

TEST OUR GIRLS' SCHOOL POWER



#1
Best College Prep
Private High Schools
in Buffalo Area



#1
Best All-Girls
High Schools
in Buffalo Area



Independent day and boarding school for college-bound girls

205 Bidwell Parkway Buffalo, NY 14222 | 716.885.6780 | BUFFALOSEMINARY.ORG

OUR OLDEST TRADITION IS *Forward Thinking*



THE POWER OF ALL-GIRLS

Girls' schools students are involved, called on, and encouraged to participate.

Girls' schools students report higher levels of self-esteem and academic engagement.

Over 88% of girls' school students report that they feel comfortable being themselves at school.

Nearly 80% of girls' school students report that they are challenged to achieve their full academic potential compared to 72% of girls at coed independent and 44% at coed public schools.

Girls' school graduates display higher levels of cultural competency.

Girls' school graduates express stronger community involvement.

Girls' school graduates exhibit increased political engagement.

She's engaged, she's herself - she feels her power at an all-girls school.

**Research provided by the National Coalition of Girls' Schools.*

THE SEM DISTINCTION

Our cozy campus, which is on the National Register of Historic Places, is in the lively and beautiful center of the city of Buffalo, NY. This is the setting for great possibilities!

Many schools were founded in a specific faith; SEM was founded over a century-and-a-half ago to be mission-driven and independent.

At our core is our **Academic and Social Honor Code**. Academic honor requires respecting the intellectual and artistic property of others. Social honor means treating ourselves and the other members of our community with respect, communicating honestly with one another, valuing our differences and positively representing our school.

The power of SEM is the expectation that our students will be intellectually curious, meet challenges with preparation and optimism, and question and revisit the answers until they are satisfied. All of this is accomplished with the support of an extraordinarily accomplished faculty committed to the education of girls.



SEM TEACHERS HAVE CHALLENGED ME TO BE BETTER IN ALL ASPECTS - TO SAY WHAT I MEAN, TO STICK UP FOR MY PERSPECTIVE, TO LISTEN DEEPLY, AND TO LEARN WIDELY WHILE BEING MINDFUL OF THOSE AROUND ME. SEM TEACHERS HAVE GIVEN ME THE CONFIDENCE TO EXIST AS MY FULL SELF, BOTH IN AND OUTSIDE OF SEM.

Morgan B. '17
Yale '21

THE POWER OF ALL-GIRLS AT SEM

ACHIEVEMENT & SCHOLARSHIP

LEADERSHIP & CREATIVITY

TRADITION

FORWARD THINKING

LIVING AT SEM



66%
OF GIRLS PLAY
AT LEAST 1 SPORT

SWIMMING CHAMPIONS

2020 Monsignor Martin High School
Athletic Association

We believe in standards but not standardization.

As an independent high school, SEM is exempt from state testing and exceeds its requirements. Instead, seated at Harkness tables or in labs, students delve into honors and AP classes and explore over 68 diverse electives from astronomy to financial algebra, Women in Science and Math Who Changed History, and Mandarin.

Our four-year innovative capstone curriculum is built around community involvement and pursuing a focused interest which culminates in a senior year SEMposium presentation.

*Inquiry is encouraged.
Discussion is expected.*



SEM faculty works to expand a student's critical and creative thinking, her abilities, and her expectations. SEM teachers want SEM students to succeed - they go above and beyond to enhance a girl's strengths, build her confidence, and encourage girls to reach.

15 TEAMS

- Basketball
- Bowling
- Crew
- Cross Country
- Fencing
- Field Hockey
- Golf
- Hockey
- Indoor Track
- Lacrosse
- Sailing
- Soccer
- Squash
- Swimming
- Tennis

OFFICIAL MASCOT:
RED-TAILED HAWK



7 2020 All-WNY Scholar-Athlete Honorable Mentions

BASKETBALL, CROSS COUNTRY, FIELD HOCKEY, INDOOR TRACK, SWIMMING

3 CONSECUTIVE QUALIFICATIONS FOR NYS CATHOLIC HIGH SCHOOL BASKETBALL CHAMPIONSHIP 2018, '19, '20

3 All-WNY Scholar-Athlete Winners BASKETBALL, FIELD HOCKEY, SWIMMING

5 2020 NCAA Signings SWIMMING (2), SQUASH, SOCCER, LACROSSE

2 2020 NYS Public High School Athletic Association Championship Qualifiers (Golf, Swimming)

BASKETBALL CHAMPIONS

Monsignor Martin High School Athletic Association B Division & Catholic High School Athletic Association B Division State Championship Representative





With a 4-year unique health & leadership curriculum that covers everything from public speaking to digital literacy, health, nutrition, self defense, and simple car maintenance SEM girls are given the tools they need to navigate the world.

