



A MORE HUMAN WAY TO PREPARE
FOR COLLEGE AND LIFE SUCCESS

let your
evolution
begin



POMFRET



P

A more human
academic program
emphasizes your greatest
intellectual growth

A MORE HUMAN WAY TO PREPARE
FOR COLLEGE AND LIFE SUCCESS

let your
evolution
begin



P

A more collegial sets your life

GRADUATES

P

A more faculty challenge support

EXPERT FACULTY

P

A more boarding priority individual

BOARDING

P

A more afternurt high

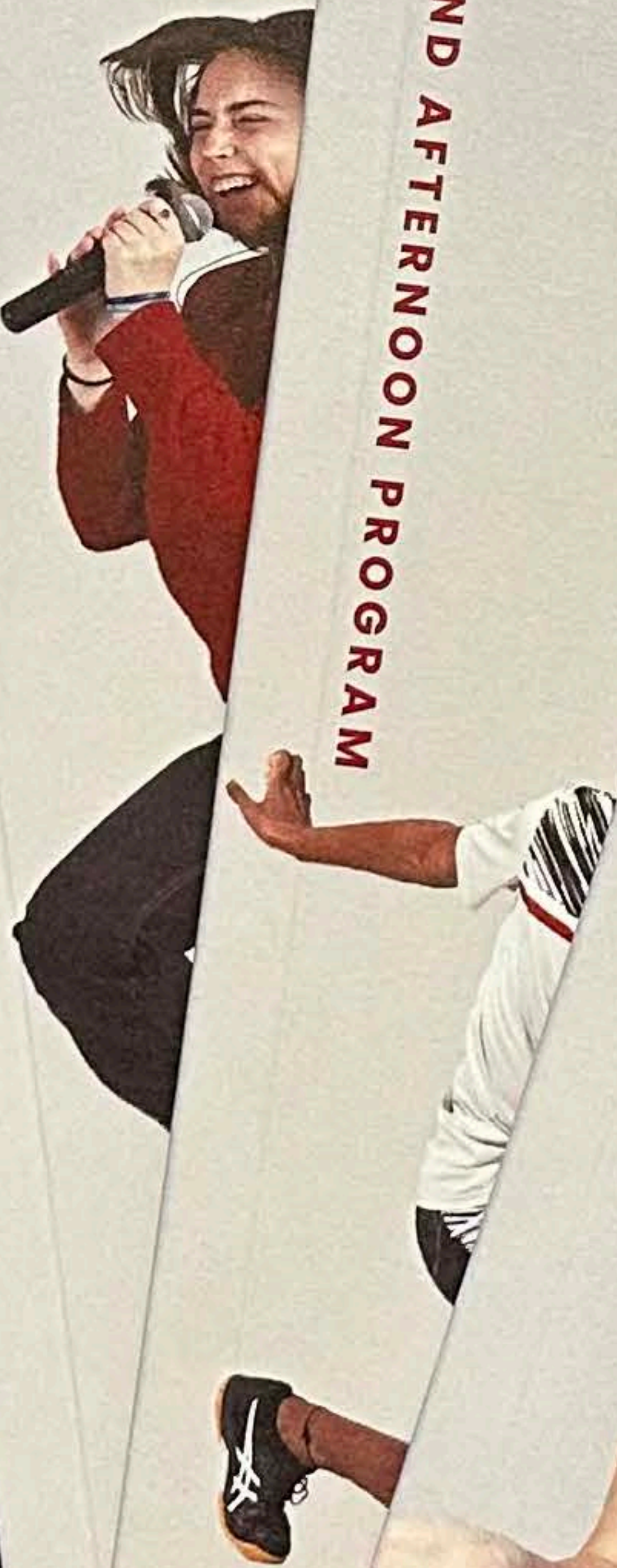
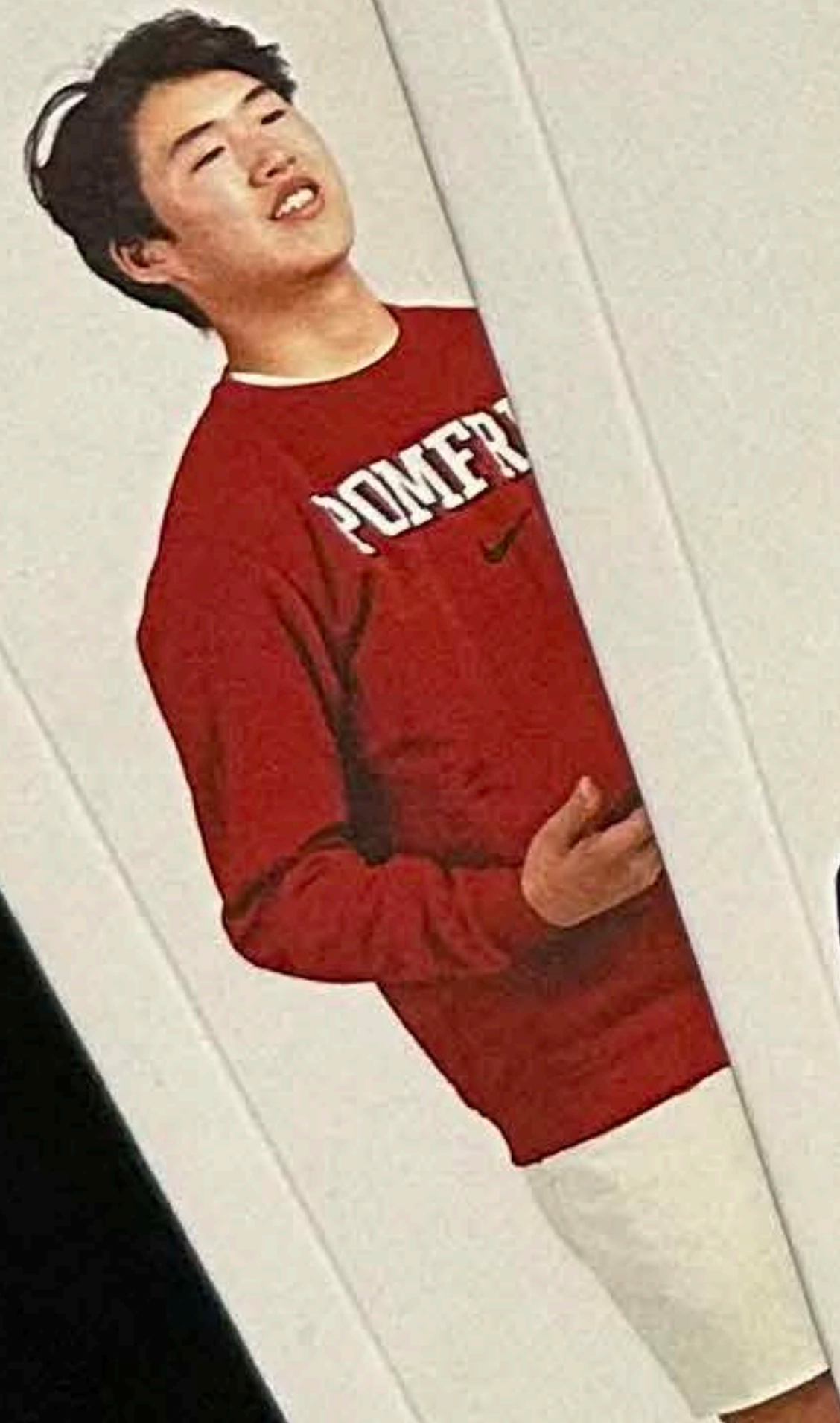
ATHLETICS AND AFTERNOON PROGRAM

P

A more human academic program emphasizes your greatest intellectual growth

ACADEMICS

$$\begin{aligned} & \therefore \frac{1}{2} \Delta = \frac{1}{2} \times \Delta \\ & = b \cdot \frac{1}{2} \cdot \Delta \end{aligned}$$



P

A more human
academic program
emphasizes your greatest
intellectual growth

ACADEMICS

$$\begin{aligned} \therefore y \Delta \cdot \frac{1}{2} &= y \times \Delta \\ &= b \Delta \cdot b \Delta \cdot \frac{1}{2} \end{aligned} \Rightarrow$$



Sean Rattigan '25 with Science Department Head Josh Lake in the Olmsted Observatory.

