

CHESHIRE  
ACADEMY

REACH *your* POTENTIAL

ENGAGE  
*your*  
MIND

Find  
YOUR VOICE

CHALLENGE YOURSELF

DISCOVER  
YOUR  
STRENGTHS

Forge

YOUR OWN PATH

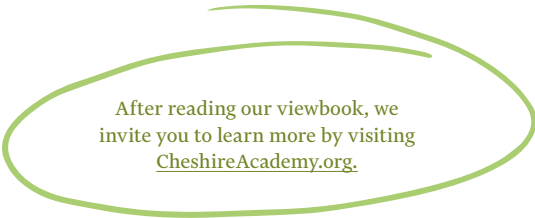
EXPERIENCE  
*Endless*  
VARIETY



Founded in 1794, Cheshire Academy is a college preparatory boarding and day school for students in grades 9-12 and postgraduate. Our historic 104-acre campus is home to students and faculty from across the U.S. and around the globe. It's nestled in the safe, walkable town of Cheshire, Connecticut, just two hours from Boston and New York City.

# Where Do You Want to Go?

Whatever your interests, whatever your aspirations, Cheshire Academy is the place to pursue your passions and fulfill your promise. Here, at the nation's 11th oldest boarding school, you'll join in a proud tradition of excellence, empowered by a close, caring community that will challenge you, encourage you, and support you in every way. Recognizing your unique talents and potential, we'll help you to create your own path to success. This is not a high pressure atmosphere. You'll feel at ease and thrive in a positive, unpretentious learning environment. Working together, surrounded by endless opportunities, seeing no limits, we'll look forward together. So, where do you want to go?



After reading our viewbook, we invite you to learn more by visiting [CheshireAcademy.org](http://CheshireAcademy.org).

**I** Feel **EMPOWERED**

**READY**  
to  
**ACCOMPLISH**  
**MY GOALS**

*Any*  
**DIRECTION**  
**WE WANT**



**ECO-LEADERS**



*collaborate*



**ACHIEVE**  
*Anything*





## *Meet Shreeya*

# A PERSONALIZED, EMPOWERING EDUCATION

### **Profile**

11th grader from  
Cheshire, Conn.

### **Favorite Subject**

Math

### **Activities**

Asian Student Union,  
cofounder

Basketball

Diversity Club

Eco-Leaders

National Honor Society

Peer Mentor

Science Olympiad

Student Equity Team

Student Government

### **Favorite CA Tradition**

Color Run

“

***I have the  
opportunities  
and support  
to achieve  
anything  
I want.”***

### **A personalized pathway**

“My favorite part about being a student at Cheshire Academy is the freedom we have. There is so much personal choice, and you can take your high school experience in any direction you want. This highly individualized approach focuses on each student’s interests and aspirations, enabling you to select the courses and opportunities that will best lead you to the goal you aspire to achieve.”

### **Close relationships with teachers**

“Close student-teacher relationships support students in all their academic and athletic pursuits. Because our teachers and coaches know us so well, they truly understand our goals, and they are there to provide whatever it takes to accomplish them. With such support, I feel more determined and confident. Whether in the classroom or on the court, I feel empowered and ready to achieve any goal.”

### **Small classes are huge**

“Smaller class sizes at CA provide us greater opportunities for discussion and interaction. In small classes, you feel more comfortable engaging with peers, while benefiting from a more active and personalized teaching style. It’s an energized environment in which to work and learn, and it caters to many different learning styles, allowing each student to succeed in the way they feel is most beneficial.”