Through our 25+ fun and engaging student-run clubs, a community service board, and a school government, girls learn cooperation, responsibility, and commitment – SEM girls learn to be solid supporters and good leaders.

This is how leadership is nurtured.

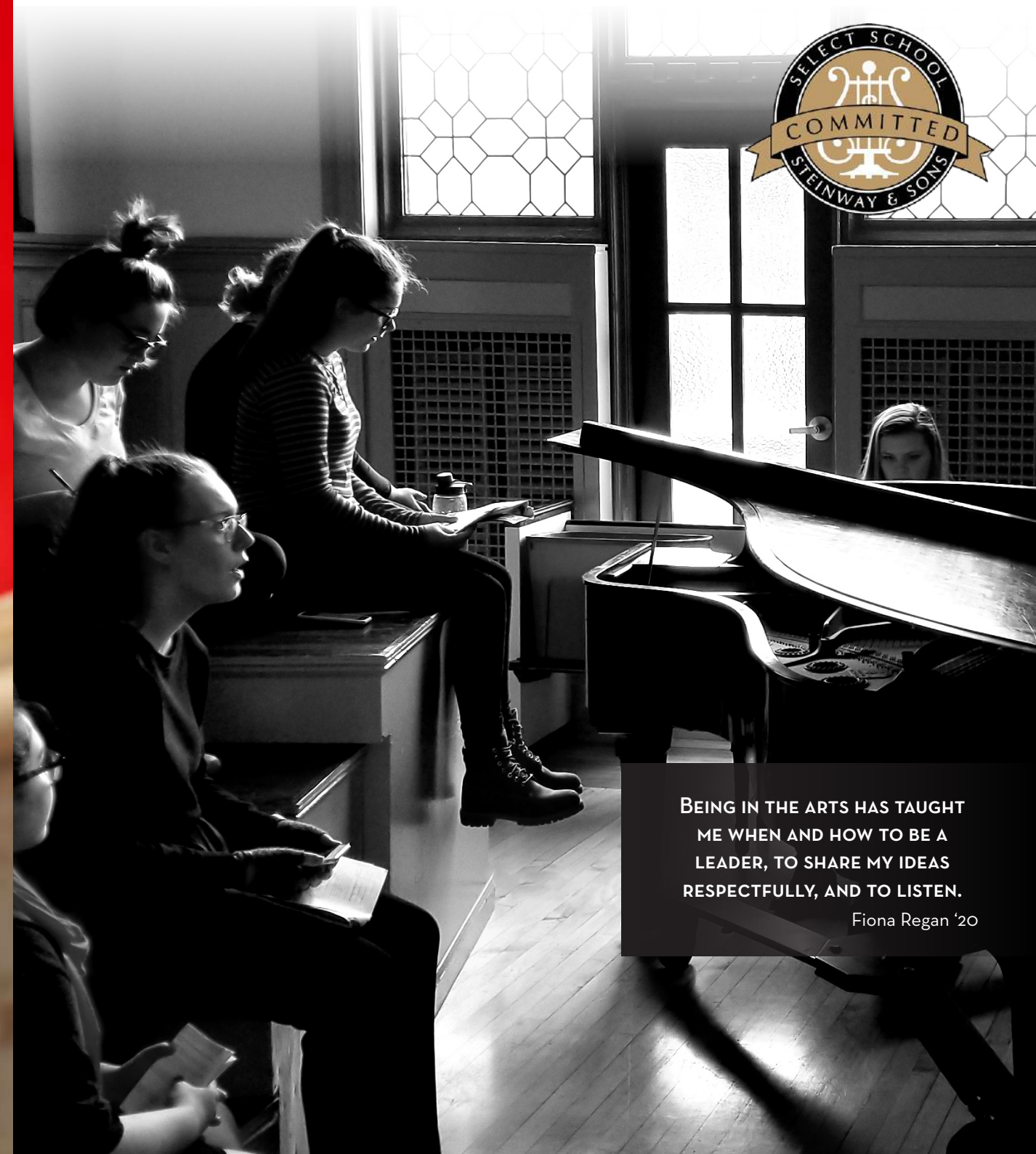
IT IS NATURAL FOR ME TO BE IN A SMALL CLASS WHERE MORE THAN ONE LANGUAGE IS SPOKEN. I AM ACCUSTOMED TO DISCUSSIONS WITH DIVERSE VIEWPOINTS, OPEN MINDS, AND WHERE DIFFERENCES ARE SEEN AS ADVANTAGES. I EMBRACE MY CULTURAL UNIQUENESS, AND I WILL ADD MY VOICE TO THE COMMUNITY. I CAN'T IMAGINE NOT CONTINUING THIS IN COLLEGE.

