



The Troubie Scene Zine



Written by the 2020 - 2021 Ambassador Team
Edited by the Admissions Team



DEAR FUTURE TROUBIE,

St. Francis Catholic High School has a long standing tradition of fostering faith, excellence, service, and leadership in our students. With these four pillars, we graduate young women who will change the world. This 'zine was created by the Admissions Department and Student Ambassadors to give prospective students an inside look into what makes St. Francis stand out above the rest. You'll read about the experiences of our students in different areas of life at St. Francis, including the arts, academics, sports, sisterhood, and more.

As always, you can find more information about our school at www.stfrancishs.org, or email us at admissions@stfrancishs.org

Sincerely,
The Ambassadors

CONTRIBUTORS



Chloe Bonagura, '22



Teaghan Brostrom, '23



Justine Canio, '22



Ava Chavez, '23



Ta'Nasia Coleman, '22



Kelly Collins, '21



Emily Dusel, '23



Clare Epolite, '21



Charlotte Gregson-Synhorst, '23



Emma Halloran, '21



McKenna Hauteman, '22



Cate Joaquin, '22



Eloise Krause, '22



Jianna Leatherby, '23



Jana Lukas, '21



Bella McCoullough, '22



Naymel Munir, '22



Sophia Saunders, '22



Simrit Singh, '23



Tristan Smith, '21



Sheridan Smith, '23



Emily Squires, '22



Kayla Ann Stephens, '21



Julia Thomson, '21



Jessa Tiu, '22



Isabela Tuazon, '22



Patricia Velilla, '23



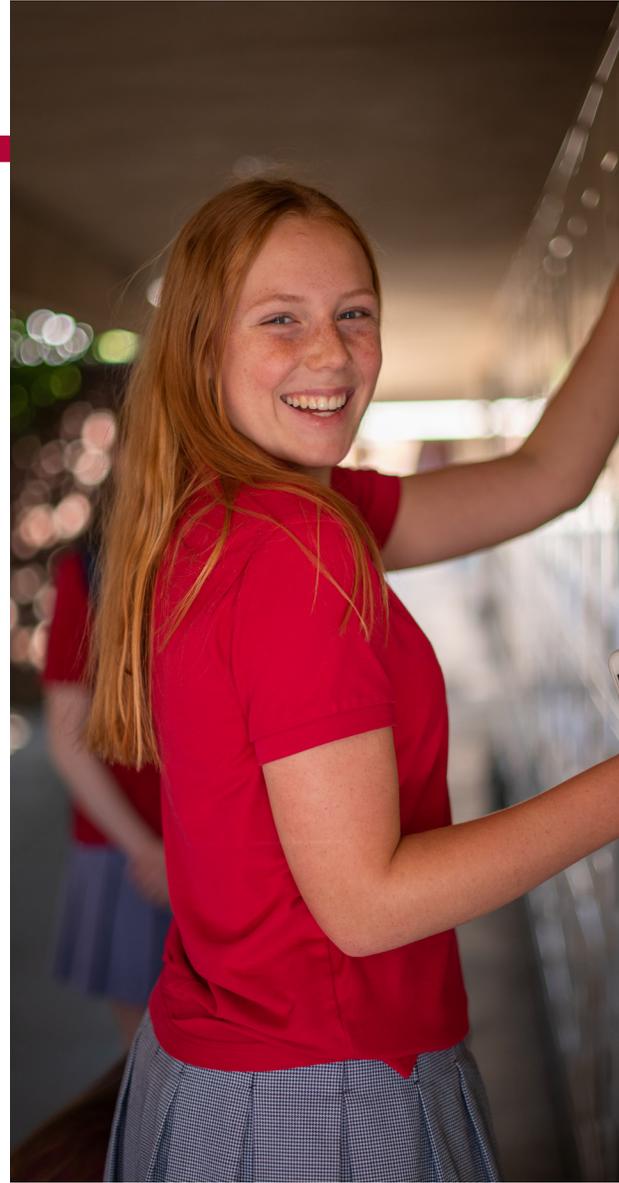
Jasmyne Warren, '23

ACADEMICS

Kayla Ann Stephens, '21

I have never been the most athletic or artistic person, but I have always loved to challenge myself in the classroom and grow as a student. As a prospective student, the ability to choose my level of rigour in classes really appealed to me and the college preparatory academics had an influence on my decision to attend St. Francis. When I had the opportunity to really challenge myself, I immediately took advantage of all the Honors and AP classes St. Francis offers. While I have been ambitious with my schedule the past three years, **I received a lot of academic support from my guidance counselor**, who encouraged me to maintain a balance in my schedule. That advice was very helpful, and I was able to have a rigorous course load while not stretching myself too thin during my sophomore and junior years.

A special academic experience that will stick with me for the rest of my life was my Honors Chemistry class with Mrs. Sharon during sophomore year. Although the class was challenging, the time I spent in that class was always so uplifting and the highlight of my day. This class not only allowed me to challenge myself academically, but I formed an amazing relationship with my teacher and lab group. **It was truly a blessing to work with a teacher who cares about each student's success**, both inside and outside the classroom; a quality that all the faculty and staff on campus have. In each class I worked collaboratively with a group while doing hands-on experiments in labs. Singing worship songs as prayers was definitely also a highlight! This experience really allowed me to grow as a student and to learn independently, work collaboratively, and better manage my time. I know that these skills will be very valuable during my remaining time at St. Francis and in my future college education.





