



COURSE CATALOG

2025 - 2026

ST. FRANCIS CATHOLIC HIGH SCHOOL

5900 ELVAS AVENUE

SACRAMENTO, CA 95819

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GRADUATION REQUIREMENTS

- A minimum of 48 semesters or 240 credits is required for graduation.
- Each semester of coursework earns 5 credits.
- The semester requirements are:

SUBJECT	# OF REQUIRED SEMESTERS
THEOLOGY	8 (every semester of attendance)
ENGLISH	8
SOCIAL STUDIES	7
MATHEMATICS	6
SCIENCE	6
MODERN & CLASSICAL LANGUAGES	4
VISUAL & PERFORMING ARTS	2
PHYSICAL EDUCATION	3
HEALTH	1
ELECTIVES	3
TOTAL	48 semesters

GENERAL GUIDELINES

Prerequisites

Prerequisites are designed to ensure that a student is prepared to succeed in the course. For example, a student needs to master Algebra 2 in order to be successful in Precalculus.

Course Load Requirements

A student must be enrolled in a minimum of six courses (30 credits) each semester. Students may not exceed eight courses (40 credits) each semester; exceptions are made for one academic team (1 credit) each semester. Only seniors may register for one (5 credit) Student Intern course per semester to meet their six courses (30 credit) minimum.

Schedule Changes

The school will not process student initiated schedule changes for the next academic year, after the last day of Spring final exams without a penalty (see *Drop Policy*). Students may not request a schedule change based upon teacher preference. Unfortunately, we also cannot process schedule changes to accommodate free block preferences or carpools.

During the academic year, schedule changes are only allowed under the following circumstances:

- Students are cut from a sport and must add P.E. (see *P.E. Policy*).
- The school initiates the change determined through student performance in a class.
- The school erred in scheduling; for example, a schedule that is missing a required course.

Drop Policy

Students may not request a drop for a course in Theology, Social Studies, English, or an impacted course for which there was a waiting list. Also, they may not drop a course and add a Student Internship course to meet the six courses (30 credits) semester minimum requirement. Drops after the school schedule change window closes will only be allowed for school errors (e.g., a missing course), a school-initiated change determined through student performance in a class, or if a student is cut from a sport and must add a P.E. If a student requests a drop for any other reason, she will be subject to the policies listed below.

Yearlong Courses:

- Students will receive a “W” on their transcript for courses dropped within two weeks of the first day of school. Drops that occur after the first two weeks of school ends will be reflected on the transcript as a “WF” and will be counted as an “F” (0 grade points) in the GPA.
- Students who request a drop at semester will receive their first semester grades, and a “WF” on their transcripts for the second semester.
- Students who request a drop after the second semester has begun will receive their first semester grades and a “WF” on their transcripts for the second semester. A “WF” will be counted as an “F” (0 grade points) in the GPA.

Semester Long Courses:

- Students will receive a “W” on their transcript for courses dropped within two weeks of the first day of school. Drops that occur after the first two weeks of school ends will be reflected on the transcript as a “WF” and will be counted as an “F” (0 grade points) in the GPA.

Students on Academic Teams may request a drop if initiated by the teacher by halfway through the team’s season and at the discretion of the Academic Team coach. Because each Academic Team season differs in duration, each team’s halfway point is determined by the number of meetings held that season, per the team’s syllabus.

Retaking A Course Policy

If a student receives a “D” or “F” semester grade and retakes the course, both courses and grades will remain on the transcript. However, the higher grade will be used in GPA calculation and receive the credit. Students may not retake a course if they received higher than a “D” in the original course. A student requesting to retake a course at another institution must receive counselor and administrative approval for placement on the St. Francis Catholic High School transcript.

P.E. Policy

Students participating in any level of a St. Francis Catholic High School athletic team will earn 5 PE credits. (See Athletic Policies in the Parent-Student Handbook)

A senior who has taken two courses (10 credits) and is on a Spring sport must complete the entire season. If she is cut from a team or quits within the first two weeks of the semester, she must join a St. Francis non-cut sport or will be placed in a P.E. class. If she chooses to not try out or quits after the first two weeks of the semester, she will be placed in a P.E. class with a grade reduction commensurate with the amount of class time missed.

Students wishing to receive a P.E. waiver for a sport that is not a contract P.E. offering at St. Francis Catholic High School, must submit a P.E. Waiver form found on the school’s website within the first two weeks of the school year. Crew waivers are due at the end of October.

Honors and Advanced Placement Policy

When selecting an Honors or AP level course, students should be aware of the rigorous academic demands and time commitment required for each course including summer work. Students should check with their counselor and review the academic, athletic, and personal commitments so they do not overextend themselves. Students are encouraged to take a challenging course load but one which must be balanced against their co-curricular involvement. The broader the academic program, the more opportunities for college and career possibilities.

Consider carefully the classes chosen for both semesters of the upcoming school year. **The Master Schedule is built based on numbers of initial requests for each course and may limit requested changes later.**

Student Ranking

St. Francis has a rigorous college preparatory program; therefore, a cumulative ranking system based on GPA does not fairly represent a student's relative achievement. For this reason, St. Francis High School does not rank.

Honor Roll

Honor Roll is granted to students whose semester, weighted GPA falls into the following categories:

3.50 - 3.74: *Honor Roll*

3.75 - 3.99: *High Honor Roll*

4.00 - and above: *Highest Honor Roll*

ENGLISH DEPARTMENT

Eight semesters of English are required for graduation. The overall goal of the English program is critical thinking and effective communication, both written and verbal, reached through close examination of literature and informational texts. Students analyze literary and informational works, relying on shared inquiry methods for discussions and formal writing assignments. Writing assignments (both analytical and creative), verbal skills (in both discussions and presentations), and vocabulary all stem from the works studied. Grammar is taught in the context of the writing assignments. Classes contain a wide variety of genres, styles, and periods of literature in order to help students develop an appreciation for the subject matter. Students should complete their Summer Reading prior to the first day of school.

English 9 (*Grade: 9; English Credit: 10*)

English 9 is a literature-based class that develops the skills students need to interpret, analyze, discuss, and write about literature. Students participate in the “shared inquiry” method of literary analysis, which develops their interpretative skills. Seminar and class discussions promote clear communication and the use of textual support to answer complex questions. In addition to the core literature, various informational texts supplement the curriculum. The writing component of the class develops competence in fundamental grammar, rules of usage, and basic paragraph and essay writing. There are also several opportunities for creative writing and visual projects. UC/CSU A-G approved – b English. NCAA approved.

Prerequisite: None

English 10: Great Books (*Grade: 10; English Credit: 10*)

English 10 is a literature-based class that further develops the skills students need to interpret, analyze, discuss, and write about literature and informational texts. Students participate in the “shared inquiry” method of literary analysis, which develops their interpretive skills. Seminar discussions promote clear communication and the use of textual support to answer complex questions. In addition to the core literature, various informational texts supplement the curriculum. The writing component of the class develops competence in fundamental grammar, rules of usage, and more advanced paragraph and essay writing. UC/CSU A-G approved – b English. NCAA approved.

Prerequisite: English 9

English 10: Honors Great Books (*Grade: 10; English Credit: 10*)

Honors Great Books is a seminar-style course designed for sophomores with advanced skill levels in reading and literary interpretation. Literature selections are more challenging and range from Shakespearean drama to contemporary short stories. Students engage in the “shared inquiry” method of literary analysis, with emphasis on purposeful reading, open discussion of ideas, clear communication, and effective argumentation. In addition to the core literature, various informational texts supplement the curriculum. The writing program includes analytical and interpretive essays, autobiographical papers, and creative writing, with intense work on revision skills. UC/CSU A-G approved – b English. NCAA approved.

Prerequisite: English 9 and department approval

English 11: American Literature (*Grade: 11; English Credit: 10*)

American Literature surveys the unfolding of our American literary heritage from its roots into twentieth-century forms. Students explore fiction, poetry, and non-fiction texts. Assignments require students to recognize elements particular to each genre. The goal of this course is to develop critical reading skills and clear self-expression through writing, enhancing the student's ability to interpret and analyze American literature. Students are challenged to generate and explore questions that rely on higher level thinking skills, such as analysis, evaluation, and application to new situations. UC/CSU A-G approved – b English. NCAA approved.

Prerequisite: English 10: Great Books or English 10: Honors Great Books.

English 11: AP English Language & Composition (*Grade: 11; English Credit: 10*)

This course is structured chronologically to offer a survey of American Literature while also meeting the requirements of the College Board's unit guide for AP Language and Composition. Over the course of the year, students are required to read an assortment of novels, in addition to shorter works of fiction. Students also read a variety of nonfiction titles that provide opportunities to identify and explain an author's use of rhetorical strategies. The textbook for the course is 50 Essays, 6th edition. Early on, students are introduced to the 4 Big Ideas -- Rhetorical Situation, Claims and Evidence, Reasoning and Organization, and Style -- and then they are challenged to expand their understanding of these concepts with each subsequent piece they read and write. UC/CSU A-G approved – b English. NCAA approved.

Prerequisite: English 10: Great Books or English 10: Honors Great Books and department approval

English 12: Writing from Literature (*Grade: 12; English Credit: 10*)

In this course, along with analyzing literature, students actively engage in writing literature. Students read many literary genres—non-fiction, fiction, drama, and poetry. While critically analyzing these works, students also focus on developing an understanding of the writing process, learning how writers do what they do so that they can create their own writing in similar styles. Students write academic essays as well as original short stories, poems, personal essays, and short skits. Themes addressed include rites of passage, gender roles and expectations, marginalization, and recognition of self. Through class discussions and peer writing workshops, students will develop their creative writing, academic writing, revision, critical thinking, and communication skills. The course aims to produce students who think critically as they interpret and analyze literature and who write creatively in a variety of genres. UC/CSU A-G approved – b English. NCAA approved.

Prerequisite: English 11: American Literature or English 11: AP English Language

English 12: Literature & Film (*Grade: 12; English Credit: 10*)

Throughout this year-long course, students will analyze an assortment of written works and view a selection of films adapted from those works to gain a stronger understanding of the possibilities and challenges involved in the process of adaptation. Rather than merely distinguishing the differences between literature and film, students will determine stylistic and thematic intersections between the two media by exploring the transposition of literary elements to film and by considering the ways in which films are original works that can be "read." Through this comparative study, students will gain an appreciation of literary expression in both written and visual forms while further developing skills in writing, verbal communication, and critical thinking. Typical classroom activities include film viewings, short writing exercises, group projects, and seminar-based literature discussions. UC/CSU A-G approved – b English. NCAA approved.

Prerequisite: English 11: American Literature or English 11: AP English Language

English 12: Philosophy In Literature *(Grade: 12, English Credit: 10)*

This course seeks to understand how writers throughout the centuries have used literature as a means for intense philosophical examination of the world around them. To this end, students will read drama, poetry, fiction, and non-fiction while simultaneously learning about and grappling with the essential philosophical questions that drive each of the famous works. The class utilizes supplemental materials including videos, interviews, TED talks, artistic and musical pieces, and articles to better inform students' understanding of the core literature as well as the philosophical issues they present. Through the use of seminars, students analyze complex, abstract philosophical topics while connecting those topics to classic pieces of literature. Students present their thoughts and arguments through seminar class discussions, written analysis, and projects. UC/CSU A-G approved – b English. NCAA approved.
Prerequisite: English 11: American Literature or English 11: AP English Language

AP English Literature & Composition *(Grade: 12; English Credit: 10)*

AP Literature and Composition is offered to advanced seniors who want to experience a college-level course and are interested in taking the AP Exam in English Literature and Composition. The course involves extensive reading, writing, and discussion, and is ordered to higher level thinking skills. Literature selections favor works originally written in English, include authors from the 16th century through the 20th, and feature a wide variety of genres and styles. Writing instruction focuses on the critical analysis of literature, application of rhetorical principles, and development of stylistic maturity. All students enrolled in this course are required to take the AP English Literature and Composition exam spring semester. UC/CSU A-G approved – b English. NCAA approved.

Prerequisite: B or higher in English 11: American Literature or B or higher in English 11: AP English Language and department approval

VISUAL & PERFORMING ARTS DEPARTMENTS

A year-long course within the Visual and/or Performing Arts are required for graduation, though additional courses may be taken as electives. The school has a vibrant academic arts program with over twenty courses offered. An integral part of the school curriculum and community, our students develop their interests beginning through advanced classes in music, theater, dance, and visual arts.

