

St. Francis

CATHOLIC HIGH SCHOOL



Two young women are smiling and posing for a photo. They are wearing red V-neck sweaters over white collared shirts and grey patterned skirts. The woman on the left has dark, curly hair, and the woman on the right has long, straight dark hair. The background is a blurred indoor setting.

**AT ST. FRANCIS,
WE GRADUATE
WOMEN WHO
WILL CHANGE
THE WORLD!**

She **believed** she could...so she did.

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>> WELCOME!

We are so pleased that you are considering St. Francis Catholic High School. We hope that you will explore our beautiful campus, experience our loving faith community, meet our outstanding faculty and staff, and feel the contagious energy of our all-girl environment.

Choosing the right high school is a big decision. It's not just about finding a vibrant learning community that nurtures success, it's discovering that "home away from home" environment where a young woman can truly be herself. We encourage all prospective students to spend a shadow day on the St. Francis campus experiencing the advantages of a single-gender classroom, enjoying lunch in Serra Court, and being immersed in the unique and supportive Troubadour community.

We know that the young women who grace our halls have a once-in-a-lifetime experience, one which includes true sisterhood and opportunities for each young woman to discover her own God-given gifts to change the world. It is an exciting time to be a St. Francis Troubadour!

In the spirit of Pax et Bonum (Peace and Goodness),



Principal



Our Mission

St. Francis High School is a Catholic diocesan college preparatory school dedicated to serving young women and their families who seek spiritual growth and academic excellence. We are committed to integrating faith with the learning process, promoting the gospel values of Jesus Christ, building community, and providing opportunities for worship. We strive to help each student develop her gifts and talents to become a model of Pax et Bonum (peace and goodness), through leadership and service.



Fast Facts about SFHS

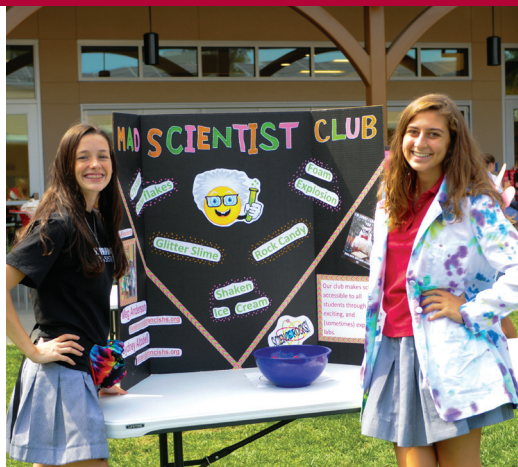
Founded	1940
School Colors	Red & Gold
Mascot	Troubadour, a.k.a "Troubie"
Number of students enrolled	1005
Athletics Section	CIF Sac Joaquin Div. 1 (Delta League)
School Day	8:00am-3:00pm
Dress Code	School Uniform
Number of Honors and AP classes	28
2016-2017 Tuition	\$13,300
Percentage of students receiving tuition assistance	29%
Student/Teacher Ratio	1:15
Average class size	23
Number of middle schools represented	124
Percentage of Class of 2016 attending college	99%
Percentage of Class of 2016 attending 4-year universities	88%
College scholarships received by the Class of 2016	\$32 million
Freshmen entering SFHS from public schools	35%
Advanced Placement pass rate	87.2% (vs. 60.2% global average)
Number of grads who committed to play sports in college in the last 4 years	106
Hours of community service in 2015-2016	30,573 hours
Accrediting organizations	Western Catholic Education Assoc. (WCEA) Western Assoc. of Schools & Colleges (WASC)

THE ST. FRANCIS ADVANTAGE

>> WHY AN ALL-GIRLS SCHOOL?

All-girls schools provide an environment that gives **every girl** an opportunity to showcase her emerging intellect and talents. They create a culture of respect and support shaped by relationships. The experience allows girls to explore and nurture their interests and talents, preparing them for leadership in our global world. At St. Francis, girls are surrounded by role models. **Every valedictorian, team captain, yearbook editor and theatre techie is a girl!**





>> **What is the all-girls advantage?**

Professional research points out a few key areas:

- >> **Greater academic engagement.** Graduates of all-girls schools spend more time studying, doing homework, tutoring other students, and speaking with teachers outside of class.
- >> **Higher SAT scores.** Women who attend single-sex schools tend to do better on the SAT, scoring 28-43 points higher than their coeducational counterparts.
- >> **Leadership.** Ninety three percent of girls' school grads say they were offered greater leadership opportunities than their peers at co-ed schools, and 80% held leadership positions after graduating from high school.
- >> Graduates of girls' schools account for a significant percentage of women in leadership positions in industry, academia, public life, and other professions.
- >> Greater interest in graduate school. Nearly three-fourths of girls' school grads consider college a stepping stone to graduate school and girls' school grads are more than twice as likely to earn a doctoral degree.
- >> **STEM (Science, Technology, Engineering, Math) careers.** Graduates of girls' schools are **six times** more likely to consider majoring in math, science, and technology compared to girls who attend coed schools. They are also three times more likely to consider **engineering** careers.

Research includes The Girls School Experience: A Survey of Young Alumnae of Single-Sex Schools (Goodman Research Group, 2006) and Women Graduates of Single-Sex and Coeducational High Schools: Differences in their Characteristics and the Transition to College (UCLA Graduate School of Education and Information Studies, 2008).

BE PART OF A COMMUNITY

>> WHERE DO YOU FEEL A SENSE OF BELONGING?

Each year, graduating seniors overwhelmingly report that the sense of **sisterhood** is the “best characteristic of St. Francis.” SFHS prides itself on being a community of *faith, excellence, leadership, and service* — with emphasis on community. The culture of community is fostered through formal and informal assemblies and gatherings, an attractive campus with a welcoming courtyard, and a caring and approachable faculty and staff.

“You truly become a family with your classmates. We build such a tight bond through the four years, and it's what makes St. Francis so great.”

- Sydney Bembry '17





“St. Francis has a support system like no other. From a teacher tutoring me at a free block to eating lunch with my friends in Serra Court, St. Francis’ supportive and encouraging community is unique. There is a place for everyone in the St. Francis community.”

- Emily Davis '17

“Being at St. Francis is a life-changing experience. There’s so much that goes into it and so many opportunities. The community as a whole makes it a completely different schooling experience, and by the end, I can confidently tell anyone that St. Francis will change her life.”

- Maya Solis '18

Although they come from more than 120 different partner schools, St. Francis students quickly become “**Troubies**” once they arrive on campus. At orientation freshmen meet their senior **Big Sisters**, who will guide them throughout freshman year. After orientation and freshman family Mass, it’s on to the overnight retreat, where freshmen and their Big Sisters spend the night on campus enjoying fun activities, getting to know their new classmates and starting **lifelong friendships**.

We are blessed to have a wonderfully diverse and robust campus community:

Ethnicity:

57% Caucasian

43% non-Caucasian (*American Indian, Asian, Black, Hispanic, Pacific Islander, Multi-Ethnic*)

Partner Schools:

Troubies come from **120** different partner schools. 30% come from public schools.

Religion:

73% Catholic

23% other faiths



IGNITE YOUR PASSION

>> HOW WILL YOU NURTURE YOUR TALENTS?

At St. Francis, education extends beyond the classroom walls as our students are encouraged to develop their talents and discover their **passions** in every area of their lives. Whether they are in the science lab, on the playing field, in the studio, or on a service trip, our students encounter countless opportunities for growth in academic and extracurricular programs.





Nearly **70** SFHS students participate in the **Sports Media Club**.

In the last year TroubieTV broadcasts covered more than **80** Troubadour athletic contests and events like the National Signing Day celebrations. TroubieTV gives girls the opportunity to learn broadcast announcing, sports filming, and production. In addition to showing numerous contests from campus and across the Sacramento region, club members meet monthly to hear from speakers in the media industry.

>> Academic Teams

Academic teams offer great opportunities to learn more about an area of interest, meet classmates, and compete:

Academic Decathlon
 Certamen
 Mathletes
 Mock Trial

Model United Nations
 Robotics
 Science Olympiad
 Speech

Our campus hosts more than **40** student-operated clubs, providing something for everyone. During Club Rush week in September, Serra Court is filled with club representatives and students can meet club members, learn what the clubs do, and join their favorites!

Some of the many clubs on campus include:

Art Club, Dental Divas, Healthy Lifestyles Club, Italian Club, Mad Scientists Club, Patriots Club, Yoga Club, and many more!



EMBRACE TRADITION

>> WHAT WILL YOUR TROUBIE MEMORIES BE?