**No two people are the same—
in their interests, in their
aspirations, in where and
how they thrive.**

Pomfret academics reflect this truth with a curriculum that challenges, engages, and inspires each student so that voices are heard, communities are embraced, and curiosity is empowered.





student-powered
growth
and
expertise

Through interdisciplinary and experiential learning, you'll go wide, then go deep. You'll explore—then excel in—subjects that excite you.



ENGLISH

Find your way with words. Whether exploring poetic verse, crime fiction, or public speaking, you will learn and practice methods to engage with text that cultivate a critical eye alongside a rich imagination.

**HISTORY &
SOCIAL
SCIENCES**

Classes in politics, anthropology, sustainable development, and more will usher you into greater global awareness while nurturing your dedication to—and actions toward—impactful change.

MATH

Algebra? Yes. Calc II? Of course. And classes in economics and financial literacy so the problem-solving skills you gain can—and will—be applied during your day-to-day life, for life.

SCIENCE

Freshmen begin with Science by Design, an integrative course combining physics, chemistry, and biology. Students build skills for advanced courses in engineering, coding, forensic sciences, and more.

**WORLD
LANGUAGES**

Broaden your communication skills by engaging deeply with your chosen language—Spanish, Latin, or French. You will learn to write, converse, and listen, so when you craft a blog post in Spanish or converse with locals during a trip to France, the words flow.

ARTS

Imagine: expressing your authentic self while creating awe-inspiring artwork. Whether you are animating your own video game or discovering your vocal range, the Hilltop nurtures the inherent creative within you.

WELLBEING

The Foundations of Wellbeing course (required during your sophomore year) and an array of electives cover topics such as healthy relationships, the science of generosity, body biomechanics, and more, equipping you with skills and tools to foster lifelong self-care and self-advocacy.

We've taken the standard of excellence that comes from a proven college prep experience—the rigor, challenge, and curricula—and made it personal, with opportunities to explore the things that mean the most to you, in the ways that mean the most to you.



FRESHMAN STUDY SKILLS

Receive guidance and encouragement as soon as you step onto the Hilltop as a freshman. Every Sunday evening during the fall semester, you meet with faculty to strengthen skillsets that equip you for the rigor of Pomfret's academics, such as note-taking, research, and technology use.



CERTIFICATE TRACKS

Beginning your junior year, you have the option to dive deep into an area of study. Your certificate will be listed on your high school transcript, underlining the dedication you bring into your future. The six domains to choose from include social justice, STEM exploration, sustainability, artistic expression and design, global citizenship and awareness, and character and leadership.



SERVICE AND STEWARDSHIP

Tackle "local problems with local solutions" in partnership with agencies and organizations such as the Yale-Myers Forest managed by the Yale School of the Environment. Or you can help with Pomfret's food pantry—developed in 2018 by students in the Topics in Food Insecurity class—which feeds an average of 40 local children and their families each year.



EXPERIENTIAL TRAVEL

Travel to places like Spain, France, Germany, Costa Rica, Peru, Morocco, Vermont, and Maine while earning course credit.

Project: Pomfret



Our signature design-thinking program is part of every student's experience. Each year we set aside two weeks for you to collaborate with faculty on creative—and impactful—projects.

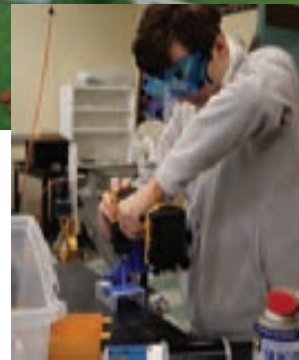
KIND.ART

Create, promote, and sell handcrafted items. All proceeds benefit nonprofit organizations like The Hole in the Wall Gang's Hospital Outreach Program.



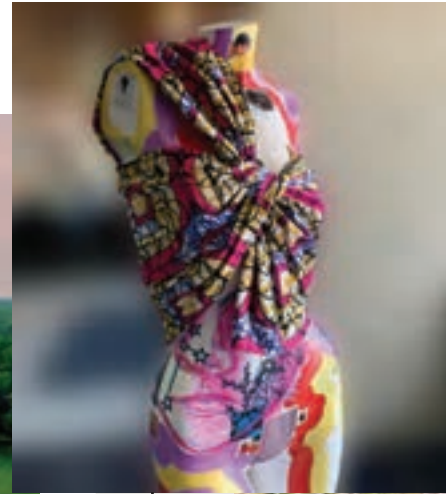
AERIAL VIDEOGRAPHY

Tap into our fleet of drones to capture high-flying footage of campus. Then bring what you capture down to earth and refine it in the editing lab.



BUILD-A-ROBOT

Delve into the design, construction, operation, and use of robots. The goal is to build a machine that can consistently and reliably perform a useful task.



DESIGN, STYLE, AND BRAND

Manufacture original fashion pieces from start to finish and then showcase them on social media through your own vibrant marketing.



SOURCE-TO-STOMACH

Partner with local farms, restaurants, and food pantries to learn how food systems work and then discover and implement ways to make them more sustainable.

Learning can only happen when you're fully engaged, when you find what excites you and commit to mastering it.

Limitless opportunities for you to explore your interests

Each academic department features compelling electives and advanced courses, leading to deep comprehension of the subject matter you care most about.

Your passions are taken seriously at Pomfret.

50
ELECTIVES

advanced courses & electives

55

HONORS AND
ADVANCED
COURSES

3D ANIMATION AND
GAMING

THE ART OF FLASH
FICTION

CARIBBEAN STUDIES

CHAMBER ORCHESTRA

FRANCOPHONE
LANGUAGE AND
CULTURE

GLOBAL AND
SUSTAINABLE
DEVELOPMENT

LITERATURE OF CRIME

MARINE ECOLOGY AND
CLIMATE CHANGE

PUBLIC ART AND
INSTALLATION

+MORE

NEARLY 90%
OF SENIORS
TAKE ADVANCED
CLASSES




OLMSTED OBSERVATORY

This image was captured in Pomfret's observatory. Students in Astronomy study the beautiful and bizarre objects that exist in the universe.

“

“I felt many of the assignments were very engaging and would have us dive deeper into the material for a stronger understanding of the concepts we learned. Our discussions were the hallmark of the class because we would talk through topics we might otherwise have viewed as too difficult to understand.”

ASCHER ZIMMERMAN '23



After discovering her love for biology and aquaponics at Pomfret, Eleanor Sangree '20 went on to Hamilton College and Woods Hole Oceanographic Institution. There, she designed and developed a floating aquaponics system to remediate and reduce nitrogen pollution levels in ponds, lakes, or rivers that flow into the ocean. By her junior year, she was offered a job in water body remediation.

“Pomfret transformed me into a student ready for college by providing me with role models that showed me how to think and not necessarily what to think. Overall, Pomfret provided me with a high-quality, well-rounded education.”

ELLIE SANGREE '20



ALL OF US ARE INNATELY ARTISTIC.



**And it is that inner
creativity that connects us
to our most human selves.**

Pomfret's required, yearlong Arts Immersion course you take as a freshman fulfills half of your arts requirement while bringing forth your artistic side. You will explore different disciplines of art, including theater, music, dance, ceramics, digital media, photography, and painting and drawing, inspiring an expression of self that may feel bolder than you've witnessed before.

As you delve deeper into the arts throughout your time on the Hilltop, you begin to appreciate the exquisiteness of the practice and the process. And eventually you notice not a day goes by that you don't feel the urge to create, to make something great.

NAT KIKONYOGO '25

A gifted actor, singer, and multi-instrumentalist, Nat loves the stage. Whether harmonizing with the Griff Tones, Pomfret's *a cappella* group, or performing the lead role in the spring production, Nat can usually be found at Hard Auditorium doing what Nat does best—putting on an amazing show.



You are always evolving. We are too.

We anticipate the needs of every student and strengthen our programs and facilities to prepare you for a lifetime of learning.

