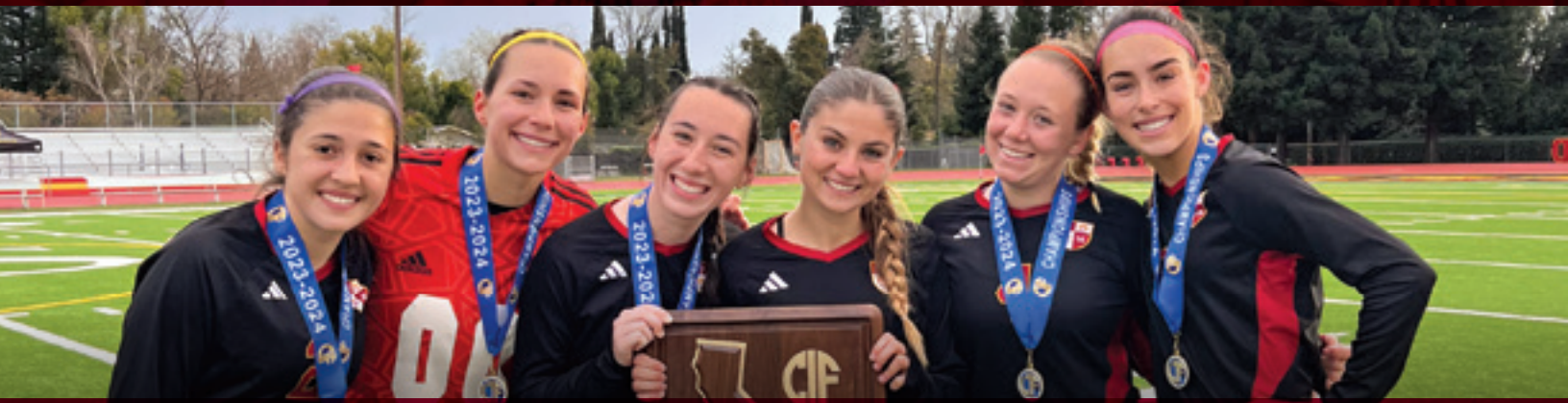




EXPLORE YOUR **PURPOSE**



FIND YOUR **COMMUNITY**



DISCOVER YOUR **JOY**





# EXPLORE YOUR PURPOSE



High school is naturally a time of growth and exploration, but at St. Francis it is so much more. Our all-girls community provides encouragement and support to young women as they cultivate their gifts and talents. Our students develop future-ready skills in an environment dedicated to how young women learn best, and focused on ensuring that each student thrives.

I have loved the clubs I have joined and being able to get to know so many more girls throughout the years through these clubs and extracurriculars.

**Emma '25**

ST. JOHN NOTRE DAME

I have been in Madame Picca's French class since I was a freshman and it has helped me tremendously in growing my confidence in myself. I met most of my friends in her class and she has encouraged me greatly throughout my time with her to never give up and always try my best.

**Isabella '26**

ST. ELIZABETH ANN SETON

I love the memories I've made through theater. I've been in 2 St Francis shows during my time at SF and I have really found 'my people' and life long friends during the process.

**Kate '26**

ST. MEL

## COLLEGE BOUND

**In most years 99% of our students attend college.**

Graduates from the Class of 2024 will attend 92 different colleges and universities in 28 states and countries. We help every St. Francis student find the college that's the right fit for her, and make sure she has all the tools she needs for a strong and successful college application.

## ACADEMIC OPTIONS

For students who wish to challenge themselves, we offer **36 Honors and AP classes**, advanced STEM electives, and robust visual and performing arts programs.

Troubies can also take college courses offered by American River College *right on our campus*, earning college credit through dual enrollment.



## CAREER DAY AND INTERNSHIPS

St. Francis students have many resources to explore their options for college and career. In addition to numerous college fairs, our students get to network with **50+ alumnae in more than 20 career fields** at our annual Career Day on campus.



## LIFT

Our summer internship program, Leveraging Internships for Troubies, places St. Francis students in a variety of workplaces for two to four-week internships to get hands-on learning and experience in fields like medicine, construction management, and government relations.

## CHARACTER & COURAGE

There's no such thing as a typical St. Francis girl. Our students have diverse backgrounds and experiences, and they want to lead lives of impact. We emphasize empathy and connection, and bravery over perfection.

Our Christian Service program connects Troubies with opportunities to make a difference in their communities. In the 2023-24 school year our students completed **22,183 service hours** and served **471 non-profit organizations**.



