



A GUIDE BOOK  
For  
MOUNT GIRLS

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## PART I

	<i>Page</i>
History of the Academy	
Message to the Students	
Being a Mount Girl .....	1
Safety, Health and Medication .....	3
Study Rules .....	4
Report Cards .....	5
First Honors .....	6
Merit Points .....	6-7
Clothing Regulations .....	7
Discipline and Courtesy .....	10
Cafeteria .....	11
Library .....	12
Lockers .....	13
General Information .....	14-15
Requirements for Graduation .....	16
Admission to College .....	16-17
College Entrance Boards .....	17
Guidance .....	18
Demerit System .....	19

## PART II

Regulations for Resident Students .....	20
School Song .....	24

## HISTORY

The Academy of Mount Saint Vincent, founded in 1847, is one of the pioneer institutions in the East for the education of Catholic girls. It was first located at McGowan's Pass, a beautiful suburb of New York City, near One hundred-ninth Street, Harlem. The site possessed some historical fame for during the Revolution it had been used as headquarters for Washington's army.

Before the first decade of the Academy's existence had closed, the Sisters were forced to look for a new site as the "Old Mount" was within the boundaries of the area selected for Central Park. The merest chance directed them to "Fonthill", an estate of considerable acreage, situated on the east bank of the Hudson River, fifteen miles from New York. It was the property of Edmund Forest, the renowned tragedian, who had built thereon a magnificent castle home, constructed in the half Norman, half Gothic style of Fonthill Castle in England. The entire property was purchased and on February 2, 1857, the Sisters took possession of the site, where the "New Mount" was to be located.

The founding of the college in 1910 led not only to the erection of a number of other buildings, devoted solely to collegiate purposes, but to the realization that in accordance with up-to-date educational policies, separate quarters should be acquired for the preparatory school. In September

1943, the Mount Academy was installed in its new home, Chastellux, Tuxedo Park, the property deeded by Mrs. E. John Heidsieck, through His Excellency Archbishop Spellman, to the Sisters of Charity of Mount Saint Vincent, in memory of Mrs. Heidsieck's great aunt, Mother Xavier Mehegan.

In October 1947 Mr. Eramus Lindley presented his home and grounds to the Academy in memory of his wife, Mrs. Clara Hill Lindley, thus increasing substantially the school campus.

On October 20, 1955, an estate of twenty eight acres adjoining Chastellux was given to the Academy through the generosity of its owner, Mr. George W. Harris. This beautiful colonial mansion, now called Marian Hall, is the senior-junior residence.

In July 1962, Mr. and Mrs. George S. Amory presented their estate Renamor to the Academy. This beautiful residence has become the home of our senior resident students. Seniors have the use of the outdoor pool, enjoy a special dining room and their own little chapel of the Sacred Heart.

The purpose of the Academy of Mount Saint Vincent is to provide a superior boarding school where the daughters of conscientious parents may secure a liberal, systematic, and practical education under the auspices of that Church which holds in her keeping age-old traditions of learning and culture.



### *A Message to the Students . . .*

For over one hundred years, the Academy of Mount St. Vincent has been sending young women into the world, illumined with the clear light of God's truth to take their rightful place in time and eternity. Founded upon the solid rock of His Church and built through the sacrifice of consecrated religious, your Alma Mater has always striven to fulfill the purpose expressed in its motto: "*Noblesse oblige.*"

Now you have the privilege of sharing in her great heritage and profiting by her wise counsels, so that one day, you may likewise take your place as a good citizen of our glorious country upon earth and of our true fatherland, Heaven.

Yours is a marvelous opportunity, for at your disposal are a dedicated faculty, a well-planned curriculum and an excellently-equipped school. Properly appreciated and used, they can help you develop and understand the attitudes and the habits necessary for Christ-like living in our American democracy.

Accept your student responsibilities of prayer, study and work. Challenge yourself to superior effort. Do your best and God's blessing will follow. May Our Lady be your guide and inspiration.

SISTER MARIA LAWRENCE,  
*Directress*

low. These qualities mark you as a "Mount girl," the kind of girl the Mount is proud to claim.

