

St. Francis
CATHOLIC HIGH SCHOOL



Troubie Parent 101

July 2, 2019

Welcome & Prayer



Theresa Rodgers, President



Elias Mendoza, Principal

Agenda

PowerSchool/Understanding Your Student's Schedule
PowerSchool Learning
Summer Reading and Other Course Packets
Book Buying/MBS Demo
Chromebooks and Technology

Mary Castellano, Assistant Principal

Block Schedule
Website/Calendar
MySchoolBucks and Cafeteria

Elias Mendoza, Principal

Orientation and Retreats
Christian Service Hours

Stephen Tholcke, Director of Campus Ministry

Student-Parent Handbook
K12 Emergency Alert
Drop-Off and Pick-Up Procedures

Cynthia Cost, Dean of Students

Girls, Growth Mindset and Grit

Sarah Ruano, Director of Data and Assessment

Calendar of Parent Events
Closing Remarks

Theresa Rodgers, President



Parent Access: Three Important Resources

All parents will receive an email in late July with instructions on how to access:

- **PowerSchool Parent/Student Portal** - Student schedule, attendance, and grade information
- **PowerSchool Learning** - Teachers' class pages and current grades
- **Final Forms** - Platform to update family information and emergency contact information

See handout for more details



Parent Logins & Portals

https://www.stfrancis.org/parents

St. Francis CATHOLIC HIGH SCHOOL

Calendar & News **Parents** Alumnae About

SignUp Admissions Academics Faith & Service The Arts Athletics Student Life Summer Programs Giving

Calendar & News +
Parents -
Parent Organizations +
Grandparents Club
Principal Newsletters
Parent Volunteering +
Transportation Options
Troubie Store
Alumnae +
About +

Welcome Troubie Parents!

PARENT LOGINS & PORTALS:

POWERSCHOOL - Student & Parent portal for viewing assignments, grades and class information. [MORE INFORMATION & FAQ](#)

NAVIANCE ⓘ - College Planning, Parents will receive information at a later date.

MVP VOLUNTEER ⓘ (sign-up and track parent service hrs)

MYSCHOOLBUCKS ⓘ (meal accounts)

[VIEW SCHOOL NEWS](#) | [VIEW CALENDAR](#)

Prospective Parents: [VISIT ADMISSIONS](#)

Parent Organizations


PowerSchool FAQ

Helpful Links

- Parent Volunteer Opportunities
- Daily Schedules
- Graduation Information
- Cafeteria & Lunch Info
- Tickets to Theatre Events
- Parent Volunteer Login (MVP)
- PowerSchool
- Naviance
- SFHS Bookstore
- Photos & Social Media
- Ways to Support SFHS
- Update Your Information
- Transportation, Carpool & Maps



PowerSchool Parent/Student Portal

 PowerSchool SIS

Student and Parent Sign In

[Sign In](#) [Create Account](#)

Username

Password

[Forgot Username or Password?](#)

[Sign In](#)

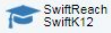
Welcome to student and parent login. Grades, schedule, attendance and discipline are available here.

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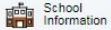
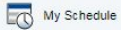
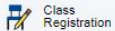
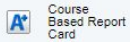
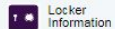
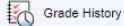
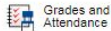


PowerSchool Parent/Student Portal

Alerting



Navigation



Grades and Attendance: Smith, Maddison - 201-2023

Grades and Attendance | Term Report Card

[Click here to view teacher recommendations](#)

Exp	Last Week							This Week			Course	Attendance By Class						Absences	Tardies
	M	T	W	H	F	M	T	W	H	F		T1	T2	Q1	S1	Q3	S2		
A(All-1,3-4,6-6L,SCH,SWP)	-	-	-	-	-	-	-	-	-	-	Hon Spanish 3 (HP) 📧 Email Vargas, Evelyn - Rm: 305							0	0
B(All-1,3-4,6-6L,SCH,SWP)	-	-	-	-	-	-	-	-	-	-	Discipleship & Prayer (P) 📧 Email Williams, Bobby - Rm: 505							0	0
B(All-1,3-4,6-6L,SCH,SWP)	-	-	-	-	-	-	-	-	-	-	The Church (P) 📧 Email Williams, Bobby - Rm: 505							0	0
C(All-1,3-4,6-6L,SCH,SWP)	-	-	-	-	-	-	-	-	-	-	Hon Precalculus (HP) 📧 Email Zhovinsky, Anna - Rm: 320							0	0
F(All,2,4-5E,7-SCH,SWP)	-	-	-	-	-	-	-	-	-	-	Hon Eng 10 Grt Books (HP) 📧 Email Gracyk, Tim - Rm: 513							0	0
G(All,2,4-5E,7-SCH,SWP)	-	-	-	-	-	-	-	-	-	-	AP Computer Sci Principles (HP) 📧 Email Chamberlain, Jeffrey - Rm: 332							0	0
H(All,2,4-5E,7-SCH,SWP)	-	-	-	-	-	-	-	-	-	-	World History (P) 📧 Email Golla Steele, Francesca - Rm: 300							0	0
W(SCH)	-	-	-	-	-	-	-	-	-	-	Pending PE Waiver 📧 Email Faculty, Staff							0	0
											Attendance Totals						0	0	