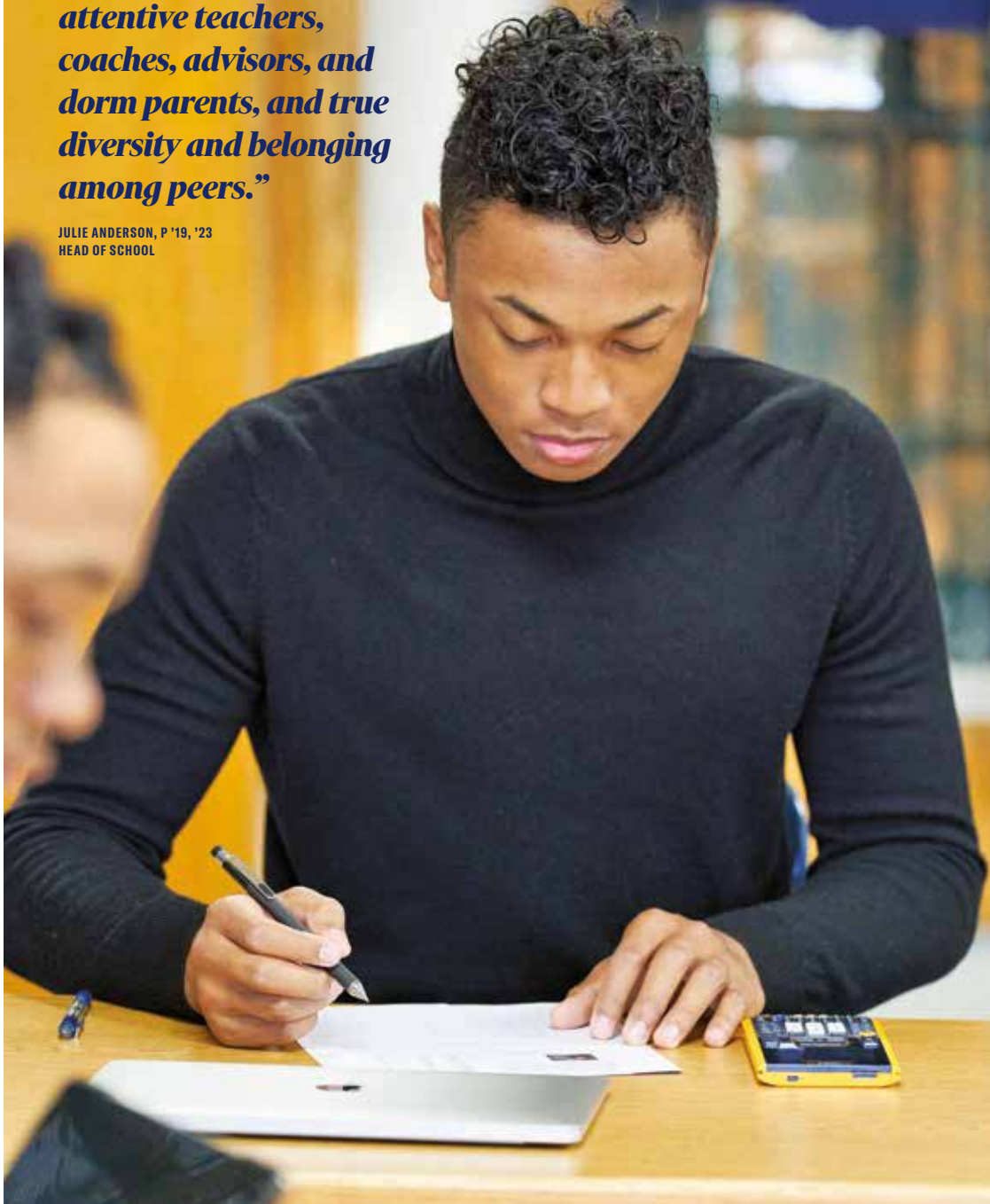
### **A transformative education**

“As a varsity basketball player, I am able to balance my athletic and academic schedule through responsibility and time management. Being elected Student Body Vice President has instilled in me leadership, determination, and confidence. Along with the multiple clubs I am a part of, all of these opportunities have allowed me to achieve beyond what I imagined.”

“

*This highly personalized experience is filled with limitless opportunities, broad variety in academics and activities, attentive teachers, coaches, advisors, and dorm parents, and true diversity and belonging among peers.”*

JULIE ANDERSON, P '19, '23  
HEAD OF SCHOOL



ACADEMICS

# Your Own Pathway to Success

Cheshire Academy is not a one-path-fits-all school. We look at the strengths, interests, and aspirations of each student, and we work with each student to create their own unique academic experiences.

Because each student is seen and understood as an individual — with their own academic interests, styles, and needs — no two students have the same trajectory through our curriculum.

### Personalized Challenge and Support

There are many schools that offer challenging academics, but fall short when it comes to support (think: sink or swim). Other schools have plenty of support, but are limited in the course variety and the academic rigor they provide.

Cheshire Academy is the rare school with the resources to optimize both academic challenge and support, enabling us to calibrate the appropriate level of challenge and guidance to meet you where you are, and help you focus on your strengths and reach your full potential.

### Motivated to Succeed

Our student-centered approach develops active learners who are invested in their academic experience. Your education is no longer solely about grades or college or future success, but instead becomes learning that engages you and that matters to you and who you are — now.

Interacting with peers and adults, developing your own worldview, you'll become more inquisitive, more engaged, more motivated. You'll find your voice. You'll build your confidence. You'll discover the incredibly capable scholar in you.



## Signature Academic Programs

- International Baccalaureate® Diploma Programme
- Roxbury Academic Support Program
- Postgraduate (PG) Program
- Art Major

A woman with brown hair, wearing a blue denim jacket, is smiling and looking towards the right. She is sitting at a desk in a classroom. In the background, there are educational posters on the wall, including a large blue-bordered poster. The lighting is bright and natural, suggesting a window is nearby.

## *Small is Huge*

*Cheshire Academy teachers provide a more personal, more active, more energizing learning experience due in part to small class sizes – 10 students per class, on average.*

### FACULTY

# Caring, Empowering Mentors

Relationships between students and teachers are incredibly meaningful and important at Cheshire Academy. Because of our small classes, because of the individualized attention we provide, because we know our students so well beyond the classroom, close connections are easily made here. The effect is significant, as these uniquely close bonds inspire our students to participate more in class, put greater effort into their learning, and ultimately perform better in the classroom.





### **Instilling a Love of Learning**

Here, teaching is relational, and it's engaging and motivating, too — computer science students develop e-games from scratch; language students present projects in a “Shark Tank” competition; science students build bridges and pendulums to compete in a statewide Olympiad; history students experience civics at a local town council meeting; forensics students investigate crime scenes by analyzing fingerprints, hair and fiber, and DNA. Active, outside-of-the-box, creative teaching — it opens eyes; it engages minds; it instills a lifelong love of learning.

### **Emboldening Learners**

It's inspiring to spend each day in the company of attentive, passionate teachers and with classmates who are as interested and focused as you. Your confidence as a learner grows. Comfortable in the classroom, you're more likely to participate; you're more inclined to seek extra help or greater challenges. Encouraged to take academic risks, aware of your potential as never before, you experience learning in a deeper, more impactful, more life-changing way.

# 73%

of faculty hold an advanced degree

# 13

international educators — faculty who have lived and taught abroad

# PASSIONATE

TEACHERS *who*

HAVE AN IMPACT ON STUDENTS

MADRID to the EAST COAST



$(x+y)^2 - (x+y)^1$

MORNING MEETING = UNITING our COMMUNITY

CHALLENGING  
— *but fun* —  
CLASSES

PRACTICE EVERY DAY!





## Meet José

# ASPIRE TO BE YOUR BEST

### **Profile**

12th grade boarder from Madrid, Spain

### **Favorite Subjects**

Economics

Physics

### **Activities**

Soccer

Tennis

### **Favorite CA Tradition**

Morning Meeting

“

**Teachers are always trying to take you to your highest level of academic performance.”**

### **An individualized education**

“At Cheshire Academy, we receive a more personalized education. Class sizes are smaller, and that helps in many ways. However, the most important thing is that teachers are always willing to help you, as they design an individualized pathway for you to feel supported at all times.”

### **Rigor leading to success**

“Here, there is a high level of academics, and that is what makes you try your best in all classes. The challenging academic program creates a healthy competitive environment. Teachers are always trying to take you to your highest level of academic performance.”

### **A tailored academic experience**

“When I arrived at Cheshire Academy, I felt overwhelmed by all the classes I could choose to take. But I now realize this large number of classes allows every student to choose from the ones that best fit their academic interests.”

### **The IB challenge**

“When looking for a school on the East Coast, the International Baccalaureate was something I wanted. The IB diploma is a more challenging academic program; however, at Cheshire Academy, you are well supported by your teachers and classmates. The IB is more engaging and involves you with the class work and your classmates. With the program’s assessment deadlines, you have to learn to manage your time well.”

### **The boarding advantage**

“When I arrived at Cheshire Academy, I didn’t know anyone; however, the large international community helped me to settle in. As an athlete, I was welcomed by all my teammates and coaches. It is true that living on campus, away from home, helps you to start doing things on your own. You become a more independent and responsible person.”



## SIGNATURE ACADEMIC PROGRAMS

# Individualized Excellence

Cheshire Academy prepares students for college, because our academic program is in many ways like college — flexible and customized.

Like a college student, you will have meaningful choices to make at every level — about what courses to take and how to balance your time — but with the personalized attention and guidance of your teachers and advisors as you make them. We offer myriad courses — more than 140. We provide options — e.g., there's not one freshman English course; you can choose from three. We gauge fit — you'll be placed in classes, not according to grade, but based on your aspirations and your readiness. We help you find the right mix of classes, with the right level of challenge and support, to meet your unique interests and goals.