Dance Courses:

SF Apprentice Dance Company (*Grade: 9-12, Arts Credit: 10*)

This year-long course satisfies the UC requirement for Visual & Performing Arts. This course will give students an opportunity to study and utilize a variety of techniques including but not limited to; ballet, contemporary, jazz, and modern at an intermediate level while learning a diverse body of choreography for performance and evaluation. Students will learn about the creative process while developing the artistic self through the use of choreographic principles. Students will have the opportunity to create and perform original choreography through group collaboration and with student leaders. This company studies and prepares for the annual Dance Concert and Spring Showcase during class time with minimal required after school rehearsals and performances which are scheduled by the Dance Director. Students enrolled in this course may request a P.E. waiver for one semester. This course may be repeated for credit. UC/CSU A-G approved – f -Visual & Performing Arts. (Additional 5 credit P.E. waiver given to students)

Prerequisite: Audition and/or teacher recommendation. Students must have advanced beginner or intermediate technique skills and vocabulary.

SF Dance Company (*Grade: 10-12, Arts Credit: 10*)

This year-long class fulfills the UC requirement for Visual & Performing Arts. An advanced level dance company, students will develop a deeper understanding and appreciation of artistic expression through meaningful exploration of dance and choreography. Students will advance their skills in ballet, contemporary, jazz and modern techniques, as well as refining their choreographic abilities. Students will grow their knowledge and use of choreographic principles at an advanced level. Students will have the opportunity to create and perform original choreography through group collaboration and with student leaders. This company studies and prepares for the annual Dance Concert and Spring Showcase during class time with minimal required after school rehearsals and performances which are scheduled by the Dance Director. Students enrolled in this course may request a P.E. waiver for one semester. This course may be repeated for credit. UC/CSU A-G approved – f Visual & Performing Arts. (Additional 5 credit P.E. waiver given to students)

Prerequisite: Audition only. Students must have advanced technique skills and vocabulary.

Introduction to Show Choir (*Grade: 9-12, Arts Credit: 5*)

Introduction to Show Choir is a beginning vocal and dance ensemble open to all students 9-12, no audition required. Students will perform beginning to intermediate level popular and musical theater repertoire. Training on interpretation, vocal and dance techniques and performance will be emphasized. Required rehearsals and performances are scheduled by the director. The course may be repeated for additional credit. This course does not meet UC/CSU entrance requirements. (Additional 5 credit P.E. waiver given to students)

Prerequisite: None

Show Choir (*Grade: 9-12, Arts Credit: 5*)

Show Choir is an advanced vocal and dance ensemble, open to all students 9-12 by audition only. Students will perform intermediate and advanced level popular and musical theater repertoire. Training on interpretation, vocal and dance techniques and performance will be emphasized. Required rehearsals, performances, and competitions are scheduled by the director. The course may be repeated for additional credit. This course does not meet UC/CSU entrance requirements. (Additional 5 credit P.E. waiver given to students)

Prerequisites: Audition and teacher recommendation. Students must have the ability to sing and dance at an intermediate level; one or two years experience or equivalent private instruction. Dress Fee: \$110

Dramatic Arts Courses:**Theater Arts I** (*Grade: 9-12, Arts Credit: 10*)

This course takes the student on a theatrical and dramatic journey around the world. Beginning with early Greek theater and ending with contemporary forms, students will learn the theory and practice of multiple styles of theater. Through ensemble work, students will develop skills in collaboration and creativity, as well as furthering their performance skills by developing vocal and physical acting techniques. Course units include: Ancient Greek theater, Commedia Dell'Arte, Musical Theater Appreciation, Moliere, Noh theater, and Shakespeare. We look at drama through a female lens, tracking the trajectory of women in the theater, as well as how female characters are portrayed and developed throughout history and in different parts of the world. UC/CSU A-G approved - f - Visual & Performing Arts.

Prerequisite: None

Theater Arts II (*Grade: 10-12, Arts Credit: 10*)

Theater Arts II is an intermediate level theater course designed for students with an interest in the theory and practice of theater. Students will study acting technique and styles, theater production practices, dramatic theory and dramatic literature. The curriculum will provide opportunities for students to consider a deeper exploration of drama as a pathway to college-level theater programs. Students will learn Stanislavsky acting technique as a base, and also explore various acting methodologies including, but not limited to: Meisner, Grotowski, Strasberg, Chekhov and Adler as well as Laban movement theories. Students will also gain exposure and opportunities to practice basic techniques in: directing, producing, playwriting, and dramaturgy. Theater Arts II encourages students to begin developing their unique artistic voice, engage with and understand new cultural and historical contexts, think and respond critically on aesthetic valuing, and integrate meaning learned through drama into their relationships to themselves, each other and the world. UC/CSU A-G approved - f - Visual & Performing Arts.

Prerequisite: Theatre Arts I.

Honors Theater Arts II (*Grade 11-12, Arts Credit: 10*)

This course mirrors Theatre Arts II with an Honors level component. Theater Arts II is an intermediate level theater course designed for students with an interest in the theory and practice of theater. Students will study acting technique and styles, theater production practices, dramatic theory and dramatic literature. The curriculum will provide opportunities for students to consider a deeper exploration of drama as a pathway to college-level theater programs. Students will learn Stanislavsky

acting technique as a base, and also explore various acting methodologies including, but not limited to: Meisner, Grotowski, Strasberg, Chekhov and Adler as well as Laban movement theories. Students will also gain exposure and opportunities to practice basic techniques in: directing, producing, playwriting, and dramaturgy. Theater Arts II encourages students to begin developing their unique artistic voice, engage with and understand new cultural and historical contexts, think and respond critically on aesthetic valuing, and integrate meaning learned through drama into their relationships to themselves, each other and the world. For the Honors component, each student will work individually and in collaboration with the instructor for one independent study project. This project can be a deeper exploration of a subject studied within the course, a creative project that utilizes the skills and theories explored in the course, or the preparation of an audition “book” or portfolio. UC/CSU A-G approved - f - Visual & Performing Arts.

Prerequisite: Theater Arts 2. All interested students must submit an application and/or audition for instructor approval.

Theater Tech & Design (Grade: 9-12, Arts Credit: 10)

This hands-on course will introduce students to all areas of technical theater. The students in this course will be directly involved with the productions at school. They will learn how to design and construct sets, costumes, sound, lights; hang lights, create special effects, paint, and build props for productions. Students will also learn how to use specialized software used by professionals in this field. Students will learn specialized vocabulary and utilize this vocabulary in a practical application through set design, lighting design, sound design, and costume design process. Students will reflect on design elements found in school and outside productions with design analysis and critique. Students will apply and hone their skills by working directly on productions. **NOTE:** Theater Tech and Design meets during I block, after school on Tuesday from 3:00-5:00. UC/CSU A-G approved - f Visual and Performing Arts.

Prerequisite: None

Musical Arts Courses:

Concert Choir (Grade: 9-12, Arts Credit: 10)

The Concert Choir at St. Francis focuses on performing beginning to intermediate level repertoire from selected eras and styles of music. Training in interpretation, rehearsal, vocal and performance techniques will be emphasized. In addition, the students will learn relevant music theory and history of the music performed. Required rehearsals and performances are scheduled by the director. This yearlong class fulfills the UC requirement for Visual & Performing Arts. The course may be repeated for additional credit. UC/CSU A-G approved – f Visual & Performing Arts.

Prerequisite: None

Dress Fee \$70

Chamber Singers (Grade: 9-12, Arts Credit: 10)

The Chamber Singers at St. Francis focuses on performing intermediate to advanced level repertoire from selected eras of music. Training in interpretation, rehearsal techniques and performance will be emphasized. In addition, students will learn relevant theory and history of the music performed. Required rehearsals, performances, and competitions are scheduled by the director. This performance group represents St. Francis and the diocese throughout the community of Sacramento as the primary

choral ensemble with multiple scheduled events. The course may be repeated for additional credit. UC/CSU A-G approved – f Visual & Performing Arts.

Prerequisite: Audition and teacher recommendation. Students must have the ability to sing at an intermediate level; one or two years experience or equivalent private instruction.
Dress Fee \$70

Honors Chamber Singers (Grade: 9-12, Arts Credit: 10)

Students enrolled in Honors Chamber Singers are members of the Chamber Singers ensemble. Students with the honors designation are required to develop an individualized semester or year-long project involving the Chamber Singers or other school vocal groups. With instructor support, students are allowed to focus on areas of musical leadership that interest them - such as rehearsal leadership, conducting, composing and arranging, research, community building, liturgical music, accompanying and even social media. UC/CSU A-G approved – f Visual & Performing Arts.

Prerequisite: One full year of Chamber Singers. Application/teacher recommendation required.
Dress Fee \$70

Vocal Solos (Grade: 9-12, Arts Credit: 5)

Students enrolled in this one-semester course receive one-on-one and small group instruction as a soloist and member of a small ensemble. Students are instructed in standard classical repertoire, performance technique and stylistic interpretation. In addition, students learn the history of the music performed and the relevant theory. Students are required to attend rehearsals, recitals and may choose to participate in spring semester festivals and competitions. This course does not meet the UC/CSU Visual & Performing Arts entrance requirement. The course may be repeated for additional credit.

Prerequisite: Audition and teacher recommendation. A student must have the ability to perform vocal music at an intermediate level with a minimum of one to two years' experience of participation in a choral group or private lessons.

Concert Orchestra (Grade: 9-12, Arts Credit: 10)

Concert Orchestra is the main instrumental ensemble representing St. Francis in school events. The Concert Orchestra will train in the interpretation and the period style of many musical eras. In addition to the techniques of rehearsal and performance, the student will be assessed on the ability to perform as a contributing, cooperative member, responsibly improving the level of the ensemble in every aspect. The director's schedules required rehearsals and performances. The students will continue to study music theory with an emphasis in sight reading, ear training and basic written theory. UC/CSU A-G approved – f – Visual & Performing Arts.

Prerequisite: Audition and/or teacher recommendation. Students must have at least 2 years playing experience on their instrument.
Dress Fee: \$70

Concert Band (Grade: 9-12, Arts Credit 10)

Concert Band is a beginning to intermediate level instrumental music class designed for students who wish to learn an instrument, want to continue their study of music. The course emphasizes the fundamental techniques involved in playing and performing on woodwinds, brass, and percussion instruments; sight reading, proper breath control, proper tone production, understanding of musical phrasing, proper care of musical instruments, basic music theory concepts and knowledge of understanding of musical symbols and terminology. The class includes performing, which provides an

opportunity for the student to put into practice what she has learned in class. UC/CSU A-G approved – f Visual & Performing Arts.

Prerequisite: Audition and/or teacher recommendation.

Dress Fee: \$70

Chamber Orchestra (Grade: 9-12, Arts Credit 10)

This is an advanced level ensemble performing as the music representatives of St. Francis in many school events and venues. The Chamber Orchestra will train in the interpretation and the period style of many musical eras. In addition to the techniques of rehearsal and performance, the student will be graded on the ability to perform as a contributing, cooperative member, responsibly improving the level of the ensemble in every aspect. The director schedules required performances and competitions. The students will continue to study music theory with an emphasis in sight singing, ear training and basic written theory. UC/CSU A-G approved – f Visual & Performing Arts.

Prerequisite: Audition and/or teacher recommendation. Students must have at least 2 years playing experience on their instrument and 1 year of Concert Orchestra and 1 year of Concert Orchestra.

Dress Fee: \$70

Honors Chamber Orchestra (Grade: 9-12, Arts Credit 10)

This is an advanced level ensemble performing as the music representatives of St. Francis in many school events and venues. The Honors Chamber Orchestra will train in the interpretation and the period style of many musical eras. In addition to the techniques of rehearsal and performance, the student will be graded on the ability to perform as a contributing, cooperative member, responsibly improving the level of the ensemble in every aspect. The director schedules required performances and competitions. The students will continue to study music theory with an emphasis in sight singing, ear training and basic written theory. Students will complete at least one public display of the discipline and one written thesis. The course will culminate with a capstone project which will incorporate the utilization of the entire class body to execute. UC/CSU A-G approved – f Visual & Performing Arts.

Prerequisite: Students must have completed at least 1 year of Concert Orchestra or Chamber Orchestra to be able to audition for this class.

Dress Fee: \$70

Symphonic Band (Grade: 9-12, Arts Credit 10)

Symphonic Band is a one-year course designed for upper-grade students demonstrating advanced technical proficiency on their instrument. Students will analyze, rehearse and perform grade 4-6 music (scale:1-6), including wind band masterworks by major classical composers in original form. Course content includes critique, sight reading, and study of music history, theory and the role of music in various cultures and in our current society. Daily home practice of performance literature is expected. Emphasis is placed on advanced study and potential career development. Course includes written and oral projects, solo, small ensemble and full ensemble performance, and a comprehensive, written final exam. UC/CSU A-G approved – f Visual & Performing Arts.

Prerequisite: Audition and/or teacher recommendation. Students must have completed at least 1 year of Concert Band.

