What’s a “High Mowing”? A “mowing” is a harvest of hay or grain, or the field from which the harvest comes. High Mowing School takes its name from its location at the top of Abbot Hill in Wilton, New Hampshire, U.S.A., on land owned by the school’s founder and farmed by the same family for seven generations.
When you are connected to yourself, your peers and your environment, every moment is a chance to live creatively and exercise the amazing capacities that make you a unique individual.

When you are connected, learning never stops. You learn from each experience: inside the classroom and outside in the field. At the beach and in the mountains. On your own and with a teacher. With strangers and with friends. Waldorf education makes these connections. The only international Waldorf boarding and day school in North America, High Mowing School welcomes students from across the globe. Each contributes to the rich tapestry of the High Mowing experience.

High Mowing is the only international Waldorf boarding school in North America.

Our sense of community is promoted by a curriculum, experiences, and trips that strengthen the bonds between students and teachers. We want you to become a citizen of the world; a steward of the land who has a global perspective.

We want you to live into the experience of being your most authentic self, prepared to live a meaningful life in a world whose future we can only imagine.

Connect with us today!
Explore High Mowing’s 300-acre classroom. Our campus provides inspiration for art classes, a field laboratory for science classes, ample space for movement and athletics, and a place to slow down in quiet contemplation.

Families who visit tell us they feel as if they have stepped into a postcard: They deeply appreciate and value our pristine environment.

Through close connection with nature’s resilience, students are guided to discover their own.
The Land-based Program

Our land-based program provides an in-depth experience of ecology, botany, geography, philosophy, and social responsibility, as well as wilderness and crafts techniques.
connect with your Creativity
At High Mowing, creativity is not limited to the arts. Every activity the student undertakes encourages inspiration.

- Science classes encourage students to observe natural phenomena and form their own hypotheses of natural laws.

- When forming a copper bowl or a glass bead, students have a first-hand experience of the laws of physics, thermodynamics and chemistry, and conduct unbiased assessments that will serve them in any field—science, business, medicine or the arts.

- Our fully-stocked studios include drawing, painting, pottery, metalwork, woodwork, batik, stained glass, clay sculpture, bookbinding, weaving, and digital arts.

Studio and performance arts are as essential to learning as academic classes. Students explore different techniques in a variety of art classes—fine and manual arts, writing, and music.
Our students learn through a meaningful curriculum relevant for our time. Students learn how to learn. Immersed in challenging courses, students are encouraged to witness, explore, create, and engage deeply in developing and synthesizing their learning. As young people question and deepen their understanding, they experience the power of persistence.

Our project-based approach allows students to breathe: courses move from focused, core academic subjects to immersive learning experiences in language, movement, arts, music, nature, and drama. Project-based learning allows students to be immersed in experience, to learn in the moment, and to connect thinking, sensitivity, and actions in a deeper way.
**A Day at High Mowing**

**Breakfast** Start the day with a hearty breakfast served in our dining room.

**Roll Call** Join your fellow students and faculty for our morning verse and to hear announcements and learn about events of the day.

**First and Second Morning Classes** Engage in science and humanities academic classes with an alert mind: algebra 1 and 2, geometry, calculus, world languages, English.

**Snack** Refuel your body and mind with a healthy treat and socialize with friends and faculty.

**Block Class** For periods of three to four weeks, dive in 90 minutes of focused discovery of the sciences and humanities.

**Lunch** Join your classmates and teachers for a homemade lunch in our dining room, then take some time to refresh outdoors or in our student lounge.

**Afternoon Classes** Take a breath to enjoy classes in movement, practical and fine arts, or academic electives. Be an active contributor to the health and wellness of the campus with clean-up and advisor check-in.

**Afternoon Activity** Join your classmates for open studio times, or your teammates for team sports.

**Free Time** No afternoon activity scheduled? The time is yours to explore, work in the art studios, or catch up with friends.

**Dinner** Gather in the dining hall to enjoy a freshly prepared meal with friends and faculty.

**Evening Classes** The day is not over yet! Take an evening class, complete your homework in the study hall, or work in the art studios.

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**Block Classes**

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**Connect with Learning**
Today’s academic landscape is changing rapidly, morphing from the age of information into a new world of ideas and innovations. Our students discover the greatest ideas of humankind through the study of the classics. You travel the world through the events that shaped civilizations. Your mind is sharpened by the elegant beauty of mathematics. You observe the phenomena of the world with the rigor required of the sciences, in search for the truth of the world.

Academic courses demand a willingness to question, discuss, and ponder.