Quite an array of qualities, isn't it? But not difficult to win. To acquire them calls for strong self-mastery. And this self-mastery may be gained by fidelity in one single respect: obedience to school regulations. These regulations include everything that can help you to reach your ideal.

Isn't it a wonderful thing to be master of yourself, not carried away by impulse? Don't you admire those who are strong in character? Wouldn't you like to be classed with them? Then be faithful to school regulations. They are a training school for strength of character.

Take, for example, the rule of silence after retiring at night. Do you realize what strong effort you must make in order to be faithful? But every time you put forth strong effort you are making your character noble.

Then there are the regulations requiring courtesy, gentleness in action, modulation of voice. Do you not see that repeated efforts in this direction will soon make you remarkable for graciousness of manner, charm of personality? Yes, self-mastery will distinguish you as a true "Mount girl," a representative daughter of the Queen of Heaven who was herself the most perfect exemplar of what is meant by "*Noblesse oblige.*"



### *"Being a Mount Girl"*

Study the Academy seal pictured here. Do you notice the date? 1847! In that year "The Mount" was established. Is it not something to be proud of to be a student at a school which for over a hundred years has been training girls for a virtuous, gracious, and influential womanhood?

Do you see the motto, "*Noblesse oblige*"? For the Mount girl, for you, this motto means that, since you are of noble birth, that is, since you are a child of God, an heir of Heaven, then your conduct must be noble.

To be noble in conduct means that you scorn everything that is beneath your dignity as a child of God. It means that every day you are gathering up high principles and striving to live up to them. It means that you are trying to be honorable, loyal, unselfish, considerate of others. It means that you are endeavoring to be polite, courteous, gracious, that your manners are gentle, your voice sweet and

### *Safety, Health and Medication*

The school is well aware of its serious responsibility for the safety and health of its students. Careful precautions are taken against fire and accident, and great care is exercised in the preparation of foods. The Infirmary is staffed with a Sister nurse and parents are notified if it is necessary to consult the school doctor. Nevertheless the school alone cannot assume all the responsibility and must depend on the understanding and cooperation of each girl and her parents. The following regulations are, therefore, of the utmost importance:

#### *Smoking:*

For health and safety reasons the school does not permit smoking. Specifically, this rule applies when a girl is (1) on campus (2) in the village of Tuxedo (3) on the public bus and trains from New York or New Jersey to Tuxedo (4) on school buses (5) or elsewhere when in school uniform.

#### *Safety:*

Students who live in Marian Hall may walk between buildings only in groups of three or more.

#### *Health:*

Ill health or accident is to be reported immediately to the House Adviser who will send the student to the Infirmary. The spread of colds can be prevented if girls report at once when they do not feel well.



### Diets:

The school is not able to handle special diets. If a girl has her doctor's order in writing for a restricted caloric intake, she must bring this to the Mother Superior and must assume responsibility for practicing self-control. Unless a student has such an order she is expected to eat a normal and reasonable portion of the foods served at meals.

### Medicals:

Since visits to doctors and dentists seriously disrupt a girl's academic work, we request that appointments be made as far as possible on week-ends or vacations.

## Study Rules

When a student agrees to come to the Mount she accepts responsibility for the maintenance of its rules. If she is not willing to uphold the rules, she does not belong in the school. Of prime importance are the Study Rules as follows:

1. A student shall use study periods as efficiently for her own study as she possibly can.
2. Students cannot expect to attain good grades or a high rank in class unless they are willing to study diligently. Study periods at school are not sufficient and *must* be supplemented by evening study halls (boarders) and home study (day students).

[ 4 ]

### First Honors:

Students who receive 85% or over in the following subjects and a general average of 90% at each marking period will receive *First Honors*. Their names will be placed on the Directress' Honor List.