Patricia Velilla, '23

A balanced academic structure has always been important to me as a student. I want to be challenged, but also have time for other activities. **I desire classes which spark my interest and fuel my curiosity.** Above all, I want to be prepared for college. As I shadowed at St. Francis in 8th grade, I saw the diversity in courses offered and I experienced AP/Honors courses, as well as regular courses during my shadow day. The teachers were engaging, passionate, and willing to help any student. I shadowed a Biotechnology class, and the teacher allowed me to participate with the other students, which made me feel excited and included academically. The variety of classes and appropriate amount of academic rigor for each individual student was appealing. The teachers at St. Francis truly take the time to help a student in need. As a freshman in Honors Biology, I struggled with some of the concepts we were studying. I talked to my teacher and asked her questions; she patiently explained the concepts I couldn't grasp. She also offered to meet outside of class to give additional support. This allowed me to become comfortable asking my teachers questions if there was something I did not understand about the material. The teachers at St. Francis provide guidance to help their students succeed academically.

PERFORMING ARTS

Julia Thomson, '21

I loved being in the **Appretice Dance Company** my first two years at St. Francis. I met a group of amazing girls, who quickly became my friends. And even though I stopped dancing, those friendships didn't end, and I love them all. I have so many good memories associated with the theatre and the Dance Studio, in particular, where we had class three times a week and dress rehearsal twice a year. The Dance Studio became a safe and comfortable place for me on campus where I could truly be myself. Some of my favorite classes were the ones where we worked on our improvisational skills. **Improv is such an important part of dancing, because it is where you, as the dancer, can really express yourself and feel the music.** I didn't like improv before coming to St. Francis because I was self conscious about how I was emoting and I didn't want to feel judged or be criticised. Ms. Agata and my fellow dancers made me feel the complete opposite. I learned to love improv and dancing for the fun of it, instead of the impressiveness of it. I learned to dance for myself, and not for others. I learned to enjoy the movement instead of being so wrapped up in my head about what I was going to do next.



My favorite improv days were the ones when we would close our eyes and really feel the music. It is hard to feel comfortable dancing without understanding and feeling the music, but Ms. Agata taught me how to dance with the music and not over the music. **The Appretice Dance Company taught me so much and brought me so much joy on campus.**

Tristan Smith, '21

I have been involved in musical theatre since I was very young, so having that in high school was very important to me. **I was very impressed by the St. Francis Performing Arts program and all that it offered.** St. Francis was the only school that offered exactly what I was looking for; with the amazing dance companies, show choir, theatre arts classes, and musicals, I knew that it was the right place for me! I have had so many opportunities to be involved in the Performing Arts at St. Francis. From performing at **Disneyland with the Show Choir**, going to the **Lenaea Festival**, and doing the fall musical--I have had so much fun! I have learned so much about who I am as an artist, and who I want to become. On top of that, I have been able to bond in the St. Francis Sisterhood! From my wonderful experiences with the performing arts at SF, **I have decided that I want to major in Musical Theatre in college.** I would not have gotten to where I am today if it weren't for the amazing teachers and programs at St. Francis.



Jessa Tiu, '22

When I heard the St. Francis **Chamber Singers** for the first time, I knew I wanted to sing with them some day. The girls' voices were absolutely angelic, filling the whole chapel with beautiful sounds. I would suddenly get goosebumps when they sang. And now I'm here, performing as a St. Francis Chamber Singer, loving my experiences with such amazing singers and friends. I always look forward to this class every B block. Singing with my classmates keeps me at ease, especially during busy school days. Enjoying my passion with girls who feel the same keeps me singing from my heart when we perform for an audience. **In every performance I invite the audience to experience the same emotions I am feeling as I sing my heart out to them.** Hearing the girls in Chamber Choir sing along with me is such an amazing feeling. It's so beautiful listening to those sounds that only we, as a choir, can make. Chamber Choir brings me a sense of unity and of sisterhood that I will always be a part of.



Bella McCoullough, '22

Concert Choir is a great introductory class for people interested in joining the choral program who don't have a lot of experience or simply want to learn about singing. The class is fun and gives you a great opportunity to learn to sing or improve your ability. Mrs. Harris, the choral director, does a great job and really helps you understand what you're learning and singing. Twice a year we perform in concerts along with Chamber Choir and other musical groups on campus. In the second semester we perform at a choir festival as a class. It is so fun to participate in the festival because along with performing, we receive feedback on our performance. Vocal Solos is an audition-only class that I loved; it was an amazing opportunity. **This class gave me the chance to work on my individual vocal skills and to perform songs I wanted to sing in a certain genre.** The Vocal Solos class performed at the solos recital and at the Christmas concert. The recital was so amazing and it was an opportunity to show what I had learned and performed over the semester. The performing arts program has given me so many opportunities to express myself.

