



COURSE CATALOG

2023-2024

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 Integrated Math 3 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 first quarter has ended 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 Intern 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 (i.e. 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. course. 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 before the end of Quarter 1. Drops that occur after Quarter 1 ends will be reflected on the transcript as a “WF” and will be counted as an “F” (0-grade points) in the GPA calculation.
- Students who request a drop at semester will receive their first-semester grade and a “WF” on their transcript for the second semester.
- Students who request a drop after the second semester has begun will receive their first-semester grade and a “WF” on their transcript for the second semester. A “WF” will be counted as an “F” (0-grade points) in the GPA calculation.

Semester-Long Courses:

- Students will receive a “W” on their report card for courses dropped after the school year begins. Drops that occur after the 7th week of instruction will be reflected on the transcript as a “WF” and will be counted as an “F” (0-grade points) in the GPA calculation. This also applies to classes that begin Semester 2.

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 in 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 are exempt from Physical Education (P.E.) in the semester during which their sport competes. (See Athletic Policies)

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

Students may enroll in up to four Honors or AP classes per semester at St. Francis Catholic High School.

Most Rigorous

St. Francis regards a total of eight (8) honors/AP courses taken throughout the high school career as a most rigorous course of study. We recommend students take no more than three (3) honors or AP courses per year, however students may enroll in no more than four (4) per year.

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 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. 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, drama, 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 *The Grapes of Wrath*, *The Scarlet Letter*, *The Great Gatsby*, and *The Catcher in the Rye*, 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*)

This year-long course offers a thematic study of writing, focusing on the narrative perspectives, methods of expression, and techniques particular to various literary genres—non-fiction, fiction, drama, and poetry. Students read excerpts from each literary genre, study and discuss the historical and literary influence, and create their own writing in a similar style or write an analytical essay in response to the work. 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 critical thinking, communication, analytical and creative writing skills. Assignments emphasize pre-writing and revision skills necessary for developing effective expression through writing. 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 English 11: AP English Language and department approval

VISUAL & PERFORMING ARTS DEPARTMENTS

Two semesters of 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.

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: \$100

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

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. Inspired by the studio program at New York University's Tisch School of the Arts, 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. Students will also learn and practice basic techniques in: directing, producing, creative writing, dramaturgy, technical design and practice. 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 or audition and approval from the instructor.

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

In this advanced course, students use skills developed in Theater Arts I and II to work together as a company of actors (SF Players) for the purpose of performing devised and scripted work, as well as learning and performing various jobs in the theater (dramaturgy, technical theater, theatrical design, operations, marketing, and administration). Course units include: monologues, scenes, musical theater appreciation, the devised theater project, film and TV studies, and a Capstone Project. The Capstone allows each student to explore her unique artistic voice and demonstrate leadership in the arts through a project of their choice, a short research paper on the project's topic, a portfolio, and a presentation (completed outside of class time). Students are required to attend the Lenaea High School Theater Festival (one weekend in late January or early February), and perform both on the St. Francis and Harris Center stages. Performances require up to (4) additional rehearsals outside of the regularly scheduled class meetings. This course may be repeated. UC/CSU A-G approved - f - Visual & Performing Arts. *Prerequisite: Theater Arts 2. All interested students must submit an application 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. 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 \$60

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 \$60

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 \$60

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: \$60

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: \$60

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: \$60

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: \$60

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: \$60

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.

Dess Fee: \$60

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.

Visual Arts Courses:

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

This year-long course introduces the student to the four mediums of visual arts: drawing, painting, figure sculpting, and digital photography. UC/CSU A-G approved – f Visual & Performing Arts.

Prerequisite: None

Drawing 2 (*Grade: 9-12, Arts Credit: 5*)

This class, when taken with its prerequisite Drawing 1, fulfills the one-year UC requirement for Visual and Performing Arts. Drawing 2 builds upon the skills learned in Drawing 1, with an emphasis on light and shadow, perspective, and drawing from life. UC/CSU A-G approved – f Visual & Performing Arts.