#### Senior Year

Religion IV  
English IV  
Latin IV  
Chemistry  
French III  
Spanish III  
Spanish IV  
Advanced Algebra  
Modern Math. Survey  
Problems of Democracy

#### Sophomore Year

Religion II  
English II  
10th Year Math.  
World History  
Latin II  
French I  
Spanish I

#### Junior Year

Religion III  
English III  
American History  
Latin III  
Biology  
French II  
Spanish II  
11th Year Math.  
Algebra II

#### Freshman Year

Religion I  
English I  
Mathematics  
Latin I  
General Science  
Our Widening World

### Merit Points:

Students who do not receive First Honors may obtain *Merit Points* as follows:

[ 6 ]

3. Since a daily assignment in every subject is made by the subject teachers, it is recommended that each student study approximately *three hours* every evening. Parents of day students are urged to provide a quiet room where students are free from distracting influences while engaged in study.
4. Remember—if you use someone else's assignments, you are cheating yourself, and your tests will show it. Develop your own powers. It is you who will gain or lose, not the teacher.
5. Teachers require that assignments be neatly completed and that they be handed in on time. *Full credit* can be given only for those assignments that meet these requirements.

### Report Cards:

Report cards are issued quarterly during the year; in November, February, April and June. Warning notices are sent at the end of *five week* periods to parents whose children are so deficient in their studies, that a failure on the report card is possible. Whenever a student receives a failure, the parents are urgently requested to call at the school in person. It is very important that the parents discuss with the authorities the reason for their daughters' failure in a particular subject.

[ 5 ]

95 - 100	4 points
90 - 94	3 points
85 - 89	2 points
80 - 84	1 point

A total of 12 merit points in any one period entitles the pupil to a *Merit Award*. Four Merit Awards in one year entitles the student to a medal.

Passing Mark in New York State is 65%

College Recommending Mark is 75 to 80%.

### Clothing Regulations

Cleaning and pressing of uniforms must be taken care of when it will not interfere with the wearing of the uniform on school days. Mothers are asked to keep a constant check to see that the uniforms of their rapidly growing daughters conform to the regulation length, that is, the *skirt must cover the knees*.

At social events girls are required to wear dresses in keeping with the standards of Christian modesty.

### Excuses for Uniforms:

Those who for a valid reason fail to attend school in all or part of the regulation uniform must present a satisfactory note to the Prefect of Discipline before 8:45 A.M.

### Sneakers:

Students are not permitted to wear sneakers to and from school at any time. Sneakers should not be worn at any time on the school grounds except

[ 7 ]



during the physical education classes. Students should never leave school shoes in the locker room after school.

#### **School Day — Uniform:**

<i>Sept. to October 15</i>	Shirt-waist dress (pastel shades) nylon stockings, required shoes.
<i>October 15 to May</i>	Plaid skirt Navy blue blazer (one month) Gray blazer (second month) White blouse Long stockings, Uniform shoes.
<i>Special Occasions</i>	White dress or white blazer and navy blue skirt.
<i>Evenings</i>	Students are required to change before dinner to uniform dinner dress.
<i>Saturdays</i>	Clothing of students' choice but the following points must be observed: No tight skirts No socks Loafers may be worn Make up may be worn in

[ 8 ]

#### **Discipline:**

Silence is to be observed on the stairs and corridors during school hours and until the next class is reached. The privilege of talking in a *moderate tone* is granted until class begins. Students are *not to stop* to converse with their friends or a faculty member during the change of classes.

#### **Courtesy:**

Mount girls should be distinguishable for their courtesy at all times by their actions and speech.

Priests, sisters, doctors, and teachers should be addressed with their title, e.g.; "Good morning, Father .....", "Good afternoon, Doctor .....", etc. When answering a question put directly to you answer, "Yes, Doctor," "No, Sister," "Yes, Father," or whatever the case may be.

If you are about to go on the stairs or the corridor, and a sister or one in authority is coming toward you, always step aside to allow the person to pass and greet the person before you continue on your way.

Always offer to carry book bags or packages for the faculty.

When a priest, sister, or any teacher passes a student, the student should always greet him or her the time of day. If the student is seated at such times, she should rise and remain standing while greeting the person. Cordiality and graciousness are

[ 10 ]

moderation; at no time should eye shadow be used.

#### **Sundays**

At the Mount we have no Sunday uniform. Suitable "dressy" dresses (no tight skirts), good pumps.

#### **General:**

Girls going home for weekends may dress in clothes of their own choice. Tight skirts must not be worn. Good coats, gloves, pumps are the outdoor apparel of a lady of refinement.

Every girl is required to have a warm coat during the cold weather; rubbers must be worn in rainy weather. Overshoes must be worn in heavy snow.