TAKE A CLASS IN THE NEW SCIENCE CENTER

Set to open in 2024, this incredible 22,000-square-foot center will feature state-of-the-art lab spaces, a central gathering point entitled “the Hub,” and two-story windows that might become the perfect spot to catch a Pomfret sunset.

EXPERIENCE THE BENEFITS OF THE GRAUER INSTITUTE

Grauer exists to push the boundaries of what a boarding school can and should be through research, faculty development, and programmatic innovation, including the Institute’s partnership with the Mastery Transcript Consortium, which gives students the option to send a portfolio-style learning record to colleges alongside their traditional high school transcript.

CHECK OUT THE COLLABORATIVE LEARNING CENTER

The Collaborative Learning Center (CLC) is the hub of academic support at Pomfret. If you require learning support, our dedicated team of specialists stand ready to help equip you with the skills, tools, and confidence you’ll need to succeed at Pomfret.

Whether it's an Emmy award-winning producer, a marine archaeologist, or Middlebury College's dean of admission, our visiting speakers will inspire insights you can carry into your studies, and into your future.

SCHWARTZ VISITING FELLOWS

Over the course of two days that include lectures and class visits, hear and learn from world-renowned experts in their field.

CAREY LECTURE SERIES

This annual lecture series, which occurs over Family Weekend, will equip you and your family with tools and confidence to navigate the college application process. We have hosted admission professionals from Dartmouth, UC Berkeley, Brown, and more.

LASELL VISITING ALUMNI

Learn what's possible for you when one of our illustrious alumni returns to campus and shares their wisdom and support during small group discussions, presentations, and student meetings.



Each academic year, we invite the best of the best to our campus to share their experiences and resources with you.

A photograph of the Clark Memorial Chapel, a stone building with a large rose window and a group of people gathered outside. The chapel is covered in ivy, and the scene is set in a lush, green environment with trees and a blue sky. The text is overlaid on the left side of the image.

CHAPEL FOR THE SENSES

the iconic Rose Window

— the music of the fine pipe organ

— the flickering candlelight

the century-old stone of the church

— the human-to-human connection

Twice each week, we gather at
Clark Memorial Chapel to connect
and share our stories.

GIVING A CHAPEL TALK DURING YOUR SENIOR YEAR IS A GRADUATION REQUIREMENT. BECAUSE WE BELIEVE EVERY VOICE SHOULD BE HEARD.



Whether a fellow classmate is navigating grief or celebrating a win or learning about themselves, Chapel is a warm and welcoming environment where we reflect on the human experience as a community. You can be yourself, and express yourself.

Good Morning,
My name is Michaela Noubaga. I have listened to over three-hundred Chapel talks during my four years here at Pomfret. You see, most senior Chapel talks tend to start with the familiar introduction of the senior speaker introducing themselves by saying, "My name is X, and I am a blank year senior here on the sluttap." Though Chapel talks often begin with variations on the same introduction, the message of each talk stretches far and wide.

Chapel talks are an opportunity for seniors to be their most vulnerable selves. From my seat in the front benches during my freshman year, to watching from the balcony as a sophomore, and while sitting in an aisle seat as a junior, I have been fortunate enough to hear stories that have opened my eyes to see that there is truly more to a person despite what my physical and literal perspective was at the time. Talks from seniors who were my peers in the classroom or teammates on the field and court have provided me with lessons that I put into practice as I matured here at Pomfret. In my three years here, I have listened to stories about topics as mundane as peanut butter and jelly, to life's great struggles, successes, failures, and triumphs.

I remember one morning during my freshman year sitting in Chapel, wondering about the importance of listening to other people's stories. At this time, I did not really appreciate how much I could gain and grow from hearing kids who were just a little older than I was. Now I look back on that moment as a senior, knowing that one person's story has the power to connect us to one another, and this concept of connection to others is now more important than ever. While we were all distant learning last spring and separated from each other, one of the things that I, and many others, missed most were senior Chapel talks. Though they may be viewed from a different sitting or distance right now, one thing remains true, and that is the shared connection that they help to create within the community. At their core, senior Chapel talks are powerful stories that provide insight into an individual's experiences, and from that story often emerges a deeper message.

I would therefore hope that all of us - from the young freshmen who are new to Pomfret and to Chapel, to my fellow seniors who will soon be giving their own talks to the community - use our time in Chapel to truly consider each speaker's words and to appreciate each speaker's story with openness and respect. If you listen closely, these talks often have the power to touch your hearts. With the year beginning, I want to extend a warm welcome to all our new students and faculty from wherever you may be watching, and to our returners. This year may be slightly different, but it has the potential to be great. I want to wish you all luck with this upcoming year, and I am excited to be your school president. In these remaining minutes before class, I encourage you and your advisory group to share some of your own experiences about what makes Chapel talks so meaningful and authentic.

College. Ready.

**ROSE-MICHAELA
NSUBUGA '21**
DARTMOUTH COLLEGE

Winner of Pomfret's highest honor, the Founder's Medal, Michaela is now a pre-med student studying neurobiology and anthropology with global health. She is also a member of the Pathways to Medicine Program and the Global Health Fellows Program at Dartmouth.



DEREK SMITH '23
HARVARD UNIVERSITY

"I felt very ready for college. This is largely due to the leadership roles I held at Pomfret and the independent work I did there."

His senior year at Pomfret, Derek was the editor of the school newspaper, a prefect in the dorms, and a student tour guide. In his spare time, he taught a coding course at the town library.



MARIKATE "MK" MARSHALL '22
COLBY COLLEGE

"I chose Colby because of the competitive academic program, the small class sizes, and the sense of community I felt with the soccer team."

MK plays goalkeeper for Colby's women's soccer team, in the New England Small College Athletic Conference. It's a position she honed under the mentorship of head coach Erin Fisher.



OUR MISSION

To inspire the next generation of change makers and problem solvers.

6:1

student-teacher ratio

We have the resources to support you, the courses to challenge you, the programs to inspire you, the environment to prepare you, and the people to cheer you on.

55

honors and advanced courses

All that's left are you and your voice.

10

students in the average class

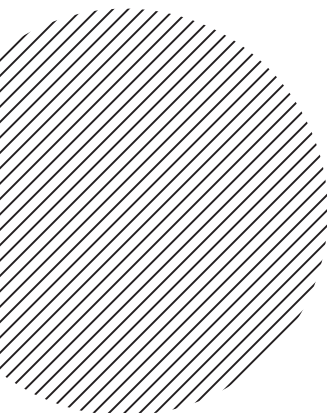
EACH CLASS MEETS FOR TWO 70-MINUTE CLASS BLOCKS AND ONE 45-MINUTE CLASS BLOCK EACH WEEK.





**BE MORE HUMAN:
RECOGNIZE THE
STANDARD THAT MATTERS
MOST IS REACHING YOUR
MAXIMUM POTENTIAL**

Pomfret.org



POMFRET

398 Pomfret Street
PO Box 128
Pomfret, CT 06258-0128



**A more human
expert faculty
challenges and
supports you**

EXPERT FACULTY





connect

human

to



human

**We are relational beings.
It's in our nature.**

And our faculty are experts in making connections. In cultivating trust and excitement through shared interests and experiences. At Pomfret, it's what we do together that really sets us apart.

POMFRET FACULTY ARE MORE THAN TEACHERS. THEY ARE ALSO ADVISORS, DORM PARENTS, AND COACHES.



Faculty Advanced Degrees

6 PhD
33 MA
10 MS
5 MBA
3 MEd
2 MFA

With their dedication, their passion, and their integrity, the caliber of our faculty is unmatched. They are the lynchpin of the student experience.

EXPERTS IN THEIR FIELDS

They not only have a high degree of expertise in what they teach, they are passionate about what they teach. They expertly engage you in the subject matter through immersive experiences, a dynamic curriculum, and a focus on your total well-being.

INNOVATIVE EDUCATORS

They understand the landscape is constantly changing, and they know it's imperative to change and adapt alongside it. They are leaders in best practices, aware that students' social and emotional health is essential to academic achievement and true preparation for college and life. They have a deep knowledge and understanding of how students learn, all the way down to the basic neuroscience of learning.