Prerequisite: C or better in Drawing 1. Only open to students who have taken, or are currently taking, Drawing 1 and need to fulfill part 2 for their visual & performing arts requirement for graduation and UC/CSU requirements. This course will only be offered for the 2023-2024 school year.

Painting 2 (Grade: 9-12, Arts Credit: 5)

This course, when taken with its prerequisite, Painting 1, fulfills the UC requirement for Visual and Performing Arts. The class builds upon the techniques learned in Painting 1 and introduces the student to basic acrylic techniques. Students are encouraged to explore different paint media to develop their own style. UC/CSU A-G approved – f Visual & Performing Arts.

Prerequisite: C- or better in Painting 1. Only open to students who have taken, or are currently taking, Painting 1 and need to fulfill part 2 for their visual & performing arts requirement for graduation and UC/CSU requirements. This course will only be offered for the 2023-2024 school year.

Figure Sculpting 2 (Grade: 9-12, Arts Credit: 5)

This class, when taken with its prerequisite, Sculpture 1, fulfills the UC requirement for Visual and Performing Arts. This class builds upon the techniques learned in Sculpture 1 and introduces the student to more advanced techniques and processes involved in the creation of three-dimensional art. Students will refine their ability to apply the elements and principles of art in the creation of unique sculptures using clay and other mediums. Through critiques, students will display the ability to aesthetically value and appreciate works of 3-dimensional art, as well as understand the relationship between art, culture, and history. Through an exploration of the cultural, historical and technical aspects of sculpture, the students will access an extensive palette of sculptural styles. UC/CSU A-G approved – f Visual & Performing Arts.

Prerequisite: C- or better in Figure Sculpting 1. Only open to students who have taken, or are currently taking, Painting 1 and need to fulfill part 2 for their visual & performing arts requirement for graduation and UC/CSU requirements. This course will only be offered for the 2023-2024 school year.

Digital Photography 2 (Grade: 9-12, Arts Credit: 5)

This class, when taken with its prerequisite, Digital Photography 1, fulfills the UC requirement for Visual and Performing Arts. A course emphasizing the synthesis of painting, drawing, photography and design skills in a contemporary approach to artistic production through electronic imaging, manipulation, and design. Class discussions and studio projects address a range of technical, compositional, and aesthetic issues fundamental to image making. Strong emphasis is on the development of both a technical grasp of the tools and a critical awareness of the medium through assignments and critiques, lecture and demonstration. UC/CSU A-G approved – f Visual & Performing Arts.

Prerequisite: C- or better in Digital Photography 1. Only open to students who have taken, or are currently taking, Painting 1 and need to fulfill part 2 for their visual & performing arts requirement for graduation and UC/CSU requirements. This course will only be offered for the 2023-2024 school year.

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 power and aesthetics of mass media, and they develop both appreciation and basic skills. The primary objective of the course is to explore the history, techniques and aesthetics, criticism, and social implications of cinema and media and gain a practical, working knowledge thereof to respond effectively to contemporary media. Lectures and assigned reading are accompanied by screenings of appropriate films, film clips, and several film-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 film/video theory, technique, lighting, screenwriting, screen performance, and various genres, and engage in introductory film/video/media production. UC/CSU A-G approved – f Visual & Performing Arts.

Prerequisite: Grades 10-12

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, guest speakers, field trips, 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: Successful completion of Visual Arts (beginning 2023-24) also equivalent to sections 1 & 2 of Drawing, Painting, Figure Sculpting, or Digital Photography 1 & 2

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

AP 2-D Art and Design is an introductory college-level two-dimensional design course. Students refine and apply skills and ideas they develop throughout the course to produce two-dimensional art and design. 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: Permission of instructor

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

AP 3-D Art and Design is an introductory college-level three-dimensional design course. Students refine and apply skills and ideas they develop throughout the course to produce three-dimensional art and design. UC/CSU A-G approved – f Visual & Performing Arts.