Current Weighted Quick LookUp GPA (F/S):

[Show dropped classes also](#)

Legend

Attendance Codes: Blank=Present | A=Absent | W=Warning | DE=Detention | T=Tardy | AC=Absent - Cut | AV=Absent - Verified | SE=School Excused | SU=Suspension | ED=Early Dismissal (last 15 minutes of class) | Pending=Pending |



Understanding Your Student's Schedule

Navigation

- Grades and Attendance
- Grade History
- Locker Information
- Course Based Report Card
- Attendance History
- Email Notification
- Class Registration
- MySchoolBucks
- My Schedule
- School Information
- Score Reports

Week View | Matrix View

Enrollments for St. Francis Catholic High School only

Day	Terms	Z	HRM	A	B	C	D	E	F	G	H	I	X	W	SV
		T1													
		T2													
		S1													
All	19-20	F/S		Hon Spanish 3 (HP) 454.1 Vargas, Evelyn Room: 305 A(All-1,3-4,6-6L,SCH,SWP) F/S	Discipleship & Prayer (P) 924.2 Williams, Bobby Room: 505 B(All-1,3-4,6-6L,SCH,SWP) S1	Hon Precalculus (HP) 555.3 Zhovinsky, Anna Room: 320 C(All-1,3-4,6-6L,SCH,SWP) F/S			Hon Eng 10 Grt Books (HP) 316.3 Gracyk, Tim Room: 513 F(All,2,4-5E,7-SCH,SWP) F/S	AP Computer Sci Principles (HP) 572.2 Chamberlain, Jeffrey Room: 332 G(All,2,4-5E,7-SCH,SWP) F/S	World History (P) 820.9 Golia Steele, Francesca Room: 300 H(All,2,4-5E,7-SCH,SWP) F/S				
		S2			The Church (P) 925.2 Williams, Bobby Room: 505 B(All-1,3-4,6-6L,SCH,SWP) S2										
		T1													

PowerSchool Learning



Geometry (P) (1) - Summer 2019 Zhovinsky

Pages

Calendar

Messages ▾

Activities ▾

Grades ▾

🔍 Focus

Welcome to Summer School

Spiral Reviews

2nd Semester Final

Unit L

Unit K

Unit J

Unit I

Unit H

1st Semester Final

Unit G

Unit F

Unit E

Unit D

Unit C

Unit B

Unit A

Unpublished stuff

Welcome to Summer School

REMEMBER:

MATHEMATICS
is not about
numbers, equations,
computations, or
algorithms:
it is about
UNDERSTANDING.

William Paul Thurston

Contact Information

NAME: Anna Zhovinsky

PHONE: (916) 452-3461 x154

EMAIL: azhovinsky@stfrancishs.org

OFFICE HOURS: By appointment.

I have been teaching math of various levels to both children and adults for over 25 years and am very happy and proud to be a member of the amazing St. Francis community. In my spare time, I enjoy spending time with my family, and going fishing. I am also blessed to be a grandma of the beautiful toddler Alice. Here's to a great summer ahead!

Helpful resources

If you need more help or practice:

This link is to Khan Academy website: <https://www.khanacademy.org/>
Khan Academy is one of the best educational resources I know. They have short video lessons. Very professional, not overwhelming and free. Use it!

You can create an account there (suggested) or just use it as a guest.

Other free and reliable online resources:

<https://www.mathsisfun.com/>

<https://www.khanacademy.org/>



ST. FRANCIS

Summer Reading & Summer Math Packets

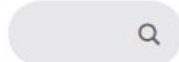


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[The Arts](#)

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[Summer Programs](#)

[Giving](#)

ST FRANCIS EDUCATION

COURSE CATALOG

GUIDANCE & COUNSELING

STUDENT SUPPORT SERVICES

BOOKSTORE

SUMMER ASSIGNMENTS

LIBRARY

ACADEMIC TEAMS

Academics

St. Francis High School is committed to preparing all of its students for life-long learning. The school provides a strong college-preparatory academic environment.



Prospective parents: VISIT [ADMISSIONS](#)

Prospective parents:

[SFHS Bookstore](#)



Summer Reading & Summer Math Packets

- All English courses have a summer reading assignment
- Summer Math Packets:
 - HONORS INTEGRATED MATH 3
 - HONORS PRECALCULUS
 - AP CALCULUS
 - AP CALCULUS BC
- Other Summer Packets can be found on the website

**Saint Francis High School
English 9 (Freshman English)
Summer Reading 2019**

All grade levels are assigned summer reading. Besides providing intellectual enrichment and promoting the habit of reading, summer reading selections constitute the first major works of literature discussed and analyzed in English classes.

In order to make class discussions and essay writing easier, students must obtain a personal copy of the edition of the book listed below. Please do not buy a different version or use an e-reader version.

Every student will be expected to bring her copy to class every day in the opening weeks of school.

In the first days of school, students are tested on their comprehension of the summer reading novel. In order to prepare for the objective test, students may wish to take notes on the characters and central events of the novel. The multiple choice questions are not difficult for anyone who has completed the reading. Students will also complete a short written response on the novel.

The mandatory summer reading book for English 9 is:
The Secret Life of Bees, by Sue Monk Kidd, ISBN 0142001740

We encourage all students to read for pleasure on their own throughout the summer.