### **International Baccalaureate Programme**

Cheshire Academy is one of a very select number of New England boarding schools to offer the International Baccalaureate® (IB) Diploma Programme. This internationally respected and highly accredited program is known for its rigor, its global perspective, and the ways in which it generates higher, college-level thought, communication, and analysis in its students.

Pursuit of the IB diploma is the most rigorous academic path you can choose at Cheshire Academy and is intended for students who think globally, want to take ownership of their own learning, and seek to develop themselves as more determined, mature learners.

And IB is for everyone; all Cheshire Academy 11th and 12th grade students take some IB courses, even if not pursuing the full IB diploma.

Colleges and universities recognize the IB programme, its significance, and what it takes to participate in it. The IB designation on a student's high school transcript is a noteworthy achievement, and it stands out and signals to admission officers that you are a dedicated and advanced learner. Many colleges and universities in the U.S. offer benefits to IB diploma graduates, such as college credit, scholarships, and/or tuition assistance. Some universities allow IB graduates to enter as second-year students.





### **IB for College Prep**

The acceptance rate of IB students into Ivy League universities is up to 18% higher than the total population acceptance rate. The gap is even more significant for top-ranked universities outside of the Ivy League, where it is 22% higher, on average. Research shows that U.S. Diploma Programme students are outperforming students nationally in university enrollment, persistence, and graduation.





**Innovative Schedule**  
 Our weekly schedule bridges the divide between a typical high school schedule and the freedom and flexibility of a college schedule. Instead of eight classes every day, our classes are held for an hour-long block three times a week. You can dive deeper into each subject — and have more time in between to process, work on your assignments, and engage with all of the other activities that we have to offer. Each day also starts a little later than most high schools, to encourage rest and readiness.

## A College-Like Schedule

8:40am–9:40am	<b>Class</b>
9:45am–10:05am	<b>Clubs</b>
10:05am–10:25am	<b>Extra Help</b>
10:30am–11:30am	<b>Class</b>
11:40am–12:10pm	<b>Lunch</b>
12:10pm–1:10pm	<b>Class</b>
1:20pm–2:20pm	<b>Class</b>
2:30pm–3:30pm	<b>Class</b>
4:00pm–5:30pm	<b>Afternoon Activities</b>
5:30pm–7:30pm	<b>Ensembles</b>

(Sample schedule, subject to change.)

### Seminar Program

Our innovative Seminar Program enables students to engage in interdisciplinary courses while intentionally developing key skills for lifelong success. Seminar courses are offered on anything and everything; from the science of emotions; to environmental justice; to technology, innovation, and globalization. In these courses, you will develop advanced study habits, time management and communication skills, and critical thinking and problem solving skills. You will also expand your social, emotional, and physical well-being practices, leadership skills, and community involvement.

Seminars are hands-on, project-based courses that stimulate student creativity, complex thinking, and reflection. The program culminates in a capstone-like design project that allows students to pursue a passion.





**Postgraduate Program**

Our comprehensive Postgraduate (PG) Program is designed to strengthen and improve the academic skills and maturity of a student who has completed four years of high school. Our program is not a fifth year of high school. Rather, it's a carefully designed cohort that encourages continued academic and personal growth. Students take three PG-specific classes, designed to mimic college-level courses, and round out their schedule

with level-appropriate math, science, and elective courses.

The PG program at CA prepares students for the increased course workload experienced in college, the time management required, and the independence needed to succeed. PG students are also eligible to participate on our athletic teams, advancing their strength and conditioning, and gaining playing time and exposure to Division I, Division II, and Division III college coaches.



**Venture Grant Program**  
 Our unique Venture Grant program provides funding to students who wish to pursue innovative learning experiences. Past recipients have performed at the Sydney (Australia) Opera House, researched ways to stop illegal wildlife trading, volunteered in a Bangladeshi orphanage, and more.



# INVOLVED IN THE COMMUNITY

POSITIVE  
INTERACTIONS  
*with*  
TEACHERS



BIOLOGY!



Getting  
OUT of MY

COMFORT ZONE

PEER MENTOR





## *Meet Rina*

# TESTING YOUR ABILITIES AND DETERMINATION

### **Profile**

12th grade boarder  
from Chengdu, China

### **Favorite Subjects**

Biology and visual art

### **Activities**

Golf

Orchestra

Peer mentor

Science Olympiad

Student ambassador

Volleyball

### **Favorite CA Tradition**

Pillar games

“

**“I really like the students’ relationships with teachers. They are not only my teachers but also good friends who I can talk with anytime.”**

### **A broad spectrum of interests**

“I love biology, especially the different experiments we perform that expand on my book learning. The atmosphere in class is excellent, with everyone engaged and asking smart questions. My visual art classes are also wonderful. I have enjoyed expressing my creativity through sculpture, painting, and photography.”

### **Growing, improving, and changing**

“My writing has become much stronger from working on detailed lab reports and long form literature essays. I am now able to analyze various types of writers from different time periods and cultures. Being at Cheshire for four years has made me more out-going and more willing to try new things. There are students here from many different countries. Working with them has made me more respectful and appreciative of cultural diversity.”

### **Incomparable teachers**

“The students have open and genuine relationships with Cheshire teachers. I not only see my teachers in the classroom, but also in the dining hall, the field house, the dorms, and sports events. Many have become good friends and strong mentors who are open to talking with me anytime.”