Prerequisite: Permission of instructor

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: Permission of instructor

MATHEMATICS DEPARTMENT

Six semesters of Mathematics are required for graduation. Mathematics is the study of systems of logic and relationships. The specific systems of logic studied by each student at St. Francis High School are Algebra and Geometry through Integrated Math courses. 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.

Integrated Math 1 (*Grade: 9-10, Mathematics Credit: 10*)

In Integrated Math 1, students formalize and extend the mathematics learned in the middle grades and explore the relationships between the standards from the conceptual categories of Number and Quantity, Algebra, Functions, Geometry, and Statistics and Probability. Math 1 focuses on six critical areas: (1) extend understanding of numerical manipulation to algebraic manipulation; (2) synthesize an understanding of functions; (3) deepen and extend understanding of linear relationships; (4) data science with a focus on identifying and analyzing categorical and quantitative data including applying linear models to data that exhibit a linear trend; (5) establish criteria for congruence based on rigid motions; and (6) apply the Pythagorean Theorem to the coordinate plane. The emphasis within all 6 of these areas being to develop a deep understanding of the concepts of congruence and equality. UC/CSU A-G approved – c Mathematics. NCAA approved.

Prerequisite: Based on entrance test scores or math placement test.

Required supplies: Texas Instruments TI-84 plus graphing calculator.

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

Integrated Math 2 will culminate the conceptual standards of traditional Algebra 1/Integrated Math 1 and Geometry courses, preparing students to matriculate into Integrated Math 3. 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 (using a variety of methods) about circles, similarity, congruence, and triangles. 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 who qualify will be placed into Integrated Math 2.

Required Supplies: Texas Instruments TI-84 plus graphing calculator.

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

Offered only to incoming freshmen who have successfully completed Algebra 1, 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. UC/CSU A-G approved – c Mathematics. NCAA approved.

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

Required supplies: Texas Instruments TI-84 plus graphing calculator.

Integrated Math 3A (*Grade: 10-12, Mathematics Credit: 10*)

Integrated Math 3A is the first half of Integrated Math 3 (and is paired with a subsequent course, Integrated Math 3B). Integrated Math 3A will focus on analyzing functions and relationships and synthesizing geometric and algebraic reasoning to create models, with the support of reviewing the necessary concepts from prior courses. Throughout this course, the following topics will be explored: Geometric Modeling, Linear and Quadratic Functions, Polynomial Functions, Rational Exponents and Radical Functions, Exponential and Logarithmic functions, Rational Functions. UC/CSU A-G approved – c Mathematics. NCAA approved.

Prerequisite: C- or better (second semester) in both Integrated Math 1 & Integrated Math 2 or Algebra I Geometry

Note: *Department will determine placement in this course based on a combination of the overall course grade and final exam grades.*

Required supplies: Texas Instruments TI-84 plus graphing calculator.

Integrated Math 3B (*Grade: 10-12, Mathematics Credit: 10*)

Integrated Math 3B is the culminating course in the Integrated Math 3A/3B series and covers the second half of Integrated Math 3. This course will focus on analyzing data and statistics to draw conclusions, analyzing functions and relationships, applying right triangle trigonometry to general triangles, and synthesizing geometric and algebraic reasoning to create models while building a stronger foundation in concepts and procedures introduced in previous courses. The topics explored are: Sequences and Series, Trigonometry of Triangles, Trigonometric Functions, Trigonometric Identities, and Data Analysis. UC/CSU A-G approved – c Mathematics. NCAA approved.

Prerequisite: C- or better and completion of Integrated Math 3A.

Required Supplies: Texas Instruments TI-84 plus graphing calculator.