Book Buying/MBS Demo



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Book Buying/MBS Demo

ACADEMICS

- St Francis Education
- Course Catalog
- Guidance & Counseling
- Student Support Services
- Bookstore**
- Summer Assignments
- Library
- Academic Teams

Bookstore

- + St. Francis High School partners with MBS to provide an online one-site bookstore for course materials. Students may purchase books from other sites, but the ISBN must be an EXACT match to the ISBN listed on our MBS bookstore. However, due to publisher restrictions, some books/ebooks may only be purchased through MBS.

VISIT SFHS ONLINE MBS BOOKSTORE [↗](#)

Bookstore FAQ

- + **Q. When will the bookstore be open?** [▼](#)
- + **Q. Where can I find the 2019-2020 Booklist?** [▼](#)



**St. Francis Online
Bookstore**

Booklist 2019-2020
[2019-2020 Booklist](#)

Book Buying/MBS Demo



Log In to Your Account

Menu

Voucher

Cart

Do you want to use your Voucher?

Redeem It Here



You're in the right place to get the right books and get right to work.

Getting your course materials is quick, easy, and worry-free. Your online bookstore and content connection in one, we make using your Voucher a snap, too.

Let's Get Started

St. Francis partners with MBS Books for our online bookstore. The bookstore can be accessed by going to the [St. Francis website](#), or to the [MBS website](#). While parents do not need to purchase books through MBS, they can use this site to find out what books are required, and the ISBNs for these materials. The ISBNs for books not purchased through MBS must match exactly. MBS will be offering free shipping for two weeks on orders \$99 or more, beginning July 8th.



Book Buying/MBS Demo

Log In to Your Account

Menu

MBS Direct Scholarship


Cart

Do you want to use your MBS Direct Scholarship?

Use It Here

Getting Started

We've made it really easy to get your course materials. Let's get started.

 All Summer School course materials can be found under the "Summer School" site.

 [2019-2020 School Year](#)
Starts between: 08/13/2019 - 05/20/2020



[Summer School 2019](#)
Starts between: 06/10/2019 - 06/24/2019

[2019-2020 School Year](#)
Starts between: 08/13/2019 - 05/20/2020

After entering the site, you will want to click on the "2019-2020 School Year" arrow, and select "2019-2020 School Year". For summer reading books, select "Summer School 2019" then "Summer Reading".



Book Buying/MBS Demo

Getting Started

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2019-2020 School Year

Starts between: 08/13/2019 - 05/20/2020



Social Studies

Summer School

Summer Reading

Electives

English

Modern and Classical Languages

Math

Physical Education

Performing Arts

Science

Social Studies

You will click on "Subject" and select a subject/subjects you wish to view.



Book Buying/MBS Demo

Your Course IDs:

305 ENG 9, 812 HISTORICAL GEOGRAPHY (P)

Social Studies

Course ID	Starting	Ending	Course ID	Starting	Ending
<input checked="" type="checkbox"/> 812 HISTORICAL GEOGRAPHY (P)	08/13/19	05/20/20	<input type="checkbox"/> 840 CIVICS (P)	01/14/20	05/20/20
<input type="checkbox"/> 820 WORLD HISTORY (P)	08/13/19	05/20/20	<input type="checkbox"/> 845 ECONOMICS (P)	08/13/19	05/20/20
<input type="checkbox"/> 822 AP WORLD HISTORY (HP)	08/13/19	05/20/20	<input type="checkbox"/> 851 AP US GOVERNMENT (P)	01/14/20	05/20/20
<input type="checkbox"/> 830 US HISTORY (P)	08/13/19	05/20/20	<input type="checkbox"/> 856 AP US HISTORY	08/13/19	05/20/20



View Your Materials

Select the course/courses that you would like to view, and then click on "View Your Materials".

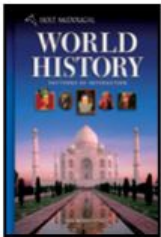
Book Buying/MBS Demo

Your Materials

We've made it easy to get your course materials for each class. Just review and select below.

Course 1 of 1: 2019-2020 School Year • Social Studies • 812 HISTORICAL GEOGRAPHY (P) • 08/13/2019 - 05/20/2020

Hide 



**Guaranteed
Buyback!**

Sell this book back to us
and get at least \$57.25
guaranteed!

REQUIRED

World History: Patterns of Interaction Student Edition Survey 2009

Author: Beck, Roger B.
ISBN-13: 978-0-547-03475-1
ISBN-10: 0-547-03475-X
Edition/Copyright: 2009
Publisher: McDougal Littell

This book is used for both Historical World Geography and World History.

List Price: \$127.25

Print

- \$95.50** Used Print **\$38.25** After Buyback
 \$127.25 New Print **\$70.00** After Buyback

Rental

- \$63.58** Used Print Rental
Return by 05/27/2020.
 \$89.01 New Print Rental
Return by 05/27/2020.

Marketplace Sellers

- From **\$8.25** [View Sellers](#)
 No Thanks

 **Add Selected to Cart**

On the "Your Materials" page, you will see all the books for each subject you selected. Please pay notice to the information in the gray bar below each book or listed above the book. If you want to purchase the book, you can easily add it to your cart from this screen.