#### **Cosmetics and Hair Styles:**

The use of any cosmetics or fad hairdos during school hours is prohibited. Colored nail polish, bleached hair and hair streaks are not in good taste for a high school girl in uniform. Navy blue head bands may be worn with school uniform.

#### **Gum Chewing:**

Gum chewing is not permitted by a student at any time while on the school premises, school buses or trains. The penalty is \$1.00 fine payable within 24 hours. Gum chewing is considered a gross violation of the rules of good conduct and refinement.

[ 9 ]

always in order. Be ready with "Please," "Thank you," and "Pardon me." Let each one consider herself a hostess and show a welcome and charming helpfulness to all guests and strangers who may be visiting the Mount.

Students should at all times open and hold doors for any adult. This same courtesy should be practiced also toward fellow students.

A lady-like manner prohibits a girl from sitting on the tops of desks or from crossing her legs during classes or assemblies.

#### **Cafeteria:**

1. Each student must use a tray even if she brings her lunch.
2. All places must be left clean for those who will use the table next.
3. No books are to be brought to the cafeteria.
4. Trays must be carried to the dish washing counter immediately after lunch is eaten. This kindness will make work easier for cafeteria custodians.
5. Candy, potato chips, ice cream, etc., are to be eaten in the cafeteria and wrappers disposed of in containers provided for that purpose. Such articles of food are never to be eaten above the ground floor.
6. Loud, boisterous conduct is not tolerated in the cafeteria.

[ 11 ]



7. Proper ladylike table manners must be employed on all occasions. Courteous, thoughtful table manners are the mark of a true lady.
8. Correct change should be ready for the cashier at lunch time.

#### **Library:**

1. No student may go to the library without a signed pass from the teacher responsible for the study period.
2. No student may report to the library after the bell has rung.
3. Only one name may appear on the library pass.
4. No mutilation of property is tolerated. If an accident occurs when a patron is using a book, it should be reported to the librarian immediately.
5. Strict silence should be observed in the library at all times. This is a courtesy shown to other library patrons. Library privileges may be withdrawn for repeated violations.
6. Library cards are not transferable.
7. Schoolbooks may not be brought into the library.
8. Books may be kept for two weeks. They may be renewed once.
9. A fine of two cents a day is charged for each overdue book.

[ 12 ]

10. Regular homework assignments may not be done in the library unless they involve the use of library materials.
11. Library may be used only when the librarian or delegated assistant is there.
12. Students are free to use the library before and after school without a pass.
13. All books must be covered during use.

#### **Lockers:**

1. Each student must keep her locker locked at all times.
2. Books and belongings must be kept in the locker.
3. Books and belongings left around the building will be sent to the LOST AND FOUND ROOM. They will be returned upon the payment of the prescribed penalty.
4. The school assumes no responsibility for the personal belongings of any student left in unlocked locker or carelessly around the school.
5. No student should go to another students' locker at any time unless permission has been given.
6. Lockers should be cleaned out periodically. It is unsanitary to leave remnants of lunches in the lockers.

#### **Miscellaneous:**

1. Any student who mars or defaces any school property must pay for the damage done.

[ 13 ]

2. At no time should waste paper or litter be dropped on the floor. Baskets are provided throughout the school for that purpose.

#### **Assemblies:**

The purpose of assemblies is to promote school spirit, to unify the school, to develop good audience habits and to provide students with opportunities to practice leadership, initiative, poise and good speech habits.

Students are expected to take their assigned places *quickly* and *quietly*. They rise, keep silence when a speaker goes to the stage and give the program their courteous attention.

#### **Train Behavior:**

Day students must present their tickets to the conductor each morning and each afternoon. If a student forgets her ticket she must pay fare, otherwise she may not board the train. Low tones and courteous behavior must characterize each student. Students must leave the train immediately and hasten to the school bus. Serious penalties will be imposed for infraction of these rules.

#### **General Information:**

Non-resident students are requested not to have any mail addressed to them at school.

Pupils may not receive telephone calls during school hours except in cases of urgent necessity. Important messages may be telephoned to the Of-

fice. These will be delivered. Pupils should not ask to make phone calls unless these are absolutely necessary. They are to obtain permission for calls from the Sisters assigned in the residence buildings.

