



EMPOWERED  
NURTURED  
TRANSFORMED

VIEWBOOK 2019-2020

*St. Francis*  
CATHOLIC HIGH SCHOOL



# WELCOME!

We are happy that you are considering St. Francis Catholic High School. We hope you get the opportunity to explore our beautiful campus, experience our faith-based community, meet our outstanding faculty and staff, and feel the excitement of our all-girl environment.

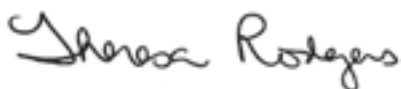
We know that choosing the right school is a huge decision. Finding a place that speaks to you and becomes like a second home is something we hope you can discover in St. Francis. We are more than just a school — we are a community that supports young women spiritually, intellectually, creatively, physically, and socially.

We encourage all of our prospective students to spend a shadow day on the St. Francis campus experiencing the advantages of a single-gender classroom, enjoying lunch in Serra Court, and being immersed in the Troubie experience.

As we near our 80th anniversary, we reflect on our beautiful history of educating young women who have a once-in-a-lifetime experience, one which includes true sisterhood and exciting opportunities for each student to discover her own God-given talents to change the world. We are thrilled that you are exploring St. Francis Catholic High School and hope that you will want to be part of our rich legacy of forming women of faith, excellence, leadership and service.

We look forward to seeing you very soon and for you to learn why it is great to be a St. Francis Troubadour!

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



Theresa Rodgers  
President



Elias Mendoza  
Principal





# Our Mission

St. Francis Catholic High School is a diocesan college preparatory school dedicated to serving young women and their families who seek a community of faith, excellence, leadership, and service, grounded in the teachings of Jesus Christ. In the spirit and charism of Saints Francis and Clare of Assisi, we form students who share their gifts and talents as models of Pax et Bonum.



## FAST FACTS

Founded	1940
School Colors	Red & Gold
Mascot	Troubadour, a.k.a "Troubie"
Number of students enrolled	1084
Athletics Section	CIF Sac Joaquin Division 1 (Delta League)
School Day	8:00am-3:00pm
Dress Code	School Uniform
Number of Honors and AP classes	30
2018-2019 Tuition	\$14,400
Percentage of students receiving tuition assistance	nearly 30%
Average class size	23
Number of middle schools represented	120
Freshmen entering SFHS from public schools	34%
Percentage of Class of 2019 attending college	99%
Percentage of Class of 2019 attending 4-year universities	90%
Percentage of Class of 2019 attending college out of state	36%
College scholarships received by the Class of 2019	\$23.6 million
Advanced Placement pass rate	80%
Number of grads who committed to play sports in college in the last four years	89
Hours of community service in 2018-2019	27,833 hours
Accrediting organizations	Western Catholic Education Association (WCEA) and Western Association of Schools & Colleges (WASC)

# THE ST. FRANCIS ADV



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



# ANTAGE

“At St. Francis, you are given the chance to make lasting bonds and friendships for a lifetime, and there is a sisterhood and trust between the girls you can't get that anywhere else!”

**Ava '20**, St. Mary School



Girls' school grads are more than **twice** as likely to earn a doctoral degree.



**79%** of girls' school grads held leadership positions after graduating from high school.



Graduates of girls' schools are **six times** more likely to consider majoring in math, science, and technology compared to girls who attend coed schools.



**96%** of girls' school students report receiving more frequent feedback on their assignments and other coursework than girls at coed schools.

**80%** of girls' school students report most of their classes challenge them to achieve their full academic potential.



Girls' school grads are **three times** more likely to consider engineering careers.



**74%** of girls' school grads consider college a stepping stone to graduate school.



**Eight** of the top twelve Forbes 100 Most Powerful Women attended an all-girls school at some point in their education.

## Why an all-girls school?

“The amount of love and care the girls here have for each other is something you don't see at other high schools. The kindness of all students makes for beautiful memories that I will cherish forever.”

**Fiona '20**  
Alice Birney Waldorf

“You can be your true self at St. Francis and can try out new things without judgement. You don't ever have to be afraid because as soon as you enroll, you are a Troubie and welcome 1,100 sisters into your family.”

**Sofia '21**, St. Mary School

“Every day is like the shadow day, and the sisterhood community you meet at St. Francis stays with you for life.”