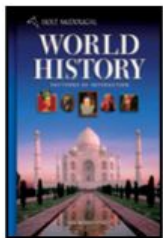
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Some books may have many options for purchase: new, used, rentals, and Marketplace Sellers.

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Marketplace Sellers

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- No Thanks

MBS provides a guaranteed buyback for their books (see website for [terms and agreements](#)).

Example: if you were to purchase a used copy at \$95.50, MBS would guarantee that they would purchase the book back in May, for \$57.25, making your cost only \$38.25. When you send the book back, you will receive a check or a credit to a PayPal account. For your convenience, St. Francis High School facilitates a book buyback day on campus during finals. All shipping that day is free.



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Marketplace Sellers

Filter by: All (26) New (3) Very Good (3) Good (7) Acceptable (13)

Price	Condition		Seller	Comments
\$8.25 \$4.99 s/h 6-18 business day	Good	<input type="button" value="+ Add"/>	SellBackYourBook Aurora, IL ★★★★★	054703475X Item in good condition. Textbooks may not include supplemental items i.e. CDs, access codes etc... All day low prices, buy from us sell to us we do it all!!
\$9.19 \$4.99 s/h 6-18 business day	Acceptable	<input type="button" value="+ Add"/>	AllAmericanTextbooks Ypsilanti, MI ★★★★★	054703475X Cover worn but text is still usable. Minor water damage. ISBN 054703475X World History: Patterns of Interaction (C.)2009 (PAF ADD)
\$9.50 \$4.99 s/h 6-18 business day	Acceptable	<input type="button" value="+ Add"/>	Borgasorus Books, Inc. MO Wright City, MO ★★★★★	Hardcover Fair 054703475X FAST SHIPPING!! No CD Included. Access code may be previously used. Heavy wear, wrinkling, creasing or tears on cover and spine. Heavy writing and highlighting. Cover has used book stickers or residue. Marker on cover or bottom edge of book. Book may have additional damage or defects not listed above.
\$9.53 \$4.99 s/h 6-18 business day	Acceptable	<input type="button" value="+ Add"/>	ThriftBooks - Motor City Saint Louis, MO ★★★★★	A readable copy. All pages are intact, and the cover is intact. Pages can include considerable notes-in pen or highlighter-but the notes cannot obscure the text. At ThriftBooks, our motto is: Read More, Spend Less.
\$9.79 \$4.99 s/h 6-18 business day	Acceptable	<input type="button" value="+ Add"/>	AllAmericanTextbooks Ypsilanti, MI ★★★★★	054703475X Multiple available! Cover worn but text is still usable. ISBN 054703475X World History: Patterns of Interaction (C.)2009 (PAF GZE ADD)
\$9.80 \$4.99 s/h 6-18 business day	Acceptable	<input type="button" value="+ Add"/>	AllianceBook Services tempe, AZ ★★★★★	054703475X Heavy rippling and staining 8 inches into all of the pages from liquid exposure, but none that impairs usability. Cover is separating from binding. Heavy wear and creasing to cover/edges/corners. Rips and tears on edges of pages and binding. Cardboard showing on corners, edges and spine of book. Binding still intact and strong, and all pages are present and usable. HARDCOVER. Black-out marks on edges of pages. School markings/highlighting throughout book, but do not impair usability.

You can also browse MBS's Marketplace Sellers for even deeper discounts. Please note that Marketplace purchases are not eligible for shipping discounts or guaranteed buyback. Students can still sell these books back during our buyback event, but MBS may choose not to buy the book back, or the buyback price may be much lower than the guarantee they give on their new and used books.



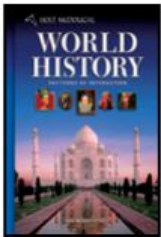
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Rentals may be an option for some books. Please note, for this class, a rental would not be cost effective because it is used for two years. Also, rentals cannot be sent back at our "Book Buyback" event.

Chromebooks & Technology

- Chromebooks
 - Pick-Up: July 30 - August 1, 7:30am-11:30am (August 1, additional hours 3:00pm-6:00pm session)
 - Students are covered by the school for everything but theft, for the first three years.
 - On-Campus Printing
 - On-Campus Network
- Phones on Campus



Block Schedule

Schedule 1	Schedule 2	Schedule 3		Schedule 4	Schedule 5		EARLY Schedule 5
8:00 - 9:30 A Block	8:00 - 9:30 E Block	8:00 - 8:55 A Block	8:00 - 9:10 Activity	8:00 - 8:55 F Block	8:00 - 8:55 D Block	8:00 - 9:10 Activity	8:00 - 8:55 D Block
9:35 - 11:10 B Block (Announcements)	9:35 - 11:10 F Block (Announcements)	9:00 - 9:55 B Block	9:15 - 10:10 A Block	9:00 - 9:55 G Block	9:00 - 9:55 E Block	9:15 - 10:10 D Block	9:00 - 9:55 E Block
		10:00 - 11:10 Activity	10:15 - 11:10 B Block	HRM & Break 10:00 - 10:25 10:25 - 11:20 H Block	10:00 - 11:10 Activity	10:15 - 11:10 E Block	10:00 - 10:55 F Block
		Break 11:10-11:25			Break 11:10-11:25		Break 10:55 - 11:10
11:15 - 11:55 Community Lunch	11:15 - 11:55 Community Lunch	11:25 - 12:05 Community Lunch		11:25 - 12:05 Community Lunch	11:25 - 12:05 Community Lunch		11:10 - 12:05 G Block
11:55 - 1:25 C Block	11:55 - 1:25 G Block	12:05 - 1:00 C Block		12:05 - 1:00 A Block	12:05 - 1:00 F Block		12:10 - 1:05 H Block
		1:05 - 2:00 D Block		1:05 - 2:00 B Block	1:05 - 2:00 G Block		
1:30 - 3:00 D Block	1:30 - 3:00 H Block						55 Minute Classes Early Dismissal
		2:05 - 3:00 E Block		2:05 - 3:00 C Block	2:05 - 3:00 H Block		
90 Minute Classes 40 Minute Lunches	90 Minute Classes 40 Minute Lunches	55 Minute Classes 40 Minute Lunches		55 Minute Classes 40 Minute Lunches	55 Minute Classes 40 Minute Lunches		