Our academic culture is inquisitive, engaged, supportive, and well balanced by the many other activities offered at High Mowing. Yet our academic courses are demanding: they require a heartfelt interest and involvement in learning and a willingness to question, discuss, and ponder. If you hold a genuine willingness to be joyfully engaged and challenged, you’ll find that engagement at High Mowing School.
Our faculty is informed and inspired by a wide range of degrees, expertise, and teaching experience. Students develop deep relationships with several adults that guide them on their journey. Whether it is building a tiny house, designing period costumes, reading ancient texts, or exploring the globe, mentors are there to sustain students.

They collaborate extensively to offer students both engaging courses and steady support. Their commitment to our students’ success and well-being is shared by all members of our school: alumni, parents, residential life, administration, and staff members, forming a team of dedicated adults in service to our vibrant community of learners.
Waldorf Education

By matching courses and methods of teaching to the stage of development of the student, Waldorf education cultivates creativity, compassion, and intellectual sharpness.
Community is one of High Mowing School’s strongest attributes. At High Mowing, students find profoundly meaningful friendships. All students are invited to participate fully in weekend activities offered on and off campus. Events include “coffee house” talent shows, dances, poetry readings, concerts, athletic events, seasonal trips to the ocean, hikes, camping, excursions to Boston, and other regional events.

Students find many friends and enjoy a safe and supportive home-like environment.

The personalized nature of our classes and school culture enables us to know our students well. We build bonds of trust with students so they can develop the self confidence and courage to express themselves artistically and in everyday life.
The High Mowing athletic program fosters a genuine sense of teamwork and respect for self and others. Students play hard and fair. High Mowing is a member of the New England Preparatory Athletic Council (NEPSAC) District Two, and we participate in interscholastic athletic competitions with other independent New England schools. High Mowing sports facilities include fields to play soccer, lacrosse, and ultimate Frisbee, cross-country running trails, and a gymnasium with basketball court and a weight room. In winter, students also take advantage of an extensive network of trails for cross-country skiing.

Sports provide fun, enjoyable ways to use the many skills students develop.

Being on a team teaches students much more than the basic fundamentals of how to kick a ball, swing a racket or sink a basketball. While skill development and being physically fit are emphasized, much more is learned: how to be a team player, how to cooperate, and how to develop a healthy approach to competition.

Our approach to sports aims for healthy competition, and gives students a fun, enjoyable way to use the many skills they develop. Players enjoy the social interactions, experience a strong sense of belonging, develop camaraderie, and build long-lasting friendships.
Performing at High Mowing is an amazing way to grow in confidence, strength, and passion. Our students are involved in theater productions in each of their high school years, when each class performs a classic or modern play. Musicals and traditional holiday plays offer an additional option for those who wish to explore theater further. Teachers select plays with their students in mind, making sure the theme and roles support the students’ particular sensitivities and challenges. Each play block is yet another way to learn and grow.

Like theater and sports, circus arts provide opportunities for growth and excellence. Learning and practicing circus arts cultivates physical fitness, stamina, strength, flexibility, coordination, concentration, self-confidence, and social skills.

The High Mowing Circus Arts Program offers our students a unique opportunity to become acquainted with juggling, acrobatics, handstands, unicycling, tightwire, rola bola, rolling globe, trapeze, aerial fabric, human pyramids, diabolo, German wheel, and much more.

Through our partnership with the Flying Gravity Circus (www.FlyingGravityCircus.org), we are fully equipped with top level circus equipment, and offer a full circus arts curriculum. We are a part of the new nation-wide youth circus movement.

Our program has led several graduates to renowned circus schools and troupes: Cirque du Soleil, Cirque Éloize, the Street Performance World Championships, the Montreal National Circus School, and the École Supérieure des Arts du Cirque in Brussels.

Circus arts offer an appeal related to, but very different from, sports and theater.
Conserved Land

Much of the High Mowing campus is conserved land. The conservation easements encourage sustainable agriculture practices, and we have partnered with our neighbors at Temple-Wilton Community Farm, the longest-operating CSA in the country, to actively farm the land following biodynamic principles. Our forest is also managed sustainably and certified as an American Tree Farm.
At High Mowing we recognize and nurture each student’s unique potential. Our school community is a place for students to discover who they are, to keenly venture into their passion, and to persevere. Students develop the capacities they need to live fully into their unfolding future. A future you are prepared to meet with enthusiasm and grit. We aspire to be a catalyst for positive change in the world by being a model for Waldorf education in the 21st century. Our graduates are confident, reach their goals, and contribute to a sustainable, compassionate, and peaceful future.
High Mowing’s practical, land-based curriculum models the interconnectedness of all living things. We strive for students to develop a sense of place as we root our curriculum in the land that surrounds us.

- Sophomores learn surveying and trigonometry by mapping the surrounding terrain.
- Culinary arts students cut and cook vegetables grown in the school’s gardens.
- During their Transcendentalists block, the seniors take to the land, like Thoreau and Emerson, to tackle questions of philosophy, ideas, and ideals.