Integrated Math 3 (*Grade: 9-12 Mathematics Credit: 10*)

Integrated Math 3 is the culminating course in the Integrated Math series and develops analytic math skills. This course will focus on analyzing data and statistics to draw conclusions, analyzing functions and relationships, apply right triangle trigonometry to general triangles, and synthesize geometric and algebraic reasoning to create models. Throughout this course, the following topics explored are: Geometric Modeling, Linear and Quadratic Functions, Polynomial Functions, Rational Exponents and Radical Functions, Exponential and Logarithmic functions, Rational Functions, Sequences and Series, Trigonometry of triangles, Trigonometric functions, Trigonometric Identities, and Data Analysis. UC/CSU A-G approved – c Mathematics. NCAA approved.

Prerequisite: B- or better (both semesters) in Integrated Math 1 & 2 or Algebra I & Geometry or approval of the Department Chair. Incoming freshmen may be placed into this course based on challenge test score. Required supplies: Texas Instruments TI-84 plus graphing calculator.

Honors Integrated Math 3 (*Grade: 9-12, Mathematics Credit: 10*)

Honors Integrated Math 3 is the honors-level culminating course in the Integrated Math series. It expands on the topics covered in Integrated Math 3 with a greater emphasis on the development of formal mathematics and the deep reasoning necessary for the intended next course, Honors Precalculus. This course will focus on analyzing data and statistics to draw conclusions, analyzing functions and relationships, apply right triangle trigonometry to general triangles, and synthesize geometric and algebraic reasoning to create models. The topics explored are: Geometric Modeling, Linear and Quadratic Functions, Polynomial Functions, Rational Exponents and Radical Functions, Exponential and Logarithmic Functions, Rational Functions, Sequences and Series, Trigonometry of Triangles, Trigonometric Functions, Trigonometric Identities, and Data Analysis. UC/CSU A-G approved – c Mathematics. NCAA approved.

Prerequisite: A in Geometry or IM 2 and teacher recommendation.

Required supplies: Texas Instruments TI-84 plus graphing calculator

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 II/ Integrated Math 3/Integrated Math 3B or a C in Honors Integrated Math 3 and teacher recommendation

Required supplies: Texas Instruments TI-84 plus graphing calculator.

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: Both semesters: Teacher's 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 the preceding course. A in Integrated Math 3 or B in Honors Integrated Math 3

Required supplies: Texas Instruments TI-84 plus graphing calculator.

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 II or Integrated Math 3/IM 3A/Hon IM 3 with a C- or better (second semester)

Required Supplies: Texas Instruments TI-84 plus graphing calculator

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

Required Supplies: Texas Instruments TI-84 plus graphing calculator.

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 apply 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

Required supplies: Texas Instruments TI-84 plus graphing calculator

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 σ , 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. 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: Passing score on AP Calculus AB Exam. Teacher recommendation.

Required supplies: Texas Instruments TI-84 plus graphing calculator

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. Students who successfully complete the course and exam may receive credit for a one-semester introductory college statistics course.

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

Prerequisite: B in Precalculus or Statistics and teacher recommendation

Required Supplies: TI-84 calculator

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. 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 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 French 2*

Honors French 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 continues to foster a communicative approach to the teaching of the French language. Proficiency in the 4 basic language skills - reading, writing, listening and speaking - continues to be developed in a context that emphasizes communicative and practical activities in the target language and the use of authentic material. 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 and written, and oral assignments advance the usage of all tenses. An integrated approach to the culture and countries where French is spoken --"Francophonie"-- is a key component of this course: the student learns more about the native-speaking world in class discussions, foreign films' evaluation, projects and by reading and researching contemporary publications. It is the recommended class for students who plan to enroll in AP French 4. UC/CSU A-G approved – e Language Other than English. NCAA approved. *Prerequisite: A- or better in French 2 and teacher approval.*

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, its films, and its culture. This course is intended for the student who wishes to continue studying the language at the university level, and is aimed, 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 films 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 4, 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: B or better in Italian 2*

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

This total immersion course is an intense review of Italian. This course is an advanced level course designed to challenge the highly motivated student in the study of 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 from the Middle Ages/renaissance era through the post WWII period. 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: 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.