EXPERIENCED PROFESSIONALS

They are dedicated teachers, with track records of success in the art and science of education. They are also state representatives, national STEM instructors, and published authors. They are committed to ongoing professional goals and development, and make time to pursue fellowships, research opportunities, advanced degrees, and more.

EMPATHIC COMMUNICATORS

They get to know you, your full humanity, holding space for you to realize your passions and potential, empowering you along the way. They have the ability and the desire to develop a trusting and productive relationship with you. When you are low, they show up for you. When you win, they win.



DR. SANDY CHASE
Doctor of Philosophy in American Studies,
Brown University

An anthropologist by training, Sandy is the author of *Perfectly Prep*, published by Oxford Press. From 2008–2014, she was a visiting professor at Brown University. She teaches anthropology and sociology at Pomfret.



PAT BOYD
Master of Education in
Teaching and Learning,
Sacred Heart University

In 2016, Pat was elected to the Connecticut House of Representatives as the state representative for the 50th Assembly District. He sits on the Public Safety & Security Committee, Committee on Children, and is the chairman of the Joint Committee on Veterans' Affairs. At Pomfret, he is a history and government teacher.



JOSH LAKE
Master of Science in Learning and Knowledge
Management Systems, Rochester Institute of Technology

Josh is the head of the Science Department, the director of the Olmsted Observatory, and an astrophotographer whose images have been published by National Geographic. In 2012, one of his images was selected for the top prize out of more than 3,000 submissions by the European Space Agency in its Hubble Hidden Treasures contest.



DR. ALYSSA WALKER
Doctor of Philosophy in American Studies,
University of Michigan

Alyssa is the head of the History and Social Sciences Department and the assistant coach of girls varsity lacrosse. She has published scholarly articles on the contributions of women writers to 19th-century social movements, and earned All-Ivy and Academic All-Ivy in lacrosse at Yale.



ANTHONY FORONDA
Bachelor of Fine Arts in Illustration,
Maryland Institute College of Art

An award-winning illustrator and designer, Anthony has created illustrations for The New York Times, The Washington Post, NPR, and others. At Pomfret, he is a digital arts teacher.

**Expert faculty who
connect with, care for,
and support you.**



**You deserve a mentor
who cares about
you—your ambitions,
your experiences,
your whole self.**

Close to
100%
of faculty live
on campus

Over
70%
are dorm
parents or affiliates

**“I try to provide a space where students feel
comfortable and supported so that they
are the protagonist in their own stories.”**

**DAVID RING, ENGLISH TEACHER, VARSITY BOYS CROSS
COUNTRY COACH, BOYS CREW COACH**

Pomfret's faculty model is distinguished by a network of teachers, advisors, dorm parents, coaches, and college counselors all working together to support each and every student and their families across all facets of school and life.

Kathryn's Dorm Parent, Sara Villalba

Checks on Kathryn the night before her Honors French II exam.

Sends email to Ryan Burns, Kathryn's advisor, giving him a head's up about Kathryn's exam and her hard work.



Kathryn's Advisor, Ryan Burns

Meets with Kathryn the morning of her exam, offers to quiz her with flashcards.

Sits with Kathryn's hockey coach, Annie O'Sullivan, at lunch and lets her know Kathryn might be a little tired at practice that afternoon.



Kathryn's Hockey Coach, Annie O'Sullivan

Gives Kathryn a high five at the beginning of practice, and asks her how the exam went.



KATHRYN IS A JUNIOR.

Meet her circle of support.



Kathryn's College Counselor, Bruce Wolanin

Sends an email to Kathryn's previous Algebra II teacher, Tanya Nongera-Nickerson, thanking her for guiding Kathryn toward the Advanced Statistics course. Kathryn is thriving in it—and loving it. She is even considering a college search focused on strong math programs.



Kathryn's (previous) Algebra II Teacher, Tanya Nongera-Nickerson

Runs into Kathryn's French teacher, Tim Deary, walking across campus. Relays the email she received from Kathryn's college counselor to Tim.



Kathryn's French Teacher, Tim Deary

Pulls Kathryn aside in class the next day and asks her if she would like to consider the Experiential Travel program next year. Kathryn says yes.



“What makes the Pomfret advisory program are the daily connection points and deepness of the relationship that becomes meaningful through small moments. It is the simple ‘how are you doing?’ GChats to my advisees or the blunt ‘good luck with work’ messages. It’s my advisees asking me how to get better sleep or what to get their parents for their birthdays. The uniqueness and specialness of being an advisor happens during the mundane day-to-day rather than in the rarest moments.”

**JEREMY IRZYK, HISTORY AND SOCIAL SCIENCES TEACHER,
VARSITY BASEBALL COACH,
ASSISTANT BASKETBALL COACH**



Belting Lady Gaga with the car windows down on the way for ice cream with your advisory group.

Your voice is heard and grows in every connection.

Swapping sci-fi novels with your dorm parent and chatting about your favorite characters after study hours.



Meeting your history and English teachers for coffee at the Tuck to talk more about the humanities interdisciplinary Cold War classes they are teaching.



Getting up at the crack of dawn (and catching the sunrise) to run laps with your track and field coach so you can knock seconds from your time at the next meet.



ELLEN BROWNE
Master of Science in Mathematics Education,
Florida State University

Ellen Browne is a math and engineering teacher at Pomfret as well as a T3™ national instructor. The Teachers Teaching with Technology™ professional learning organization is composed of some of the most creative and innovative STEM teachers in the world, so it's no wonder Ellen is part of it.

TEACHERS



ADVISORS



DORM PARENTS



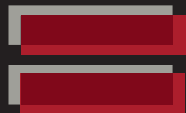
COACHES



PROGRAM DIRECTORS



TRAVEL COMPANIONS



**POMFRET FACULTY WHO
KNOW YOU AS A STUDENT
AND AS A HUMAN BEING**

“The faculty supported me in the classroom, on the field, and in the dorm. Whether it was a school-related issue or something more personal, faculty members were always there for me. The memories I made with them are priceless, and I’ll remember them until the day I die.”

**NICHE.COM REVIEW
AUGUST 8, 2019**





**BE MORE HUMAN:
LIVE AND LEARN WITH
PEOPLE WHO SEE AND HEAR
YOU IN YOUR TOTALITY**

Pomfret.org



POMFRET

398 Pomfret Street
PO Box 128
Pomfret, CT 06258-0128

P

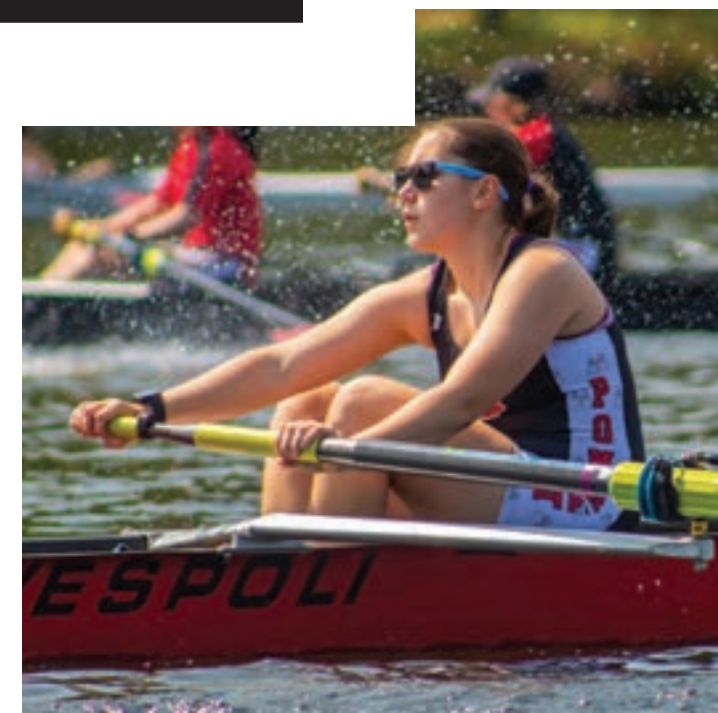
A more human
afternoon program
nurtures your
higher needs

ATHLETICS AND AFTERNOON PROGRAM





We love the thrill of interscholastic competition. We also value the skills, life lessons, and health benefits of noncompetitive teamwork. During your time on the Hilltop, you'll get the chance to do both. Friendships are forged, teams are made, and leaders are born in the afternoon.