Block Schedule

ALL CLASSES DAY*	Schedule 3		Schedule 4	Schedule 5		EARLY Schedule 5
8:00 - 8:40 A Block	8:00 - 8:55 A Block	8:00 - 9:10 Activity	8:00 - 8:55 F Block	8:00 - 8:55 D Block	8:00 - 9:10 Activity	8:00 - 8:55 D Block
8:45 - 9:25 B Block						
BREAK	9:00 - 9:55 B Block	9:15 - 10:10 A Block	9:00 - 9:55 G Block	9:00 - 9:55 E Block	9:15 - 10:10 D Block	9:00 - 9:55 E Block
9:40 - 10:20 C Block						
10:25 - 11:05 D Block	10:00 - 11:10 Activity	10:15 - 11:10 B Block	HRM & Break 10:00 - 10:25 10:25 - 11:20 H Block	10:00 - 11:10 Activity	10:15 - 11:10 E Block	10:00 - 10:55 F Block
	Break 11:10-11:25			Break 11:10-11:25		Break 10:55 - 11:10
11:10 - 11:55 Community Lunch	11:25 - 12:05 Community Lunch		11:25 - 12:05 Community Lunch	11:25 - 12:05 Community Lunch		11:10 - 12:05 G Block
11:55 - 12:35 E Block	12:05 - 1:00 C Block		12:05 - 1:00 A Block	12:05 - 1:00 F Block		
12:40 - 1:20 F Block						12:10 - 1:05 H Block
BREAK	1:05 - 2:00 D Block		1:05 - 2:00 B Block	1:05 - 2:00 G Block		
1:35 - 2:15 G Block						55 Minute Classes Early Dismissal
2:20 - 3:00 H Block	2:05 - 3:00 E Block		2:05 - 3:00 C Block	2:05 - 3:00 H Block		
40 Minute Classes	55 Minute Classes		55 Minute Classes	55 Minute Classes		
45 Minute Lunch	40 Minute Lunches		40 Minute Lunches	40 Minute Lunches		

Online Calendar

- News
- Daily Schedules
- Parents
- Alumnae
- About

St. Francis Calendar

Today ◀ ▶ August 2018 ▼ Print Week Month Agenda ▼

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	Aug 1	2	3	4
	8am Chromebook pick	8am Chromebook pick	8am Chromebook pick	8am Chromebook pick	8am Coach R	8am New Tea
5	8am Diocesan PD Day	8am Big Sister Prep 8am AAC 8am Faculty/Staff Meet	8am Big Sister Prep 8am Collaboration 8am Department Meet	8am Safety Training 8am Collaboration 9am Student Leaders 5pm Trouble Store Op	8am Faculty	4:30pm Freshman Ove
12	13	14	15	16	17	18
Freshman/Transfer 8am Faculty Work Da 8am Freshman Orient 8am Transfer Orienta	First Day of School 8am Homeroom 8:25am A Block 9am B Block 9:35am C Block +9 more	Schedule 3 - St. Fran 8am Make-up Picture 8am A Block 9am B Block 10am Activity +7 more	Schedule 4 - St. Fran 8am F Block 9am G Block 10am Homeroom & Br 10:25am H Block +5 more	Schedule 5 late - st 8am F Block 6:30am Senior Sunrise 8am Collaboration 9:15am D Block +6 more	Tennis at NorCal Te 8:30am Trouble Colleg	
19	20	21	22	23	24	25
Schedule 1 - St. Fran 8am A Block 9:35am B Block (Anno 11:15am Lunch 11:55am C Block +3 more	Schedule 2 - St. Fran 8am E Block 9:35am F Block (Anno 11:15am Lunch 11:55am G Block +2 more	Schedule 3 - St. Fran 8am A Block 9am B Block 9am Legacy Family Br 10am Activity - Welco +6 more	Schedule 4 - St. Fran Adoration F-C block 8am F Block 9am G Block 10am Homeroom & Br +7 more	Schedule 5 Late - st Adoration D & E Blo 8am Department Meet 9:15am D Block 10:15am E Block +6 more	8am SAT	
26	27	28	29	30	31	Sep 1
Schedule 1 - St. Fran 8am Senior In-Class C 8am A Block 9:35am B Block (Anno 11:15am Lunch +3 more	Schedule 2 - St. Fran 8am Senior In-Class C 8am E Block 9:35am F Block (Anno 11:15am Lunch +3 more	Schedule 3 - St. Fran 8am A Block 9am B Block 10am Activity 10am Class Meetings +7 more	Schedule 4 - St. Fran 8am F Block 9am G Block 10am Homeroom & Br 10am Clearance Cards +8 more	Schedule 5 late - st 8am Collaboration 8am Big Sister Plannir 9:15am D Block +6 more	Cross Country at La Volleyball at High St	Volleyball at High St Water Polo at Davis