Dress Fee: \$70

Honors Symphonic Band (*Grade: 9-12, Arts Credit 10*)

This is an advanced level ensemble performing as the music representatives of St. Francis in many school events and venues. The Honors Symphonic Band will train in the interpretation and the period style of many musical eras. In addition to the techniques of rehearsal and performance, the student will be graded on the ability to perform as a contributing, cooperative member, responsibly improving the level of the ensemble in every aspect. The director schedules required performances and competitions. The students will continue to study music theory with an emphasis in sight singing, ear training and basic written theory. Students will complete at least one public display of the discipline and one written thesis. The course will culminate with a capstone project which will incorporate the utilization of the entire class body to execute. UC/CSU A-G approved – f Visual & Performing Arts.

Prerequisite: One full year of Symphonic or Concert Band. Application and audition required.

Dress Fee: \$70

Percussion (*Grade: 9-12, Arts Credit 10*)

This course is designed to introduce the basic-advanced foundations of percussion as a member of the St. Francis Band/Orchestra program. A focus of study will concentrate on the techniques and skills required to become proficient in rudimental, concert, melodic, and auxiliary percussion. The course emphasizes the fundamental techniques involved in playing and performing on percussion instruments; sight reading, proper tone production, understanding of musical phrasing, proper care of musical instruments, basic music theory concepts and knowledge of understanding of musical symbols and terminology. Elements of the course will require outside work involving rehearsals and performances. Students will be expected to practice literature and techniques covered in class on their own time. Pending UC/CSU A-G approval – f – Visual & Performing Arts.

Prerequisite: Audition and/or teacher recommendation. Dress Fee: \$70

Visual Arts Courses:

Two semesters of Visual and/or Performing Arts are required for graduation, though additional courses may be taken as electives. Those with a strong interest in VA may choose to pursue the “Visual Arts Pathway” – a four year program which would include Introduction To Studio Art and any three or more Visual Arts classes.

Introduction to Studio Art (*Grade: 9-12, Arts Credit: 10*)

Welcome to the exciting world of artistic expression! The Introduction to Studio Art class is a year-long course designed to ignite your creativity, explore diverse artistic mediums, and develop fundamental skills in photography, drawing, painting, and sculpture. This course serves as a gateway for students to discover their artistic potential, foster a deeper understanding of various art forms, and cultivate a lifelong appreciation for the visual arts. UC/CSU A-G approved – f Visual & Performing Arts.

Prerequisite: None

Honors Advanced Studio Art (*Grade: 10-12, Arts Credit: 10*)

A rigorous, advanced level studio art course open to students working in two or three-dimensional art media. This class is for the serious art student who wishes to learn about portfolio development and proceed to AP Studio Art (or may be taken after). Methods of instruction include lecture, demonstration,

hands-on group, individual image production, and critique. Art will be examined in a historical context utilizing research, critical analysis, and studio exploration. Each student will be required to assemble a portfolio of their work at the end of the year in preparation for AP Studio Art. UC/CSU A-G approved – f Visual & Performing Arts.

Prerequisite: Introduction to Studio Art

Digital Film and Animation (Grade 10-12, Arts Credit: 10)

This course is designed to enable students to understand the history and practice of film and video production from both a theoretical and production perspective. By studying and analyzing films and the processes behind their creation, students in the course gain insight into the production and aesthetics of mass media. Lectures and assigned reading are accompanied by screenings of appropriate films, film clips, animation and by several hands-on film/animation -related projects. The course also serves to open discourse on the subject of pop culture's effects on various worldviews and vice versa through the following: Students will understand the value of filmmaking as a performing and visual art, including design, technique, screenwriting, and performance; as communication; and as an enhancement to life skills. Students will explore and gain insight into the historical relationships between film/media and society, culture, and worldviews. Students will investigate various film/video/animation genres - exploring technique, lighting, screenwriting, screen performance, and introductory film/video/animation production. UC/CSU A-G approved – f Visual & Performing Arts.

Prerequisite: Sophomores, Juniors & Seniors

AP 2-D Art & Design (Grade: 11-12, Arts Credit:10)

AP 2-D Art and Design is a college-level, two-dimensional design course. In this class, you'll refine your two-dimensional art skills, and use your own ideas to create unique works of art. You'll develop a personal inquiry question that will guide your artmaking through practice, experimentation, and revision. You can choose to demonstrate your 2-D art and design skills through painting, drawing, photography, graphic design, comic strip art, collage, printmaking, illustration, industrial design, animation, game design, fibers, and/or others. The portfolio of work you create over the course of the year will be submitted to the College Board towards the end of the second semester (deadline determined by the College Board). This class is recommended for those who work in two dimensional mediums and are taking their first AP level art class. UC/CSU A-G approved – f Visual & Performing Arts

Prerequisite: Juniors & Seniors, Interested students must submit an application

AP 3-D Design (Grade: 11-12, Arts Credit:10)

AP 3-D Art and Design is a college-level, three-dimensional design course. In this class, you'll refine your three-dimensional art skills, and use your own ideas to create unique works of art. You'll develop a personal inquiry question that will guide your artmaking through practice, experimentation, and revision. You can choose to demonstrate your 3-D art and design skills through sculpture, architecture, jewelry, fashion and apparel design, bookmaking, game design, interior design, fibers, and/or others. The portfolio of work you create over the course of the year will be submitted to the College Board towards the end of the second semester (deadline determined by the College Board). This class is recommended for those with advanced level skills in 3-D art or those who have already taken an AP level art class. UC/CSU A-G approved – f Visual & Performing Arts

Prerequisite: Juniors & Seniors, Interested students must submit an application

AP Drawing (*Grade: 11-12, Arts Credit:10*)

AP Drawing is a college-level drawing course. In this class, you'll refine your drawing skills, and use your own ideas to create unique works of art. You'll develop a personal inquiry question that will guide your artmaking through practice, experimentation, and revision. You can choose to demonstrate your drawing skills through painting, drawing, comic strip art, printmaking, illustration, animation, fibers, and/or others. The portfolio of work you create over the course of the year will be submitted to the College Board towards the end of the second semester (deadline determined by the College Board). This class is recommended for those with advanced level skills in drawing and who have already taken an AP level art class. UC/CSU A-G approved – f Visual & Performing Arts
Prerequisite: Juniors & Seniors, Interested students must submit an application

Honors Art History (*Grade: 11-12, Arts Credit: 10*)

This Art History course is designed to provide students with an understanding and enjoyment of architecture, sculpture, painting, and other art forms within historical and cultural contexts. In the course, students examine major forms of artistic expression from the past and the present from a variety of cultures. Students will learn to look at works of art critically, with intelligence and sensitivity, and analyze what they see. UC/CSU A-G approved – f Visual & Performing Arts.
Prerequisite: Juniors & Seniors

MATHEMATICS DEPARTMENT

Six semesters of Mathematics are required for graduation. Mathematics is the study of systems of logic and relationships. All students study Algebra (1 & 2) and Geometry. Upon building this strong logical foundation, students choose to pursue a further understanding of abstract math through a Precalculus and Calculus pathway, or a more applied approach to mathematics through Statistics.

Algebra 1 (Grade: 9-10, Mathematics Credit: 10)

This course is a standard first year Algebra course. Topics covered include operations with real numbers, solving and graphing linear equations, word problems, introduction to polynomials, factoring, quadratics, and radicals. Some sections of Algebra 1 may be designated for students who would benefit from extra support in building their mathematical foundation. UC A-G approved – c Mathematics. NCAA approved.

Prerequisite: HSPT and/or challenge test score(s).

Integrated Math 2 (Grade: 9-10, Mathematics Credit: 10)

Integrated Math 2 the conceptual standards of traditional Algebra 1/Integrated Math 1 and Geometry courses studied in Integrated Math 1. The focus of the course is quadratic expressions, equations, and functions, and comparing their characteristics and behavior to those of linear and exponential relationships from Math 1. In addition, it will introduce complex numbers, explore the link between probability and data, the relationships of right triangle trigonometry, and prove basic theorems. Integrated Math 2 consists of standards selected from the Number and Quantity, Algebra, Functions, Geometry, and Statistics and Probability conceptual categories. UC/CSU A-G approved – c Mathematics. NCAA approved.

Prerequisites: Integrated Math 1 (Required). Incoming freshmen: Passing score on IM 2 Challenge test and completion of IM 1 in middle school.

Geometry (Grade: 9-10, Mathematics Credit: 10)

Geometry continues to review basic Algebra skills while focusing on completing the common core standards for Geometry. Major topics include geometric proofs, properties of parallel and perpendicular lines, congruent triangles, basic properties of two- and three-dimensional figures including area and volume, similarity and proportions, basic trigonometric functions, and coordinate Geometry. Some sections of Geometry may be designated for students who would benefit from extra support in building their mathematical foundation. UC/CSU A-G approved – c Mathematics. NCAA approved.

Prerequisite: Algebra 1. Incoming Freshmen: Passing score on Geometry Challenge test and completion of Algebra I in middle school.

Algebra 2 (Grade: 9-12, Mathematics Credit: 10)

This course is the standard second year course in Algebra. Basic concepts are extended to include systems of equations, functions, relations, irrational and complex numbers, conics, exponential functions, logarithmic functions, and an exploration of trigonometry. Some sections of Algebra 2 may be designated for students who would benefit from extra support in building their mathematical foundation. UC A-G approved – c Mathematics. NCAA approved.

Prerequisite:

- *Sophomore/Junior/Senior: Integrated Math 1 & 2 or Algebra 1 & Geometry.*
- *Incoming freshmen: Passing score on Algebra 2 Challenge test and completion of IM 1/ IM 2 or Algebra 1/Geometry in middle school. Important for incoming freshmen: UC and CSU university systems require students to take a Geometry or Integrated Math 2 course. Students taking*

Geometry or Integrated Math 2 in the 8th grade may submit their 8th grade report card to the university when applying but the report card must state “Geometry” or “Integrated Math 2,” not just “Math.”

Honors Algebra 2 (Grade: 9-12; Mathematics Credit: 10)

This course is a second year course in Algebra. Basic concepts are extended to include systems of equations, functions, relations, irrational and complex numbers, conics, exponential functions, logarithmic functions, and an exploration of trigonometry. While the pacing is not dramatically different from the standard Algebra 2 course, the depth of understanding and level of difficulty of problems done for homework and exams is significantly different. The student is being prepared for Honors Precalculus and AP Calculus. UC A-G approved – c Mathematics. NCAA approved.

Prerequisite:

- *Sophomore/Junior: A (both semesters and exams) in Geometry or Integrated Math 2. Teacher recommendation.*
- *Incoming freshmen: Completion of Algebra 1/Geometry or IM 1/IM 2 in middle school and minimum score on Algebra 2 challenge test. Important for Incoming Freshmen: UC and CSU university systems require students to take a Geometry or Integrated Math 2 course. Students taking Geometry or Integrated Math 2 in the 8th grade may submit their 8th grade report card to the university when applying but the report card must state “Geometry” or “Integrated Math 2,” not just “Math.”*

Precalculus (Grade: 10-12, Mathematics Credit: 10)

This course is designed to help students understand and extend the fundamental concepts of Algebra and Trigonometry. These concepts will be used to model and solve real-life problems through extensive mathematical analysis. Success in this course will prepare the student for Calculus the following year. UC/CSU A-G approved – c Mathematics. NCAA approved.

Prerequisite: Both semesters: B in Algebra 2 or a C in Honors Algebra 2. Teacher recommendation.

Honors Precalculus (Grade: 10-12, Mathematics Credit: 10)

This course is an accelerated class designed to prepare the student for AP Calculus AB. A partial listing of topics covered in this class includes Analytic Geometry, Trigonometry, Linear Algebra, and Probability. UC/CSU A-G approved – c Mathematics. NCAA approved.

Prerequisite: Teacher recommendation will be required for this course. Eligibility for this course is determined by a combination of final exam and course grade for both semesters of Algebra 2 or Honors Algebra 2.

Statistics (Grade: 11-12, Mathematics Credit: 10)

This course builds competency in descriptive and inferential statistics with a focus on applying knowledge to the real world. Topics covered include discrete and continuous distributions, experimental design and sampling techniques, probability concepts, measures of variation and spread, confidence intervals, and hypothesis testing. This course includes labs which apply concepts and skills to real world situations and requires analytical writing. Measuring the probability of an event, interpreting probability, and using probability in decision-making are central themes of this course. UC/CSU A-G approved – c Mathematics. NCAA approved.

Prerequisite: Complete Algebra 2/ Honors Algebra 2 with a C- or better (second semester)

Calculus (*Grade: 11-12, Mathematics Credit: 10*)

This course covers most of the College Board Advanced Placement Calculus AB curriculum. Emphasis is placed on understanding the basic concepts. Topics include a study of limits and continuity; the definition of a derivative and learning several applications of the derivative, including graph analysis, optimization problems, and related rates; and applying the definite integral to analyze motion problems and finding areas and volumes. UC/CSU A-G approved – c Mathematics. NCAA approved.