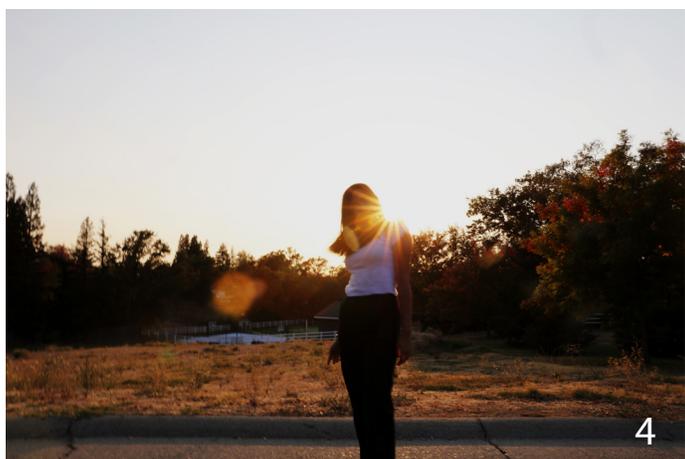


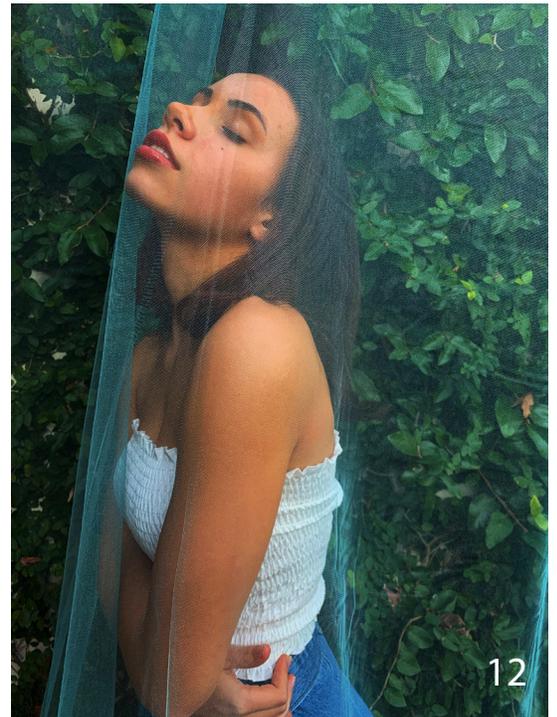
Emma Halloran, '21

Theatre has been a big part of my life since middle school, so I was super excited to take classes and perform at St. Francis. The mainstage productions in the fall and spring are a great way to meet people, share your love for performing, and learn about technical theatre as well. Last fall, I played Caliban in the SF production of Shakespeare's *The Tempest*, which is one of my favorite roles to this day. I had so much fun developing the character. Our director, Kiera Anderson, gave me enough artistic freedom to really make the character my own. Along with shows, **theatre classes teach different acting techniques, theatre history, and audition techniques**. If you love musical theatre, I would encourage you to audition for Show Choir as well! It puts more emphasis on singing and dancing rather than acting. The SF theatre program has helped shape who I am as both a human and an artist and has greatly prepared me for my future in the arts!



VISUAL ARTS





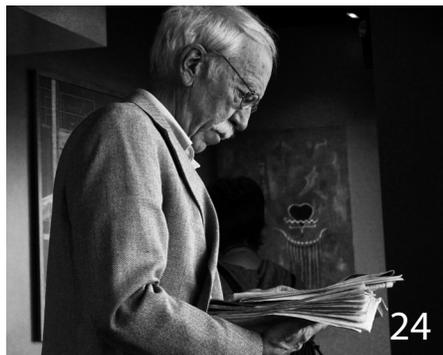
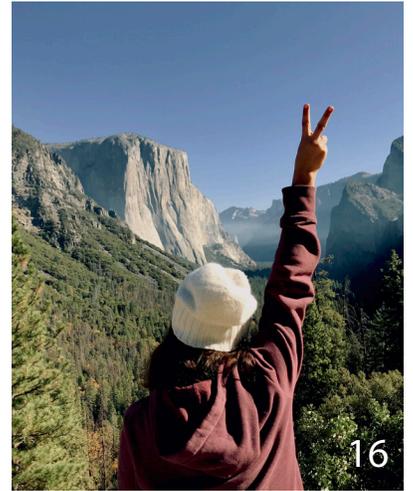
1. Cameron Kirby, '23. 2. Louise Morr, '23. 3. Sophia Edwards, '23.
4. Maya Hilger, '23. 5. Sofia Bacsafrá, '23. 6. Isabella Chavez, '21.
7. Maeve Browne, '23. 8. Madeline Brown, '21. 9. Kylie Andrews, '21.
10. Madeline Brown, '21. 11. Elena Moorehead, '21.
12. Madeline Brown, '21. 13. Sofia Bacsafrá, '23

Ava Chavez, '23

The first visual arts class I took at St. Francis was **Digital Photography**. Throughout the whole semester we had so much fun taking pictures and looking at regular things in a different way through a camera lens. It was like a completely different point of view, frozen in time. When I came into class on the first day of school I thought I was just taking a photography class, but boy was I wrong! I was in for a wild ride from day one. From sacrificing my off-brand ugg boots for a good photo in the rain, to blasting monster mash on Halloween, we did it all. I did a lot just to get a photo, and some of them weren't even good! But that's part of the photography experience. I learned a lot about Photoshop, and all the fun things you can do with it. We also got to watch videos and documentaries to improve the quality of the pictures we take. Your Instagram pictures will look so much better after this class. My friends and I even made photography accounts on Instagram! **This class offers a great challenge**. Since we can't leave campus we have to get creative and do our best at taking a unique picture. At the end of the day, it's really nice to look back at the memories I made in this class. It's easy to remember what happened because I have photos to remind me! Having them digitally is great because **these memories will last a lifetime!**