In an age where a connection to the land is rapidly being lost, we seek to teach navigation and being grounded as tangible skills as well as metaphorical themes; students find their way through the forest with a map and compass, or get muddy feet as we work together to pull in the potato harvest. Tremendous empowerment comes from being able to do things and makes things for oneself.
Farm-to-Table Dining

A fully functioning garden supplies our kitchen with thousands of pounds of produce each year and contributes to our renowned approach to meals, featuring locally sourced, organic products whenever possible. Our homemade meals are prepared from scratch in our kitchen by our experienced chefs, who proudly provide balanced, creative, and nourishing meals inspired by their commitment to health-giving food, and on occasion, their travels and our students’ countries of origin.

Students actively participate in the dining experience, whether learning how to cook a hearty breakfast, participating in an elective culinary course, managing the compost, or participating in dish duty. As a student, you develop a first-hand appreciation of the care, resources, creativity, and efforts involved in preparing meals. This knowledge of nutrition makes you smarter about how to feel your best.
Spend time learning about what you love: our College and Career Advising Office will help you find your best next step. The breadth and depth of our curriculum offers students many opportunities to feel energized, passionate, and at-home, all excellent indicators of lasting interests. In keeping with our aim to help students discover who they are and where their unique talents can be further developed, our advising program is individualized to each students’ needs and offers extensive resources on college and life planning, financial aid, scholarships, standardized tests, gap year options, and more.

Grade 10 students take the PSAT (Preparatory Standardized Achievement Test), followed by the Roundtable, where students reflect on their work at High Mowing in 9th and 10th grade. With a small group of teachers and their parents, you set goals for the second half of your high school years. In grade 11, you take the SAT (Standardized College Admissions) test, and choose your capstone project. Designed to integrate experiential and academic modes of learning with public presentation, the capstone projects focus on students’ specific interests or envisioned college major. Seniors’ capstone projects receive one-on-one support in drafting your college Common Application essays.
College Acceptances

Students from High Mowing have been accepted at prestigious schools around the world, including:

- American University
- American University of Paris (FR)
- Auburn University
- Bard College
- Berklee College of Music
- Boston College
- Boston University
- Brandeis University
- University of British Columbia (CAN)
- Brown University
- University of California Davis
- University of California Irvine
- University of California San Diego
- University of California Santa Cruz
- University of Chicago
- College of the Atlantic
- Columbia University
- George Washington University
- University of Illinois – Urbana Champaign
- King’s College London (UK)
- Massachusetts Institute of Technology
- McGill University (CAN)
- Michigan State University
- Middlebury College
- New York University
- University of North Carolina
- Northeastern University
- University of the Pacific
- Parsons The New School – All Divisions
- Pennsylvania State University
- Pratt Institute
- Purdue University
- Reed College
- Rhode Island School of Design
- Rochester Institute of Technology
- Rutgers University
- Sarah Lawrence College
- Savannah College of Art and Design
- Syracuse University
- University College London (UK)
- University of Toronto (CAN)
- University of Edinburgh (UK)
- University of Oxford (UK)
- Worcester Polytechnic Institute
High Mowing is a small school where close and warm relationships are the norm. Students make friendships that span the globe. We strive to build a community where boarding and day students can expect a safe, clean environment that promotes a healthy lifestyle and supports our academic program. Students immersed in our school community form strong bonds with friends, the surrounding environment, and the school. In a very short time, students refer to the school as “home away from home.”

Our students appreciate the safe, secure environment of our campus and our town. Wilton is a very small town of 3,700 people in the state of New Hampshire, one of the original states of the United States. Hidden waterfalls, long nature hikes, and endless trails cover the area, making exploring the outdoors an inspiring adventure. The amazing library, old-town movie theater, and candy shop create a community atmosphere where all are welcome.
In the residential community, much more than academics is on our mind. We learn how to care for ourselves and others; we learn the value of becoming a solid member of a community; and we experience how little things make a difference.

Residents form a community within a community, strengthened by shared activities, meals, and discussions. By deliberately framing our behavioral expectations in terms of shared moral principles, we encourage our students to engage in thoughtful discussion, reflection, and positive action when transgressions occur.
High Mowing School welcomes students from around the globe: students from Indonesia, Canada, China, France, Germany, Israel, South Korea, Mexico, Spain, and Switzerland have joined High Mowing to create an international community where nearly 30 percent of our students come from abroad. High Mowing students are encouraged to participate in student exchanges throughout the world, making global connections by spending a trimester immersed in another culture.

So many connections are just waiting to be made: take the first step and connect with us!

Visit highmowing.org, or contact our admissions office: admissions@highmowing.org  +1 603-654-2391