Bessie S. '16
Babson College '20

An Arts Faculty of Practicing Professionals

Our theatre teacher is active in the professional theatre community as a director and crew member. Our fine arts teacher is a cartoonist and artist who is regularly published in *The New Yorker* and exhibits in galleries. Our music teacher is a Grammy Award-nominated composer and musician who performs worldwide. Our digital art teacher is a professional photographer and graphic designer.

SEM students are taught and encouraged to stretch beyond themselves – they are prepared for the demands of the world they will encounter as women of business, art, science, academics, or service.



BEING IN THE ARTS HAS TAUGHT ME WHEN AND HOW TO BE A LEADER, TO SHARE MY IDEAS RESPECTFULLY, AND TO LISTEN.

Fiona Regan '20

Seated by a fireplace,

around a Harkness table, on teams, and in clubs, or connected through our successful distance learning program, girls from diverse backgrounds discover the power of their voice and find their place in the world as they prepare for college.



Students study in the library under the watchful gaze of former headmistress Miss L. Gertrude Angell.



Hornet/Jacket Day at Larkin Field.

Our Traditions are Legend

As one of the oldest schools for girls in the U.S., our traditions span centuries. The Hornet/Jacket tradition was established in 1916 to give SEM girls the experience of competition. Meet a SEM alum anywhere in the world and you can ask, "Hornet or Jacket?" It's a guaranteed icebreaker!

From spirited field days to academic contests, students vie for the annual cup with dedication and constancy. Our Hanging of the Greens, Holiday Revel, Lunar New Year, and Black History Month celebration are among the events that honor our students' cultures.

3,449 ALUMNAE LIVING & WORKING ON 4 CONTINENTS
(not Antarctica)

ELIZABETH LEWIN '05
Multimedia Journalist

"I had a unique educational experience at SEM. My older sister was a senior and the president of the school when I was a freshman, so like many girls, I too struggled to create my own sense of individuality. But the intimacy of classroom and one-on-one opportunities to build relationships with teachers and faculty encouraged me to cultivate my own voice and find my niche. SEM taught me, as a woman and, more importantly, as an individual, that we all have a light inside of us that has the capacity to shine. Sometimes, all you need is a little help along the way. I employ that same philosophy every day as a journalist. My goal, through every story that I tell and person that I meet, is to let the light of truth shine on our community."



OUR DAUGHTER ALICIA ENROLLED AS A COMPUTER SCIENCE MAJOR AT THE UNIVERSITY OF VIRGINIA, WENT FROM TAKING A REQUIRED ASSESSMENT TO DETERMINE WHICH FRESHMAN-LEVEL PROGRAMMING COURSE WAS APPROPRIATE, TO BEING DIRECTED TO TAKE A PLACEMENT EXAM, WHICH RESULTED IN PLACING OUT OF THE FIRST-YEAR COURSES ALTOGETHER.