Prerequisite: Second semester: B in Precalculus or C in Honors Precalculus and teacher recommendation

AP Calculus AB (*Grade: 11-12, Mathematics Credit: 10*)

This course covers the entire College Board Advanced Placement Calculus AB curriculum and prepares students for the AP Calculus exam given in May. These topics include a study of limits and continuity; the definition of a derivative and learning several applications of the derivative, including graph analysis, optimization problems, and related rates; and applying the definite integral to analyze motion problems and finding areas and volumes. In addition, it includes several topics, not in the AB curriculum, most notably some integration techniques and volumes by shells. Students learn to solve simple differential equations. All students enrolled in this course are required to take the AP Calculus exam in the spring.

UC/CSU A-G approved – c Mathematics. NCAA approved.

Prerequisite: Both semesters: A in Precalculus or B in Honors Precalculus and teacher recommendation

AP Calculus BC (*Grade: 11-12, Mathematics Credit: 10*)

This is a full-year course in the calculus of functions of a single variable. It includes all topics covered in Calculus AB, plus infinite series, Taylor polynomials and expanding the analysis of functions to include vectors, parametric and polar functions. This course prepares students to take the Calculus BC Exam, which students enrolled in this course are required to take in the spring. UC/CSU A-G approved – c Mathematics. NCAA approved.

Prerequisite: Passing score on AP Calculus AB Exam. Teacher recommendation.

AP Statistics (*Grade: 11-12; Mathematics Credit: 10*)

AP Statistics is a one-year course that introduces students to the major concepts and tools for collecting, analyzing and drawing conclusions from data. Students are exposed to four broad conceptual themes: 1. Exploring Data: Describing patterns and departures from patterns 2. Sampling and Experimentation: Planning and conducting a study 3. Anticipating Patterns: Exploring random phenomena using probability and simulation 4. Statistical Inference: Estimating population parameters and testing hypotheses. This course prepares students for the AP Statistics exam, given in May.

UC/CSU A-G approved – c Mathematics. NCAA approved.

Prerequisite: B in Precalculus or Statistics and teacher recommendation

MODERN & CLASSICAL LANGUAGES DEPARTMENT

Studying a second language provides the cognitive and intellectual preparation necessary to succeed in the academic and social environment the St. Francis graduate will encounter. Learning a second language allows her to gain an understanding of languages other than English, as well as of the peoples who communicate in French, Italian, Latin, and Spanish and their cultural products.

Faculty members teaching in the Modern and Classical Languages Department are native speakers and/or have lived extensively in countries where the language is spoken. Although the graduation requirement for St. Francis is two years, most students complete 3 or 4 years of one language and may take more than one language concurrently.

French

French 1 (*Grade: 9-12, Language Credit: 10*)

This first-year communicative-based course introduces the beginning student to the four basic language skills of listening, speaking, reading, and writing. Students learn the geography, customs, and culture of the language studied through reading, dialogues, and other communicative activities. There is a strong emphasis on pronunciation, parts of speech, and basic sentence structure. The student gains mastery of the grammar structure necessary to carry out basic communicative tasks. A contextual setting is provided to enhance understanding and to allow for successful communication. Vocabulary building is stressed while oral and listening comprehension is developed. Reading comprehension is elicited through the reading of short stories and passages that integrate the culture and everyday life of native speakers. The student's writing progresses from simple but clear sentences to meaningful dialogues and then to basic paragraphs about the individual student and her immediate world. UC/CSU A-G approved – e Language Other than English. NCAA approved.

Prerequisite: Proficiency in English grammar - based on results of entrance exam.

French 2 (*Grade: 9-12, Language Credit: 10*)

The second year of language study maintains a communicative-based approach. This course offers a strong emphasis on grammatical structures and is designed to further the student's abilities to speak and understand the target language in a situational context. The student advances in her ability to interpret and produce the written language while acquiring an understanding of the culture and environment of native speakers. Students continue studying Francophone Culture through readings and projects. This course aims to develop a Novice High Level of language proficiency (in accordance with ACTFL – American Council of Teaching of Foreign Languages) in all areas of the language: speaking, listening, reading, and writing. UC/CSU A-G approved – e Language Other than English. NCAA approved.

Prerequisite: C- or better in French 1

French 3 (*Grade: 10-12, Language Credit: 10*)

The third-year courses aim to increase the student's ability to communicate in the target language by expanding her vocabulary and her mastery of advanced grammar structures. Written and oral assignments based on contemporary literary pieces advance the usage of all tenses and permit extensive review of grammar concepts. The student learns more about the cultures and environment of the Francophone world through class discussions, foreign videos, reading, and researching authentic contemporary publications. Students at this level should be prepared to be in a "total immersion" environment. UC/CSU A-G approved – e Language Other than English. NCAA approved.

Prerequisite: C or better in French 2

AP French Language and Culture (*Grade: 11-12, Language Credit: 10*)

This course is intended to get students ready to take the AP French Language and Culture examination. It strives to promote both fluency and accuracy in language use and not to overemphasize grammatical accuracy at the expense of communication. It is designed to challenge the highly motivated student in the study of the language and in aspects of its literature, videos, and its culture. This course is intended for the student who wishes to continue studying the language at the university level, and is aimed to develop an Advanced Level of proficiency (in accordance with ACTFL - American Council of Teaching of Foreign Languages) in all areas of the language: speaking, listening, reading, and writing. Competence in speaking is promoted by discussions about current events, newspaper articles and literary pieces read, as well as videos viewed. Strong emphasis is placed on narrative, analytical, and persuasive writing. In order to best facilitate the study of language and culture, the course is taught in the target language and uses authentic material from various countries throughout the world where French is spoken. All students enrolled in this course are required to take the AP French exam at the end of the year. UC/CSU A-G approved - e Language Other than English. NCAA approved.

Prerequisite: B+ or better in Honors French 3, or an A in French 3, and teacher recommendation.

Italian

Italian 1 (*Grade: 9-12, Language Credit: 10*)

This is a first-year communicative-based course that introduces the beginning student to the four basic language skills of listening, speaking, reading, and writing. Students learn the geography, customs, and culture of the language studied through reading, dialogues, and other communicative activities. There is a strong emphasis on pronunciation, parts of speech, and basic sentence structure. The student gains mastery of the grammar structure necessary to carry out basic communicative tasks. A contextual setting is provided to enhance understanding and to allow for successful communication. Vocabulary building is stressed while oral and listening comprehension is developed. Reading comprehension is elicited through the reading of short stories and passages that integrate the culture and everyday life of native speakers. The student's writing progresses from simple but clear sentences to meaningful dialogues and then to basic paragraphs about the individual student and her immediate world. UC/CSU A-G approved – e Language Other than English. NCAA approved.

Prerequisite: Proficiency in English grammar - based on results of entrance exam.

Italian 2 (*Grade: 9-12; Language Credit: 10*)

The second year of language study maintains a communicative-based approach. This course offers a strong emphasis on grammatical structures and is designed to further the student's abilities to speak and

understand the target language in a situational context. The student advances in her ability to interpret and produce the written language while acquiring an understanding of the culture and environment of native speakers. These courses aim to develop a Novice High Grade of language proficiency (in accordance with ACTFL – American Council of Teaching of Foreign Languages) in all areas of the language: speaking, listening, reading, and writing. UC/CSU A-G approved – e Language Other than English. NCAA approved.

Prerequisite: C- or better in Italian 1

Italian 3 (Grade: 10-12, Language Credit: 10)

The third-year courses aim to increase the student's ability to communicate in the target language by expanding her vocabulary and her mastery of advanced grammar structures. Written and oral assignments based on contemporary and classic literary pieces advance the usage of all tenses and permit extensive review of grammar concepts. The student learns more about the cultures and environment of the native speaking world through class discussions, foreign videos, reading, and researching authentic contemporary publications. Students at this level should be prepared to be in a "total immersion" environment. UC/CSU A-G approved – e Language Other than English. NCAA approved.

Prerequisite: C or better in Italian 2

AP Italian Language & Culture (Grade: 11-12, Language Credit: 10)

This course is intended to prepare students for the AP Italian Language and Culture examination. It is an advanced-level course designed to challenge the highly motivated student to study the Italian language and aspects of its literature and culture. It is designed especially for the student who wishes to continue the study of Italian at the university level. This course aims to develop a medium to high range of competency in all areas of the language: speaking, listening, reading, and writing. Conversations and discussions promote facility in speaking. Students read, study, and discuss various literary genres and current events in modern-day Italy. Strong emphasis is placed on writing at a more intensive level (than level three.) The textbook is used for an in-depth grammatical review and to ensure grammatical accuracy. UC/CSU A-G approved – e Language Other than English. NCAA approved.

Prerequisite: B+ or better in Italian 3 and Teacher Recommendation

Spanish

Spanish 1 (Grade: 9-12, Language Credit: 10)

This first-year languages communicative-based course introduces the beginning student to the four basic language skills of listening, speaking, reading, and writing. Students learn the geography, customs, and culture of the language studied through reading, dialogues, and other communicative activities. There is a strong emphasis on pronunciation, parts of speech, and basic sentence structure. The student gains mastery of the grammar structure necessary to carry out basic communicative tasks. A contextual setting is provided to enhance understanding and to allow for successful communication. Vocabulary building is stressed while oral and listening comprehension is developed. Reading comprehension is elicited through the reading of short stories and passages that integrate the culture and everyday life of native speakers. The student's writing progresses from simple but clear sentences to meaningful dialogues and then to basic paragraphs about the individual student and her immediate world. UC/CSU A-G approved – e Language Other than English. NCAA approved.

Prerequisite: Proficiency in English grammar - based on results of entrance exam.

Spanish 2 (Grade: 9-12, Language Credit: 10)

The second year of language study maintains a communicative-based approach. This course offers a strong emphasis on grammatical structures and is designed to further the student's abilities to speak and understand the target language in a situational context. The student advances in her ability to interpret and produce the written language while acquiring an understanding of the culture and environment of native speakers. These courses aim to develop a Novice High Level of language proficiency (in accordance with ACTFL – American Council of Teaching of Foreign Languages) in all areas of the language: speaking, listening, reading, and writing. UC/CSU A-G approved – e Language Other than English. NCAA approved.

Pre requisite: C - or better in Spanish 1

Spanish 3 (Grade: 10-12, Language Credit: 10)

The third-year courses aim to increase the student's ability to communicate in the target language by expanding her vocabulary and her mastery of advanced grammar structures. Written and oral assignments based on contemporary and classic literary pieces advance the usage of all tenses and permit extensive review of grammar concepts. The student learns more about the cultures and environment of the native speaking world through class discussions, foreign videos, reading, and researching authentic contemporary publications. Students at this level should be prepared to be in a "total immersion" environment. UC/CSU A-G approved – e Language Other than English. NCAA approved.

Prerequisite: C or better in Spanish 2

Honors Spanish 3 (Grade: 10-12, Language Credit: 10)

This course is an accelerated, in-depth third level language program of study intended for the motivated language student. It is the recommended course for any student who plans to enroll in Spanish IV AP. The course aims to increase the student's ability to communicate in the language through extensive vocabulary building and mastery of advanced grammar structures. Grammar concepts are reviewed in the context of contemporary and classic literary pieces. Written and oral assignments advance the usage of all tenses. The student learns more about the native-speaking world in class discussions, foreign films' evaluation and by reading and researching contemporary publications. UC/CSU A-G approved – e Language Other than English. NCAA approved.

Prerequisite: A in Spanish 2 plus teacher recommendation

Spanish 4 (Grade: 10-12, Language Credit: 10)

Spanish IV is an advanced level course designed for the motivated student who wishes to complete four years of a foreign language. This course aims to develop an Intermediate Low to Intermediate Mid level of language proficiency (in accordance with ACTFL – American Council of Teaching of Foreign Languages) in all areas of the language: speaking, listening, reading, and writing. Students read and study various literary genres. Discussions of literary pieces and foreign films, as well as conversations about current events, promote facility in speaking. There is a strong emphasis on writing. UC/CSU A-G approved – e Language Other than English. NCAA approved.

Prerequisite: B or better in Spanish 3

AP Spanish Language and Culture (*Grade: 11-12, Language Credit: 10*)

This course, conducted in the language, includes a thorough grammar review as well as the study of literary works and films. AP Spanish Language and Culture is an advanced level course designed to challenge the highly motivated student in the study of the language and in aspects of its literature, its films, and its culture. Intended for the student who wishes to continue studying the language at the university level, this course aims to develop a Medium to High Intermediate Level of proficiency (in accordance with ACTFL – American Council of Teaching of Foreign Languages) in all areas of the language: speaking, listening, reading, and writing. Competence in speaking is promoted by discussions about the literary pieces read and the films viewed. Strong emphasis is placed on narrative, analytical, and persuasive writing. Students enrolled in the course are required to take the AP Exam in the spring. UC/CSU A-G approved – e Language Other than English. NCAA approved.