**strength of
a lion
tenacity of
an eagle**

INDOMITABLE GRIFFIN SPIRIT



A member of the New England Preparatory School Athletic Council and playing against some of the best prep school teams in the region, the Pomfret Griffins are a force to be reckoned with.

We are here to compete.



10+

STATE-OF-THE-ART ATHLETIC FACILITIES

- Blodgett Boathouse
- Jahn Hockey Rink
- Strong Field House
- Blodgett Tennis Center
- Squash Courts
- Merijan Wrestling Room
- Fitness Center
- Lewis Gymnasium
- Turf Fields
- Cross Country Course

30

competitions each week



COACH MO GAITÁN
GIRLS VARSITY LACROSSE

Mo is Pomfret's Director of Athletics and Afternoon Program. In 2022, she competed in the Lacrosse Women's World Championship for the second time. She also played for the Colombia Women's Lacrosse National Team.



COACH MATT GOETHALS
BOYS VARSITY ICE HOCKEY

Matt, a graduate of Williams College, teaches math, economics, and strength and conditioning. Under his leadership, the ice hockey team won the NEPSAC championship in 2017 and 2022.



COACH ERIN FISHER
GIRLS VARSITY SOCCER

A graduate of Columbia University, Erin and her Pomfret girls' soccer team won regional titles and were finalists in the NEPSAC Class B Championship in both 2009 and 2017. Both years, Erin was selected as Connecticut's "Prep Coach of the Year."

15

NCAA recruited student athletes on average each year

31

players receive NEPSAC honors each year on average



Two schools. One road.



“THE BATTLE FOR ROUTE 44”

In 2021, a friendly rivalry began: the Pomfret Griffins against the Millbrook Mustangs.

Pomfret vs. Millbrook Day is now an annual event, which includes field hockey, volleyball, soccer, and football. This daylong tournament cultivates school spirit, hoarse voices, neighborly competition, and camaraderie.

And it never feels bad to ring that Victory Bell, right?



45
total teams

23
varsity teams

15
sports

At Pomfret, you have the freedom to explore, helping you build the confidence to try new things—or simply enjoy the things that feel good to you.

Interscholastic Sports

- Baseball
- Basketball
- Crew
- Cross Country
- Golf
- Field Hockey
- Football
- Ice Hockey
- Lacrosse
- Soccer
- Squash
- Swimming
- Tennis
- Track and Field
- Ultimate (Frisbee)
- Volleyball
- Wrestling

Recreational Sports

- Squash
- Tennis

Strength and Conditioning

This afternoon activity will help you compete at the highest level, increasing your endurance and boosting your confidence.

You'll feel strong and ready to move.



AFTERNOONS ARE

FOR THE GRIFFINS

The Afternoon Program is abundant with options—in addition to interscholastic sports, rec sports, and arts activities, you can stretch in a yoga class or write code for a robotics competition.

You'll find that engaging your brain and body in activities that feel energizing or peaceful (or both) during the afternoon will help integrate all that you learn and experience in the classroom.

And just as you fold into final resting pose, or type the last number of the code, that essay topic you've been trying to figure out for Humanities I pops into your head.

Afternoon Program Activities

- Community Service
- Dance
- Independent Project
- Interscholastic Sports
- Lifestyle Fitness
- Musical
- Outdoor Adventure
- Recreational Sports
- Robotics
- Sport Journalism
- Strength and Conditioning
- Theater
- Yearbook
- Yoga

Our evenings are as vibrant and full as our afternoons. Choose from over 20 clubs and explore your interests with your people.

- Ambassadors Club
- Amnesty International
- Book Club
- Chinese Club
- Classic Film Club
- Cooking Club
- Environmental Club
- International Students Club
- Investment Club
- Key Club
- Manuscripts Club
- Math Team
- National Junior Classical League
- Relay for Life
- Ski Club
- The Page Turners
- Thrift Store
- Pomfret Girls Connect
- Robotics Club
- WBVC Radio
- Young Republicans & Campus Democrats

You contain creative multitudes.

This is your opportunity to take what is stoking your passion in your arts classes and devote time to these mediums in the afternoons.



MUSIC

A time to practice, hit the high notes, and pluck your favorite tunes.



DANCE

A space to move intuitively, choreograph, and embody your true self.

THEATER

A stage to sing, monologue, and enchant your audience.



ALL THREE ACTIVITIES
CULMINATE
IN SEASONAL
PERFORMANCES
FOR YOU TO
SHOWCASE YOUR
HARD WORK, TALENT,
AND CREATIVE
EXPRESSION.



hearts come alive when minds calm



YOGA AT CAMPBELL HOUSE

Anne Richards, coordinator of yoga and our head of school's wife, hosts classes at the studio. On perfect fall and spring days, yoga classes move outside.

We believe in taking complete care of your entire being, in recognizing the best practices that tap into your innate energy and build the confidence to reach high goals—and excel.

“In our wellbeing courses, students develop healthy habits of mind and body that not only help while at Pomfret, but as they move beyond the Hilltop and out into the world.”

**ERIN FISHER, DIRECTOR OF WELLBEING,
GIRLS VARSITY SOCCER COACH**



WELLBEING COURSES

Foundations of Wellbeing

Mindfulness: Intro to Meditation

Becoming Kinder: The Science of Generosity and Gratitude

Biomechanics of Yoga

HEALTH AND WELLNESS CENTER

Our Health and Wellness Center opened in 2018. This \$4 million state-of-the-art resource features private health rooms, consultation and counseling rooms, and a beautiful wellness studio. The center employs five registered nurses and three certified counselors. It also maintains close ties with Dr. Ruth G. Benet, a local doctor who serves as a medical director for Pomfret.



BE MORE HUMAN:
TRULY KNOW AND LOVE
THE COMPLEXITY OF YOU



Pomfret.org

POMFRET

398 Pomfret Street
PO Box 128
Pomfret, CT 06258-0128

P

A more human
boarding experience
prioritizes your
individuality

BOARDING



find

your

people

**When you live and learn here, we are all equals,
and everyone has your best interests at heart.
Because the most important part of life is people.**

Your people.

**We are all different.
It's in our DNA.**

Each one of us seeks friendship, belonging, and comfort. A place where you don't have to change a single thing about yourself to be at home.

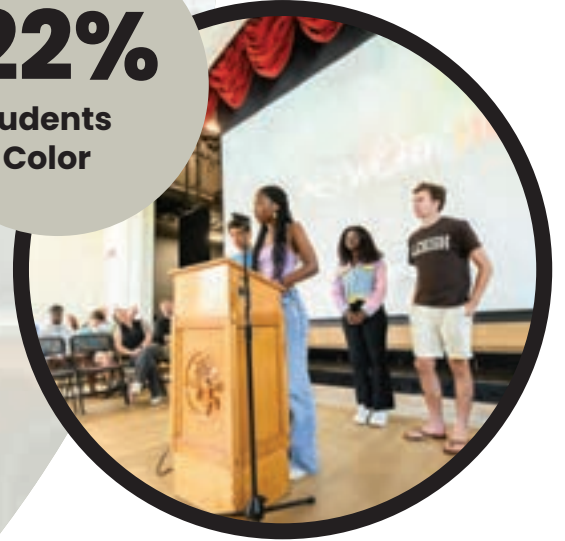




22%
Students
of Color

**AFFINITY
GROUPS**

- Asian Student Alliance
- Black Student Union
- Gender and Sexuality Alliance
- Hillel Student Union
- La Familia



\$5M+
in need-based
financial aid

29
states

29
countries

21%
international
students

The Hilltop continuously strives to grow in its awareness and measures of cultivating a diverse, caring, and thriving campus culture.

You—your history, your abilities, your background, your experiences, your identities—all of you—is worthy of representation and celebration.