Justine Canio, '22

Visual Arts is a vibrant program focusing on the artistic perspective of students and has so many courses to choose from: drawing, painting, photography, figure sculpting, and even art history. I chose to take drawing for two semesters (levels 1 & 2) because I knew that it was not my strongest medium and I decided to challenge myself. Visual art is my preferred class because it separates students from the academically stressful courses and it acts as a reliever or a break to relax your hard-working brain. **The moment I take a brush or a pencil on a canvas, it immediately releases all of my difficult emotions and distracts me from tension and anxiety**. I also admire how art teachers don't judge students based on talent. Art is so unique, and I've come to realize that it's not only how visually pleasing your piece is, it is about expression, emotion, diversity, idea, and the conceptual meaning the artist tends to bring out visually to the eye. It is fun to experience different mediums, textures, techniques, and see my art skills develop over the years. **Visual Arts have become such a crucial part of my journey at St. Francis as an artist and it has gradually transformed me into a more strong-willed person.**



STUDENT CLUBS

Kayla Ann Stephens, '21

Club rush is an amazing opportunity to see what St. Francis offers and ways I can get involved on campus. During club rush, all student clubs are displayed so you can learn more about each club and sign up for ones you want to get involved in. These last three years at St. Francis I have been involved in many clubs, but one experience that stands out to me is my involvement in the Asian Pacific Islanders Club (APIC). APIC was a great outlet for me to branch out and get involved on campus. Through APIC, I was able to meet and form friendships with girls of all class levels. Getting involved in a student club allowed me to be surrounded by girls who shared a similar passion in our culture and form a special sister bond.

Student clubs at St. Francis are an amazing way to get involved in the community, discover new interests, pursue your current passions, and form beautiful friendships.



Isabela Tuazon, '22

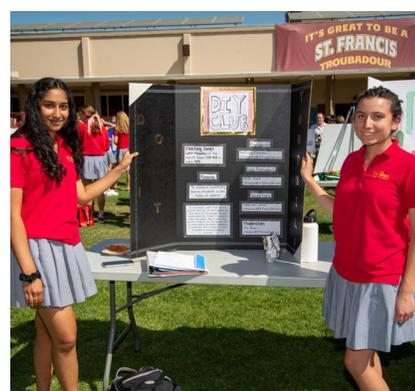
Through the many different clubs St. Francis has to offer, I was able to discover a passion for business and marketing. Although the Troubies Who Mean Business club is only a year old, we have done a lot! We attended a Women Who Mean Business event. At another club meeting we met the owner of the River Cats, Susan Savage. We even had the opportunity to be on Good Morning Sacramento, as well as help plan the popular St. Francis SELFe event. This club has helped uncover my passion for business and I am thrilled and excited to see where this path will take me. If there is one lesson I learned from this experience, it is to always take advantage of the opportunities that St. Francis has to offer. Whether it's sport teams, academic teams, or clubs, you should participate! Who knows, you might discover your true passion like I did.

Emma Halloran, '21

Clubs are a great way to get to know your classmates, as well as upperclassmen. **By joining clubs, you meet people who have similar interests as you and can form new friendships!** Not only can clubs help you meet new people, they can also give you opportunities and experiences in areas that you're interested in. I am one of the leaders of the Troubies Who Mean Business club (TWMB), and last summer I was able to attend the Sacramento Women Who Mean Business convention and luncheon. It was such a cool experience to meet so many successful women and hear their inspirational speeches! TWMB gave me an opportunity to hear expertise from professional women and experience a business convention, something I wouldn't have been able to do without the club.

Bella McCoullough, '22

Being a part of clubs at St. Francis is so fun. Troubie TV is a fun club with great opportunities to explore media and broadcast games in real time. As the club president I helped teach new members how to film and use the graphics for games. **I found it really fun helping lead the production aspect of the club and improving my leadership and planning skills.** In college I plan to continue media in any form I can participate in. Sophomore year I also joined Jazz Club so I could be more involved with performing arts. Jazz club was an amazing, small club. We had so much fun. I am so glad I branched out and joined it. It has given me a great new opportunity. Our club leader encouraged the idea that we didn't have to be perfect every time. This made the environment comfortable and welcoming.



ACADEMIC TEAMS



Simrit Singh, '23

Academic teams drew me to St. Francis. One of the teams that I decided to join freshman year was the Speech Team. I also joined the Mock Trial Team that year. **The diverse and unique opportunities at St. Francis are very cool and I was excited to be a part of these teams.** Something that I noticed from being a part of two teams at SF was that **each team was so**

welcoming and kind. Even though I was a freshman, there were a lot of upperclassmen that wanted to guide and mentor me. They never made me feel excluded and it was an encouraging environment all around. The competitions that we participated in were so cool because, as a team, we were representing St. Francis, and it felt good to see what other schools were capable of as well. In the future, I definitely see myself taking a public speaking or law path in college. I am glad that I am able to polish my skills at SF.

Emily Squires, '22

When I started high school, I was excited to compete on academic teams. **The first team I joined freshman year was the Academic Decathlon.** I was nervous the whole day leading up to my first team meeting because I had no idea what to expect. I didn't know anybody, but that didn't stop the others from being kind and welcoming from the moment I walked into the room. We worked hard to do well in the competition all season, and the hard work paid off in many ways. I learned many things from competing on the Academic Decathlon team. These lifelong lessons will always stay with me.