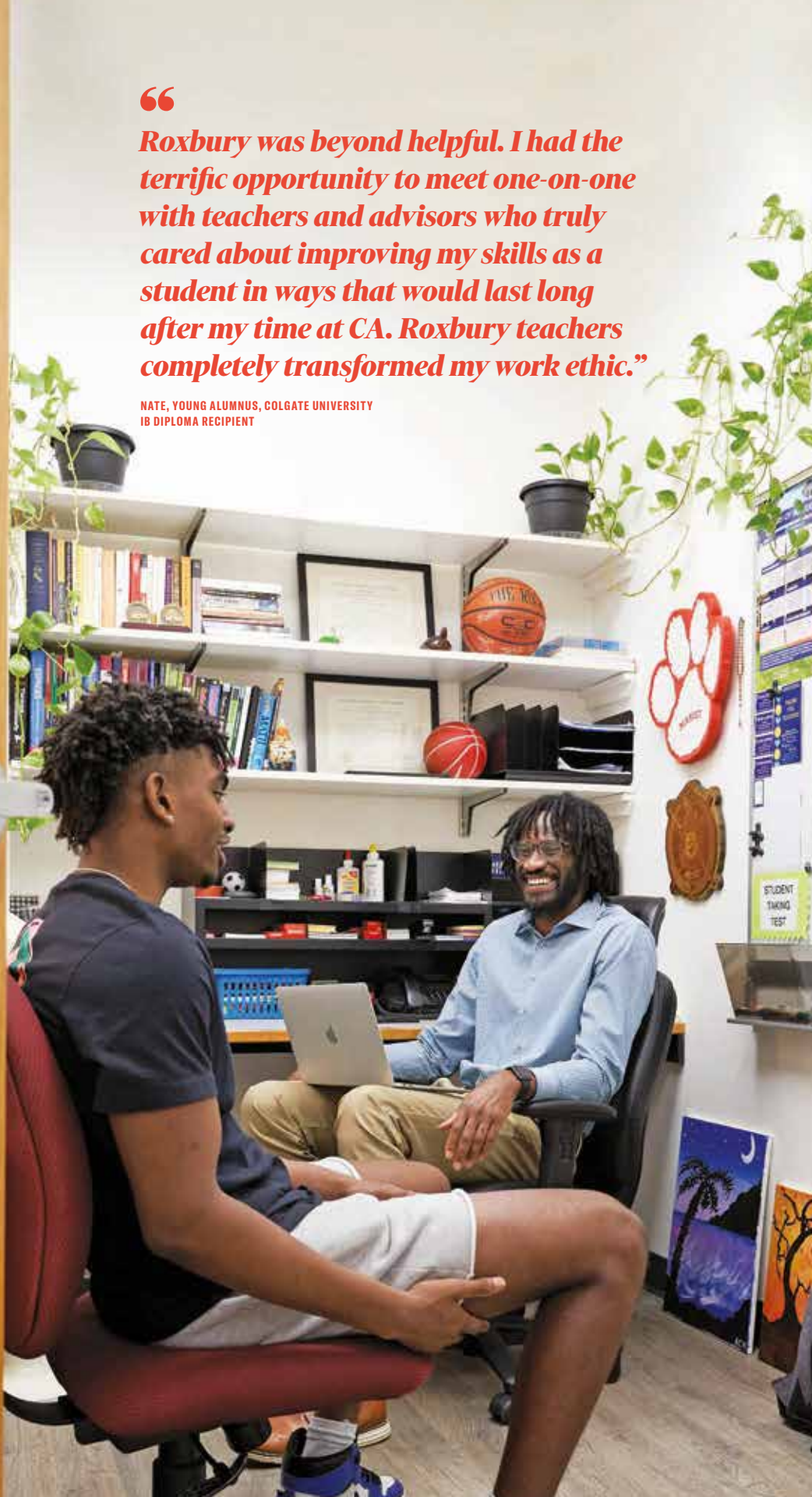
### **Leaving one’s comfort zone**

“While I never tried volleyball before, I was given a chance to play at CA and it has been a fantastic experience. I look forward to practicing with my teammates every day after school. The coaches are so nice and they offer so much help and encouragement. I have learned the merits of teamwork when we compete against other schools.”

“

*Roxbury was beyond helpful. I had the terrific opportunity to meet one-on-one with teachers and advisors who truly cared about improving my skills as a student in ways that would last long after my time at CA. Roxbury teachers completely transformed my work ethic.”*

NATE, YOUNG ALUMNUS, COLGATE UNIVERSITY  
IB DIPLOMA RECIPIENT





## ACADEMIC SUPPORT

# Every Resource to Succeed

We offer an unmatched range of academic support services, providing the individualized attention and resources our students need to flourish. We don't micromanage our students. We don't constantly hold their hands. But we're always within reach — and we're very intentional about that.

We are dedicated to our students' success, building their confidence, independence, and academic curiosity. From individualized attention of teachers and advisors, to our Center for Writing and Math Lab, to one-on-one academic coaching as part of our Roxbury Academic Support Program, you'll find there are no cracks to fall through at Cheshire Academy. You'll be known. You'll be supported. You'll become the more confident, capable student you were meant to be.

### **The Roxbury Academic Support Program**

Roxbury is Cheshire Academy's signature academic support program. An optional, fee-based program, the Roxbury academic coaching model focuses on developing independent learners by enhancing students' executive functioning, study, and self-advocacy skills.

Roxbury can be tailored to provide as little or as much support as you need. You may have the skills and intellect to succeed at the highest levels, but you need a little extra attention and guidance to excel. Or, you might be unsure of your academic path, have had ups and downs in your prior school, and additional Roxbury support is needed.

This cutting-edge program, designed for ambitious students of all levels, is led by masters-level learning specialists and has proven to be transformational for students. Upon graduating, Roxbury alumni leave confident and fully prepared for the demands of college.

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### **Academic Enhancements**

- *Advisory Program*
  - *ELL*
  - *Extra help blocks*
  - *Math Lab*
  - *Roxbury Academic Support Program*
  - *The Center for Writing*
-

## COLLEGE COUNSELING

# A Fitting Approach

College counseling is one of the true distinctions of a Cheshire Academy education. Ours is a comprehensive, four-year process dedicated to finding the right college fit for you. We have three full-time college counselors who are fully immersed in our students' day-to-day experiences, who also serve on campus as coaches, advisors, and dorm parents. They'll know you very well and provide you and your family uniquely personalized guidance through each step of the college search and application process.



### A Comprehensive Process

It all begins freshman year, when you'll be introduced to our team and approach. Then from sophomore year on, you'll work one-on-one with your college counselor, who will help guide you through every facet of the college search, including researching schools, registering and preparing for standardized tests, visiting college campuses, interviewing, writing application essays, and navigating financial aid, among other steps.

To help you prepare further, Cheshire Academy hosts more than 150 college representatives to meet with students every fall. Annually, a college fair is held on campus for sophomores and juniors. Senior year, a workshop is held in mid-October where you will finalize remaining steps, allowing you to submit your applications to colleges.

### A Proven Process

While the college search can be a challenging and sometimes confusing experience, our students and families can be assured that professional advisors and a proven college counseling program are there to guide them confidently and successfully every step of the way.