## DEDICATED TO HER SUCCESS

At St. Francis, our students are *known*. From our faculty and leadership team, to our academic, college and wellness counselors, to Campus Ministry staff and our Learning Support Specialist – we see and celebrate each of our students.

<b>22</b>	Average class size
<b>16:1</b>	Student-teacher ratio
<b>35</b>	Alumnae on staff
<b>85%</b>	Faculty and counseling staff that have advanced degrees

## ETHNICITY

<b>American Indian</b>	0.41%
<b>Asian</b>	12.55%
<b>Pacific Islander</b>	1.09%
<b>Black/African American</b>	2.73%
<b>Hispanic</b>	12.55%
<b>White/Caucasian</b>	52.93%
<b>Other/Multi-Racial</b>	17.74%



# FIND YOUR COMMUNITY



St. Francis students come from **133** different feeder schools and **68** different zip codes, but each young woman joins a sisterhood nearly **12,000+** strong. If you walk down the alumnae hallway at the entrance of our school, you'll see the names of every St. Francis alumna, starting with our first graduating class in 1944. We treasure our more than eighty-five-year legacy of connection and belonging.

I played basketball at SF for 3 years and it was one of the most amazing experiences I have had at SF. The sisterhood and bonding that was brought upon the team as a whole was something unlike anything I have ever known. It truly showed me what sisterhood can do for a group of people.

**Aubrey '25**  
BULJAN MIDDLE SCHOOL

I absolutely loved frosh overnight! I came into SFHS only knowing 1 girl and after that night I felt like I had so many friends.

**Della '27**  
ST. ROBERT

In my Italian club we danced the tarantella and practice for a long time during lunch and it was so fun dancing and laughing with everyone and making new friends from that club!

**Bianca '25**  
ST. MARY

# FRESHMAN LOVE



As soon as an admitted student says YES to being a Troubie, she joins the St. Francis family. From our Freshman Welcome Night to Troubie 101 to Freshman Orientation and Freshman Overnight, our new Troubies have so many opportunities to connect, bond, and add to their squad.

## A HAVEN FOR ARTISTS

Whether you're an experienced actor or you've always wanted to learn to paint, our rich array of visual and performing arts classes will help you unlock your artistic potential and introduce you to a community of talented and supportive faculty and student artists.

### CLASSES INCLUDE:

SF Apprentice Dance • SF Dance Company • Show Choir • Theater Arts I & II • Honors Theater Arts II • Theater Tech & Design • Concert Choir • Chamber Singers • Honors Chamber Singers • Concert Orchestra • Concert Band • Chamber Orchestra • Honors Chamber Orchestra • Symphonic Band • Honors Symphonic Band • Vocal Solos • Introduction to Studio Art • Advanced Studio Art • Digital Film & Animation • AP Art and Design • Honors Art History

## BIG SISTERS

Every freshman is paired with a senior Big Sister, who will show her the ropes and introduce her to the wider St. Francis community. Big Sisters and Little Sister groups meet throughout freshman year, providing peer support and mentoring during the transition to high school.

## THERE'S A CLUB FOR THAT!

A great way to get involved in the St. Francis community is to join one of our **60+ student clubs**. Every September we host Club Rush, so students can meet club leaders and sign up for clubs that interest them. From Eco-Friendly Fashionistas to Troubies Who Mean Business to La Familia to Medicine & More and the Improv Club, there really is something for everyone.



## MEET YOUR PEOPLE ON THE FIELD. OR ON THE COURT. OR IN THE POOL.

St. Francis has a rich athletic tradition, having earned 207 league and section championships and being the reigning three-time defending Delta League All-Sports Champion. We also have non-cut sports so that any student can wear the red & gold and experience the best of team sports. In the 2023-24 school year 52% of our Troubies were student-athletes, with an average GPA of 3.7.

## ST. FRANCIS OFFERS THE FOLLOWING SPORTS:

Basketball	Lacrosse	Track & Field*
Cross Country*	Soccer	Volleyball
Diving	Softball	Water Polo**
Flag Football	Swimming*	
Golf	Tennis	

\*non-cut

\*\*non-cut at the JV level

## TAKE A BREAK WITH YOUR TROUBIE SISTERS

St. Francis' retreat program offers each class the opportunity to step back from the demands of daily life to deepen their faith, build community within their grade, and reflect on their goals and intentions. Guided by supportive staff and their peers on the retreat leadership team, Troubies take time for rest and bonding with self, others, and God. The charism of Saints Francis and Clare is woven into the themes of each retreat.