I experienced being part of a team and learned valuable skills applicable to working in a collaborative work setting. Most importantly, I got to meet many amazing new people and have fun with my team. Needless to say, I have since competed on Science Olympiad and Model United Nations, in addition to Academic Decathlon. **The people I have met, the experiences I have had, and the lessons I have learned are what make academic teams at St. Francis so special to me,** and why they have been an integral part of my high school experience.

STAFF & FACULTY



Jana Lukas, '21

No matter how stressed out I am, I know I can always count on the staff and faculty at St. Francis to get me through my busiest days. Each teacher is just an email away- they all respond extremely quickly and want nothing but the best for us. It is so easy to talk to them and they are open to meeting with us at our preferred times. Not only that, but if I'm ever bored during a free block and want someone to talk to, the guidance counselors are always there to check in with us and ask us how we are doing. Not to mention, the candy we get if we visit them!

I have never been to a school that has been more open to communication or has teachers that are so focused on seeing their students strive than SF. I love the connection each staff and faculty member has with students here and the way they strive to make sure we are all recognized. I would not trade anyone on this campus for the world!

Chloe Bonagura, '22

I have always been independent and headstrong in nature. I'm not the person who seeks out guidance and wisdom from others. I have grown up always figuring things out myself, solving my problems alone. I had never encountered a situation where that method had not worked out for me. It wasn't until Spring my sophomore year that I had needed help after some medical issues. However, I still refused to ask for it. It was the staff at St. Francis that reached out to me. They noticed that I had been going through an emotional and physical block. They didn't push or pry or demand that I speak with anyone.

The school acknowledged my difficulties and offered help and guidance. **The staff let me know that, whenever I was ready, they would give me a safe space to recover.** I learned how to talk about my problems in our Wellness Center, to help work over them with my guidance counselor and eventually get past them. As someone who never asks for help, it meant a lot that they offered it to me without me directly asking or making a scene about it. I also found comfort in how they approached the matter. **The staff allowed me to take it one step at a time, but they made sure I knew that they were with me each step of the way.**

ATHLETICS



Patricia Velilla, '23

Sports have always been an outlet for me to release stress, see friends, strengthen my ability to be a team player, and overall have fun. **The incredibly proud and spirited athletic community was a factor that got me interested in attending St. Francis.** As a newer player of lacrosse, with only one season of experience, I decided to give tryouts a chance at St. Francis. I did not end up making the team. Inevitably, I was sad but I learned so much during conditioning and tryouts.

I truly experienced amazing leadership and teamwork. We all conditioned tirelessly but supported each other through it all. It was beautiful to see some seniors who had finished the exercises run with other students until they also made the finish line. Girls cheered each other on, and the sisterhood was truly there. Once I found out I did not make the team, I emailed the coaches for ways I could improve for next season. They emailed me videos and gave me tips that I will graciously use to become a better lacrosse player. Then I remembered that SFHS offers non-cut sports, giving their students a variety of athletics to participate in. I emailed the swim

coach asking if I could join the team, considering it was still the beginning of the season. She enthusiastically said yes, giving me hope after a feeling of rejection. I truly enjoyed participating in swimming because I learned so much about the sport and made new friends. Although lacrosse and swim are two different sports, I noticed consistency with athletics at SFHS. **The coaches are supportive and helpful people who want what is best for their teams. The students support each other through wins and losses.** The teams strive for excellence in athletics, while also providing a united and caring place for athletes.

Bella McCoullough, '22

When I came to St. Francis I began playing water polo and the coaches and teams welcomed me into the program. The early practices gave me the opportunity to get my homework done after school rather than late after practice or in the mornings. **Playing a new sport really gave me the opportunity to learn new skills and improve as an athlete.** I was given the opportunity to have something challenging and new to try which I am extremely thankful for. By joining the team I made new friends and now I have a new appreciation for water polo. Lacrosse at SF has given me numerous opportunities to grow and improve. I felt welcome on the team and everyone respected and built each other up. **The values instilled in the athletics program really helps foster a strong and friendly community.** After I graduate I plan to play lacrosse at the collegiate level where I can get my degree and play against other highly skilled, dedicated players. From there I hope to transition to the professional Women's league.

SISTERHOOD



Sophia Saunders, '22

Even during times of hardship, especially a global pandemic, St. Francis is still very different from other schools. One of its most exemplary qualities is the amazing sisterhood within the community. Each class is bonded together by love and support for one another. Both on and off campus, the St. Francis community is supportive of each other. Troubies can form bonds with one another over similar interests through clubs, sports, and the classes they take. **Everyone wants to lift each other up.** There is always a Troubie willing to lend a helping hand. In the classroom, Troubies help one another by studying together, sharing resources, and helping each other understand concepts. The sisterhood comes alive particularly during homecoming week through friendly competition between classes. Each class comes together to help each other prepare for and compete in homecoming week. **St. Francis sisterhood values kindness, support, and understanding of others. Troubie sisters celebrate one another's diversity and life experiences.** We are all bonded together through Troubie spirit, but we appreciate the different aspects of being a Troubadour that each girl brings to the table.