Prerequisite: 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: B 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: 10-12, 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 or Spanish 4 and teacher recommendation.

Latin

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

The Latin 1 course endeavors to develop a coherent and clear understanding of the overall structure of the Latin language and incorporate elements of Latin grammar, vocabulary building and mastery of basic translation skills. It includes elements of early Roman civilization, culture, and history. Through the study of English derivatives and a thorough comparison of English and Latin grammatical concepts, the student strengthens her knowledge of English grammar, syntax, and vocabulary. The student learns noun declensions and verb conjugations and becomes skilled at translating and analyzing sentences that incorporate all parts of speech. This course is also appropriate for the student who wishes to improve her English language skills. UC/CSU A-G approved – e Language Other than English. NCAA approved.

Prerequisite: Proficiency in English grammar

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

The Latin 2 course completes the coverage of Latin grammar, syntax and vocabulary initiated in Latin I. A comprehensive study of Latin grammar includes the passive voice, relative pronouns, the subjunctive, sequence of tenses, deponent and irregular verbs, participles and case usage as well as a more intensive study of English derivatives. This course includes additional advanced translations and a greater in-depth study of Roman civilization and mythology focusing on the characteristics of first century B.C. to first century A.D. Roman Society. By the end of this course, students will be able to read Roman authors in their original form, both prose and poetic. UC/CSU A-G approved – e Language Other than English. NCAA approved.

Prerequisite: C- or better in Latin 1

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: B 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, weight training, kickboxing, recreational skills and yoga, students improve their physical coordination, body alignment, awareness, agility, balance and strength.

In addition, the breathing, meditation, and instruction on healthy nutritional 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.

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

Full Force Training empowers young women through strength training and kickboxing. Full force 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). Full force training will include: Cardiovascular fitness, Exercise equipment, Free weights, Kickboxing, Self defense, HIIT workouts, Pickleball, and Disc Golf.

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

This beginning dance course introduces the student to a variety of modern dance genres, including jazz, modern, hip-hop, funk, and character. Students in this class will develop their knowledge of dance techniques while improving their body flexibility, strength, endurance, balance, coordination, and relaxation. The dance course encourages students to collaboratively create choreography. This class may be repeated for P.E. credit.

Intermediate Dance Techniques *(Grade: 9-12, P.E. Credit: 5)*

This intermediate dance class is designed for students interested in improving their dance ability. The class will focus on ballet and modern movement in order to increase knowledge of and expand the student's overall dance vocabulary. Students will collaborate with peers to set choreography that explores multiple dance genres. The dance course encourages students to collaboratively create choreography. This class may be repeated for P.E. credit.

Prerequisite: Dance Styles or by teacher approval

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. Must have been on the SF team last year, for the entire season or have documentation of being on another team last year (i.e., City League). 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. Must have been on the SF team last year, for the entire season or have documentation of being on another team last year (i.e., City League). 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. Must have been on the SF team last year, for the entire season or have documentation of being on another team last year (i.e., City League). 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. Must have been on the SF team last year, for the entire season or have documentation of being on another team last year (i.e., City League). 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. Must have been on the SF team last year, for the entire season or have documentation of being on another team last year (i.e., City League). 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. Must have been on the SF team last year, for the entire season or have documentation of being on another team last year (i.e., City League). 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. Must have been on the SF team last year, for the entire season or have documentation of being on another team last year (i.e., City League). 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. Must have been on the SF team last year, for the entire season or have documentation of being on another team last year (i.e., City League). 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. Must have been on the SF team last year, for the entire season or have documentation of being on another team last year (i.e., City League). Students with no prior experience may try out, and if accepted the course will be added to your schedule.

