robotics, Film Making, Fitness Club & Nutrition, Freshman Forum, Health Care Forum, Horticulture, Italian, Literary Journal, Mock Trial, MSG TV, Newspaper, Oratory/Debate, Photography, Political, Prom Committee, Rotary Interact, Spanish, Stage Crew, Student Government, Travel, Video Game, Yearbook

Art Club, Chorus, Drama, Jazz/Rock Band

# Stamford High School

## Overview:

Stamford High School (SHS) is a comprehensive public high school located in Stamford, CT that fosters and maintains a culture which focuses on the importance of academics and routinely celebrates student achievement. SHS offers International Baccalaureate (IB) and a dual enrollment program called Early College Studies (ECS), which allows students to acquire an associate degree in mobile programming or software design from Norwalk Community College. Additionally, HSH offers 20 Advanced Placement Courses, 12 UCONN Early College Experience (ECE) classes and 24 honors level courses.



### URL

stamfordhigh.org

### Address/Tel

55 Strawberry Hill Ave.  
Stamford, CT 06902  
203.977.4223

### Gender

Co-Ed

### Student/Teacher Ratio

14:1

### Total # of Students

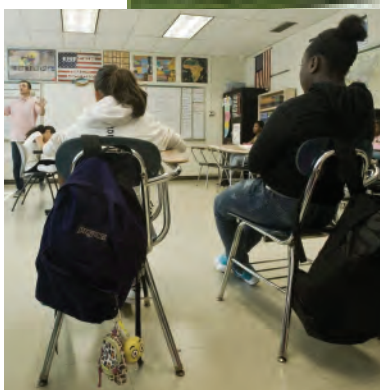
1,727

### Graduation Rate

87%

### % of Students that go on to a higher degree

58% Four Year Colleges  
18% Two Year Colleges



### Transportation options

Bus Transportation is provided based on the family's registered address.

### Special Programs

High School of Business

Early College Studies  
(Partnership with Norwalk Community College)

International Baccalaureate  
Middle Years Programme

International Baccalaureate  
Diploma Programme



### AP Courses

23

### Athletics Program

28 athletic programs in the Fairfield County Interscholastic Athletic Conference (FCIAC)

### Extracurricular Activities

Approximately 50 student clubs





# St. Joseph High School



## Mission Statement:

St. Joseph High School is an independent Catholic college preparatory community that educates and motivates young women and men to live purposeful lives as ethical leaders committed to the common good of all.

### URL

[sjcadets.org](http://sjcadets.org)

### Address/Tel

St. Joseph High School  
2320 Huntington Tpk  
Trumbull, CT 06611  
203.378.9378  
[admissions@sjcadets.org](mailto:admissions@sjcadets.org)



### Annual Tuition

\$17,700

### Gender

Co-Ed

### Class Size

18-22

### Student/Teacher Ratio

12:1

### Total # of Students

755

### Acceptance Rate

82%

### Retention Rate

96%

### Transportation options

~ Students may take the train to Fairfield Metro to utilize the SJ Bus transportation to and from the station.  
~ Students may take the bus from All Saints Catholic School in Norwalk.

### Scholarship Opportunities

Students scoring in the 90th percentile or higher on the entrance exam are considered for academic merit scholarships. Need-based financial aid is available.

### % of Students that go on to a higher degree

100% of students graduate  
100% are accepted to college  
95% attend college the year they graduate  
5% enroll in military service

### AP Courses

25 Advanced Placement Courses  
8 Early College Courses  
(Taught by SJ Faculty for College Credit)

### Foreign Language

French, Italian, Mandarin, Spanish

### Athletics Program

[www.sjcadets.org/athletics/sports](http://www.sjcadets.org/athletics/sports)

50 Sports Teams  
After school intramurals

### Extracurricular Activities

[www.sjcadets.org/campus-life](http://www.sjcadets.org/campus-life)

40+ Clubs  
50 Sports Teams  
Community Service (school-wide)  
Dances, Trips, Events and Traditions

## Alumni Feedback



### Jon Jazwinski '21

St. Joes is a place where you can learn and have fun at the same time. Students come from so many different towns, you're constantly meeting new people and making new friends. At SJ was able to prepare for college, serve in student leadership positions, film the morning broadcast, "SJ TV," and volunteer in my community. The possibilities are endless if you are ready to take advantage of them!

### Carson Rodriguez '21

The problem-solving skills that I've learned at SJ - especially in Physics and Calculus - make me confident that I will be prepared for the coursework ahead of me.





## Overview:

Guided by our Catholic faith and the spirit of St. Angela Merici, The Ursuline School educates, inspires and empowers young women to become wise, active, globally-minded leaders by cultivating lifelong learning, spiritual growth, integrity, respect for all and dedication to Serviam – “I will serve.”