Naymel Munir, '22

Coming from a smaller private school, I was nervous about making friends and fitting in. I was scared I'd get lost in the large student body at St. Francis. From my very first day as a freshman, these nerves went away. All upper-classmen and faculty welcomed me. In fact, **we were given Big Sisters to make sure we'd have someone to talk to right from the start. Having a Big Sister was so helpful; she made sure I always felt welcomed and comfortable.** She also introduced me to more people. It's moments like this that remind me what sisterhood truly means. Everyone at St. Francis is dedicated to supporting one another.

Eloise Krause, '22

One of the main reasons I was drawn to St. Francis as an eighth grader was the supportive environment I felt part of during my Shadow Day and Open House. **When choosing a school, I wanted to know that the students there would truly be supportive of one another and that I would feel comfortable approaching anyone.** The sisterhood at St. Francis provides this experience and makes the unique community present here possible, and unmatched by any other school in the area. The students are always open to offering advice and guidance, even to someone they don't know. I experienced this guidance on my first day of freshman year. I didn't know where to find one of my classrooms and due to the fact

that the block had already started, I couldn't find any teachers walking around. I noticed that there was a group of students lined up outside waiting for their class to start, so I walked over there and asked one of the girls if they could direct me to my class. This girl could have just told me where to go, but instead, she walked me all the way to my class and asked me how my first day was going. It was after this experience that I understood how strong the community at St. Francis really is, and I felt comfortable approaching anyone for help, or to offer my own advice to someone in need. That is what the sisterhood at St. Francis is all about.



Teaghan Brostrom, '23

Sisterhood. The word that you will hear over and over and over again as you look into St. Francis. It may seem just like an ordinary word that's constantly echoed and repeated. But the second you walk onto the St. Francis campus as a Troubie, it's no longer just a word. It becomes much more. It becomes a lifestyle. **Sisterhood is having 250 sisters right next to you for the best four years of your life.** Sisters that will be there to cheer for you, laugh with you, cry with you and dance with you. Not only in the classroom or on zoom but also in the pool, on the courts and on the field. Sisterhood is waking up early and dressing up in crazy colors and outfits on Homecoming Week to show how much you love your class, your school and your sisters. While this is important, sisterhood is much more than just dressing up. At St. Francis sisterhood is the little things that happen daily. Sisterhood is knowing that even though you forgot your Chromebook charger someone will always have one that you can borrow. Sisterhood is dancing and laughing in Serra Court with your friends. Sisterhood is having a friend that will wait in the long lunch line with you even though they aren't buying anything. Sisterhood is having someone who helps you study for a test during your free block. Sisterhood is being around other girls who have the same goals as you and making memories along the way. **Being immersed in the St. Francis sisterhood is something that every girl should get to experience.**





En Español

La hermandad. La palabra que escucharás una y otra vez mientras investigas a St. Francis. La hermandad puede parecer solo una palabra en que está repetida constantemente. Pero, el momento en que pisas el campus de St. Francis como un Troubie, ya no es solo una palabra. Se convierte en mucho más: un estilo de vida. **La hermandad es tener 250 hermanas junto a tí durante los próximos cuatro años mejores de tu vida.** Hermanas que estarán allí para reír contigo, llorar contigo y bailar contigo. No solo en el salón o en Zoom pero también en la piscina, en las cortes de baloncesto y voleibol y en las canchas. La hermandad es despertarse temprano y vestirse en colores brillantes y trajes divertidos durante la Semana de Bienvenida, para mostrar tu amor por tu clase, tu escuela y para tus hermanas. Mientras esto es importante, la hermandad es mucho más que solamente vestirse. En St. Francis la hermandad ocurre en las cosas pequeñas que ocurren a diario. La hermandad es saber que aunque olvidaste un cargador para tu Chromebook siempre hay alguien que te podría prestar uno. La hermandad es bailando y riendo con tus amigas en Serra Court durante el almuerzo. La hermandad es tener una amiga que esperaría en la línea larga de almuerzo contigo aunque ella no va a comprar algo. La hermandad es tener alguien que te ayude a estudiar para un exámen durante tu bloque libre. La hermandad es estar alrededor de otras niñas que tienen las mismas metas que usted. **Estar inmerso en la hermandad de St. Francis es algo que cada niña debe tener la experiencia.**

HOMECOMING WEEK

Cate Joaquin, '22

Homecoming week, or hoco week, as most students call it, is the most fun, crazy, and memorable week of the school year! Filled with various activities that range from extreme limbo competitions to intense deck preparation, hoco week offers a lot to look forward to. However, out of everything that goes on, Sports Day tops my list. Sports Day is by far the most competitive day as classes go head to head in different games. Between relays, obstacle courses, tug-a-war, knockout, marshmallow toss, and plunger skateboard races, class spirit reaches an all new high. For my past two years at St. Francis I have had the privilege of partaking in the three-legged race during sports day. Being a member of varsity cross country and track and field teams, this was not something myself, or my partners, took lightly.

Our trio devoted countless hours of practice in order to perfect our timing and coordination. When it came down to the real deal our hard work ended up paying off: we placed second two years in a row! I can still feel the rush of adrenaline as the Student Body Officers yell "take your mark" through the megaphone. In some ways, this light-hearted race felt like the state championship! Despite my competitive nature, the feeling of beating other classes wasn't what made the three-legged race so memorable. Instead, it was the sound of my fellow classmates cheering us on from the stands and chanting our names with pride that made it noteworthy. For me, the sense of class unity that comes from Sports Day is what makes it so special.