P.E. Waiver-Non SFHS Team (*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 P.E. waiver. Students must provide appropriate documentation to be considered for approval. The Non-SF Sport P.E. Waiver application can be downloaded below. Coaches are required to sign the application 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 P.E. waivers must be submitted within the first two weeks of the school year. No late waivers will be considered.

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, 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 IM 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 B+ or higher in both semesters or Honors Biology with a B or higher in both semesters; Completion of IM2 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: C or better in IM3

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: Completion of IM3 with a B or better; A- in IM2 OR B in Precalculus. Problem Solving Assessment; 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 Honors Biology B- or better OR completion of Biology with an A; Completion of Honors Chemistry B or better OR completion of Chemistry with B+; Attendance of informational meeting required; teacher recommendation.

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; completion of Honors IM3 with a B- or better OR completion of IM3 with an A; attendance of information meeting; teacher recommendation

Biology II (*Grade: 10-12, 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

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 Regular 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 Integrated Math 3 or Integrated Math 3B; teacher 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*)

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 with an emphasis on Nazi Germany and Stalinist Russia, the causes and consequences of World War II, the Cold War, and the post-colonial contemporary world with a focus on the rise of nationalism and terrorism. 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 advanced sophomores who want to experience a college-level course and will be taking the AP Exam in World History. 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 significant historical evidence 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. 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 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*)

Advanced Placement United States History 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. Students will be prepared to take the AP U.S. History exam offered by the College Board. 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*)

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. Students will engage in the process of racial literacy by exploring the history and current topics affecting people in our nation in terms of race relations. 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 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. 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 – g 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 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 to take the AP U.S. Government and Politics exam by focusing on content and skills coupled with current events to understand modern issues in government and politics of the United States. UC/CSU A-G approved – a History/Social Studies. NCAA approved.

Prerequisite: US History or AP US History and department approval

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 Science Discoveries (*Grade: 9-12, Elective Credit: 10*)

Computer Science Discoveries (CS Discoveries) is an introductory Computer Science course taught within the Code.org framework. Using relatable topics, students will learn how to write code in HTML, CSS and JavaScript, and is designed to be an introductory gateway to the rest of the Computer Science offerings at St. Francis. Lessons allow students to explore, learn, and then creatively expand upon what they have learned. The curriculum emphasizes problem-solving, creation, and collaboration while introducing students to the many ways Computer Science impacts their lives. Students will learn web development, animation and game creation, app development, and be introduced to the use of data. UC/CSU A-G approved - d Laboratory Science credit.

Prerequisite: None

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: Completion of Integrated Algebra I or Math 1

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

Advanced Topics in Computer Science (*Grade: 12, Elective Credit: 10*)

This course is designed to allow students with a significant background in Computer Science to explore a related topic of their choosing. Students will work with the instructor to develop a course plan that will include regular deliverables and a final project. Students will also be embedded in other Computer Science classes where they will assist the instructor and students. Students may choose from a variety of topics that would include additional training in languages such as Java, C, JavaScript, HTML/CSS, Python. Other topics options include Linux, Networking, DevOps, or Databases. The final project may include a presentation, a developed application, certification, or other performance task as defined in coordination with the instructor. Pending UC-approval: Contact instructor for any questions.

Prerequisite: Completion of AP Computer Science A and/or permission of the instructor.

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*)

The imitation of Christ by every Christian is rooted in the Paschal Mystery (the Passion, Death, and Resurrection of Jesus). This course will study the Paschal Mystery in all four Gospels. The value of redemptive suffering embodied in Jesus' Paschal Mystery has demonstrated to Christians, now and throughout the centuries, the true identity of Jesus as the Christ and the fulfillment of Old Testament promises. The course will also explore the ways in which Christians are called to live a life of holiness in light of Jesus' Passion, Death, and Resurrection. The development of a life of prayer will be examined as the way to nurture a relationship with the Risen Christ.