One of the most celebrated aspects of St. Francis is our vibrant campus community, which is fostered and enriched by our long standing traditions and diverse student activities. St. Francis encourages its students to not only reach out academically, but socially—to explore **new horizons**, to get involved in global concerns, and to help shape ideas and technologies of the future. Nearly all St. Francis girls participate in some form of campus life, helping them nurture their **talents**, develop new interests and life skills, and ignite their passions.

SFHS has a number of traditions that are central to our Catholic identity, including school-wide Masses, prayer services, retreats, and service projects.



There are also many St. Francis traditions that build **community**, celebrate the Troubie **sisterhood**, and make high school a fun-filled four years. Some of our most cherished traditions include:

>> Mascots

While all St. Francis students are Troubadours, each class chooses a mascot to represent the class during their four years at SF. The class mascot and class colors are incorporated into a jersey worn by all students during Spirit Week and on other occasions. *Current mascots include Stitch, Squirt, Thumper and Pearl.*

>> Honor Guard

The Seniors select an underclassman to carry on their legacy or “honor” at St. Francis after they graduate. Honor Guards accompany graduates at the Farewell Mass.

>> Open Dances, Junior Prom & Senior Ball

Troubies enjoy formal and informal dances for all class years at St. Francis.

Freshman Overnight Retreat

Our new Troubies spend the night at St. Francis the weekend before classes begin — getting to know each other, exploring the campus, and having a great time.



Lunch with a Parent/Grandparent Day

Invite a special relative to campus to have lunch, meet your friends, and see our beautiful campus.



>> SWAP Day

“Switch With A Parent” Day is one of our most memorable traditions because students get the day off and parents attend class in their place! Some of the parents can even be seen in full St. Francis uniform.

>> Birthdays

When you celebrate your birthday at St. Francis, expect your friends to greet you with delicious treats and maybe even balloons. Birthdays are kind of a big deal here!

>> Father-Daughter Dance

Nearly 1000 fathers and daughters turn out for the biggest dance of the year!

>> St. Francis Feast Day

This community celebration includes Mass and plenty of food, games, costume contests and prizes.

Spirit Week and Homecoming

St. Francis is known for the over-the-top, crazy competition of Spirit Week. Classes compete against each other in a canned food drive, wacky sports, and decorating the gym. It all leads to a fantastic Homecoming dance at the end of the week.



LEAD THE WAY

>> WHAT WILL YOUR FUTURE HOLD?



Empowered and self-assured, our students gain **confidence** and **poise** that last a lifetime. They tackle academic challenges, explore creative and athletic outlets, and enjoy countless opportunities to become **leaders**.

"SFHS is an institution for young girls to become successful women in this world."

-Glory Garcia '17



"With the help of SFHS, you have the ability to be the best person you could possibly be."

-Cristina Morales '19



"While St. Francis is challenging, it creates a well rounded and prepared person. They help you find the person you want to become."

-Lexi Karres '17



Each of our students become a part of a tradition of extraordinary women — **9,000+ alumnae** of St. Francis who live and work in our community, our nation, and throughout the world. St. Francis graduates have a proud history of nearly 100% college placement at the nation's finest colleges and universities. Their experiences at St. Francis put their dreams within reach. **#TroubiesForLife**



MIDN 1/C Megan Musilli '12 was selected for a prestigious Rhodes Scholarship and began studying medical anthropology at Oxford University in 2016. Megan is a mathematics major and is training to become a Navy physician.



Lauren Metzinger '16 performed in *American Legend*, a benefit concert that supported Folsom's Johnny Cash Art Trail with the Sunny Mitchell Theatre Project SMTP (founded by **Sunny Mitchell '94**). Sunny, a freelance choreographer and instructor uses SMTP to develop theatrical works that are alive!



Since graduating from SFHS, **Frances Wang '10** has been very busy, from interning for E!, ABC7 LA and CNN all the while earning dual degrees with honors from USC's Annenberg School for Communication & Journalism and Marshall School of Business in 2014. After college, Frances landed her first job reporting in Spokane at KREM (CBS) and is now back home on-air for ABC10.

Julissa Ortiz '95 graduated from USC, where she founded her sorority chapter Sigma Lamda Gamma (a Latina-based sorority.) Julissa landed her first on-air job in the desert southwest as the Imperial Valley Bureau Chief for the NBC affiliate in El Centro, California. A little over a year later, Julissa moved from the desert to the beach as the weekend weather anchor for the CBS affiliate on the central coast. Julissa recently celebrated her tenth anniversary at Good Day Sacramento.