**URL**  
ursulinenewrochelle.org

**Address/Tel**  
1354 North Avenue  
New Rochelle, NY 10804  
914.636.3950



## Annual Tuition

\$21, 575

## Gender

All Girls

## Class Size

16

## Student/Teacher Ratio

9:1

## Total # of Students

598 (High School)

## % of Students that go on to a higher degree

100%

## Scholarship Opportunities

Merit and need-based Scholarships. Over \$1.9 Million awarded last year.

## Transportation options

Van Service from Larchmont Station for the Metro North New Haven Line, as well as Metro North Harlem Line.

Bee Line Bus from New Rochelle’s Huguenot & Bridge Street stops. Car pool options are also available.

## Advanced Placement Courses

17

## Foreign Language

Greek, Italian, Latin, Spanish

## Athletics Program

With three levels of competition, we provide a range of offerings from developmental to competitive play. There are 31 teams across 14 sports. Something for everyone! Visit: [www.ursulinenewrochelle.org/athletics/explore-our-teams](http://www.ursulinenewrochelle.org/athletics/explore-our-teams) for more details.

## Extracurricular Activities

More than 60 student-led clubs in the areas of Advocacy, Arts, Athletics, Culture, Faith, Fitness, Fun & Games, Leadership, Music, Publications, STEM, Serviam, Visual Arts, Wellness and Academics.



## Student Quotes



**Allison, '26**

I chose to attend The Ursuline School because of its outstanding academic program and its welcoming community.

**Ryan, '26**

Ursuline is a great choice for me because it’s a very well-rounded school and there is a good balance between academics and athletics.

**Stefania, '25**

I chose Ursuline because I want to reach my full potential.





## Overview:

Westhill High School values learning because it promotes academic excellence, civic responsibility, and personal growth. Our school encourages students to think creatively, work collaboratively, reason critically, and communicate effectively in order to be prepared for higher education and success in the 21st century.



**URL**  
westhillweb.com

**Address/Tel**  
125 Roxbury Road  
Stamford CT 06902  
203.977.4477



### Public

**Gender**  
Co-Ed

**Class Size**  
XX

**Student/Teacher Ratio**  
14:1

**Total # of Students**  
2343

**Transportation options**  
SPS Bus Service for students living >2 miles from school, or with identified physical or mental disability requiring transportation.

**Graduation Rate**  
88%

**Scholarship Opportunities**  
Free/Reduced Lunch

**% of Students that go on to a higher degree**  
53.6% Four-Year College  
27.6% Two-Year College

**AP Courses**  
26

**Foreign Language**  
French, Italian, Spanish,  
Sign Language

### Athletics Program

**Fall:** Football, Field Hockey, Boys Cross Country, Boys/Girls Soccer, Girls Volleyball, Swimming, Diving **Winter:** Boys/Girls Basketball, Wrestling, Boys/Girls Indoor Track, Swimming & Diving, Girls Ice Hockey, Gymnastics **Spring:** Baseball, Softball, Boys/Girls Lacrosse, Boys/Girls Track & Field, Boys Volleyball, Golf, Boys/Girls Tennis

### Extracurricular Activities

3D Design and Fabrication Club, ALTA, Best Buddies, Cheerleading, Concert Band, Concert Choir, Debate Team, Environmental Club, Fit Club, Future Business Leaders of America, Future Medical Professionals, Hillside Muse, Interact Club, Italian Club, Jazz Ensemble, Jewish Cultural Club, jROTC, Marching Band, Math Team, Mayor's Youth Leadership Council, Mock Trial, NHS, Northstar Playmakers, Orchestra, Period 8 Tutoring, The Westword, Winter Percussion, Yearbook

## Alumni Feedback

**Senior, '20** (credit: Niche.com <https://www.niche.com/k12/westhill-high-school-stamford-ct/#reviews>)  
I am a senior at Westhill High School. In my four years of high school, I have felt confident and have learned so much. Our Principle Mr.Rinaldi has been so kind, positive, and compassionate with the students and cares a lot for their mental health. As well as teachers and faculty who have lots of patience with their students and most of them are goofy and make learning really fun. I'm so thankful and proud to be a Viking at Westhill!



THE CATHOLIC ACADEMY  
OF STAMFORD

The Catholic Academy of Stamford forms and nurtures its children in the Gospel Values of our Catholic Faith. We educate in a superior academic environment which challenges its children to discover and fully develop their unique abilities and talents. Our students are encouraged to love God, learning and one another.



Faith.  
Knowledge.  
Service.