## The College Roadmap

9

- Meetings with College Counseling to build comfort level and basic familiarity



10

- Pre ACT
- Assigned College Counselor
- Sophomore Seminars, Class selection
- College fair



11

- Junior Seminars
- PSAT (Fall), SAT (Spring), TOEFL
- College representative visits, college fair
- Class selection



12

- Senior Seminars, college workshop
- SAT/ACT/TOEFL
- College representative visits
- Financial aid
- Application and essay review/submission



PG

- College search, application, and submissions occur within Postgraduate Seminar
- College workshop, college representative visits
- Mandatory one-on-one sessions and meetings with counselor as needed

*If you are an Early Action or Early Decision candidate (typically more than 90% of our graduating class), we will ensure you are prepared to meet those early deadlines.*



## *College Enrollment: Where CA graduates go from here*

- Amherst College
- Bennington College
- Bentley University
- Boston College
- Boston University
- Brown University
- Bryn Mawr College
- Bucknell University
- Carleton College
- Carnegie Mellon University
- Claremont McKenna College
- Colby College
- Colgate University
- College of the Holy Cross
- Connecticut College
- Cornell University
- Dartmouth College
- Duke University
- Emory University
- Fordham University
- Franklin and Marshall College
- Georgetown University
- Georgia Institute of Technology
- Gettysburg College
- Hamilton College
- Haverford College
- Howard University
- Johns Hopkins University
- Lafayette College
- Lehigh University
- Middlebury College
- New York University
- Northeastern University
- Oberlin College
- Occidental College
- Princeton University
- Purdue University
- Reed College
- Rensselaer Polytechnic Institute
- Rose-Hulman Institute of Technology
- Sarah Lawrence College
- Skidmore College
- Southern Methodist University
- Stanford University
- Stony Brook University
- Swarthmore College
- Tufts University
- Tulane University
- Union College
- Univ. of Calif. — Los Angeles
- Univ. of Calif. — San Diego
- University of Chicago
- University of Miami
- University of Michigan
- University of North Carolina
- University of Notre Dame
- University of Pennsylvania
- University of Richmond
- University of Rochester
- University of Wisconsin
- Vanderbilt University
- Vassar College
- Villanova University
- Wake Forest University
- Washington and Lee University
- Washington University in St. Louis
- Wesleyan University
- Whitman College
- Williams College
- Worcester Polytechnic Institute
- Yale University



Matriculation for CA classes of 2018-2022 in the "Most Competitive" category of Barron's Profiles of American Colleges.

# Voice

YOUR OPINIONS



—THE—  
SPACE  
TO SHARE  
YOUR  
TALENTS

*Blessed*

$x+y=$  *Math*

★  
**CONQUERED** *my* **FEARS**

*Create*  
ANYTHING





## *Meet Rania*

# THE ART OF EXCELLENCE

### **Profile**

11th grade boarder from Bridgeport, Conn.

### **Favorite Subjects**

Ceramics

Math

### **Activities**

A Cappella

Basketball

Black Student Union

Diversity Club

Prefect

Recreational Tennis

Student Ambassador

Student Athletic Advisory Committee

Track and Field

Volleyball

### **Favorite CA Tradition**

CheshireFest

“

***I couldn't have asked for a better high school experience.”***

### **A place for everyone in the arts**

“At CA, there is a place for everyone — especially in the arts program. Whatever your interest, from the visual arts to the performing arts, you can paint, do ceramics, sing, play music, act, work as a stage manager, you name it — the opportunities are many!”

### **The ability to hone your craft**

“As someone who may study musical theater in college, participating in CA's quality arts program will help me be accepted to good college programs and pursue my dreams. This year, I'll be a full IB student, taking IB Theatre, which means I'll be able to hone my craft by working on my acting and singing, and learning more about the theater world. Although it does sound a bit scary, I am more excited than scared!”

### **I love CheshireFest**

“CheshireFest is my favorite CA tradition. It is a festival where students can share their different talents with the school. It may be dancing, singing, reading a poem, acting out a scene, or playing an instrument. Performances are followed up by a fair with food, music, ice cream, and more. It is a special time to enjoy friends, family, food, and talent.”

### **The opportunity to grow at CA**

“As a boarding student who started at CA very nervous and shy, I feel I have grown into a more independent, responsible person — getting to class on time, taking care of myself, buying my own snacks and supplies. Boarding has helped me in meeting new people more quickly, pushing me to introduce myself and be more social. I am very grateful to experience boarding school at CA.”



“

*Many students discover talents and interests they didn't know they had, and through a program like ours, they have the chance to try new things, pursue new interests, and learn from professional artists and musicians who can hone and develop their skills.”*

JENNIFER GUARINO,  
THEATER PROGRAM DIRECTOR;  
ENGLISH TEACHER; DRAMA CLUB ADVISOR

## FINE & PERFORMING ARTS

# Express Yourself

The arts are an integral part of Cheshire Academy life. We offer a comprehensive arts program, distinguished by a wide array of visual and performing arts experiences, taught by accomplished artists and musicians who are passionate about sharing their skills and knowledge.





## The Art Major

Unique to Cheshire Academy is the Art Major — a yearlong program for advanced art students interested in pursuing art or design at the university level. If you are passionate about your art, have the skills to advance, and may even want to go on to major in art in college, then the Art Major program at CA might be exactly what gets you to the next level. Each student is provided a personal studio space where they can develop a complete portfolio in their chosen medium for the college admission process. Art Major students have been accepted to some of the nation's leading art and design schools, including Carnegie Mellon University School of Architecture, the School of the Art Institute of Chicago, Fashion Institute of Design & Merchandising, Parsons, Pratt Institute, RISD, and the Savannah College of Art and Design.



# 35%

of the student body  
participates in the  
performing arts



### The Visual Arts

In the visual arts, our instructors encourage students to explore the deeper meanings of personal expression while cultivating technical and creative skills. With access to dedicated facilities and resources, you'll have the opportunity to pursue a variety of disciplines, such as ceramics, digital photography, illustration, painting, and printmaking.

### Music

Whether you are a seasoned vocalist or musician, a beginner, or want to learn a new instrument or two, you'll find a place in Cheshire Academy's music program. We offer a variety of music classes and music activities throughout the day and evening. Our numerous ensemble groups perform throughout the year on campus and across the state and region.

### Theater

With two full productions annually, Cheshire's theater program provides you with year-round theater possibilities, including a fall play, a winter musical, and a spring outdoor music and theater festival. You can choose to perform, or you can work behind the scenes as a sound and light technician, costume designer, or set designer. There are also opportunities to be a student director, stage manager, or choreographer.

In the classroom, you can explore acting, directing, theater production, playwriting, and IB Theatre courses. With so much to dive into, both during the academic day and afternoon program, there are many ways for you to explore and shine within our theater program.

**REACHING**  
*My* **GOALS**



GO CATS!



Full

**D-1**

SCHOLARSHIP  
OFFERS!



FORENSICS  
CLASS!