Lauren LaRocco '14 won the 5000 meters at the North American, Central American, & Caribbean (NACAC) U23 Track & Field Championships in San Salvador, El Salvador in June 2016. She recently completed her sophomore season at Portland, earning All-American honors in both the 5K and 10K distances during the outdoor season.



Leah Pezzetti Horner '13 (a senior at Cal Poly) was able to interview track and field gold medalists Jackie Joyner-Kersey and Dwight Phillips for her internship with KCRA! While there Leah ran into fellow Alumna **Jayla Lee '11**.

Jayla, a Sacramento State grad '15, is currently the Communications Specialist for Sacramento State University and will begin pursuing her Masters Degree this fall at San Diego State University's School of Journalism and Media Studies. In addition to her masters course work, Jayla will be teaching an undergraduate course on social media as a graduate instructor.



ACADEMICS

>> HOW WILL YOU SUCCEED?

As a college preparatory institution, St. Francis provides its students with rigorous academic programs that inspire them to strive for excellence in all areas of their lives. Every young woman at St. Francis receives a **personal** academic experience as a result of the **engaging** instruction and challenging curriculum offered by our exceptional teachers and educators. After spending four years in St. Francis' enriching academic environment, our graduates are prepared to enter the world as **lifelong learners**.

1:1 with Google

All St. Francis students are provided a school-issued Chromebook to be used both at school and at home. The Chromebook is a tool that will help advance learning and make the educational experience, in and out of the classroom, a more dynamic one. The objectives of the Chromebook program are to:

- Achieve the 21st-century learning goals of critical thinking, communication, collaboration, and creativity.
- Harness the power of Google Apps for Education.
- Provide educational resources including app-based note taking and organization.
- Inspire creativity and hands-on learning.



C-STEM

St. Francis has partnered with UC Davis to become a C-STEM (Computing, Science, Technology, Engineering, and Mathematics) school. C-STEM is a UC approved educational preparation program for undergraduate admission to all UC campuses. In addition to our extensive Science and Mathematics courses, we offer the following STEM coursework:

- AP Computer Science A
- AP Computer Science Principles
- C Programming (C-STEM)
- Applied Chemistry and Technology
- Biotechnology
- Digital Photography
- Digital Film

St. Francis prepares students for the collegiate experience from the moment they walk through our doors. Our **modified block schedule** closely models what students will encounter when they move on to college. Each class meets three times a week, once for 90 minutes and twice for 55 minutes. We offer an eight block schedule, with most students taking seven classes per semester. That allows for one **free block** that can be used for studying, extracurricular activities, meeting with teachers, or catching up with friends.



Academic Support Resources

St. Francis students are offered a variety of academic support programs to meet their college and career readiness goals:

- >> **Troubie Success:** This three-semester course for freshmen begins in the summer before freshman year and helps students overcome academic challenges and maximize their personal strengths. With a focus on English and Math, students gain study skills and academic content knowledge to support their progress all four years at St. Francis.
- >> **Study Skills:** This semester class is designed to support students in all of their coursework. Troubies learn effective study and test-taking skills and hone their organizational and time management techniques to ensure success across all subject areas.
- >> **CSF Tutoring:** California Scholarship Federation (CSF) tutors offer peer tutoring throughout the school day and after school in all subject areas. Students can be matched with a peer who has successfully completed coursework in the subject area and receive one-on-one assistance and support.
- >> **Formal Education Program:** St. Francis affirms that students with learning differences are given the opportunity to receive a quality Catholic education in a caring environment. For students with documented learning differences, we offer a Formal Education Plan (FEP) which provides appropriate in-class interventions based on the unique learning styles of each student.

Graduation Requirements

Each semester course is worth 5 credits and yearlong courses are 10 credits.