OUR VALUES

Three ideals are the intention behind every decision, the internal motivation behind every action at Pomfret.

COMMUNITY



GROWTH



INTEGRITY



ADVISORY GROUP

It's not only your one-on-one relationship with your advisor that makes a difference, but the connections you make with your advisory group—your go-to community for support and affirmation. The people who recognize and honor you for the unique being you are.

6

STUDENTS IN
THE AVERAGE
ADVISORY
GROUP

advisory

At our core, we are people, complex and openhearted, just like you.

We see you. We know life—both in and out of the classroom—has ups and downs, ebbs and flows. Our advisory program was developed with the full spectrum of human life in mind.

“

“The advisor is the ‘constant’ amongst the numerous microcommunities that exist here at school.”

PATRICK BURKE, HISTORY AND SOCIAL SCIENCES TEACHER, BOYS SOCCER COACH, GIRLS BASKETBALL COACH

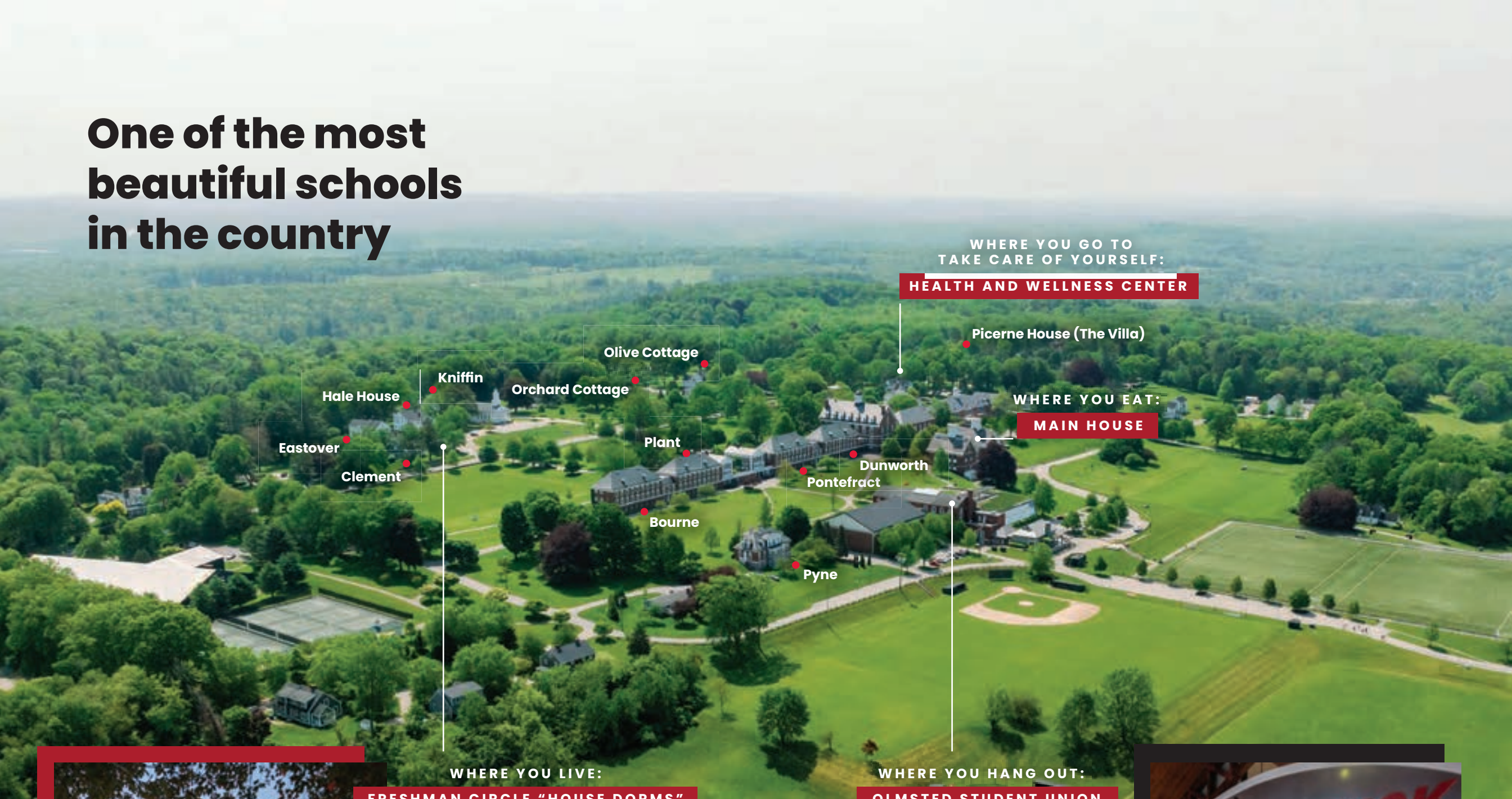
CHECK-INS

Whether it's advisory block on Thursday or a check-in chat after a challenging project deadline, your advisor is there to support you through every facet of student life at the Hilltop.



Advisory Dinner is a big deal. Dinner might be a night out to a local diner or a card game with pizza. It's a time the advisory group cherishes—being and eating together.

One of the most beautiful schools in the country



WHERE YOU GO TO TAKE CARE OF YOURSELF:

HEALTH AND WELLNESS CENTER

Picerne House (The Villa)

WHERE YOU EAT:

MAIN HOUSE

WHERE YOU LIVE:

FRESHMAN CIRCLE "HOUSE DORMS"

As a freshman boarding student, you'll live in a "house dorm," giving you the feeling of cozy community. Each dorm is comfortably furnished with plenty of common areas to relax or study with dormmates.

12
residence halls

WHERE YOU HANG OUT:

OLMSTED STUDENT UNION

Roaring with Griffin activity, the Student Union is home to our school store as well as the Tuck Shop. You might meet up with your history class to share snacks and study together, or gather with friends to watch the Superbowl on one of the flat screens. This is a spot you will come to know as part of your home.



8:00 AM
BREAKFAST YOUR WAY

You power up with an omelet featuring fresh veggies grown in the Helios greenhouse.

9:50 AM
CHAPEL

10:25 AM
B BLOCK

8:30 AM
A BLOCK

On your way to your Spanish Culture and Conversation class, you check your mailbox at Main House.

12:20 PM
C BLOCK

Next is your Sustainable Engineering class, where you and your lab partner work on an aquaponic system.



11:45 AM
LUNCH

They have fresh-baked artisan pizzas on the menu today—heck yeah!

1:40 PM
D BLOCK

2:50 PM
FACULTY OFFICE HOURS

Meet with your English teacher to practice your presentation.

3:45 PM
ATHLETICS AND ACTIVITIES

Time to hit the squash courts.

5:30 PM
DINNER

6:15 PM
CLUBS

You bring a fresh poem to Manuscripts Club for workshopping.



8:00 PM
STUDY HOURS

Let's get this Advanced Anthropology homework done.

10:00 PM
BEING TOGETHER

And bedtime!

Our schedule is designed to keep us connected, motivated, and well.

A (Mon)Day in the Life of a Griffin



Design Your Weekend

Whether you are looking for adventure, relaxation, or connection, you get to choose how you spend your weekends. There are dozens of on-campus activities and off-campus excursions: take your pick.



AT POMFRET

Soaker—Make a splash during this wet weekend tournament.

Foam Party—When you mix foam bubbles and a DJ, it's time to challenge a buddy to a slippery dance-off.

Carnival—Pomfret pulls out all the stops! Bouncy houses and cotton candy included.

OUTSIDE POMFRET

NYC—Pack your bag, you're going to the Big Apple for a Broadway show!

Boston—We are taking you out to the ballgame (Red Sox, of course) for some homeruns and nachos at Fenway Park.

Providence—Find the perfect gift for your roommate's birthday at Providence Flea, a vintage and maker market (and bonus: grab a delicious lunch from a food truck).

What are your core values?

CHARACTER

How will you listen to, care for, and uplift yourself?

BEING

Question.
Understand.
Engage.
Share.
Transition.

QUEST

What will your legacy be?