ALICIA CAN NOW MOVE FORWARD IN HER STUDIES AND INCORPORATE MORE ADVANCED ELECTIVES AS A PART OF FULFILLING THE DEGREE PROGRAM REQUIREMENTS. WE CREDIT SEM WITH OFFERING PROGRAMMING COURSES THAT NOT ONLY SPARKED HER INTEREST IN COMPUTER SCIENCE BUT GAVE HER THE TOOLS TO GET AHEAD.

Natalia Land P'19



*Developing
Women in STEM*

Our Virtual Reality lab, our Mac lab, our NAO robots, our freshman STEAM classes, and our 4-year computer science curriculum all taught by female computer science teachers show girls a future where they are engineers, coders, gamers, programmers, and entrepreneurs. According to a recent SEM survey, approximately 35% of SEM students said they plan to major in a STEM field.



SUSAN HENDERSON '87 *Chief of Epidemiology and Surveillance, Peace Corps.*

"SEM instilled the importance of honesty in me. We were required to sign an honor pledge, 'I pledge my honor that I have neither given nor received assistance.' Teachers walked out of the room when we were taking tests, to show us that they trusted us. Building trust is one of the most important aspects of establishing relationships, and trust is based on honesty. In my current role as a Peace Corps Supervisory Medical Officer, I work with physicians all over the world. They see me as their advocate and a person who will not make false promises, but who will answer their questions with honesty and integrity."



You Won't Get This Experience Anywhere Else

SEM is the only all-girls school in the region with a 5- and 7-day residential program. Renovated historic houses, all located beside the school and connected by the Magavern-Sutton Courtyard, are homes to girls from across the region and all parts of the world.



★ SEM'S RESIDENTIAL HOUSES

BUFFALO *Buffalo's nicknames include "The Queen City," "Nickel City," and "The City of Light." A 2018 New York Times "52 Places to Go" destination!*

101 MILES TO TORONTO (162.5 KILOMETERS) **28** MINUTES TO NIAGARA FALLS BY CAR **1** HOUR FLIGHT TO: BOSTON, CHICAGO, DC, DETROIT, NEW YORK, PHILADELPHIA

CAMPUS *SEM is located in the lively Elmwood Village neighborhood of Buffalo, NY, and is on the National Register of Historic Places. United by the Magavern-Sutton Courtyard, residential students and faculty live in renovated homes beside the school building.*

5 STUDENT & FACULTY RESIDENCES **10** PIANOS **5** LABS: BIOLOGY, CHEMISTRY, PHYSICS, MAC, VIRTUAL REALITY **11** FIREPLACES **5** HARKNESS TABLES

SUMMER CAMP **4** SUMMER AT SEM CAMPS FOR GIRLS ENTERING GRADES 4-9
 SUMMER@SEM DAY CAMP • SUMMER@SEM JUNIOR • SLEEPAWAY@SEM • SEM TRIP CAMP



TO SEND A GIRL TO BOARDING SCHOOL IS A SIGNIFICANT DECISION.

We recognize that trust and responsibility. SEM students live family-style with faculty members in four beautiful historic houses adjacent to the school and centered around the oasis of the Magavern-Sutton Courtyard. Girls make homes in these houses and form close connections with students from all over the world. Living at SEM, students have access to all the amenities a small city offers. Concerts, museums, sports, restaurants, shopping - girls learn autonomy in preparation for college and life. On weekends we ski, ice-skate, skateboard, kayak, zipline, pumpkin-pick, or take in a movie.

SEM is college prep and it's life prep.

MY HOMETOWN IN THE SOUTHEAST IS VERY SMALL AND RURAL, SO COMING TO BUFFALO IS A HUGE DIFFERENCE. I LOVE GOING TO THE PARK, THE ALBRIGHT-KNOX ART GALLERY, STORES, AND RESTAURANTS. BOARDING AT SEM WAS ONE OF THE BEST DECISIONS I'VE EVER MADE.

Emma B. '17, Residential House Prefect



B-S

1851

1908

205

NO PARKING
MON TUE & WED
→



MEMBERS OF:



The Association
of Boarding Schools



SEM accepts SSAT
and TABS applications.

ACCREDITED BY:



*Ready
for More?* Online School for Girls

READYFORMORE.ORG