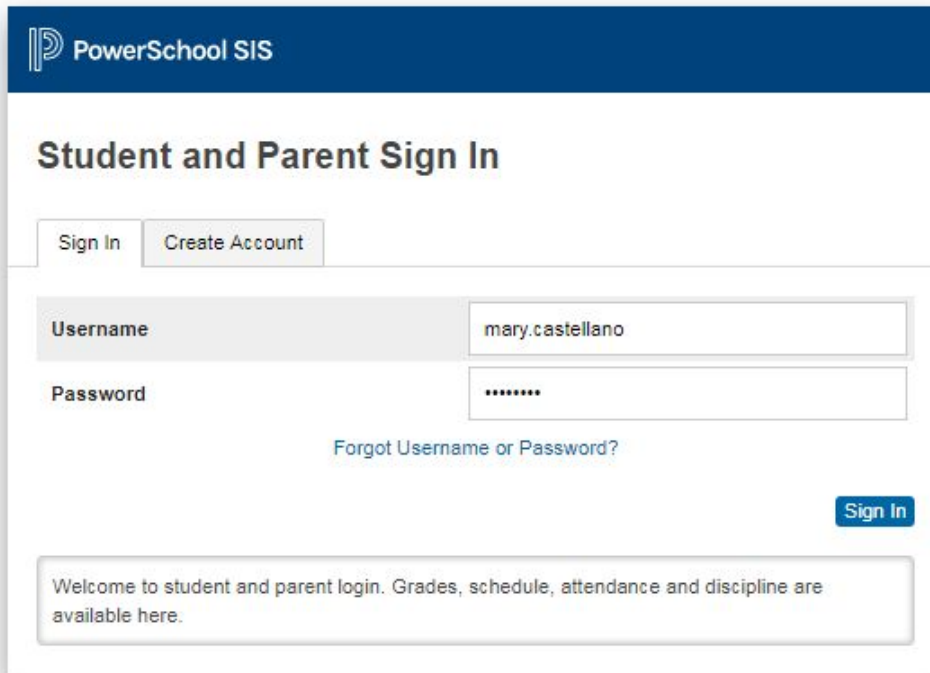
Events shown in time zone: Pacific Time + GoogleCalendar



MySchoolBucks and Cafeteria

- Manage & add funds to your student's meal account (Visa, MasterCard, Discover, or debit cards)
- Option for automatic payments (weekly, monthly, at a specific balance)
- Review recent purchases, see current balance, receive low balance alerts
- Students cannot use cash
- To add funds by check, use the drop slot in Front Office

How Do I Login to MySchoolBucks?



PowerSchool SIS

Student and Parent Sign In

Sign In Create Account

Username mary.castellano

Password

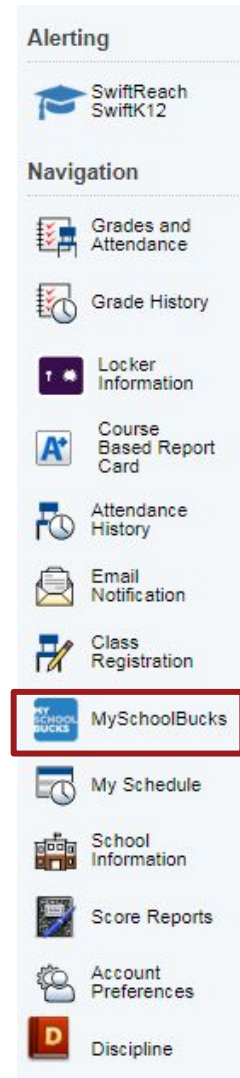
[Forgot Username or Password?](#)

Sign In

Welcome to student and parent login. Grades, schedule, attendance and discipline are available here.

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Log into PowerSchool and select “MySchoolBucks”. You will need your daughter’s Student ID, which is listed on the main landing page of the PowerSchool Parent/Student Portal.



Alerting

- SwiftReach
SwiftK12

Navigation

- Grades and Attendance
- Grade History
- Locker Information
- Course Based Report Card
- Attendance History
- Email Notification
- Class Registration
- MySchoolBucks**
- My Schedule
- School Information
- Score Reports
- Account Preferences
- Discipline



Freshman Overnight Retreat & Orientation

Retreat: August 9th at 4:45 pm to August 10th at 9:00 am

[Register online by August 2](#)

Surprise Parent Letter by August 5 to Campus Ministry

Orientation: August 12th from 8:00 am to 12:00 pm

First full day of school: Tuesday, August 13th.