COMMUNITY

How will you listen to, care for, and uplift your communities?

BELONGING

Our Saturday QUEST program complements academic learning as you discover, practice, and become the kind of human you want to share with the world. The four pillars that define the program are intended to keep you curious and aligned with your integrity.



Hilltop Traditions



FORM OLYMPICS

Grades go head-to-head during this competition for glory and bragging rights. Whether you are a new student or a senior, this event leads to bonding and inside jokes that last a lifetime.

THE SUNDIAL CEREMONY

In this beloved tradition, faculty form an inner circle and underclassmen form an outer circle to surround seniors as they take their first steps onto the sundial, the centerpiece of our campus.

MASHAMOQUET DAY

Rain or shine, freshmen, sophomores, juniors, and seniors battle it out during Pomfret's annual field day tradition. Divided into two teams, students compete against each other in over 20 events, concluding in a giant tug-of-war competition.

MOVING UP

Following one final meal in the dining hall together, the whole school gathers in Clark Memorial Chapel for the last time each year. All celebrate the culmination of seniors' academic and life journeys at Pomfret—and their bright futures.





THE BRICKS

Four dorms—Dunworth, Pontefract, Plant, and Bourne—line Pomfret’s quad.



“Being a boarding student at Pomfret made the transition into college a piece of cake. I had already learned to make my home in a dorm room, make my peers my family, and look to my teachers for guidance outside the classroom. My first year at college was the happiest year of my life and I felt so at ease, thanks to Pomfret.”

EVER HYMAN '22



700
students

**165 GIRLS,
177 BOYS,
8 NON-BINARY
STUDENTS**

85%
boarding

15%
day

500
acres

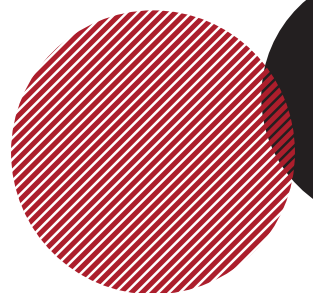
**PROVIDENCE — 30 MILES
HARTFORD — 40 MILES
BOSTON — 70 MILES
NEW YORK CITY — 150 MILES**

DAY STUDENTS

As a Pomfret day student, you have the same opportunities and experiences as your boarding classmates, including

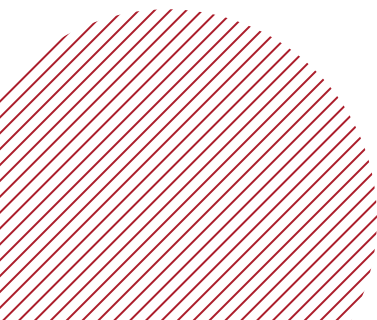
- An advisor and advisory group
- A dorm group
- A dedicated spot at the Olmsted Student Union for you to gather with fellow day students, rest, socialize, and study
- Prefects to guide you





**BE MORE HUMAN:
COMBINE YOUR STRENGTHS
WITH OTHERS TO CREATE
AN INCLUSIVE COMMUNITY**

Pomfret.org



POMFRET

398 Pomfret Street
PO Box 128
Pomfret, CT 06258-0128

P

**A more human
college prep school
sets you up for
lifelong success**

GRADUATES





Success after Pomfret comes from our collective commitment to embracing academic challenge, to engaging all aspects of your humanity, and to sharing ourselves with the world as change makers and problem solvers.



Pomfret graduates uncover what makes them feel most human. So they live fulfilled far past college.

PORTRAIT OF A POMFRET GRADUATE



Learns
WITH CURIOSITY
AND INTEGRITY

Cultivates
HABITS OF WELLBEING

Communicates
PURPOSEFULLY

Leads
AND COLLABORATES
WITH HUMILITY

Creates
AUTHENTICALLY

Navigates
CHALLENGES
STRATEGICALLY

Engages
INCLUSIVELY WITH
THE COMMUNITY

strive valiantly



CERTA VIRILITER

We are committed to a college prep experience that makes you a captivating candidate with the strongest application. One that reflects all your skills, achievements, and capabilities. One that shows a fuller, deeper record of your evolution.

THE MASTERY TRANSCRIPT CONSORTIUM

Our Learning Record is an optional supplement to the traditional high school transcript, curated by you with support from faculty. It will showcase your individual strengths and interests, giving colleges a better understanding of what makes you a dynamic—and impressive—candidate for their school.



Pomfret graduates are confident in their futures.

And we want that confidence to continue. That's why we developed an intentional, guiding approach to college counseling as you navigate toward your big dreams.



OUR APPROACH

GREAT COLLEGE RELATIONSHIPS

We sustain excellent partnerships with colleges and universities from across the country and the world, which enables us to help you find the schools and campuses that excite you.

DIRECT EXPOSURE TO ADMISSION REPS

Between regular visits from college admissions counselors, our annual college fairs, and our W.P. Carey Lecture Series, you will meet and learn from a wide range of admissions professionals.

EXCELLENT TEST PREP

Pomfret provides a spectrum of resources and test prep solutions in partnership with Summit Educational Group, Khan Academy, and Method Test Prep.

STRONG PARENT COMMUNICATION

We know families want their students to succeed as much as we do, so we provide opportunities for your parents or guardians to learn about the college admissions process alongside you.

Four-Year Roadmap



1

FRESHMAN YEAR: EXPLORATION

Let's explore the unique human you are, and the human you desire to become. Your first year at Pomfret is all about embracing mentorship—both through faculty and fellow classmates—to develop healthy and helpful habits while discovering and strengthening your voice.

2

SOPHOMORE YEAR: DISCOVERY

What's your Yes?
How about your No?
Sophomore year is decisive. In your explorations, what did you learn about yourself, your interests, and your personal working style? Once you feel confident in making informed personal decisions, you will feel equipped to start the college search process.

3

JUNIOR YEAR: FOCUS

It's time to fine-tune. You have developed your working style and habits. Write down a list of colleges you feel could be a good fit. Take initiative. Set up visits. Check in with your college counselor. Nurture your commitment to excellence and curiosity.

4

SENIOR YEAR: PRESENTATION

Strive valiantly. Utilize the strong self-knowledge you've cultivated and pick your final list of schools. Be proactive with outreach and send a thank-you note. Finally ... submit those applications. And celebrate.

With steady college prep provided alongside your self-discovery at Pomfret, you have all you need to figure out "what's next," without pressure.

COLLEGE COUNSELOR 1:1 MEETINGS

Beginning your junior year, you will meet with your college counselor regularly to hone in on your top choice schools and create an application plan that suits your goals, your desires, and your needs.

NAVIANCE

Your online portal to keep the application process streamlined and organized.

PARENT WORKSHOPS

Interactive events sponsored by the Pomfret College Counseling Office designed to engage parents in the college admissions process.



OUR VISION

To inspire the next generation of change makers and problem solvers.

HILLARY (ROSS) CHARALAMBOUS '06
Helicopter pilot with the U.S. Navy

MARINA BLACK ROGERINO '02
Creative director at HBO

BESENIA RODRIGUEZ '96
Senior associate dean of curriculum at Brown University

ELIZABETH (MCKAY) BRETSCHGER '93
Founder of Elizabeth McKay, a women's luxury lifestyle apparel company

JAMES GOODALE '51
Former vice president and general counsel for The New York Times

JON STONE '48
Co-creator of *Sesame Street*

WALLY GOODWIN '45
Stanford golf coach (1987–2000) who recruited and coached Tiger Woods