English.....	4 years (40 credits)
Theology.....	4 years (40 credits)
Mathematics	3 years (30 credits)
Science	3 years (30 credits)
Social Studies.....	3 ½ years (35 credits)
Modern & Classical Languages.....	2 years (20 credits)
Visual & Performing Arts.....	1 year (10 credits)
Physical Education*	3 semesters (15 credits)
Health	1 semester (5 credits)
Electives	2 semesters (10 credits)

**Students who play a sport at St. Francis may have their PE requirement waived in the semester in which they compete.*

For more information about our graduation requirements, please visit:

www.stfrancishs.org/graduation-requirements



AP and Honors Classes

St. Francis offers 28 Advanced Placement and Honors Classes:

AP

English Literature & Composition
Spanish 4
Spanish Literature
French 4
Chemistry
Biology
Calculus AB
Calculus BC
Studio Art
US History
World History
American Government & Politics
Computer Science
Computer Science Principles
Art History

Honors

Great Books
American Literature
French 3
Spanish 3
Italian 4
Latin 4
Biology
Chemistry
Physics
Geometry
Algebra 2
Precalculus
World History

In 2016, **313** St. Francis students completed 515 AP exams, with 87.2% scoring a 3 or higher (compared with 62.3% of students in California and 60.2% of students globally).



College Acceptance Stats

99% The percentage of 2016 grads who are attending college immediately after graduation

\$32 million The value of scholarships offered to the 252 members of the Class of 2016

88% The percentage of 2016 grads attending four-year universities

39.4% The percentage of 2016 grads attending a school out of state

Over the last 5 years, St. Francis students have been accepted at more than **215** different colleges. College acceptances over the last 5 years include:

American University
 Arizona State University
 Baylor University
 Berklee College of Music
 Boise State University
 Boston College
 Boston University
 Brown University
 Bryn Mawr
 California Institute of Technology
 California Polytechnic State University, San Luis Obispo
 California State Polytechnic University, Pomona
 California State University, all campuses
 Case Western Reserve University
 Chapman University
 Claremont McKenna College
 Clemson University
 Colorado State University
 Columbia University
 Cornell University
 Creighton University
 Dartmouth College
 DePaul University
 Duke University
 Embry-Riddle Aeronautical University
 Emory University
 Fordham University
 Georgetown University
 Gonzaga University
 Harvard University
 Harvey Mudd College
 Hawaii Pacific University
 Howard University
 James Madison University
 King's College London
 Lewis & Clark College
 Louisiana State University
 Loyola Marymount University
 Loyola University Chicago
 Loyola University New Orleans
 Marquette University

Massachusetts Institute of Technology
 Michigan State University
 Mount Holyoke College
 New York University
 Northeastern University
 Northern Arizona University
 Occidental College
 Oregon State University
 Pepperdine University
 Pitzer College
 Pratt Institute
 Princeton University
 Purdue University
 Quinnipiac University
 Regis University
 Rensselaer Polytechnic Institute
 Rutgers, The State University of New Jersey
 Saint Mary's College of California
 San Diego State University
 San Francisco State University
 Santa Clara University
 Scripps College
 Seattle University
 Seton Hall University
 Sonoma State University
 Spelman College
 Stanford University
 Syracuse University
 Texas A&M University
 Texas Christian University
 The Catholic University of America
 The George Washington University
 The Ohio State University
 The University of Alabama
 The University of Arizona
 The University of Iowa
 The University of North Carolina at Chapel Hill
 The University of Texas, Austin
 Tulane University
 United States Air Force Academy
 United States Military Academy - Army

United States Naval Academy
 University of British Columbia
 University of California, all 9 campuses
 University of Chicago
 University of Colorado at Boulder
 University of Denver
 University of Edinburgh
 University of Hawaii at Manoa
 University of Idaho
 University of Kentucky
 University of Miami
 University of Michigan
 University of Minnesota
 University of Mississippi
 University of Nebraska at Lincoln
 University of Nevada, Las Vegas
 University of Nevada, Reno
 University of Notre Dame
 University of Oklahoma
 University of Oregon
 University of Pennsylvania
 University of Portland
 University of Puget Sound
 University of San Diego
 University of San Francisco
 University of South Carolina
 University of Southern California
 University of St. Andrews
 University of the Pacific
 University of Virginia
 University of Washington
 Vanderbilt University
 Villanova University
 Washington State University
 West Texas A&M University
 West Virginia University
 Whitman College
 Willamette University
 Worcester Polytechnic Institute
 Yale University

GUIDANCE

>> RESOURCES AND SUPPORT

With **eight** counselors on site, our Guidance Department assists St. Francis students as they navigate SFHS, discern their goals, and plan for their futures. Students are assigned one consistent counselor to work with during their entire high school experience. This **four-year connection** nurtures our students as they transition through the academic and social expectations of high school. It also makes the college counseling process more personal and enables each SF student to find the best **individual** college fit. In addition to our four class counselors, the St. Francis Guidance Department houses two college advisors and two wellness counselors.



