

With interconnected curriculum and programs that span 14 grade levels, Country Day provides a dynamic, holistic, and academically challenging environment that encourages our students to develop the full range of their capabilities – intellectual, physical, creative, social, and moral – and cultivates the habits and skills that will enable them to lead fulfilling lives.

Lower School Overview (PK-5)

Country Day's Lower School is designed to support the growth of the whole child to develop well-rounded, self-confident youngsters with excellent academic skills who are able to meet the challenges of Middle School, High School and beyond.

Beginning in Pre-Kindergarten, our students experience an environment that promotes positive social and emotional growth and develops problem-solving and critical-thinking skills, vocabulary, and early reading and math skills. As students continue through Lower School, they continue to develop self-awareness, self-management, social awareness, relationship building, and responsible decision-making skills as they learn about world languages, writing, reading, literature, poetry, mathematics, history, fine arts, and technology. Lower School students engage in daily physical education led by certified movement education instructors who integrate kinesthetic learning to reinforce these academic concepts.

Middle School Overview (6-8)

Country Day's Middle School nurtures and celebrates the child in our students while recognizing and appreciating them as emerging young adults. Over the course of three years, Middle School students are granted increasing responsibility and independence vital to their future academic and personal success.

Middle School students experience six core classes per day: English, math, history, science, a world language, and physical education. Student also explore interests and find new passions through numerous elective classes including robotics, Makerspace, personal finance, farm-to-fork, public speaking and debate, creative writing, martial arts and yoga, to name a few. Beyond the classroom, students take overnight trips to the Santa Cruz mountains, Yosemite, and Washington D.C., as well as several local day field trips. Our active Middle School Student Council provides the opportunity to lead community service projects and organize social activities throughout the year.

Each student works with a faculty advisor who provides additional support and advocacy for the student.

High School Overview (9-12)

Our High School offers a truly special experience where students are challenged to innovate and explore in a flexible academic program that merges the arts, literature, science, technology, engineering, and math. We offer a wide variety of AP classes, 1-on-1 college counseling, and an 8:1 student-teacher ratio. As a result, our students achieve the highest SAT scores in the region and 100% of our graduates are accepted to four-year colleges and universities.

SUBJECT AREAS	GRADE 9	GRADE 10	GRADE 11	GRADE 12
English (4 years required)	English 9 (Intro to Literature)	English 10 (Literature of Migration)	English 11 or AP English Language & Composition (American Literature)	English 12 or AP English Literature & Composition (World Literature)
Mathematics (3 years required)	Geometry; Geometry Honors; Algebra II; Algebra II Honors	Algebra II; Algebra II Honors; Pre-Calculus; Pre-Calculus Honors	Pre-Calculus; Pre-Calculus Honors; Calculus; AP Calculus; AP Calculus BC	
History & Social Science (3 years required)	World History 9	World History 10	U.S. History; AP U.S. History, AP European History; AP Art History; AP Microeconomics	
Science (3 years required)	Physics	Chemistry	Biology, Anatomy & Physiology; AP Biology; AP Chemistry; AP Physics C (Mechanics); AP Physics C (Electricity & Magnetism); Advanced Topics in Applied Science	
World Language (Level 3 proficiency required)		French I, II, III, IV, AP Language & Culture Spanish I, II, III, IV, AP Language & Culture, AP Spanish Literature* Latin I, II, III, IV, AP Latin*		
Fine Arts (2 semesters required)		Studio Art; Advanced Studio Art; AP Studio Art; Drama; AP Music Theory; Concert Band; Chamber Music; Jazz Band; Orchestra; Choir (Visual and Performing Arts requirements); Ceramics; Drawing (Intro, Intermediate, Advanced)*; Advanced Acting		
Computer Science		AP Computer Science A; AP Computer Science Principles 1:1 Laptop Program - All High School students are issued laptop computers. Word processing, spreadsheets, and multimedia software presentations are embedded in academic and elective classes, and teachers use Google sites for class webpages.		
Electives		The <i>Octagon</i> (student newspaper), <i>Medallion</i> (student yearbook), Community Service, Great Books, Japanese*, Maker Lab, Marathon Training, Media Production & Film Studies*, Mobile App Development, Mock Trial, Performance: Advanced Acting & Competitive Poetry*, Playwriting for Performance*, Study Skills for International Students*, Website Design		
Physical Education (4 semesters required)		Modern dance; rollerblading; tennis; weights; yoga; cricket; golf; cycling; lacrosse; nutrition; AIDS awareness; self-defense; sports medicine, and other lifetime activities. Independent P.E. is available to students who participate in outside competitive programs more than 10 hours per week.		
Athletics (1 sport = 1 semester of P.E. credit)		Girls: Volleyball, Cross Country, Basketball, Ski/Snowboard, Soccer, Softball*, Tennis, Golf, Track & Field, Swimming/Diving	Boys: Soccer, Cross Country, Basketball, Ski/Snowboard, Baseball, Tennis, Golf, Track & Field, Swimming/Diving	
Community Service		50 hours required for all students. The student community focuses its philanthropic activity in several areas including Run to Feed the Hungry, the Dyer Kelly Elementary School, and the Rulindo schools in Rwanda. The school garden also donates food to a local food bank.		
Interdisciplinary Projects		Through their English and history classes, sophomores research, write, and present a paper on a topic of their choice. Seniors participate in experiential, service learning seminars during the last two weeks of school.		
Extracurricular Activities		The Outdoor Education program and an annual trip to the Oregon Shakespeare Festival provide exciting off-campus educational opportunities. A seven-time national Pacemaker nominee (and two-time winner), The <i>Octagon</i> newspaper is printed eight times a year and updated almost daily online. The online <i>Octagon</i> won the Pacemaker in 2016. The <i>Medallion</i> yearbook is distributed to all students. The Mock Trial team won the Sacramento County competition in 2018. The school's chapters of the International Thespian Society, National Art Honor Society, and Cum Laude Society recognize student achievements. Student Council, dramatic productions, dances, a prize-winning literary magazine (<i>Glass Knife</i>), the annual Chalk Mural, and diverse instrumental groups round out the extracurricular program.		
Internships		Our internship program exposes out students to real workplaces, involves them in projects and research, and reinforces our mission of helping students to have positive relationships and respect for others.		

*Not offered every year