Jasmyne Warren, '23

Homecoming week (Hoco) my freshman year was filled with enthusiasm and excitement. Every day had a different theme. Day one of Hoco week we wore red and gold. Day two, every class wore their mascot jerseys. Our mascot is Marie, the cat from the Disney movie, Aristocats. Day three we wore our class colors. Day four everyone wore a specific costume/outfit to their Homeroom class. Sports day is also great. There is a rally with an obstacle course, dodgeball tournaments, and other entertaining activities. That same night, every class worked on their Homecoming float from the time school ended until 10pm. It was an enjoyable, hardworking night. Day five, the last day of the week, we held another rally with skits and dances from each class based on the Homecoming theme. Watching everyone's skits and dance routines was hysterical and entertaining. The following night, Saturday, was the Homecoming dance. Before the dance, my friends and I took pictures at the Rose Garden. Then we went to dinner before heading to the dance. I enjoyed myself at the dance and throughout the week. **Homecoming was an experience that I will look forward to for the rest of my high school years at St. Francis.**



Charlotte Gregson-Synhorst, '23

Homecoming was easily the highlight of my freshman year, it's where I began to feel like I belonged at St. Francis! One of the most memorable parts of HoCo week was the Homecoming rally held on Friday. This was the big event everyone spent many weeks prepping for in advance. The theme was "Fantasy Worlds" and I loved seeing all the floats, songs, skits, and dances finally come together to create something magical. Thursday night, the day before the rally, was "Build Night," where the floats were put together for the first time. I remember walking in and seeing everyone working hard to finish while still having a great time listening to music, chatting with friends, eating, laughing, you name it. **This was the night that I bonded with some of my closest friends. This was the night I realized I was meant to be a student at St. Francis and be a part of such an amazing community.** During the rally the next day, each class gave each other so much love and support while also encouraging the super fun and competitive spirit Troubies are known for. I can guarantee that you'll never experience anything like SF HoCo week at a different school, it's surely one of a kind.

Ta'Nasia Coleman, '22

Homecoming week for me is one of the most high-energy events on the St. Francis campus. The competitions between classes really rile everyone who has a competitive nature. Especially spirit sticks. My group of friends and I were running around on the last day trying to find spirit sticks. I found a spirit stick that day by accident. I thought the time for spirit sticks was over, so when I saw the stick I thought it might've been something for a project. I showed it to my friends and got the biggest celebratory hug from all of them. It was nothing short of organized chaos. A BBQ was held as well for the girls that stayed late, and food is always a welcomed treat. **Homecoming was fun for me, and it's a memory from St. Francis that will stick with me forever.**

TRANSFER EXPERIENCE

McKenna Hauteman, '22

Changing schools can be a very daunting idea, as it means that many new things are going to be happening all at once. New friends, new teachers, new processes and so many more things make this transition appear difficult. However, **my experience as a transfer student made me so grateful for the encouraging environment that St. Francis cultivates through its staff and students every day**, whether we are apart on screens or together on campus. Beginning with the staff, I truly felt that every teacher was there to help me and to aid me in the transition to this new environment. When I spoke with teachers about my concerns, they listened with a genuine interest in my well-being both academically and mentally. I felt that every teacher was there to help me succeed and to help me find the tools that would enable me to do my best. I was met with patience and kindness by these wonderful teachers, and I will always express my gratitude for the St. Francis staff. Another aspect of the Troubie community that I felt was so important

to my transition was the many amazing students who were eager to help me integrate into St. Francis. Girls whom I had never met before would come up to me and ask me how I was, or if I needed anything. The students are truly the best support system I received in my transition. The inclusive and spirited atmosphere present among the girls was one of the main factors that originally drew me to St. Francis. **The Troubie Spirit has certainly proven to be alive within the community, making transitioning to St. Francis a comfortable and exciting experience.** Although jumping right into St. Francis mid-way through the year seemed at first like a leap of faith into an unknown future, it ultimately was the best decision I could have made. St. Francis is preparing me for success both in High School and beyond through programs, staff, and students unlike any other in the area. I believe that this holds true for all students coming into St. Francis this year, and I am so excited for more future Troubies to begin this wonderful journey!

LEADERSHIP

Emily Dusel, '23

Being a part of Leadership at St. Francis has taught me to not only be a leader but has given me an opportunity to be myself and engage in school activities. **Leadership has also given me the opportunity to help other girls find a place and make them feel welcomed.** Getting to spend time with all the girls in your council gives you the opportunity to really bond and get to know each other. Especially being a freshman last year, it was so great getting to know the girls in council before starting so you already knew some people. Getting to do event set up and clean up with everyone in your council also provided for more opportunities to bond. **Leadership has given me an outlet at St. Francis to really explore who I am now and who I want to be as I grow.**



Sheridan Smith, '23

I chose to be involved in leadership because I wanted to be involved in school activities and meet people. And most importantly, I wanted to have a voice in our school experience and to help shape the plans for our freshman year. **What I have gotten out of leadership was so much more than what I had expected.** I learned to cooperate with others and to work as a team. I learned to listen to ideas other than my own and help build on those ideas and work to get them across to others. I developed amazing friendships with girls that I met on this team. **One of my favorite experiences was planning and working on homecoming week. I loved putting our ideas in motion.** We built the sets ourselves. I learned how to use power tools and paint large sets. Serving on the leadership team is definitely a highlight of my high school experience thus far and I am so happy to be a part of it.