#WIN

*Get to the Place*  
**YOU WANT TO BE**



**COLLEGE  
BOUND**

## *Meet Drew*

# QUARTERBACKING A SUCCESSFUL FUTURE

### **Profile**

*12th grade boarder  
from Pembroke, Mass.*

### **Favorite Subject**

*Forensics*

### **Activities**

*Football*

*Track*

### **Favorite CA Tradition**

*Winning football games*

“**Cheshire has a home feel to it. Here, you can be comfortable and get to the place you want to be.**”

### **An academic path tailored to you**

“Cheshire Academy has a great way of maxing out any student’s potential. Whatever your strengths, whatever your interests, you can shape your own path. There are limitless courses that you can choose from, and lots of guidance to help you choose the ones that best fit you and your goals.”

### **A winning athletic experience**

“The athletic programs at Cheshire Academy are second to none. We play in the best football league in New England and compete for a ring every year. There is a winning culture here that we work hard to keep while representing CA.”

### **Outstanding, upstanding coaches**

“My coaches at CA have all been not only great coaches, but great people. On and off the field they are always looking for ways to help their athletes

become better students, better players, and better individuals. In just one year working with CA coaches, I’ve experienced more growth in my game than I’ve ever realized before.”

### **Life-changing relationships**

“Competing on the football team for Cheshire Academy has brought me some of my best friends. Playing alongside my teammates and building these close, lasting relationships have really helped to shape the person I am today.”

### **Becoming a well-rounded individual**

“My experience at Cheshire Academy has been great. I’ve learned important life lessons in responsibility and leadership. My time at CA is preparing me well for college. The school work, boarding, athletics, making new friends — all have helped shape me into a more well-rounded, more capable person.”



Athletics is an essential, integrated program at Cheshire Academy, involving and engaging virtually every student, year round.

Performing on the court or on the playing field is a passion and lifelong pursuit for many students, a newly discovered interest or talent for others, and an active and healthy endeavor that rounds out the academic experiences for all.

### **High Achievers at All Levels**

Over generations, we have been known for our competitive, high-achieving teams and athletes. Coached and supported by experienced and dedicated faculty and staff, Cheshire Academy student-athletes of all levels experience the thrills and drills, lessons and skills, and benefits and values of highly competitive sports, team play, and individual achievement. Many students also enjoy the wide range of recreational, fun, and fitness-based opportunities provided.

### **Year-round Competitiveness**

Throughout three seasons, more than 70% of the student body participates on varsity and junior varsity teams in 17 sports, competing with more than 50 schools throughout the northeast. Cheshire Academy is a member of the New England Preparatory School Athletic Council (NEPSAC).

### **Outstanding Leaders and Mentors**

As a student-athlete, you are supported, trained, and taught by more than 40 coaches (50% of our faculty), a team of



athletic administrators and trainers, a student activities coordinator, the facilities team, our student health center, and others.

Here, your coaches are also dorm parents, advisors, and members of the teaching faculty. Their presence and commitment both in the classroom and on the field further strengthen the bond between students, teachers, coaches, and teammates, resulting in a trust, respect, and camaraderie second to none.

### **Excel in College and Beyond**

Accomplished in their sports, many graduates of Cheshire Academy go on to compete in college athletics — in Division I, II, and III — some have even gone on to play professionally in the PGA, NBA, and NFL, and compete in the Olympics.

Alumni have gone on to be part of national championships in football, baseball, and track and field. On average, more than 20% of the graduating class each year goes on to play in college, compared to a national average lower than 10%.

### ***A Winning Tradition***

*The individual and team highlights of the program's storied history are many. In the past 10 years, they have included:*

- *two U.S. Army all-Americans (football)*
- *two Gatorade Players of the Year (football, track and field)*
- *the number one ranked skier in Connecticut*
- *an all-American fencer*
- *an all-American swimmer*
- *championships in football, softball, baseball, boys' and girls' basketball, fencing, volleyball, and track and field*

ATHLETICS

# Producing Winners On and Off the Field



# Go Cats!

Cheshire Academy offers a wide range of athletics options, at all levels, to match the interests and needs of our student-athletes.

### Fall

- Cross Country (Coed)
- Football
- Soccer (Boys and Girls)
- Volleyball
- Recreational fencing, fitness, golf, and tennis

### Winter

- Basketball (Boys and Girls)
- Fencing (Coed)
- Skiing (Coed)
- Varsity strength and conditioning, Ski & Snowboard Club, and recreational swimming and fitness

### Spring

- Baseball
- Golf (Coed)
- Lacrosse (Boys and Girls)
- Softball
- Tennis (Boys and Girls)
- Track and Field (Coed)
- Recreational fitness

# 70%

of the student body participates in athletics

On average, more than

# 20%

of graduates each year go on to play in college





## FITNESS AND WELL-BEING

# Strong Minds, Strong Bodies

Health and wellness are priorities at Cheshire Academy. Here, you'll find many opportunities to enhance your personal fitness, and plenty of other health-minded students with whom to enjoy them.

### **Fitness for All**

Here, fitness takes many forms. It might be recreational tennis, golf, swimming, hiking, biking, or fencing. It may be strength training in our fully equipped fitness center. It might be a yoga class, or a core workout, or a bout with a punching bag.

Our strength and conditioning center is a multipurpose space for workout classes, strength training, and includes Cybex machines, treadmills and arch trainers, rowers, and virtual-reality spin bikes. In addition, a motion cage combines a trainer, rebounder, punching bag, and bench press in one machine.

### *Our Athletic Facilities*

- ✓ New multipurpose turf field
- ✓ Stadium turf field surrounded by a six-lane track
- ✓ Two multipurpose grass playing fields
- ✓ Baseball field and a new softball field
- ✓ Comprehensive weight room
- ✓ Two-court gymnasium for basketball and volleyball
- ✓ New tennis courts
- ✓ Fitness center
- ✓ Athletic training clinic





*Along with interscholastic sports, we also offer non-competitive athletic and recreational activities to ensure all students have a healthy and physically active experience, with plenty of options and opportunities to try new things.*

**Athletic Trainers**

Cheshire Academy's Athletics Department is committed to helping students practice good habits of health and safety in sports. Our certified athletic trainers work closely with students to help them avoid injury and take an active role in their rehabilitation when injuries do occur.



*Ours is an active, energized campus that supports a positive, healthy lifestyle.*

**Student Health Center**

From a minor scrape or cold to an injury or illness, you'll have access to excellent care at our Richmond Health Center. A licensed infirmary, the health center is open seven days a week and staffed by a professional team of registered nurses, a pediatric nurse practitioner, two certified athletic trainers, a psychologist, and a school counselor. Expert staff members are always on call. The health center coordinates appointments with medical specialists and provides transportation for our boarding students. Several large hospitals (including Yale New Haven Hospital) and abundant health care providers are located nearby for students if they require specialists, emergency care, or hospitalization.