Phone calls may be made and received from 4 to 5 daily.

Evenings (Main Building) 6 - 6:30, 8:30 - 9:15 (Elmwood 1-9834)

Evenings (Marian Hall) 8:30 - 9:15 (Elmwood 1-9860)

Calls may be made to Directress daily from 10 - 11 a.m. Elmwood 1-2248 1:30 - 3:00 p.m.

Elmwood 1-2230 6:30 - 8:30 p.m.

Please do not call the Directress (except in an emergency) on the first Sunday of each month until 6:30 p.m. This is Retreat Sunday.

#### **Absence from School:**

In cases of absence, the parent of the student will notify the Directress before 9 a.m. Upon returning to school, the student shall bring to the office a written excuse from her parent or guardian. The written note should contain the date, the duration, and the cause of the absence. No student is excused before the end of the school day without the permission of the Directress, or, in her absence, the Prefect of Discipline.

Students may be excused from the school:

1. Upon the written request of a parent or guar-

[ 15 ]

[ 14 ]



dian for only those reasons recognized as legitimate excuses for absence.

2. Upon the recommendation of a doctor.
3. Upon application to the Directress when unusual conditions accompany the request.

#### **Tardiness:**

Promptness is a habit worth cultivating. Come to school on time. When late, report to the office.

#### **Visitors:**

Visitors to the Academy are always welcome. They should go directly to the office of the Directress. Permission to visit the classrooms must always be obtained from the Directress. Students are asked to report to the Directress the presence of strangers in the buildings.

#### **Change of Address:**

Pupils should report immediately to the homeroom teacher and to the office any change in residence.

#### **Requirements for Graduation:**

A student is required to have 18 units. No student may be graduated if she has not fulfilled these requirements.

#### **Admission to College:**

The requirements for admission vary according to the regulations of the individual college. A student anticipating college entrance should consult her

[ 16 ]

English: 4 units  
Science: 1 to 3 units  
Mathematics: 2 or 3 units  
History: 1 to 3 units  
Language (Ancient): Latin 2 to 4 units  
(Modern) 2 to 3 units

#### **Electives:**

Sufficient units in addition to the required units from the above group to total 18.

#### **Guidance:**

The Guidance Department urges all students to feel free to avail themselves of any opportunity to discuss their problems with the Chaplain, the Directress or the Faculty Counselors.

Parents are invited to visit the faculty and to discuss with them the progress of their daughters.

Specific services provided by the Guidance Department are:

1. Assistance in the selection of subjects.
2. Information concerning colleges, nursing schools, secretarial schools, and other institutes for advanced training.
3. Assistance in applying for admission to colleges and other institutes of advanced training.
4. Help in formulating and solving personal problems pertaining to school work, vocational planning, and social adjustment.

[ 18 ]

guidance adviser as early as possible, and investigate the requirements of the college to which she plans to go. The certificating mark for recommendation from the Mount is 75%.

#### **Additional criteria:**

1. Recommendation from the high school principal
2. Rank in high school class
3. Results of personal interview
4. Aptitude and placement tests

#### **College Entrance Examination Board:**

Most of the colleges that admit students by examination are now members of the College Entrance Examination Board. Students planning to take College Board Examinations should consult their guidance adviser before beginning the eleventh year. Recommendation for College Board Examinations are made on the same basis as certification. Students intending to take College Board Examinations should prepare for them in grade 9 by constant application to all studies. There is no such thing as cramming for College Board Examinations. Many colleges require a student to follow certain recommended or prescribed courses of study in high school in preparation for entrance into college.

The minimum requirements of almost all colleges include:

[ 17 ]

#### **Discipline and Demerits (Boarders and Day Students)**

The attitude of the student towards all school regulations and practices and her observance of them determines in large measure her character and her worth. As loyal and faithful observance of rules manifests a character and a spirit that is wholesome and beneficial to the school, so *habitual disregard* of rules and regulations indicates a spirit that is both unwholesome and detrimental to the general well-being. In the interest of the common good of its student body the school cannot tolerate this latter type of girl among its numbers.