# DISCOVER YOUR JOY



St. Francis students are both ambitious and goofy, hard working and fun loving. Just because you're focused on learning and being the best version of yourself doesn't mean you can't also have a good time!

One of the best things about St. Francis is definitely the whole Homecoming week and various activities during that time. I love the energy of the rallies, working on deck and the bonds I was able to both strengthen and create with my fellow Troubie sisters.

**Alexa '27**

ST. MICHAEL'S  
EPISCOPAL DAY SCHOOL

My favorite St. Francis memory was during a Science Olympiad competition. My friend and I were in charge of building a detector. We had no idea what this was, or even how to build it. Throughout the year we slowly learned how to build it and when the competition came we were ready and excited to show off our hard work!

**Sophia '26**

ST. JOHN NOTRE DAME

My favorite memory was when we were the first all-girls team to win the MATE ROV Underwater Robotics Internationals in Colorado.

**Darlene '25**

GOLDEN HILLS SCHOOL



# ALL-GIRLS ENVIRONMENT

At an all-girls school, students benefit from an inspirational environment that empowers them to express themselves freely, speak their minds, and find their voice from their first days on campus. Troubies celebrate each others' successes and are enthusiastically involved in daily campus life.



## ACADEMIC TEAMS

For students who enjoy healthy competition in an academic setting, St. Francis offers eight different teams. Whether you want to challenge yourself in science, learn to be a great oral advocate, or be on a world-champion underwater robotics team, you're sure to have fun learning and competing!

ACADEMIC DECATHLON  
CYBERSECURITY  
MATHLETES  
MOCK TRIAL

MODEL UNITED NATIONS  
MATE ROV ROBOTICS  
SCIENCE OLYMPIAD  
SPEECH

## IT'S A TRADITION

St. Francis is widely known for our fun traditions that Troubies look forward to every year. Some student faves:

Homecoming! (the loudest and most spirited around)  
SWAP (Switch With A Parent) Day  
Feast of St. Francis  
Meet a Parent/Grandparent for Lunch  
Father Daughter Dance  
Mother Daughter Ball  
Honor Guard



My favorite St. Francis memory is Homecoming Deck night. The rush and excitement of building things and being surrounded by my best friends. The blasting of music and eating pizza while laughing and being covered in paint will forever be something I cherish. Watching our deck go from pieces of wood to a masterpiece and knowing I was involved with the strong group of women who made and designed it made this the best experience ever.

**Haydyn '27**

ST. JOHN THE EVANGELIST



## WE ASKED OUR STUDENTS ABOUT THEIR FAVORITE ST. FRANCIS EXPERIENCES AND MEMORIES, AND HERE IS A SAMPLING OF THEIR RESPONSES:

My favorite St. Francis memory is my shadow day. Although I wasn't a student yet, I felt a sense of belonging. My shadow host and her friends were so incredibly welcoming, they asked me questions relating to my favorite classes and sports, and were eager to hear my story and learn who I was, having met me five minutes prior.

**Olivia '27**

ST. PATRICK ACADEMY

Being a part of the inaugural flag football team was such a fun time I came back for another year to soak up the senior memories! The seniors took me under their wing on varsity and always made me laugh even when I made mistakes on the field.

**Brooklyn '25**

ST. JOHN THE EVANGELIST

It was great performing at International Night with the Tinikling team. We decided to bring back Tinikling with the Filipino Culture and Heritage Club, and International Night was the first performance that we did and it was so exciting and fun. It was great to be able to share this part of our culture with the rest of the school and we developed even more love for our heritage and culture in a way that we hadn't been able to before.

**Isabella '25**

ST. ELIZABETH ANN SETON

I went into St. Francis nervous because I didn't know anyone but I was welcomed into a group at the Freshman Overnight and we are still all friends now. I had so much fun meeting new people and feeling like I belonged so early on.

**Gillian '27**

MERRYHILL

As a Big Sister, I love when I get to call my freshman Little Sisters before school starts. Each phone call made me smile and I already felt connected to my Little Sisters. Those phone calls reminded me that the Sisterhood is immediate and I was just so happy to hear how excited they all were to be Troubies!

**Livi '25**

ARDEN MIDDLE SCHOOL

I love the welcome back rally! I remember sitting in the bleachers as a new freshman, not knowing what to expect. Everyone was so proud and hype. It made me so excited for the rest of the school year.

**Nicolena '27**

SACRED HEART

**ST. FRANCIS CATHOLIC HIGH SCHOOL**

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