# TRYING NEW THINGS

ENDLESS OPPORTUNITIES  
to MAKE FRIENDS



So much  
TEACHER  
SUPPORT

CLASSES  
DESIGNED  
for  
ME





## *Meet Emma*

# A CLOSE, CARING COMMUNITY

### **Profile**

10th grader from  
Woodbridge, Conn.

### **Favorite Subject**

Mathematics

### **Activities**

Debate Club

Football Manager

Gender/Sexuality Alliance

Mental Health Club

Model UN

Softball Team

### **Favorite CA Tradition**

Morning Meeting

“

***I'm able to follow my interests, making sure I use my full potential.”***

### **A place to call home**

“Cheshire Academy is a unique community. It is very diverse and easy to find like-minded people. I feel as though I am always welcome in all groups. I have found it easier to make friends and build strong relationships. I also have a stronger relationship with my teachers than at previous schools I have attended. This is a warm, welcoming, and supportive community. All the students, and the teachers and staff, are on your side trying to help you.”

### **An active, engaged campus**

“From the very start, I was encouraged to engage in activities on campus. Getting involved has helped me form new relationships with students and staff that I wouldn't have formed otherwise. When I was new on campus, I was nervous to join in, but I was always encouraged to do so. I am very thankful for those who cared enough to continue to push me.”

### **Lessons learned in the Roxbury Program**

“Through the Roxbury Academic Support Program, I've learned how to better manage my time and how to reach out to teachers when I am unsure of things. Roxbury has helped me to become a more confident and productive student in just one year.”

### **Emboldened to try something new**

“My CA experience has helped me to become more well rounded by encouraging me to try new things, even when I have little to no experience. I have become involved in activities I would have never tried if not for CA — such as Model UN, a variety of clubs, and joining the softball team. Participating in these clubs and sports has taught me how to work well with others, and I've learned to be supportive of others as they have been for me.”



### *Since 1794*

Cheshire Academy is proud to be a central part of the town of Cheshire for more than 228 years. We are located in the heart of beautiful Cheshire, Connecticut, a safe community offering small-town charm. Warm and welcoming, the town of Cheshire is a place where you'll quickly feel at home. With so much within walking distance — what we call our “extended campus” — you'll have easy access to the town's many stores, coffee shops, restaurants, culture, and village life.

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*Money Magazine* named Cheshire, Connecticut, one of the best places to live in the United States.

A photograph of an outdoor patio area. In the foreground, there is a low, rustic stone wall. Behind the wall, a metal table and four chairs are set up. A book is lying on the ground near the chairs. In the background, there is a large, multi-story brick building with many windows, surrounded by green trees and a lawn. A large tree branch with green leaves hangs over the top of the scene.

# Welcome to



# Cheshire



Scan to watch our campus tour video



“

*I didn't anticipate how fast I would integrate into the CA community and create bonds with people. I didn't imagine that I would feel like CA is my home in such a short amount of time.”*

MAYA, 12TH GRADE BOARDER  
FROM LAUSANNE, SWITZERLAND

## CAMPUS LIFE

# Our Campus Home



### Welcome to the World

Our campus community is made up of students from around the United States and the globe. Our student body is a diverse one, and reflects the larger world of different cultures, backgrounds, and perspectives. You'll learn about the world from your classmates, roommates, teammates, and teachers. You'll learn about yourself from the new experiences you have with them all.



*Cheshire Academy offers 5-day and 7-day boarding to best fit the needs of a variety of students and families.*



*Our five dormitories are home to our boarding students, and to CA's faculty and their families.*

### **The Boarding Life**

Boarding students make up the majority of our school community. Boarding is one of the best ways for you to prepare for life at college. Living on campus, you'll learn early on how to live well with others in a community rich with different backgrounds and experiences. You'll build upon your interpersonal skills. You'll develop independence. You'll learn to take on greater responsibility for your daily life.

And, you'll have fun. Your dorm is a place to sleep and study, but it's also a place to unwind and enjoy friends. Boarding with others will help you to bond and forge lifelong connections in a way unlike any other. Living together, growing together, enjoying life together — these make for deep, genuine friendships that will continue long after graduation.

### **Safe and Secure**

Our location in a small-town community offers our students safety and freedom and our parents great peace of mind. Our campus security personnel are dedicated to the safety of our students, faculty, and staff. We've also put in place measures and procedures to deliver continuous protection, including alarm and door access systems and comprehensive health and safety response programs and protocols. Local EMS, police, and hospitals are also nearby and work closely with our school community.



### **Day Student Life**

Day students are equally immersed in campus life, so much so, it's hard to distinguish them from students who live here. Day and boarding students develop strong bonds, formed through hours spent in classes, athletics, the arts, clubs, and a range of other afternoon and evening activities. They are included in all weekend events and welcome at all meals. Day students often host boarding students at their homes.

### **International Students**

Cheshire Academy has a long and proud tradition of enrolling international students since our founding in 1794. Students here represent six continents and more than 25 countries. They bring their perspectives into the classroom and daily life, enriching the experience for everyone in the community. We offer a comprehensive learning environment and support system for international students, and their traditions and cultures are shared and celebrated among our entire school community.



### **Where You Belong**

Cheshire Academy is committed to fostering and preserving a culture of true diversity, equity, and inclusion. We know that the collective sum of individual differences is essential to our community, and is fundamental to our achievement of educational excellence, for you, and every student.

Our commitment to Diversity, Equity, and Inclusion (DEI) goes beyond programs and activities; it is a conviction at CA, one that cultivates, acknowledges, embraces, and supports the abilities and talents, and racial, sexual, gender, religious, and socioeconomic backgrounds of others. DEI initiatives are multifaceted and far-reaching, designed to have a meaningful impact on students, parents, faculty, staff, alumni, and families.

# BEING INVOLVED IS KEY

GLOBAL CITIZENSHIP



TEACHERS  
← that →  
GUIDE US

**DI**VERSIFIED

**CULTURE**  
and  
**COMMUNITY**



**ECONOMICS!**

NATIONAL HONOR  
SOCIETY



*Building*

**LEADERSHIP SKILLS**





## *Meet Tyler*

# MAPPING AN ENTREPRENEURIAL DESTINY

### **Profile**

*12th grade boarder  
from Shanghai, China*

### **Favorite Subject**

*Economics*

### **Activities**

*Chorus*

*International Student  
Union President*

*Jazz Band Ensemble*

*Junior Class Leader*

*FBLA Club Founder  
and President*

*National Honor Society*

*Orchestra Ensemble*

*Photography Club Founder  
and President*

*Rock Band Ensemble*

*Winter Musical Theatre Program*

*Varsity Soccer*

“

**Students  
are given  
opportunities  
to show their  
strengths and  
talents.”**

### **A focus on business**

“My favorite class at CA is economics, the social science that studies the production, distribution, and consumption of goods. Our teacher incorporated both individual and societal economic problems into the coursework and also gave me deep insights about business and entrepreneurship.”