Prerequisite: B or better in Honors 3 or A in Spanish 3 and teacher recommendation.

AP Spanish Literature and Culture (*Grade: 11-12, Language Credit: 10*)

The AP Spanish Literature and Culture course is comparable to a third-year college Introduction to Hispanic Literature course. Students will learn to develop a high degree of competence in language skills and in the interpretation of literature. Students are required to read, analyze and discuss in writing a wide variety of representative works from three major genres: narrative, poetry, and drama, using the appropriate terminology and applying the different tools of literary criticism. Students will do a close reading of all fifty-three required readings in preparation for the AP Spanish Literature Exam. All students enrolled in this course are required to take the AP Spanish Literature exam at the end of the year. UC/CSU A-G approved – e Language Other than English. NCAA approved.

Prerequisite: Completion of AP Spanish Language and teacher recommendation.

Latin

Latin 3 (*Grade: 10-12, Language Credit: 10*)

The Latin III program includes an in-depth review of Latin syntax and grammar, as well as learning a few structures that were not learned in Latin 1 and 2, such as gerunds, gerundives, the volitive subjunctive, and conditional statements. The main focus of the class is on reading a variety of Latin literature in its original form, including classical poetry and prose, as well as post-classical authors. The writings of authors such as Cicero, Catullus, Horace, Caesar, and Jerome's Vulgate will be examined, and students will learn how to scan Latin meter. Students are encouraged to go beyond simply translating and to view selections as literature by examining style and rhetorical devices employed by the Latin authors. They will also be introduced to secondary scholarship in English about classical literature. Finally, Students will study the lives of important Latin authors from the 3rd century B.C. to the 18th century A.D. UC/CSU A-G approved – e Language Other than English. NCAA approved.

Prerequisite: C or better in Latin 2

AP Latin (*Grade: 11-12, Language Credit: 10*)

AP Latin is designed to promote the students' proficiency in advanced translation skills and their mastery of complex Latin syntax. The students learn poetic style, history, and mythology through the concentrated reading and translation of sections of Vergil's Aeneid and reading in English of the rest of the work. They discuss Aeneid's literary style and the use of epic influence in the dactylic hexameter poem. Through the study of the Aeneid, the students delve into the historical background of the first century B.C. and what the work tells us about Roman religion, mores and national identity. This course follows the curriculum of the AP exam and students will also read selections from Caesar's De Bello

Gallico that were not read in Latin 3. UC/CSU A-G approved – e Language Other than English. NCAA approved.

Prerequisite: Teacher recommendation.

PHYSICAL EDUCATION DEPARTMENT & SPORTS

The Physical Education Department strives to enrich the mental, physical and the moral development of all students by promoting spiritual, creative, and healthy lifestyles through high-quality programs. The department identifies the components of successful health-related physical education and implements these into all classes. Through the practice of dance, pilates, cardiovascular conditioning, and yoga, students improve their physical coordination, body alignment, awareness, agility, balance and strength.

In addition, relaxation breathing, guided meditation, and instruction on the importance of mental health awareness, and lifestyle choices assist students in dealing with the stresses associated with adolescence. Teachers emphasize participation in developmentally appropriate and enjoyable physical activities while providing students with the skills to assess their progress.

Courses

Health (*Grade: 9-12, Health Credit: 5*)

Health is a one-semester required course for graduation. The course focuses on helping students understand and develop healthy behaviors. The student will assess her current lifestyle choices and set personal goals aimed at improving her quality of life. Students learn to identify teenage health and investigate women's health issues in a supportive and collaborative environment.

Prerequisite: None

Yoga (*Grade: 9-12, P.E. Credit: 5*)

This course will introduce the student to the practice of Mindful Yoga that has been approved by our Catholic Diocese. Students will learn about five elements that make up this course: Connect, Breath, Move, Focus and Relax. This class will provide tools that help all teens navigate physical, mental and emotional barriers to learning, including improving focus and concentration skills and increasing emotional regulation capacity. Mindful Yoga fosters a space for joyful exploration and sharing of ideas while providing an environment of support and encouragement, where all students can feel safe and respected. All the poses can be modified, depending on the student's abilities and flexibility. Students who have previous experience will be challenged with intermediate and advanced levels of combinations.

Prerequisite: None

Fusion Fitness (*Formerly Full Force Training; Grade: 9-12, P.E. Credit: 5*)

Fusion Fitness empowers young women through physical education and practice. This course not only educates young women about the knowledge of body mechanics, anatomical awareness and the necessity of maintaining an active lifestyle, it also builds a sense of competency by increasing self esteem. The course focuses on the components of physical fitness; strength, flexibility, cardiovascular, coordination, and anatomical awareness. Fusion fitness training will include: cardiovascular fitness, cable machine equipment, free flow yoga, pilates, dance fitness, conditioning and weight training.

Prerequisite: None

Dance Grooves *(Formerly Dance Styles; Grade: 9-12, P.E. Credit: 5)*

The purpose of this all levels dance course is to promote creativity and physical fitness through movement. In this semester-long course, students will develop the dance skills and techniques from a variety of dance forms including Jazz, Salsa, Line Dance/Soul Train, Contemporary, Hip-Hop, Japanese Wotagei, and K-Pop dance will be introduced. This course is designed for those students who have an interest in dance, at any level or experience. In addition to learning dance techniques, students will practice and engage in physical fitness exercises to build their endurance, flexibility and strength. The course will continue to enhance their aesthetic perception and valuing, creative expression, and the study of dance heritage. Various activities and performances throughout the course will accomplish these goals. Through expression, exploration, and creation, students will build upon existing knowledge of this movement art and its relevance to society.

Prerequisite: None

Hula: Na Wahine 'O 'Olu (The Women of Grace) *(Grade: 9-12, P.E. Credit: 5)*

This year-long course enables students to learn basic Hawaiian language, Polynesian dance, and history. Through hula basics and choreography, the students will learn discipline, grace, teamwork, and commitment to reach each dancer's full potential in hula. Students learn techniques to dance hula gracefully through hand gestures, body movement and facial expression in addition to learning basic Hawaiian language and Hawaiian history. This class performs in many of the school events as well as some outside events.

Prerequisite: By audition only

Sports**Basketball** *(Grade: 9-12, P.E. Credit: 5)*

This winter/spring semester course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E.

Prerequisite: Selection for this team is based on a tryout. Students with no prior experience may try out, and if accepted the course will be added to your schedule.

Cross-Country *(Grade: 9-12, P.E. Credit: 5)*

This Fall course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E. Any student may participate.

Dive Team *(Grade: 9-12, P.E. Credit: 5)*

This spring course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in

the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E.

Prerequisite: Selection for this team is based on a tryout. Students with no prior experience may try out, and if accepted the course will be added to your schedule.

Golf (Grade: 9-12, P.E. Credit: 5)

The fall course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E.

Prerequisite: Selection for this team is based on a tryout. Students with no prior experience may try out, and if accepted the course will be added to your schedule.

Lacrosse (Grade: 9-12, P.E. Credit: 5)

This spring course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E.

Prerequisite: Selection for this team is based on a tryout. Students with no prior experience may try out, and if accepted the course will be added to your schedule.

Soccer (Grade: 9-12, P.E. Credit: 5)

This winter/spring course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E.

Prerequisite: Selection for this team is based on a tryout. Students with no prior experience may try out, and if accepted the course will be added to your schedule.

Softball (Grade: 9-12, P.E. Credit: 5)

This spring course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E.

Prerequisite: Selection for this team is based on a tryout. Students with no prior experience may try out, and if accepted the course will be added to your schedule.

Swimming (Grade: 9-12, P.E. Credit: 5)

This spring course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in

the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E. Any student may participate.

Tennis (Grade: 9-12, P.E. Credit: 5)

This fall course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E.

Prerequisite: Selection for this team is based on a tryout. Students with no prior experience may try out, and if accepted the course will be added to your schedule.

Track & Field (Grade: 9-12, P.E. Credit: 5)

This spring course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E. Any student may participate.

Volleyball (Grade: 9-12, P.E. Credit: 5)

This Fall course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E.

Prerequisite: Selection for this team is based on a tryout. Students with no prior experience may try out, and if accepted the course will be added to your schedule.

Water Polo (Grade: 9-12, P.E. Credit: 5, Cut -Varsity only)

This Fall course allows a student who plays on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file in the Athletic Director's office (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E.

Prerequisite: Selection for this team is based on a tryout. Students with no prior experience may try out, and if accepted the course will be added to your schedule.

Flag Football (Grade: 9-12, P.E. Credit:5)

This fall course allows a student to play on a St. Francis High School sports team to fulfill a semester of her P.E. requirement. Any student trying out for the first time in a cut sport should register for a P.E. class until she is officially accepted on the team. A St. Francis Sports Physical must be on file on FinalForms (each year) before tryouts begin. Failure to fulfill the team requirements will result in NO CREDIT for the semester of P.E.

Prerequisite: Selection for this team is based on a tryout. Students with no prior experience may try out, and if accepted the course will be added to your schedule.

Non SF Dance/ Sport Team Waiver (*Grade: 9-12, Credit: 0*)

Students who have been active and competitive for at least a year in a sport not offered at St. Francis High School may be eligible for a waiver. Students must provide appropriate documentation to be considered for approval. The Non-SF Dance/Sport Team Waiver application can be found in the counseling office. Coaches are required to sign the **form** and attach a letter of recommendation and competition calendar. Students who are not approved will be assigned to a P. E. class. This is a zero-credit course. Students enrolled in this course are exempt from one semester of P.E. and their graduation requirement for that semester is fulfilled.

All waivers must be submitted within the first two weeks of the school year inside the counseling office. *No late waivers will be considered with the exception of Crew, which is due the first week of October.*

SCIENCE DEPARTMENT

The SFHS Science Department promotes an understanding of the basic principles of science. After four years, the student will have an understanding of the basic order in nature and have an appreciation of the laws of the universe. Science courses are designed to meet the state standards and UC requirements.

Courses starting with the freshman year are developed in a sequential fashion to encourage upper-level courses in the future.

Integrated Science (Grade: 9, Science Credit: 10)

Integrated Science is a survey course that engages students in scientific inquiry while developing their natural curiosity about the world around them. Students participate in discussion, projects, and lab investigations. The curriculum of this course is designed to provide students with a solid foundation for future lab sciences. The class integrates the concepts from physics, chemistry, biology and earth science. UC/CSU A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: Placement in this course is determined by the Placement Test scores.

Biology (Grade: 9-10, Science Credit: 10)

Biology is a laboratory science course that focuses on the study of life. The course begins with an inquiry into the chemistry of life and proceeds to an examination of the fundamental concepts of cellular biology, including an in-depth study of cellular structure and function. Biology students study photosynthesis, cellular respiration, cell growth and division, the fundamentals of DNA and RNA, genetics, and the anatomy and physiology of the human reproductive systems. The Biology course introduces students to bacteria, viruses, fungi, animals, and plants, focusing on their cellular similarities and differences. Scientific thinking, analysis, and laboratory skills are emphasized along with Biology's connections to other scientific disciplines. Students practice scientific writing skills and learn to think deeply in order to apply what they have learned during laboratory activities. UC/CSU A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: Placement in this course is determined by the Placement Test scores or those who have completed Integrated Science at St. Francis.

Honors Biology (Grade: 9-10, Science Credit: 10)

This course is designed to teach the student the fundamental principles of Biology and to prepare her to succeed in future biologically based courses on the high school and college level. The curriculum is covered in greater depth and at a more accelerated pace than Biology. Honors Biology engages the student with demonstrations, laboratory exercises, case studies, debates, microscopy, and dissections as they discover Chemistry, Biochemistry, Cytology, Molecular Biology, Genetics, and Anatomy and Physiology. The course aims to teach students the necessary laboratory skills needed for success in science courses, such as observation, analysis of data, microscopy, and dissection. Critical thinking and communication are an integral part of this course. UC/CSU A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: Incoming freshmen: Placement in this course is determined by the Placement Test scores or by St. Francis Integrated Science teacher recommendation.

Chemistry (Grade: 10-12, Science Credit: 10)

This course is designed to teach the fundamental principles of chemistry and to prepare students for physical science classes on the high school and university level. The class stresses basic problem-solving techniques and understanding the major theories in chemistry through written and laboratory work. Since chemistry is an experimental science, time equivalent to one period a week is spent in the laboratory. UC/CSU A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: Completion of Biology or Honors Biology with a C or higher in both semesters. Completion of Algebra 1 with a C or higher in both semesters.