“The teachers at St. Francis make coming to school every day an enjoyable experience; the care and time that they spend with each of us reassures me that I’m not the only who cares about my grades and success. Each instructor makes sure that students grasp the subject and are always willing to offer extra assistance.”

- Amanda Parsley '17

St. Francis Catholic High School's Guidance Department provides:

- College counseling
- Academic advising
- Standardized testing sequence and preparation
- Small-group guidance sessions
- Personalized one-on-one guidance meetings
- Wellness counseling
- Troubie College Day for students and parents
- Guidance Night for Parents (all 4 years)
- Paying for College Workshop
- Individualized high school guidance counselor letters of recommendation created for each senior
- College fairs and college representative visits on SFHS campus during school day
- Coordination with families to create Formal Education Programs for students with diagnosed learning differences

For a complete listing by grade, visit www.stfrancishs.org/guidance



“St. Francis isn't just an ordinary high school. St. Francis is college preparatory with teachers and counselors who care about our well being whether it be academic or personal. In times of stress and struggle they are our backbones to reach our goals and pursue success.”

- Isabella Bedford '19



“There are plenty of caring teachers, counselors, friends, and other administration more than willing to help you get where you need to be, whether it's a good academic, college, or social standing.”

- Nandi Woodfork-Bey '19

ATHLETICS

>> SKILL AND TECHNIQUE

Our Athletic programs emphasize the total education of the young woman by fostering team-building, self-discipline, and **confidence** on and off the court and field. Nearly **46%** of our students participate in one or more of the **12 sports** available on campus, with most competing at regional and state levels.

91 SECTION TITLES

St. Francis has won more CIF Sac-Joaquin Section titles than any other girls' sports program in the area, participating in the highly competitive Delta League. In 2016 our basketball team was the Northern California Division 1 Champion!



With one of the top female sports programs in our Section and the state, SFHS consistently produces college-level athletes. In the last four years, **106** students committed to play collegiate sports, including **27** members of the Class of 2016.



Team Sports

>> Fall

- Cross Country
- Golf
- Tennis
- Volleyball
- Water Polo

>> Spring

- Diving
- Lacrosse
- Softball
- Swimming
- Track and Field

>> Winter

- Basketball
- Soccer



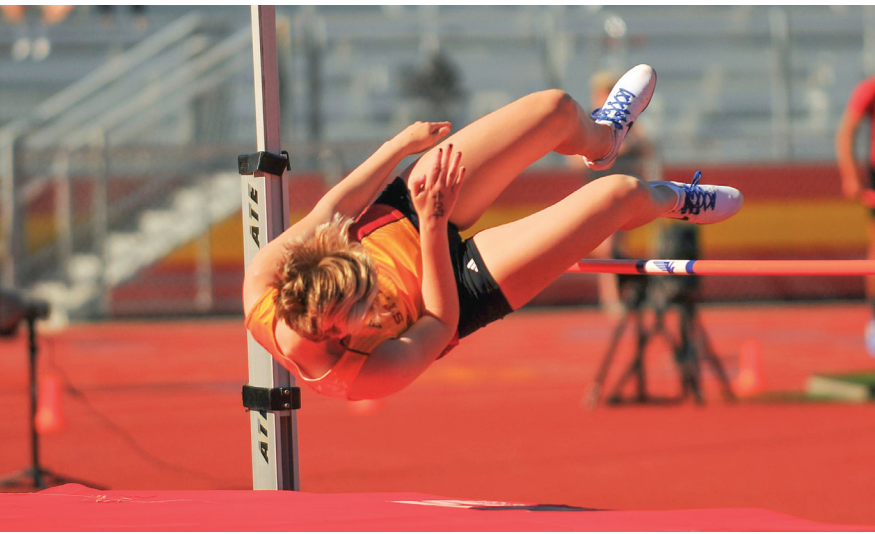
SFHS.Athletics



SFHSSacSports



sfhstroubies



ARTS

>> EXPRESSION AND CREATIVITY

The Arts programs at St. Francis Catholic High School impart students with lifelong skills by inviting them to **express** themselves, cultivate their **imagination**s, and find **inspiration** in the world around them.