The *Demerit System* indicates, to a degree, the student's general conduct and to some extent, the measure of her loyalty and influence. Demerits are assigned for violations of school regulations.

[ 19 ]



## Regulations for Resident Students

### Dormitories

The primary purpose of the dormitory is to give the students the opportunity to obtain the sleep their health and scholastic duties demand. The dormitory floors are, therefore, not to be used in any way as recreation halls.

Once a week there is a general inspection of rooms, dressers and clothing closets.

#### Beds:

Beds must be aired daily. Students will make beds neatly after breakfast.

#### Order:

Each girl is responsible for the order of her room, closet and bureau drawers. There will be a frequent inspection. To facilitate the keeping of her room neat and attractive, a girl is required to limit the number of her extra possessions such as stuffed animals, banners and photographs. If the number becomes excessive, she will be asked to send some home. Rubbers, boots, school coat must be kept in lockers, not in bedroom closet. Luggage must not be placed on bed. It must be kept in the luggage room. Damage to school equipment is charged to the person or persons involved. Girls may not have in their rooms electrical appliances

[ 20 ]

Bandannas and rolled up hair are prohibited on the first floor of the Residence Buildings and in the dining rooms, and in the school building. Students who are going home for weekend may wear lipstick in moderation and good taste (no eye-shadow) and nail polish from Friday until Sunday night.

#### Food:

Students may not keep food in their rooms. Food may be kept in metal containers in the locker. Chewing gum at any time is not permitted.

#### Dining Room:

Proper table etiquette must be observed. Talk among girls at table must be restricted to those who are seated at that table and *must be in a language* that all understand. It is rude to talk in a *foreign* language when there are English-speaking girls present. Courtesy demands this consideration for others.

Shouting to persons at a distance is bad form. Do not be guilty of this.

Courtesy demands that deference be shown to the presiding Sister or any adult who may be present.

When the Directress enters the dining room, all must rise to greet her, and remain in silence until she finishes her message.

[ 22 ]

of any kind. Scotch tape, stickers, thumb tacks etc. may not be used on walls or furniture.

#### Bathroom:

All baths must be taken at the appointed time and place, after which the tub and basin should be thoroughly cleaned with cleanser and cloth. Be especially careful not to throw powder on the floor. The bathmat must be hung carefully over the bar after use. Laundry must not be done in bathroom. Washing machines and dryers have been installed in both residence buildings.

#### Marking:

Every girl must have her possessions marked and must have a supply of name tapes on hand. Everything found out of place goes to the Pound where marked articles may be claimed for 25¢ and unmarked articles for 50¢.

#### Lights and Windows:

Windows must be closed before leaving rooms. All lights are to be extinguished. All students in rooms where lights are not extinguished will pay a fine of 50¢ for each offense.

#### Clothing and Appearance:

Bathrobe and slippers must be worn when the students are not in bed. Baby doll pajamas are not to be worn, as they are not acceptable attire for group living.

[ 21 ]

#### Chapel:

The chapel is the center of school life. Attendance at daily Mass is not obligatory, but it is most inspiring to see Mount girls starting the day with the Holy Sacrifice of the Mass and partaking of the Divine Banquet.

Proper decorum in the chapel demands that one act with deep reverence at all times. Students should kneel *upright* and when sitting, sit erect. Unnecessary moving or shifting about should be avoided. Refrain from using your *handkerchief* *violently* and *noisily* in the chapel.

When going to Holy Communion, please approach the altar rail by the center aisle and return by the side aisle. If you are not going to Holy Communion, please move to the end of the pew so that those returning may not have to cross over you.

Kindly *join hands up* not *down* in going to and returning from Holy Communion.

[ 23 ]



**Words of School Song**



*Mount St. Vincent, dear Alma Mater  
Fair Tuxedo sings to thy name.  
Hills and valleys, lakes and woodlands  
Joyously thy praises proclaim.  
Memories sweet shall rest in our heart  
As we walk in pathways apart  
Dear Alma Mater, beloved thou art.*

*A century of love surrounds thee  
A century of blessings too  
For God has blessed thee in thy daughters  
Keeping thy traditions true.  
Memories sweet shall rest in our heart  
As we walk in pathways apart  
Dear Alma Mater, beloved thou art.*