Honors Chemistry (Grade: 10-11, Science Credit: 10)

This course is designed to teach the highly motivated student fundamentals of Chemistry and to prepare her to succeed in further physical science classes at the high school and university level. The class stresses basic problem-solving techniques and understanding of the major theories in Chemistry through written and laboratory work. Concepts will be studied in greater depth and at a faster pace than in the regular Chemistry class. More advanced mathematical skills will be required. Since Chemistry is an experimental science, time equivalent to one class per week is spent in the laboratory. UC/CSU A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: Completion of Biology with a C+ or higher in both semesters or Honors Biology with a C or higher in both semesters; Completion of IM2/Geometry with a B or higher in both semesters; Attendance of informational meeting; teacher recommendation.

Physics (Grade: 10-12, Science Credit: 10)

The central theme of this UC approved lab science course is the inter-relationship between matter and energy. Students will develop an understanding of the basic concepts of physics and how they relate to our everyday world. Activities and projects will drive the learning of physics concepts. The time equivalent to one period per week or more is spent in the laboratory. Students who are planning on studying science at the university level should take a Physics class. UC/CSU A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: Complete Algebra 2 with a C or better or Concurrent enrollment in Algebra 2

Honors Physics (Grade: 10-12, Science Credit: 10)

The central theme of Honors Physics is the inter-relationship between matter and energy. Students will develop an understanding of the basic concepts of physics and how they relate to our natural world. This course also stresses the skills necessary to set up logical solutions to more complex problems, which are developed as combinations of fundamental concepts. Laboratory work and problem solving will be key to the understanding of everyday experiences. Concepts are reinforced through homework, special projects, demonstrations, small group and class discussions, and guest speakers. The time equivalent to one period per week is spent in the laboratory. Students who are planning on studying science at the university level should take a Physics class. UC/CSU A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: A- or Better in Geometry AND concurrent enrollment in Honors Algebra 2 OR A- or better in Geometry AND completion of Algebra 2, OR B- or better in Precalculus OR Senior standing with concurrent enrollment in Precalculus; Problem Solving Assessment required

Biology II (*Grade: 11-12, Science Credit: 10*)

This is a college preparatory course that provides students with the concepts, principles, and methodologies necessary to understand some of the interrelationships that occur in the natural world. The first semester investigates topics in Ecology: the biosphere, species' adaptations, natural selection, climate, weather, biomes, and fire ecology. We explore population ecology—how populations grow, how they are controlled, cycles in population growth. We look at the human population—its growth, trends, and predictions, and analyze ecological footprints. We learn about communities and ecosystems—their structure, interactions, food webs, disturbances, and nutrient cycles. The second semester encompasses topics in Environmental Science. We include solid waste, fossil fuels, renewable energy, climate change, water resources, and sustainable development. Class time consists of lectures and developing scientific investigation and thinking skills through experimental data collection, data analysis, and research, and observations. UC/CSU A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: C or better in any two of the following science courses: Integrated Science, Honors/Biology, or Honors/Chemistry

AP Chemistry (*Grade: 11-12, Science Credit: 10*)

AP Chemistry is a course that covers the same concepts as the Honors Chemistry course; however, the subject matter is covered in much greater depth and requires a much higher level of critical thinking and analysis skills. Topics covered in the class include atomic theory and atomic structure, chemical bonding, states of matter, solutions, reaction types, stoichiometry, equilibrium, kinetics, and thermodynamics. There is a much stronger emphasis on chemical calculations and the mathematical formulation of chemical principles. The course is based on the national Advanced Placement Curriculum in Chemistry. All students enrolled in this course are required to take the AP Chemistry exam at the end of the year. UC/CSU A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: Completion of Honors Chemistry with a B- or better OR completion of Chemistry with an A-; A- or better in Geometry AND concurrent enrollment in Honors Algebra 2 OR A- or better in Geometry AND completion of Algebra 2 OR Senior standing with concurrent enrollment in Precalculus; attendance of information meeting; teacher recommendation

Anatomy & Physiology (*Grade: 11-12, Science Credit: 10*)

Anatomy and Physiology is a rigorous UC approved lab science course designed for the student interested in continuing studies of the life sciences. Students will receive the foundation necessary to pursue areas of medicine and other health-related fields when they enter college. This course is an intense exploration of body systems that include many laboratory investigations. There are three mandatory dissections in this course: sheep brain, sheep heart, and a comprehensive three-week exploration of a cat. UC/CSU A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: B- or better in Honors Biology or B or better Biology; B- or better in Honors Chemistry or Chemistry; teacher recommendation

Applied Chemistry & Technology (*Grade: 11-12, Science Credit: 10*)

This is an upper division chemistry course designed to further students' understanding of the concepts covered in her first year chemistry course, introduce additional topics generally encountered in a college chemistry course, and require students to apply her understanding of the material to culturally relevant topics and real-world problems in the areas of medicinal chemistry, environmental chemistry, consumer chemistry, and forensics. There will be a strong emphasis on the study of technological advances in chemistry, such as nanotechnology and alternative fuels, the use of technology in labs and the acquisition and analysis of data, and the emerging field of Green Chemistry. In addition, students will gain experience in chemical engineering principles and methods through labs and other activities. Topics covered in the class include atomic theory and atomic structure, chemical bonding, nuclear chemistry, states of matter, solutions, reaction types, stoichiometry, equilibrium, kinetics, and thermodynamics. UC/CSU A-G approved – d Laboratory Science. NCAA approved.

Prerequisites: B- or better in Chemistry or Honors Chemistry, completion of or concurrent enrollment in Algebra 2; teacher recommendation

AP Biology (*Grade 11-12, Science Credit: 10*)

This course is equivalent to a college biology course for biology majors. The course follows the curriculum set by the national Educational Testing Service. Topics covered include molecules, cells, genetics, evolution, organisms, and populations. Extensive laboratory work will be performed. This is designed for the student who plans to pursue science in college or for the student who wishes to complete a college science requirement while in high school. All students enrolled in this course are required to take the AP Biology exam at the end of the year. UC/CSU A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: Completion of Biology/Honor with a C; Completion of Chemistry/Honors with a C or better; Attendance of informational meeting required; department recommendation.

SOCIAL STUDIES DEPARTMENT

The Social Studies Department of St. Francis High School believes that an understanding of the human condition in the past and throughout the world today is the best preparation for concerned, responsible, and active citizenship in a society of rapid change and high technology. Through the examination of other cultures, historical time periods, the changing role of government, and economic development, students understand the importance of past events in relation to future decisions.

We believe that strong Christian values will help our students evaluate issues on the local, national and international levels. We urge students to foster a critical sense of what is permanent and meaningful, and reject superficial and transient values, through participating in the political process, government forums and volunteer service within their community. We promote sympathy, justice, and peace in all human relations so that our students will act from a basis of love and conviction to make our world a better place to live.

Early World History & Geography (*Grade: 9, Social Studies Credit: 5*)

Early World History & Geography is a College Preparatory Course for freshmen. The one-semester course will allow students to develop the fundamental historical-thinking skills of chronological reasoning, evaluating cause and effect relationships, identifying historical significance, as well as examining various perspectives and historical interpretations in order to provide students a more diverse and inclusive view of the world. The course will focus on primary and secondary source analysis to promote critical thinking and writing skills and will also incorporate geography and current event presentations throughout each unit of study: Muslim Empires, Medieval Africa, the East Asian World, Pre-Columbian America, and the Age of Exploration. This class will cover approximately from 500 C.E. to the late 1700s C.E. and is designed as a precursor to the sophomore level World History course. UC/CSU A-G approved – a History/Social Studies. NCAA approved.

Prerequisite: None

World History (*Grade: 10, Social Studies Credit: 10*)

World History is a College Preparatory Course for sophomores, which acts as a continuation of the narrative of Early World History and Geography begun in the freshman year social studies course. World History continues to examine the effect of geography on the modern world, from the seventeenth century through the present. Students trace the rise of democratic ideas and develop an understanding of the historical roots of current world issues, especially as they pertain to international relations. Major themes throughout the year-long course include: the rise and spread of democratic ideas and revolutions, the Industrial Revolution, Imperialism, World War I and its consequences, Totalitarianism, the causes and consequences of World War II, the Cold War, and the post-colonial contemporary world. Students will develop an understanding of current world issues and relate them to their historical, geographic, political, economic, and cultural contexts. Students analyze primary and secondary sources in order to consider multiple accounts of events and understand international relations from a variety of perspectives. UC/CSU A-G approved – a History/Social Studies. NCAA approved.

Prerequisite: Early World History & Geography

AP World History (*Grade: 10, Social Studies Credit: 10*)

AP World History is offered to sophomores who want to experience a college-level course. The course develops a deeper understanding of the interaction between various human societies and the evolution of global processes and contacts from 1200 to present. This understanding develops through both analytical skills and factual knowledge. The course involves comparing and contrasting noteworthy societies and learning the causes and consequences of transitions in societal foundations. An emphasis on knowledge of content, coupled with the interpretation of major issues and the examination of primary and secondary sources is central to the course. Precedents based on culture, institutions, and technology, plus geography set the stage for human analysis. Specific time periods and themes provide an organizational framework to handle change and provide continuity for a scholarly examination of the course. All students enrolled in this course are required to take the AP World History exam at the end of the year. UC/CSU A-G approved – a History/Social Studies. NCAA approved.

Prerequisite: Early World History & Geography and Department Approval

US History (*Grade: 11, Social Studies Credit: 10*)

U.S. History a College Preparatory course for juniors. It is a full year survey course beginning with an overview of early American history through the Reconstruction era. Students engage with the social, economic, and political history of the U.S. by examining major turning points in American history including industrialization, reform, imperialism, World War I, the Depression and the New Deal, World War II, the Cold War, Civil Rights, Watergate, and more recent contemporary issues. During the year the following themes are emphasized: the expanding role of the federal government and the courts, the continuing tension between the individual and the state, the ongoing conflict between minority rights and majority power, the impact of technology on American society, the movements toward equal rights for racial and ethnic minorities and women, and the growth of the United States as a world power. This course also builds the skills necessary for students to investigate, analyze, interpret, and evaluate historical materials in order to create original research projects and oral presentations. UC/CSU A-G approved – a History/Social Studies. NCAA approved. *Prerequisite: World History or AP World History*

AP US History (*Grade: 11, Social Studies Credit: 10*)

AP U.S. History is offered to juniors who want to experience a college-level course.. It is a chronological survey course covering the period from the indigenous people prior to Columbus contemporary America (2000). The Advanced Placement program in United States History is designed to provide students with the analytical skills and factual knowledge to deal critically with the problems and issues in United States History. Students will learn to assess historical materials, their relevance to a given interpretive problem, their reliability, and their importance, and to weigh the evidence and interpretations presented in historical scholarship.. All students enrolled in this course are required to take the AP US History exam at the end of the year. UC/CSU A-G approved – a History/Social Studies. NCAA approved.

Prerequisite: World History or AP World History and Department Approval

Civics (*Grade: 12, Social Studies Credit: 5*)

Civics is a College Preparatory semester course for seniors. In this course, students pursue a deeper understanding of the institutions of American government and politics. Students compare systems of government in the world today and analyze the history and changing interpretations of the Constitution, the Bill of Rights, and the current state of the legislative, executive, and judiciary branches of government. Students will also analyze influences on the policymaking process from outside of the government through the study of the beliefs and behaviors of citizens and the mechanisms that allow citizens to organize as well as communicate their interests. An emphasis is placed on analyzing the relationship among federal, state, and local governments, with particular attention paid to important historical documents. Students will examine the contributions of people of color and their efforts to attain the rights and liberties afforded to all United States citizens. These standards represent the culmination of civic literacy as students prepare to vote, participate in community activities, and assume the responsibilities of citizenship. Students will get an opportunity to see the functioning of political campaigns, local government, and the court system first hand through participation and observation. UC/CSU A-G approved – a History/Social Studies. NCAA approved.