*See handout and parent email for details



Transfer Orientation - August 12th 9:00 am to Noon

- Meet in the Guidance Department, then have lunch in the Dining Hall.
- Use school-issued Chromebook to access PowerSchool, Naviance, TroubieServe and more.
- Meet with student leaders and classmates to go over schedules, tour campus, open lockers, and discuss what to expect as a new Troubie.
- Learn about Christian Service Hours and retreats.
- Take student ID photos (please wear red polo shirt).



Christian Service

- Each student will complete a minimum number of hours before the February 28, 2020 deadline.
 - Service must be done at non-profit agencies.
 - Must be direct service to the people in need.
 - Any student who completes 100 or more hours of service in a single year receives recognition for her efforts.
- The student will log those hours on “MobileServe” as they complete the hours. An inservice will be given during the first few days of school



School Policies

STUDENT-PARENT HANDBOOK

Please review the Student-Parent Handbook with your daughter.

- The Handbook covers many topics, and is your source for information on safety, dress code, student behavior and discipline, technology and wellness issues.
- Our students are considered Troubies both on and off campus at all times and should uphold the values and mission of St. Francis Catholic High School.
- Almost everything we do at SFHS is covered in the Handbook or on our website; these are your absolute best resources!

K12 ALERT

This is the automated system used to alert students, staff, and parents about important information. **It is important to include your student's phone number for emergency notifications.** K12 Alert is also used emergency notifications; please do not call the school in case of an alert.



Morning Drop Off Map



Afternoon Pick Up & Cell Phone Lot Map



Girls, Growth Mindset & Grit

- iGeneration: Birth Years 1995-2012, internet constantly avail., in hand
- Grew up w/ iPhone, 80% of teens own, check 80 times/day
- Jean Twenge, PhD, examined 4 national U.S. databases of surveys dating back to 1960s to compare iGen to previous gens @ same age
- Some generational changes positive, some negative, some both
- Many causes (parents, technology, media, business, education)

iGen Characteristics

- **Most ethnically diverse generation in U.S. history**
 - Next will be 1st majority non-white generation
- **Growing Up More Slowly**
 - Less Likely to go out w/o parents, fewer driving, less likely to date, have sex, have a job, drink alcohol, fight with parents
- **Internet & Online Time**
 - Avg HS Senior 6 hrs/day, “multi-tasking” (texting, internet, tv)
 - More time online, social media; video games (a lot vs none)
- **Less In-Person Interaction**
 - Less time at parties, w/friends, on dates, at the mall, movies
 - More leisure time alone
 - Those who spend more time on screen, social media, more likely to unhappy, lonely, depressed

iGen Characteristics

- **Insecure: New Mental Health Crisis**
 - FOMO heightened-> can see what missing out on, up to minute
 - Symptoms of depression skyrocketing (esp. girls)
 - Diagnosable Major Depression increasing, Suicide Rates
 - Sleep deprived
- **Losing Religion, Spirituality**
 - Decline in religious affiliation, attendance at services
 - More likely to have religiously unaffiliated parents; less spiritual
- **More Safety, Less Community**
 - Safer drivers; less likely to try alcohol/binge-drink as teens
 - More focused on exam, a better job, less on learning
- **Working to Earn, Not Shop**
 - More realistic about work demands than Millennials
 - Higher work ethic than Millennials, don't want to work too hard
 - Just don't want to HATE job

iGen Characteristics

- **Indefinite: Sex, Marriage, Children**
 - Less likely to have sex as teens, young adults
 - Waiting longer to marry, fewer getting married, later motherhood
- **Inclusive: LGBT, Gender, Race Issues**
 - Reporting of same-sex sexual encounters, bisexuality on rise
 - Racial attitudes shift towards equality, but reluctantly
- **Independent: Politics**
 - Politically independent; distrustful of govt, political process
 - Less likely to take political action
 - Less informed (decrease in frequency and sources of news)

Understanding & Working w/iGen

What St. Francis Can Do....

- **Build trust** w/students, facilitate active participation in class, willingness to ask questions
- **Balance lecture** with discussion, relating student experiences to exam material, future professions
- **Keep class interesting**, address shorter attention spans by toggling lecture, discussion, videos, demos
- **Teach how to judge content**, evaluating sources and evidence to determine what's real vs not real
- **Foster critical thinking, communication, collaboration, creativity**, the 21st skills most important for college and career readiness (National Education Association, Partnership for 21st Century Learning)



Understanding & Working w/iGen

What St. Francis Can Do....continued

- **Foster faith-filled environment-** Catholic environment, theology courses, Masses, retreats, prayer and self reflection
- **Build community-**Big Sisters, homerooms, lunch, retreats, service, sports, clubs, arts, Homecoming and other events, in-person!
- **Offer Wellness Programs-** “Thriving and Surviving” covering parties/substances, boundaries/relationships, coping/self-care
- **Create opportunities to “disconnect and reconnect”-**retreats, Masses, service trips, cell-phone free lunches 1/quarter
- **Partner with families** - Father-daughter dance; Dad’s Club;Grandparents’ Club; Mom Prom, Mother-daughter retreat; grandparent lunches, Masses

Understanding & Working w/iGen

What Parents Can Do....