ROBERT VICKREY '44
World-famous painter who led the magic realism movement

DR. JAMES ROTHMAN '67

Sterling Professor of Cell Biology at Yale University

Director and founder of the Yale Nanobiology Institute

Nobel Prize winner for key molecular machinery discoveries



MONIQUE MILES '95

Vice president of the Aspen Institute

Director of the Opportunity Youth Forum

Managing director of the Aspen Institute Forum for Community Solutions

CHELSEA CUTLER '15

Singer, songwriter, and producer

Sold-out nationwide tour for 2020 album *How to Be Human*

Over two billion cumulative streams

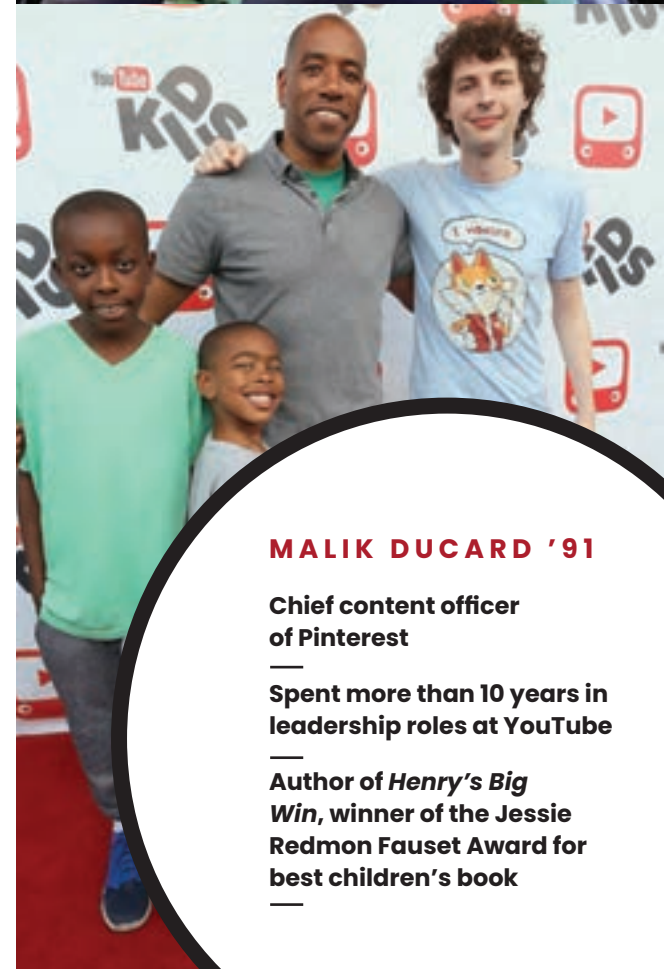


PERLA FARIAS '80

Executive of Telemundo

Venezuelan-born American television director, producer, and screenwriter

Creator of *Juana La Virgen*, redeveloped as *Jane the Virgin* for an American audience



MALIK DUCARD '91

Chief content officer of Pinterest

Spent more than 10 years in leadership roles at YouTube

Author of *Henry's Big Win*, winner of the Jessie Redmon Fauset Award for best children's book

GRIFFINS FOR THE WIN(S)

If you're thinking of pursuing athletics in college and beyond, Pomfret assists with attracting college athletic recruiters; recommending athletic camps, clinics, and showcases; creating athletic resumes and cover letters for athletic coaches; and more.

15
**NCAA recruited
student athletes on
average each year**

TOM SPERRY '91

Tom is an extreme ultramarathoner who races in some of the world's most hostile environments. He has twice competed in a 250-kilometer race across the African desert. When asked about his experience, he said, "Basically, your body breaks down and it becomes a race between suffering and your willingness to keep going. It turns into a race of mind, spirit, and heart. You really dig deep and focus on what and who is important to you."



ZENAB KEITA '10

Zenab played basketball for four years at Yale University, earned an M.A. in Management at Wake Forest University, and worked for the Miami Dolphins. She is now the manager of partnerships at The Athletic, a subscription-based sports website, and she was recently recognized as part of the Sports Business Journal's "New Voices Under 30."



SARAH VAILLANACOURT '04

Sarah is a two-time Olympic gold medalist in ice hockey and a member of the Canadian national team and the Montreal Stars. While playing for Harvard University, she was named the Ivy League and Eastern College Athletic Conference hockey player of the year. She led Harvard in scoring, and was ranked fourth overall in the NCAA in 2007-08. In 2008, she won the coveted Patty Kazmaier Award.



BRIAN FLYNN '07

Brian had a standout career as the captain of the University of Maine Black Bears in the NCAA Men's Division I Hockey East Conference. In his senior year, his outstanding play was rewarded with a selection to the 2011-12 Hockey East First-Team All-Stars. In 2013, he made his NHL debut with the Buffalo Sabers, before moving to the Montreal Canadiens in 2015.





College Matriculation 2020—2023

Allegheny College
American University
Amherst College
Appalachian State University
Assumption University
Babson College
Barnard College
Bates College
Becker College
Belmont University
Beloit College
Bentley University
Binghamton University
Boston College
Boston University
Brandeis University
Bryant University
Bucknell University
Caldwell University
California State University, East Bay
Canisius College
Carleton College
Carnegie Mellon University
Case Western Reserve University
Centre College
Chapman University
Citadel Military College of South Carolina
Claremont McKenna College
Clark University
Clemson University
Coastal Carolina University
Colby College
Colgate University
College of Charleston
College of the Holy Cross
Colorado College
Connecticut College
Cornell University
Cunef Universidad
Curry College
Denison University
Dalhousie University
Dartmouth College
Denison University
Dickinson College
Drexel University
Duke Kunshan University

Duke University
Eastern Connecticut University
Elon University
Emerson College
Emmanuel College
Emory University
Endicott College
Florida State University
Fordham University
Franklin University Switzerland
George Washington University
Gettysburg College
Hamilton College
Harvard University
Haverford College
High Point University
Hobart William Smith Colleges
Hofstra University
Hood College
Houghton College IE University, Madrid
Howard University
Indiana University Bloomington
Instituto de Empresa Business School
James Madison University
Johns Hopkins University
Kenyon College
King's College London
Lehigh University
Loyola Marymount University
Lynn University
Macalester College
Marist College
Middlebury College
Nazareth College
New England College
New York University
Nichols College
North Carolina Central University
North Carolina State University at Raleigh
Northeastern University
Northwestern University
Oberlin College
Occidental College
Ohio State University
Oxford Brookes
Pomona College
Pratt Institute

Providence College
Purdue University
Queen's University
Quinnipiac University
Rensselaer Polytechnic Institute
Rhode Island College
Rhodes College
Rider University
Ringling College of Art and Design
Roanoke College
Rochester Institute of Technology
Rollins College
Sacred Heart University
Saint Leo University
Saint Michael's College
Santa Clara University
Sarah Lawrence College
Skidmore College
Smith College
Southern Methodist University
St. Lawrence University
St. Thomas Aquinas College
Suffolk University
SUNY College at Plattsburgh
Syracuse University
Technische Universiteit Eindhoven
The American University of Paris
The New School
The Pennsylvania State University
The University of Hong Kong
The University of North Carolina at Chapel Hill
The University of Tampa
Trinity College
Tufts University
Tulane University of Louisiana
Union College
United States Military Academy
Universidad de Navarra
University of Arizona
University of Calgary
University of California – Irvine
University of California – Los Angeles
University of California – San Diego
University of California – Santa Barbara
University of Colorado Boulder
University of Connecticut
University Of Delaware

University of Denver
University of Hartford
University of Florida
University of Illinois Urbana-Champaign
University of Kentucky
University of Maine at Farmington
University of Massachusetts Amherst
University of Miami
University of Michigan Ann Arbor
University of Minnesota Twin Cities
University of Mississippi
University of New England
University of New Jersey Institute of Technology
University of Notre Dame
University of Pennsylvania
University of Rhode Island
University of Richmond
University of Rochester
University of Saint Joseph
University of Scranton
University of Southern California
University of Southern Maine
University of South Florida
University of St Andrews
University of Toronto
University of Vermont
University of Virginia
University of Wisconsin—Madison
Vanderbilt University
Vassar College
Villanova University
Virginia Tech
Wake Forest University
Washington and Lee University
Washington College
Washington University in St Louis
Wellesley College
Wentworth Institute of Technology
Wesleyan University
Western New England University
Western Wyoming Community College
William & Mary
Williams College
Wilmington University
Worcester Polytechnic Institute

**BE MORE HUMAN:
CREATE YOUR GREATEST
SELF-EVOLUTION**

Pomfret.org

POMFRET

398 Pomfret Street
PO Box 128
Pomfret, CT 06258-0128