Clare Epolite, '21

My leadership experience at St. Francis has taken many shapes and forms. I have enjoyed being an Ambassador because I have been able to tell other girls why St. Francis is so special. One of my favorite jobs as an Ambassador is Open House. **As an Ambassador, I have always felt a sense of pride when I give tours of St. Francis to prospective families.** I have also enjoyed going to Catholic elementary schools and giving presentations on the St. Francis experience. Being able to impart my knowledge and experience to junior high students has been a rewarding experience as well. As a Senior, I have the privilege of being on the Ambassador Leadership Board. With this new position, I am excited to lead wherever my help is needed. Another leadership role I have taken on campus was being a Senator on my Junior Class Council. I had the opportunity to be involved in the decisions that would affect our class and I was excited to be around dedicated and energetic young women. Being part of Student Council, I was able to experience Homecoming Week, Thankful Thursday, and other school functions in a different way. I was involved in events and I felt the joy and satisfaction when other Troubies benefited and enjoyed the work Student Leadership put in. These past three years, my leadership experiences have molded me into a strong, independent young woman who is guided by the Four Pillars of St. Francis Catholic High School.

Jianna Leatherby, '23

I chose to be in leadership because I wanted to be involved in bringing the fun, joy, and excitement to our class. I want to help facilitate a great year and make my class's high school experience the best it can be. I've received so many rewarding things from it. I learned so much about how to lead, how to work with people, and how to bring fun to the school. You get to spread ideas, bring fun, and meet people. Every class you get to be with a great group of girls, work with them, and learn from them. **My favorite thing about leadership is that you get to help plan some of the fun highschool experiences and work with a great group of girls.**

CAMPUS MINISTRY



Kelly Collins, '21

Campus Ministry at St. Francis is not only a fun way to get involved with the school but also gives you great opportunities to grow personally and spiritually. I became involved in Campus Ministry as a freshman when I took the Ministry Leadership elective. We learn how to incorporate leadership into your faith life, speaking at school masses, how to write different styles of prayers and lots of team projects. I loved the class so much that I took it again my junior year! **Ministry Leadership really pushed me out of my comfort zone and helped me grow in my relationship with God.** My sophomore and junior year I was a Eucharistic Minister and got to participate in the school masses in another capacity. By the end of my junior year I had realized that being a part of Campus Ministry at St. Francis was one of my very favorite things. So, I applied to be a Christian Service Leader (CSL). Now, as a senior, I get to work with a group of six other girls and the Campus Ministry Team encouraging other students in service and faith. St. Francis Campus Ministry has so many ways you can get involved. You never know what you will love until you try it out! **I encourage every student to step out of their comfort zone and try something new in high school.** It may very well be where you meet your best friends and what you love to do most at St. Francis.

Sophia Saunders, '22

Although St. Francis is a Catholic high school, the religions present among the student body are very diverse. Many Troubies practice other faiths besides Catholicism, and many do not practice a religion at all. As a non-Catholic, I have a different relationship with both mass and Theology class than my Catholic counterparts do. Although I don't actively participate in the Eucharist or other parts of the Catholic mass, I use mass as a silent meditation period. Mass can be used to get in touch with one's self, and have a little quiet time away from stress. Many pillars of the school are emphasized by the Catholic religion, but are also upstanding moral tenants that everyone should aspire to possess. Faith, leadership, excellence, and service are all important things for humans in general to practice, regardless of one's faith. Even though I am not Catholic, I still have faith in my classmates, demonstrate leadership on campus, perform with excellence in academics, and participate in service within my community. All of these principles of the school are important to every student. The St. Francis community is inclusive, regardless of what religion one practices. Even though theology classes encompass the Catholic religion, most of the time philosophy is added within discussions. During Junior year, Troubies study religions all around the world. Many of these religions possess the same tenants and moral values, even though their foundational belief systems are different. At St. Francis, no one's faith feels out of place.

Kayla Ann Stephens, '21

Growing up Catholic and attending a K-8 Catholic school, I knew I wanted to continue my Catholic based education at St. Francis. **As a prospective student, the Catholic identity and ability to be involved in Campus Ministry were really appealing, and ultimately had a big impact on my decision to attend St. Francis.** I began to get involved in Campus Ministry during my freshman year, when I took the Ministry Leadership Class. It was an amazing semester-long class that gave me the ability to connect with my Catholic faith on a deeper level. I was able to lead intercom prayers, read at Masses, help set up for prayer services, and learn more about how I can live my faith, both on and off campus. In addition to serving at masses, I have attended retreats every year, which help me take a break from the busy school schedule and reconnect with my friends, myself, and God. **My junior retreat was a really special experience, and one of my favorite SF memories so far!** Through both small and large group discussions, reflective activities, and personal quiet time, I was able to develop a closer relationship with my friends and strengthen my faith.

SFMS



Don't forget

DECEMBER 18,
2020

Financial Aid
Application due

JANUARY 7,
2021

Class of 2025
Application due



Have Additional questions about life at St. Francis?



Email our student ambassadors at:
ambassadors@stfrancishs.org

Questions about the application process?
Reach out to our Admissions Department at:
admissions@stfrancishs.org