Prerequisite: Introduction to Scripture, Christology

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

The course will guide students in exploring and understanding the four marks of the Catholic Church as one, holy, catholic, and apostolic. The origin, mission, and structure of the Church will be studied in addition to considering how the Church is able to sustain its unity when its members live their faith in different cultures and countries. Both the global and local nature of the Church will be considered. This one-semester course couples with the Paschal Mystery course to encompass the SF sophomore year Theology curriculum

Prerequisite: Introduction to Scripture, Christology

Sacraments (*Grade: 11, Theology Credit: 5*)

This course explores the seven Sacraments---Baptism, Penance and Reconciliation, Eucharist, Confirmation, Matrimony, Holy Orders, and the Anointing of the Sick---as the visible sign of God's invisible presence. Questions such as what happens in each Sacrament, how the Sacrament is conferred, and what are the requirements for the reception of the Sacraments will be discussed. Attention will also be given to the Church as Sacrament and to Jesus as the Sacrament of God. This one-semester course couples with Interfaith Dialogue to encompass the SF junior year Theology curriculum.

Prerequisite: Paschal Mystery, The Church

Interfaith Dialogue (*Grade: 11, Theology Credit 5*)

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. This one-semester course couples with Sacraments to encompass the St. Francis junior-year Theology curriculum. UC/CSU A-G approved – College-Preparatory Elective. NCAA approved.

Prerequisite: Paschal Mystery, The Church

The Moral Life in Christ (*Grade: 12, Theology Credit: 5*)

The Moral Life in Christ course provides a foundation in Roman Catholic moral theology and moral decision-making. The semester begins with an exploration of Christian anthropology as a foundation for Catholic morality. Other foundational topics include the role of law, freedom, sin and conscience in moral decision making as well as the nature and evaluation of moral action. Catholic teaching on specific moral topics is highlighted throughout the semester.

Prerequisite: Sacraments, Interfaith Dialogue

Catholic Social Teaching (*Grade: 12, Theology Credit: 5*)

“No one lives alone. No one sins alone. No one is saved alone,” wrote Pope Benedict XVI, whose words resonate with today’s world, particularly because the prevalence of social media allows us to better see how our lives are interwoven with those around us. This course on Catholic Social Teaching and social justice builds on those connections by helping young people find their place in the community of the faithful as they advocate for charity and justice in the world. Organized around the seven principles of Catholic social teaching, this course helps students gain a greater understanding of the roots of social teaching in the Church, its context in the Bible and Catechism and real-life examples of charity and justice in action. The seven principles of Catholic Social Teaching will be explored through prayer, reflection, research, and advocacy.

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

Prerequisite: Sacraments, Interfaith Dialogue

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.

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.

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 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 after school.*

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

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)

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 to two days a week after school. 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*

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 to two days a week after school with outside research required.*

Prerequisite: None

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

Members of FIRST Robotics Team 692, one of a few all-girls teams in the United States, specializing in project engineering, program management, electronics, computer programming, animation, web design, and public relations. As participants in the FIRST Robotics Competition (FRC), students respond to challenges, work collaboratively as a team, master time management, strengthen communication skills, and practice “gracious professionalism.” The team participates in one to two regional competitions against other teams from across the nation. **NOTE:** *This team meets one to two days a week after school in the fall and five days a week in January and February.*

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 one to two days a week after school.*

Prerequisite: Application; interview

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

The Speech team provides opportunities for students to develop public speaking abilities while furthering their critical thinking and analytical skills. Through a variety of speaking opportunities to choose from, students may write original pieces, interpret published scripts or speeches, respond to prompts about world events, or compete impromptu. Students who want to improve presentation skills, enjoy drama/theater, have a passion for world events and can choose or write scripts are encouraged to audition. The team participates in 4 tournaments per season, mostly on Saturdays. **NOTE:** *This team meets one to two days a week after school and/or by appointment. Prerequisite: Audition*

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 Guidance Department, Library, Institutional Advancement Office, Campus Ministry, St. Francis Administrative Office, Arts Department, and Technology Department.

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.

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: Teacher Approval