This year St. Francis held the first Arts Recognition Ceremony to celebrate those graduates who committed to the Arts by majoring in an Art form in college. We honored **23** graduates from the Class of 2016 who chose college majors including Fine Arts, Photography, Graphic Design, Art History, Musical Theatre, Screenwriting, Dance, Technical Theatre, Film, Acting, and Music Education.

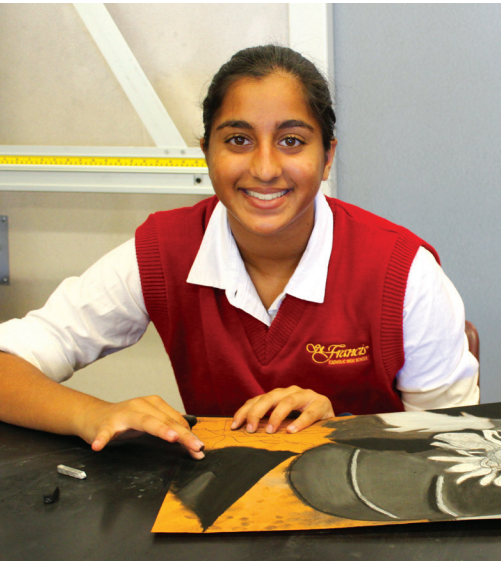
St. Francis students enjoy courses in the following performing arts:

- Concert Choir
- Chamber Singers
- Show Choir
- Orchestra
- Theatre Arts
- SF Players
- Apprentice Dance
- Dance Company
- Intermediate Dance Techniques





Our **500-seat** theatre and the Black Box performance space provide wonderful options for Troubies. Interested students can go behind the scenes and work with the technical director on sets, lights and sound. The fall play and spring musical are extracurricular and students do not need to be enrolled in an arts course to audition or work on the crew.



Visual Art course offerings include:

- Painting
- Drawing
- Figure Sculpting
- Digital Photography & Film
- AP Studio Art
- Art History



"As an incoming freshman, you will be supported and shown the ropes- don't worry about making mistakes! St. Francis is a safe place for you to try new things and find new talents and interests."

-Grace Conlin '18



CAMPUS MINISTRY

>> SERVICE IN ACTION

Campus Ministry is a focal point of the Troubie experience at St. Francis Catholic High School. The SFHS Campus Ministry office strives to assist each student along their own **personal faith journey** and foster a campus community that shares in the mission of the global Catholic Church.



SFHS-Campus-Ministry

sfhsTroubies



sfhs_troubies

Christian service allows our students to expand their worldview, **explore** their gifts and talents, and **directly serve** others through work that emulates the life and ministry of Jesus Christ and our patron, St. Francis of Assisi. The service hour requirement for SFHS students is based on grade level:

- Freshmen - 10 hours
- Sophomores - 15 hours
- Juniors - 20 hours
- Seniors - 30 hours





In the 2015-16 school year, Troubies logged **30,573** hours of service to non-profit organizations locally and across the country.



SFHS students in their junior year can participate in service trips to destinations including **New Orleans, New York (the Bronx), Baltimore, San Diego, San Francisco, Winnebago, Nebraska** and other locations.



"You really grow in your faith while at St. Francis. Through theology classes, Masses and retreats, I have truly grown in my spirituality and I've become much closer to God than I was before coming here. I believe many new students will go on the same spiritual journey."

-Natalie Bourgeois '17



TROUBIE PRIDE

>> IS ALIVE!

WHAT DO TROUBIES WISH PEOPLE KNEW ABOUT THEIR SCHOOL?

"Through clubs, classes, sports, and other activities, you will find that special group of friends. The St. Francis community is so welcoming and inviting and you will never feel alone."

-Natalie Chan '19

"St. Francis a place where you feel safe and somewhere you can be yourself and know that people love you."

-Ashley Ngo '19



"St. Francis is so much more than just an all-girls school. It is about creating a sisterhood that will last a lifetime with many experiences and challenges that will bring you closer together."

-Emily Estrada '17



"When students come to St. Francis, it's not just a high school but a family."

-Cailin Cook '19

"At St. Francis, there is a place for everyone. There are so many different opportunities that all students participate in together, such as masses and rallies. Every student excels in their own way and discovers a new side to themselves with the help of their fellow sisters."

-Cameron Parra '18

Want to learn more about becoming a Troubie?

stfrancishs.org/admissions • admissions@stfrancishs.org • (916) 737-5040