Prerequisite: US History or AP US History

Economics (*Grade: 12, Social Studies Credit: 5*)

Economics is a College Preparatory semester course for seniors. It is a unique upper-division social science course which enables students to use economic concepts in a reasoned, careful manner dealing with personal, community, and national economic issues. This course involves both theoretical and practical approaches to the ideas of scarcity and exchange, and includes a study of the tools of analysis such as charts and graphs. Along with a survey of microeconomic and macroeconomic principles, students will have the opportunity to investigate current economic issues and analyze how these issues relate to the concepts studied in class. Students also create a Personal Finance Portfolio while studying employment, money management, savings, and investing topics. This course integrates good citizenship with the understanding of economics, and thus serves as an excellent course paired with Civics in the senior year. UC/CSU A-G approved – a College-Preparatory Elective. NCAA approved. *Prerequisite: U.S. History or AP US History*

AP US Government & Politics (*Grade: 12, Social Studies Credit: 5*)

AP United States Government and Politics is offered to seniors who want to take a college level course.. It introduces students to key political ideas, institutions, policies, interactions, roles, and behaviors that characterize the political culture of the United States. The course examines politically significant concepts and themes, through which students learn to apply disciplinary reasoning, assess the causes and consequences of political events, interpret data, analyze sources, and write evidence-based arguments. Major units of study include foundations of democracy, political ideology and beliefs, public participation through linkage institutions, interactions among the branches of government, and civil rights and liberties. This course prepares students by focusing on content and skills coupled with current events to understand modern issues in government and politics of the United States. All students enrolled in this course are required to take the AP U.S. Government and Politics exam at the end of the year. UC/CSU A-G approved – a History/Social Studies. NCAA approved.

Prerequisite: US History or AP US History and Department Approval

AP Microeconomics (*Grade: 12, Social Studies Credit: 5*)

AP Microeconomics is an introductory college-level microeconomics course offered to seniors. Students cultivate their understanding of the principles that apply to the functions of individual economic decision-makers by using principles and models to describe economic situations and predict and explain outcomes with graphs, charts, and data as they explore concepts like scarcity and markets; costs, benefits, and marginal analysis; production choices and behavior; and market inefficiency and public policy. All students enrolled in this course are required to take the AP Microeconomics exam at the end of the year. UC/CSU A-G approved - G Elective in History/Social Studies & NCAA approval.

Prerequisite: U.S. History or AP US History and Department Approval, B- or better in Algebra II or concurrent enrollment in Algebra II

TECHNOLOGY EDUCATION DEPARTMENT

Technology is an integral part of the high school experience. At St. Francis High School, our mission is to prepare our students for 21st-century learning by mastering skills of locating, analyzing, and creatively communicating information effectively. Our technology courses focus on preparing students to become independent users of technology, for academic and artistic purposes.

Technology is all about change; building confidence allows our students to adapt and grow with the hardware and software over time, preparing them for lifelong learning.

Computer Programming with C – C-STEM *(Grade: 9-12, Elective Credit: 10)*

This course provides students with the fundamental knowledge of computer programming for solving applied problems in C. Students learn how a computer works and structured programming in C for software development. The topics include programming constructs, data types, and declaration of variables, expressions, and operators, selection statements, repetition, flowcharts for algorithm development, functions for modular programming and applications in math and science. The emphasis of the course is to introduce the students to software development concepts. Considerable attention is devoted to program design, task decomposition, testing, debugging, and software reuse. Through problem-based projects, students develop critical thinking, problem solving, computational thinking, effective communication, and teamwork skills. UC/CSU A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: None

AP Computer Science Principles *(Grade: 10-12, Elective Credit: 10)*

This course teaches students about how Internet technology works, how data and files are electronically stored and transmitted as well as how to think algorithmically to solve problems using programming languages. Based on the curriculum developed by Code.org, topics include abstraction, algorithms, networks, security, and apps development. The language focus is on JavaScript, arguably the most popular language in use for Internet app development. Students will be prepared and required to take the AP Computer Science Principles exam. UC/CSU A-G approved – d Laboratory Science. NCAA approved.

Prerequisite: Completion of Algebra I/IM 1. Strong interest in how computers and the Internet work. Students with previous class teacher recommendations have preference. Students without previous computer courses may be considered. Instructor approval required.

AP Computer Science A *(Grade: 10-12, Elective Credit: 10)*

AP Computer Science A deepens the understanding students gained from AP Computer Science Principles focusing on improving the students' programming skills. It is comparable to a first-semester college course. Students will learn to use the Java programming language to design and implement solutions to problems by writing, running, and debugging object-oriented computer programs. Students will learn to develop and code algorithms and to read and understand programs developed by others. Students will be prepared and required to take the AP Computer Science A exam. UC/CSU A-G approved – c Mathematics. NCAA approved.

Prerequisite: Teacher recommendation

THEOLOGY DEPARTMENT

The Theology Department is a central and integral part of St. Francis High School. We believe that people encounter God in their everyday activities; it is our goal as religious educators to promote the awareness of God's presence and encourage the interaction of God's grace and our free response. The Theology Department prepares the students to go forth as living examples of service, community building, and faith. There is an ecumenical spirit in our Catholic school which serves those of different Christian denominations, Orthodox traditions, and the Jewish, Hindu, Buddhist, Sikh, and Islamic faiths.

The eight semesters of theology:

- Present the core beliefs and practices of Roman Catholicism.
- Foster an appreciation of: Prayer and Worship; Ethical behavior; Christian Service; Reverence for the mystery of life; Respect for people and religions.

Introduction to Scripture *(Grade: 9, Theology Credit: 5)*

The purpose of this course is to give students a general knowledge and appreciation of the Christian Bible. In the course, they will learn about the Bible, authored by God through the Inspiration of the Holy Spirit, and its value to peoples throughout the world. Students will learn how Catholics interpret the writings found in the Bible and will become familiar with the major sections and books of the Bible. There will be a particular focus this semester on the Hebrew Scriptures, understood both in its original Jewish context, as well as in its contemporary Christian context.

Prerequisite: None

Christology *(Grade: 9, Theology Credit: 5)*

This course follows the Fall course, Introduction to Scripture, and continues the revelation of Jesus Christ in the Christian Bible. By studying the four Gospels, students learn about the birth and public ministry of Jesus as teacher, prophet, and compassionate healer. Students will also explore Christian beliefs of Jesus as the Second Person of the Holy Trinity, the Incarnate Word of God, and the hoped for Messiah.

Prerequisite: None

Paschal Mystery *(Grade: 10, Theology Credit: 5)*

This course examines God's plan for salvation beginning with God's good creation, the Fall of our first parents, and God's enduring love and the revelation of his plan for redemption. This course examines how the salvific promise made to humanity is fulfilled in the life, death, resurrection, and ascension of Jesus Christ. It explains how the Church continues the redemptive mission of Jesus Christ in the world today and how his redemption is applied in our own lives. This includes the Sacraments. The course also looks at how we are called to be formed in the image of Christ, who is the exemplar of the Christian life, and to cooperate with God's grace in every instance of our lives. UC/CSU A-G approved - G Elective

Prerequisite: Introduction to Scripture, Christology

The Church (*Grade: 10, Theology Credit: 5*)

The purpose of this course is to help the students understand that in and through the Church and its Sacraments they encounter the living Jesus Christ. They will be introduced to the fact that the Church was founded by Christ through the Apostles and is sustained by him through the Holy Spirit. The students will come to know that the Church and its members are the living Body of Christ today. This Body has both divine and human elements. In this course, students will learn about the richness of Church Tradition. UC/CSU A-G approved - G Elective

Prerequisite: Introduction to Scripture, Christology

The Moral Life in Christ (*Grade: 11, Theology Credit: 5*)

This course immerses students in the practice of Christian morality. The Christian understanding of the human person and Jesus' command to love our God and serve one another is the foundation for our exploration into the moral life. The course serves as an introduction to systematic moral thinking with students first analyzing the secular ethical systems that influence Catholic moral thought. Students focus on the role of law, freedom, sin and conscience in moral decision making as well as the nature and evaluation of moral action. UC/CSU A-G approved - G Elective

Prerequisite: Paschal Mystery, The Church

Catholic Social Teaching (*Grade: 11, Theology Credit: 5*)

This course introduces students to the Seven Principles of Catholic Social Teaching and calls upon students to apply these principles to various social issues. Students are challenged to embrace the foundational social justice principle that affirms the dignity of all human persons, exploring controversial issues such as poverty and economic justice, life issues, and prejudice. In this course, students are to learn how Christ's concern for others, especially the poor and needy, is present today in the Church's social teaching and mission. Students will learn that their actions impact others and that they are called to take action in response to local and global social injustices.

The Seven Principles of Catholic Social Teaching are as follows:

1. Life and Dignity of the Human Person
2. Call to Family, Community, and Participation
3. Rights and Responsibilities
4. Option for the Poor and Vulnerable
5. The Dignity of Work and the Rights of Workers
6. Solidarity
7. Care for God's Creation

UC/CSU A-G approved - G Elective

Prerequisite: Paschal Mystery, The Church

Feminine Icons: Women Who Shaped the Catholic Church (*Grade: 12, Theology Credit 5*) Elective

Women play a vital role in the Church and their wisdom is necessary for the mission of the Church today. But who are they, why are they significant, how much do we know about them, and how did the world they lived in impact their decisions? This course is designed to celebrate women's voices, influence, and witness in the Church - beginning with women in the Gospel, the heroic reformers of the Middle Ages and contemporary women who are prophetic role models for today. Students will encounter the diversity of female voices in our global Church by exploring Church history through a feminine lens. Together, students will grow as people of faith, inspired by the passion, courage, and wisdom of these powerful women leaders. UC/CSU A-G approved - G Elective

Prerequisite: Moral Life in Christ, Catholic Social Teaching

Francis and the Franciscans: Origins and Enduring Legacy (*Grade: 12, Theology Credit 5*) *Elective*

This course explores the life of St. Francis of Assisi and the development of the Franciscan order. Students will examine the cultural milieu from which the Franciscans arose and how Franciscan spirituality developed and evolved over time. We will also look at St. Clare and the establishment of the Poor Clares and the processes of canonization for both St. Francis and St. Clare. A special focus will be placed on primary source analysis, including the writing of St. Francis and the earliest biographies of St. Francis. UC/CSU A-G approved - G Elective

Prerequisite: Moral Life in Christ, Catholic Social Teaching

Interfaith Dialogue (*Grade: 12, Theology Credit 5*) *Elective*

Interfaith Dialogue seeks to help students understand the manner in which the Catholic Church relates to non-Catholic Christians as well as other world religions. Building on the foundational truth that Jesus Christ established the Church and entrusted to her the fullness of God's revelation, this curriculum explores critical spiritual truths in non-Catholic Christian churches and ecclesial communities as well as in non-Christian religions. UC A-G approved – College-Preparatory Elective. NCAA approved.

Prerequisite: Moral Life in Christ, Catholic Social Teaching

AP CAPSTONE PROGRAM

AP Capstone is a College Board diploma program based on two year long AP courses: AP Seminar and AP Research. While other AP courses teach specific subject knowledge, AP Seminar and AP Research use an interdisciplinary approach to develop critical thinking, research, collaboration, time management, and presentation skills.

Students typically take AP Seminar in grade 10 or 11, followed by AP Research. Each course is year-long, and AP Seminar is a prerequisite for AP Research. In both courses, students investigate a variety of topics in multiple disciplines and have the opportunity to choose topics to explore.

Both courses guide students through completing a research project, writing an academic paper, and making a presentation on their project.

Over the course of the two-year program, students are required to:

- Analyze topics through multiple lenses to construct meaning, gain understanding.
- Plan and conduct a study or investigation.
- Propose solutions to real-world problems.
- Plan and produce communication in various forms.
- Collaborate to solve a problem.
- Integrate, synthesize, and make cross-curricular connections.

Awards

Students who earn scores of 3 or higher in AP Seminar and AP Research and on four additional AP Exams of their choosing receive the AP Capstone Diploma. Students who earn scores of 3 or higher in AP Seminar and AP Research but not on four additional AP Exams receive the AP Seminar and Research Certificate.

College Credit

Most colleges in California that grant credit for these courses are either CSUs or Community Colleges. Use the credit policy search tool on the College Board website to find colleges and universities that offer credit and/or placement for a qualifying score in AP Seminar, AP Research, or both:

[Find Colleges and Universities That Grant Credit for AP Seminar and AP Research](#)

Course Descriptions

AP Seminar (*Grade: 10-11; Elective Credit: 10*)

AP Seminar is a foundational course that engages students in cross-curricular conversations that explore the complexities of academic and real-world topics and issues by analyzing divergent perspectives. Using an inquiry framework, students practice reading and analyzing articles, research studies, and foundational, literary, and philosophical texts; listening to and viewing speeches, broadcasts, and personal accounts; and experiencing artistic works and performances. Students learn to synthesize information from multiple sources, develop their own perspectives in written essays, and design and deliver oral and visual presentations, both individually and as part of a team. Ultimately, the course aims to equip students with the power to analyze and evaluate information with accuracy and precision in order to craft and communicate evidence-based arguments. UC/CSU A-G approved – b English. NCAA approved.