- **Aim to set limits, monitor usage**...advise not to sleep with phone - stimulation, light interferes w/sleep; nothing good happens after 9pm
- **Advise students to put phones away when studying** - brain cannot multi-task; short breaks
- **Model moderation**... use technology for cool stuff it can do, but put down and be present in the moment as much as possible
- **Have realistic conversations**...nude photos, binge-drinking; sexual assault, how to stay safe; social media, resulting mental health issues
- **Encourage in-person time, exercise** - Athletics, clubs, retreats, service trips, getting together with friends (in person!)
- **Seek help when necessary** - Guidance Counselors, Wellness

Growth Mindset: Learn how to learn!

- **Carol Dweck's**, professor of psychology at Stanford, research:
 - Students who believed their **intelligence could be developed** (growth mindset) **outperformed** those who believed their intelligence was fixed (fixed mindset)
 - Having students **focus on the process that leads to learning** (like hard work or trying new strategies) could foster growth mindset and benefit (i.e. grow their brains and increase intellectual abilities)
- Not just about effort... “students need to **try new strategies** and **seek input** from others when they're stuck”
- Knowing iGen is more focused on exams, jobs, rather than learning **LEARNING** per se, **need to be intentional** about fostering a growth mindset in our students, as a school, as parents

Confidence...

Building Both Confidence and Competence at School

- **Stop praising inefficient overwork**, even if results in good grades
- Focus on **economy of effort**, rather than how many hours put in
- When high A student turns in extra credit, is it because of passion for topic? If not, **what she's already doing will likely deliver grade**, and probably grasps material better than gives herself credit for
- Affirm it's **normal and healthy to feel some anxiety** about school
- Working top speed every class, all times is unhealthy, unsustainable

Source: "Why Girls Beat Boys at School and Lose to Them at the Office." The New York Times, 7 February 2019.



Grit: Passion & Perseverance

- **Angela Duckworth's research**, including West Point cadets, high level athletes, Spelling Bee finalists, etc.

Talent x Effort = skill
Skill x Effort = achievement

- What we accomplish depends tremendously on **grit** - passion and perseverance for long-term goals.
- “**Hang-in-there**” posture towards challenge; “**never give up**” attitude
- **Keep going after failure**, and **constantly driven to improve**
- **Determination** and **Direction** (knew what they wanted)

Grit: Passion & Perseverance

Growing Grit:

- Cultivate interests; daily challenge-exceeding-skill practice; connect work to purpose beyond self; learn to hope when all seems lost
- Feedback from parents, coaches, teachers, bosses, mentors, friends

How this Plays Out at St. Francis:

- **End of Course surveys** from students consistently demonstrate that what they find **most challenging** (certain essays, labs, projects) ultimately end up being the **most rewarding**
- **Teachers may put onus back on students** to seek out the answer via brainstorming, further research, a classmate, before “giving” the answer... because struggle is ok!
- **Feedback** from teachers (esp. “hard graders”) and coaches is part of the learning process, meant to develop/grow student abilities

***Parents* can also provide feedback AND reminders about grit!**



Girls, Growth Mindset & Grit

SOURCES:

Damour, Lisa. “Why Girls Beat Boys at School and Lose to Them at the Office.” *The New York Times*, 7 February 2019.

Dweck, Carol. “Carol Dweck Revisits the ‘Growth Mindset.’” *Education Week*. 23 September 2015.

Duckworth, Angela. *Grit: The Power of Passion and Perseverance*. Scribner. 2016.

Twenge, Jean. *iGen: Why Today’s Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy - and Completely Unprepared for Adulthood* And What that Means for the Rest of Us*. Atria Books. 2017.



The Parent Community

Mission Statement

St. Francis Catholic High School is a diocesan college preparatory school dedicated to servicing young women and their families who seek a community of faith, excellence, leadership, and service, grounded in the teachings of Jesus Christ. In the spirit and charism of Saints Francis and Clare of Assisi, we form students who share their gifts and talents as models of Pax et Bonum.

- St. Francis is not only your daughter's "home," it is also your home.
- We encourage the whole family to immerse themselves in our community.
- We welcome you to this wonderful place of Pax et Bonum.



Off to a Good Start: Campus-wide events

Experience our community life:

- Freshman Family Mass (August 9)
- Welcome Mass (August 21)
- Back-to-School Night (August 29)
- Meet a Parent/Grandparent for Lunch (September 23 & September 24)

... and so much more!

Check the calendar regularly.



SFHS Giving Priorities

- Your time, talent and treasure are all put to good use at St. Francis. In fact, our community would not be what it is today without you.
- We foster a culture of giving throughout the school and model that generosity for our students.

Giving priorities for our parent community are:

1. The St. Francis Fund (Annual Fund). Beginning with the enrollment form and Back-to-School Night, parents are asked to make a gift to the St. Francis Fund. You will be sent a letter following this event.
2. Revelry Gala & Auction (March 7, 2020). This is the school's premier event and all families are asked to participate through attendance, sponsorship, donations and volunteer efforts.



Special Community Events

Thankful Thursday (Day of Giving)

Thursday, October 10, 2019

SELFe Event for Women (featuring Valorie Burton)

Sunday, October 20, 2019



Crab Feed

Saturday, February 1, 2020



Revelry Gala & Auction

Saturday, March 7, 2020

*Thank you for coming to
Troubie Parent 101!*

We look forward to welcoming you back to campus soon.

Save the Date!

Principal-Parent Coffee
for transfers and Class of 2023
Monday, September 9, 2019
8:00 am to 9:30 am