### **Something for everyone**

“My favorite Cheshire tradition is difficult to choose, as there are so many different activities, from holiday celebrations to movie nights. As part of the community, I am always given opportunities to participate in activities that align with my passions. I strongly believe my fellow students feel as I do.”

### **Friendly, open community**

“CA’s very professional teachers guide students to master skills and gain academic knowledge. This is also a culturally diverse community, which makes it possible to meet and become friends with people from many different backgrounds. I have gained confidence in myself by organizing school events and taking on leadership positions.”

### **Positioned for the future**

“I’m planning to attend a good college, and eventually, I’d like to become a successful entrepreneur. I believe I have discovered a strong sense of self-determination, which I credit to the well-rounded education I receive at Cheshire.”

STUDENT LIFE

# Opportunities, Everywhere

Cheshire Academy is a place where you can pursue your every passion. All students arrive here with immense potential, and we unlock it with a commitment to providing a wealth of opportunities along with lots of encouragement, support, and fun.

### A Vibrant Campus

Here, on an opportunity-filled campus, there is something — in fact, a lot of somethings — for everyone. You will have more than 30 clubs to choose from, such as Astronomy,

Diversity, Eco Leaders, Gender/Sexuality Alliance, and International Student Union. Our students participate, excel, and experiment in athletics, music, theater, and the visual arts. They engage in Science Olympiad, Model UN, and community service. And they share in cherished traditions, such as our Pillar Games, Homecoming, CheshireFest, International Weekend, and more. Student-led and student-driven, there's a club, organization, or volunteer opportunity for everyone.



*The many opportunities to participate have helped grow my leadership skills as well as my involvement in the community.”*

TYLER, 12TH GRADE BOARDER  
FROM SHANGHAI, CHINA

## Endless Weekend Activities

*Our weekends are fun-filled as well. The list of options is nearly endless:*

- Fire-Pit Fridays
- International Weekend
- Trips to Westfarms Mall
- Community service projects
- Holiday and cultural celebrations
- Cooking with faculty members
- Hiking, skiing, swimming, golf
- Movie nights
- Spikeball, pickup basketball
- Paintball, laser tag, go-karting
- Escape rooms, murder mystery dinners
- Black light dance party
- Excursions to local beaches and amusement parks
- Goat yoga

*The fun goes on and on. And you and your friends will help to choose and plan the activities and outings that you love.*



Made **LIFELONG FRIENDS**



**BALANCE OF  
FUN & LEARNING**



**1 on 1**  
ATTENTION

**GIVING PERSPECTIVE**  
ME MORE

*on life*

## Meet Marcus

# ENGAGE AND GROW

### Profile

10th grader from  
Wallingford, Conn.

### Favorite Subject

Math

### Activities

Basketball

Black Student Union

Class Officer

Football

Lacrosse

Peer Mentor

Student Ambassador

“

**There are activities for everyone – there is no shortage of options.”**

### A tight-knit community

“The community at Cheshire Academy is so close. Everyone knows each other because of the smaller school population and the fact that we spend so much time together, even as day students. Our close community enables us to make lots of friends who have different backgrounds. It helps us to learn more about other cultures and other parts of the world.”

### An active, engaged campus

“Everyone at CA is engaged in campus life. There are activities for everyone, with no shortage of options. It’s easy to join in whatever activities you like, especially because of how welcoming everyone is. Everyone is encouraged to participate, and in my experience, encouragement to try something new often helps you find something you love.”

### Lessons learned through participation

“I have learned a lot through sports at Cheshire Academy. My coaches have helped me to become better on the field and also as a person. I have learned respect, discipline, and the value of hard work. I also have developed many relationships through the activities I’ve participated in. I have built friendships with peers and positive relationships with faculty. I have also learned about multitasking, being a leader, and holding myself accountable.”

### Growing as a person

“I am learning every day at CA, and not just in the classroom, but learning to be more understanding and more kind. CA is teaching me more than just things like math; my experience here is also making me a better person. I not only have improved as a student and as an athlete, but also as a son, brother, and friend.”

# From Here to Anywhere

Choosing a school is one of the biggest and most important decisions your family will make at this time in your life. At Cheshire Academy, we appreciate the trust that families place in us to guide their students during a transformative time in their lives. This we can assure you: here, every student will be known and respected. Every student will be encouraged and supported. As a result of a full, and fulfilling education, every student will grow – as a scholar, a global citizen, and as a well-rounded individual. Cheshire Academy graduates will always look forward – excitedly and confidently – to anywhere they want to go.





## About Cheshire Academy

Cheshire Academy does not discriminate on the basis of race, color, religion, sex, gender identity or expression, sexual orientation, national and ethnic origin, ancestry, age, marital status, disability, or any other characteristic protected by law.

This policy applies to, but is not limited to, educational policies, admission, financial aid, hiring and employment practices, use of school facilities, athletics, and other school-administered programs.

### **Our Mission**

Cheshire Academy is an internationally minded college-preparatory school that challenges its students to maximize their potential by developing the confidence, character, and critical thinking skills that enable them to thrive as global citizens.

### **8 Pillars of Bowden**

Respect  
Responsibility  
Caring  
Civility  
Citizenship  
Morality  
Fairness  
Trustworthiness

### **Founded**

1794

### **History**

11th oldest boarding school in the U.S.

### **Grades**

9 – 12 and postgraduate

### **Location**

Cheshire, Connecticut; small-town charm, two-hour drive to Boston and New York City

### **Campus**

104 acres (.42 km<sup>2</sup>)

### **Climate**

Four seasons: warm summers, beautiful autumns, flowery springs, and frosty winters

### **Curricular offerings**

More than 140 courses and 36 IB courses

### **Languages taught**

French, Mandarin, and Spanish

### **Arts**

Visual arts, music, theater, Art Major

### **Athletics**

17 sports, 27 teams

### **School mascot**

Cat



# CHESHIRE ACADEMY

## 1794

Grades 9-12 and postgraduate  
Coed, boarding and day

### Main Campus

10 Main Street  
Cheshire, CT 06410  
203-439-7250

### Admission Office

125 Sheriff Drive (use for GPS)  
Cheshire, CT 06410  
203-439-7250  
admission@cheshireacademy.org

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