Prerequisite: Application. Semester grade of B - or better in Great Books/Honors Great Books and World History/AP World History; desire to take the course and be challenged

AP Research (*Grade: 11-12; Elective Credit: 10*)

AP Research, the second course in the AP Capstone experience, allows students to deeply explore an academic topic, problem, issue, or idea of individual interest. Students design, plan, and implement a yearlong investigation to address a research question. Through this inquiry, they further the skills they acquired in the AP Seminar course by learning research methodology, employing ethical research practices, and accessing, analyzing, and synthesizing information. Students reflect on their skill development, document their processes, and curate the artifacts of their scholarly work through a process and reflection portfolio. The course culminates in an academic paper of 4,000–5,000 words (accompanied by a performance, exhibit, or product) and a presentation with an oral defense. UC/CSU A-G approved – g College Preparatory Elective. NCAA approved.

Prerequisite: AP Seminar is a prerequisite for AP Research. Completing AP Seminar and all its required assessment components is necessary for students to develop the skills to be successful in AP Research.

OTHER COURSE OFFERINGS

SFHS encourages its students to reach out – to explore new horizons, to get involved in global concerns and to help shape ideas and technologies of the future. The following courses count towards student's Elective graduation requirements.

Academic Strategies (Grade: 9, Elective Credit 5)

This course explores high-impact learning and study skills with a curricular focus on organization, workload management, the study cycle, test taking, and harnessing the science of learning. Academic skills and strategies are *explicitly* taught, modeled, and applied to support the generalization of skills across the students' workload. This course offers students a small group instructional environment where they will receive frequent, individualized feedback. Academic Strategies is open to 9th grade students who would benefit from practical and research based approaches to learning in a supportive setting. This course is a 5 credit, semester- long course that will be graded.

Prerequisite: Grade 9, Invitation Only

Applied Academic Strategies (Grade: 9.5-12 grades, Elective Credit 5)

This course utilizes the academic coaching model and is designed to help students develop and reach academic goals with a focus on the executive function domain of learning. Applied Academic Strategies offers students a small group working environment where students will receive frequent feedback and individualized support on workload management, executive functioning, and study skills. Students will work to identify personal strengths, set measurable goals, and locate learning strategies that can help them overcome barriers to success and maximize academic achievement. The focus of this course is on applying academic strategies to current course work. This course is open to students 9.5-12 who would benefit from a structured work environment. This course is a 5 credit, semester long course that will be graded pass/no pass.

Prerequisite: Grades 9.5-12 Only

Advanced Media Productions (Grade: 9-12, Elective Credit: 10)

The Advanced Media Productions course is an elective designed to teach students the foundations of graphic design and film-making. Students utilize Mac computers, DSLR cameras, and the Adobe Creative Cloud Suite to learn elements of photography, photo manipulation, web design, film-making, and graphic design. Camera basics, Photoshop, InDesign, Illustrator, Premier, After Effects are the primary tools utilized in the course. Students in the course will produce social media and marketing tools for St. Francis Catholic High School and participate in Troubie TV through both on-air and behind-the-scenes production. UC/CSU A-G approved - G College-Preparatory Elective

Prerequisite: None

The Canticle (Yearbook) (Grade: 9-12, Elective Credit: 10)

Students contribute to the SFHS archives by creating The Canticle, the school yearbook. Using a journalistic approach, students develop skills in business, graphic design, visual communication, writing, interviewing, photography, and collaboration in a real-world experience. Goals include stimulating

students' creativity, strengthening their value of commitment, and assuming responsibility for a final product. It is an honor as well as a lot of fun to be a part of the yearbook staff!

Prerequisite: Students must have a "C" or better in English or teacher recommendation (By recommendation from Guidance, Resource, or Administration)

Christian Service Leadership (Grade: 12; Elective Credit: 10)

This course is required for Christian Service Leaders (CSLs). This course provides students with learning opportunities to affirm, develop, and express their aspirations to grow their servant leadership competencies. The purpose of this year-long course is to enhance leadership skills and provide students with a platform to demonstrate their skills while inspiring and informing the St. Francis Catholic High School community about service opportunities, social justice, charity, and advocacy. CSLs should be examples of our four pillars: Faith, Excellence, Leadership, and Service and are expected to participate in class retreats, school activities, complete service hours on time. CSLs may not be on disciplinary probation, have a suspension, or be issued a Saturday school during their term. Doing so may disqualify them from their position. **NOTES:** *Previous enrollment in the Ministry Leadership course is encouraged. This class is only offered in B Block.*

Prerequisite: The student must be selected as a Christian Service Leader to enroll.

Ethnic Studies (Grades: 9-12, Elective Credit: 5)

This course is designed to help students develop an intersectional and global understanding of the impact of race and racism, and ethnic identity in the shaping of individuals and communities in California. They will learn about the interlocking systems of oppression and privilege that impact all people. Students will be exposed to a multitude of histories, perspectives, and cultures with the goal of students being able to build critical analytical and intercultural communication skills; develop and understanding of the geo-historical and cultural knowledge and contributions; foster collaboration across lines of difference; learn the value and strength in diversity; develop a rigorous historical understanding of the development of racial and ethnic identities in California. UC/CSU A-G approval pending

Prerequisite: None

Ministry Leadership (Grade: 9-12, Elective Credit: 5)

This course provides each student the opportunity for experience and development of her leadership knowledge and skills. It also allows the student to contribute to the St. Francis Community through the unique gifts given to her by God. Topics covered include lay ministry, leadership styles, effectiveness, communication, conflict resolution, recruiting, and managing. In addition, students will create, lead and evaluate projects to build and refine their skills. Students in Ministry Leadership work within the Campus Ministry Department and its various programs including liturgies and prayer, retreats, service, community building, and the Big Sister mentoring program. This course may be repeated once in an opposite semester for credit. **NOTE :** *This class is only offered in B Block.*

Prerequisite: None

Student Intern (*Grade: 9-12, Elective Credit: 5*)

Student Interns earn valuable work experience and excellent references for college applications, letters of recommendation, and job resumes. Students provide service to the school while earning 5 elective credits. Students are assigned a course grade, but this grade is not averaged into the SFHS GPA. Students should register as an intern and meet with the teacher or participating staff members to arrange for the internship. In addition to assisting teachers, students may apply to intern in the Library, Institutional Advancement Office, Campus Ministry, St. Francis Administrative Office, and Technology Department.

Prerequisite: None

Student Leadership (*Grade: 9-12, Elective Credit: 10*)

This course is a required class if you have been elected as a Student Body Officer or Class Officer. Students in this class will develop an understanding of leadership theory, personal development, communication, organization, community building, and ethics in leadership. The purpose of this class is to organize, manage, and evaluate school-wide activities and events, increase school spirit, participate in community activities and events, facilitate communication within St. Francis, and support the St. Francis student community. Student leaders also provide student representation to faculty, administration, and parent organizations. Leadership students must maintain at least a 2.5 cumulative grade point average to remain active members of the Student Council. Leadership students should be examples of our four pillars: Faith, Excellence, Leadership and Service by participating in class retreats, school activities, completing service hours on time, and engaging in the full St. Francis experience. Leadership students may not be on disciplinary probation, have a suspension, or a Saturday school during their term. Doing so may disqualify them from office. **NOTE:** This class is only offered at B Block.

Prerequisite: You must be elected to a Student Body Office or Class Office or selected as a Class Senator to enroll.

Academic Teams:**Academic Decathlon** (*Grade: 9-12, Elective Credit: 2 total (one per semester)*)

This academic team offers students the opportunity to immerse themselves in a new topic each year, ranging from national (e.g. Civil War and Great Depression) to international (e.g. French Revolution and Renaissance) topics. In addition to twice weekly meetings, members also attend various workshops and scrimmages. Students compete in February against other local high schools across a variety of areas (Economics, Arts, Music, Language and Literature, Mathematics, Science and Social Science) all related to the annual theme. Competition includes subject tests, speeches, essay, and Super Quiz. The “Aca Deca” team must consist of an equal number of members from various grade point average ranges, so all students are encouraged to participate, regardless of grade point averages. Students may additionally earn 3 units of elective credit at CSUS through the Accelerated College Entrance (ACE) program

NOTE: *This class meets two days a week at lunch.*

Prerequisite: None

Cybersecurity (*Grade: 9-12, Elective Credit: 2 total (one per semester)*)

The Cybersecurity Academic Team learns about specialized areas of Cybersecurity: including network security, cryptography, digital forensics, programming, and much more. While obtaining professional cybersecurity certifications and training to gain real-world experience, the team competes online at multiple state-wide and nation-wide competitions. Guest speakers and mentors help guide the team and help students explore new areas and possibilities to discover. Competitions include, but are not limited

to Cyberpatriot, California Cyber Innovation Challenge (CCIC at Cal Poly), National Cyber League(NCL), Capture the Flag(CTF) challenges, and much more.

Prerequisite: None

Certamen *(Grade: 9-12, Elective Credit: 2 total (one per semester))*

Students on this academic team prepare for competition at events sponsored by the California and National Junior Classical Leagues, including Ludi Novembres, Carcer, and State Convention. Students learn all aspects of classical society, history and mythology, and test their knowledge against high school teams from across the state. Events include: academic tests (e.g. Latin/Greco-Roman history, mythology, grammar, vocabulary, daily life); speech events; catapult and chariot; essay and story writing. The premier event is the Certamen, a team quiz contest.

NOTE: *This team meets one day a week at lunch.*

Prerequisite: Completion of Latin 1 or higher

Mock Trial *(Grade: 9-12, Elective Credit: 2 total (one per semester))*

The Mock Trial team prepares students to prosecute and defend a single case, serving as pre trial counsel, trial attorneys, witnesses, defendants, court clerks, reporters, and bailiffs. In addition to after-school meetings, members also participate in weekend scrimmages. The team competes against other local high schools in six rounds of simulated trial at the Sacramento County Courthouse in February or March. **NOTE:** *This team meets one to two days a week after school.*

Prerequisite: Application, interview/audition, recommendation and permission of instructor.

Model United Nations Team *(Grade: 9-12, Elective Credit: 2 total (one per semester))*

This academic team simulates the crucial business of the United Nations assembly. Students represent assigned countries, within an assigned committee, as UN delegates and become versed in their history, economy, politics and culture. Large-scale university MUN conferences simulate topics facing the international community. At these conferences, students serve on various committees (e.g. World Health Organization, Security Council.) Pre Conference research and position-paper writing culminates in these weekend-long diplomatic simulations scored by university students who chair the committees.

NOTE: *This team meets one day a week after school and additional periodic meetings centered around MUN conferences with outside research required.*

Prerequisite: None

Robotics Team *(Grade: 9-12, Elective Credit: 2 total (one per semester))*

Join our competitive MATE ROV Underwater Robotics Team! We are the reigning World Champions! One of a few all-girls teams, we will design, build, and operate remotely operated vehicles (ROV) while gaining hands-on STEM experience. In addition to robotics, we foster a rich culture of teamwork, respect, and diversity within our team. As part of our holistic approach, we focus on leadership development, helping you cultivate essential leadership qualities that extend beyond the robotics arena, preparing you for success in all aspects of life. The team members also perform STEM outreach in the community and are role models for middle school girls interested in STEM. The team meets every Saturday from 9:00AM - 4:00PM starting in September and continuing through April. If we are successful at the regional competition in April, we will continue through July for the World Championship competition. Prepare for intense competition with thrilling underwater missions at regional and worldwide MATE ROV

competitions. Be a part of our empowering community and dive deep into the world of robotics, ocean exploration, culture, and leadership development.

Prerequisite: Application, interview, recommendation and permission of instructor.

Science Olympiad (*Grade: 9-12, Elective Credit: 2 total (one per semester)*)

The Science Olympiad team competes in a series of individual and team events that encourage learning in biology, earth science, chemistry, physics, problem solving and technology. While some events require knowledge of scientific facts and concepts, others rely on science processes, skills or applications. All events involve teamwork and collaboration. In the high school division, teams have a maximum of 15 students and may have additional members who participate in all practices and serve as back-ups as needed at the annual competition. **NOTE** : *This team meets once a week after school with occasional Saturday meetings.*

Prerequisite: Attend interest meeting at the beginning of the school year

Speech (*Grade: 9-12, Elective Credit: 2 total (one per semester)*)

The Speech Team provides students the opportunity to further their critical thinking and leadership skills, and develop public speaking skills with the support of their teammates. Whether a student has a passion for theater or national and international events, prefers to write their own speeches or interpret the speeches of others, or enjoys creative poetic presentations or impromptu speaking, there are events for everyone's interest. Students will choose two events from the following list to compete with during the CVFL competition season: impromptu, original oratory, humorous interpretation, thematic interpretation, duo interpretation, extemporaneous (international or international current events), dramatic interpretation, oratorical interpretation and original prose/poetry. The team meets weekly after school and tournaments take place over four Saturdays from October through March, with the optional State Championship for students who qualify in April.

Prerequisite: Audition