**Manasi '22**, Merryhill Midtown



# BE A PART OF A COM



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



# MUNITY

“The sisterhood at St. Francis has allowed me to grow and has encouraged me to pursue my interests and goals.”

**Ellie '20**, Capital Christian

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

**Ethnicity:**

- 56%** Caucasian
- 44%** non-Caucasian (American Indian, Asian, Black, Hispanic, Pacific Islander, Multi-Ethnic)

**Partner Schools:**

- Troubies come from more than **120** different partner schools.
- 35%** come from public schools.

**Religion:**

- 65.8%** Catholic
- 34.2%** other faiths



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

## Where do you feel a sense of belonging?

“St. Francis isn’t just challenging academics and competitive sports teams. St. Francis is a great community of girls that support each other and work together. Whether it’s during Service Trips or Homecoming Week, St. Francis has a specific feeling of community that is unlike any other high school.”

**Sofia '20**  
Holy Trinity

“I wish people knew how life changing it is to come to St Francis. I have really come out of my shell since coming here, and I’ve made so many new friends. This is the first time I’ve really felt like I belong to a community. I have tried so many new things, including yoga, cross country, orchestra, and many more.”

**Ella '22**, Arden Middle School

“St. Francis will always be like a second home where you can be and turn into the best version of yourself.”

**Ana '20**, St. Francis Elementary

# IGNITE YOUR PASSIO



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



“You can really find yourself and your passions at St. Francis. I am a walking example of someone who knew no one but now has met my best friends (Troubie sisters) and gained knowledge and got a better perspective on life! I have really found my love and passion for singing, dancing and theatre through the St. Francis arts program. Whether it’s academics, the arts, or athletics, St. Francis offers it all and helps you reach your greatest potential.”

**Malia '21**, Robert C. Cooley Middle School (Roseville)



**The Sports Media Club is one of the most active clubs on campus.**

In the last year, TroubieTV broadcasts covered more than 50 Troubadour athletic contests including a live coverage of the SF game at Golden1 Center and events like the National Signing Day celebrations. TroubieTV gives girls the opportunity to learn broadcast announcing, sports filming, and production. In addition to showing numerous contests from campus and across the Sacramento region, club members meet to hear from speakers in the media industry.



## How will you nurture your talents?

### Academic Teams

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

- › Academic Decathlon
- › Certamen
- › Mathletes
- › Mock Trial
- › Model United Nations
- › Robotics
- › Science Olympiad
- › Speech

**Our campus hosts more than 40 student-operated clubs, providing something for everyone.** During

Club Rush week in September, Serra Court is filled with club representatives, and students can meet club members, learn what the clubs do, and join their favorites!



# EMBRACE TRADITION



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

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



There are also many St. Francis traditions that build community, celebrate the Troubie sisterhood, and make high school a fun-filled four years.

**Some of our most cherished traditions include:**



**Lunch with a Parent/Grandparent Day**

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



**Spirit Week & Homecoming**

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



**Mother Daughter Ball**

A night of dancing, desserts, and memory making for Troubies and their mother figures.



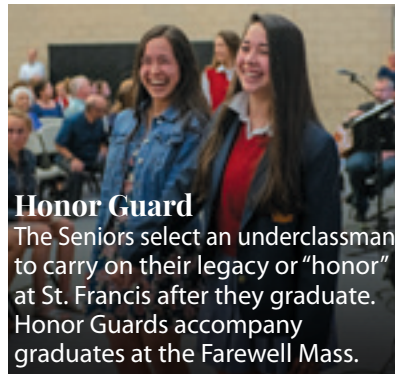
**Father-Daughter Dance**

Nearly 1,000 fathers and daughters turn out for the biggest dance of the year!



**St. Francis Feast Day**

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



**Honor Guard**

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



**Freshman Overnight Retreat**

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



**SWAP Day**

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



**Mascots**

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

**What will be your Troubie memories?**

“The St. Francis community is loving, welcoming, and is always there for you. The moment you step foot on campus, you feel comfortable and cared for. There are so many amazing people at St. Francis and there are an abundance of activities.”

**Grace '22,**  
St. Mary School

“Even if you don't know that many people, you will make so many new friends and have the time of your life being a Troubie.”

**Grace '22,** Rolling Hills Middle School

“St. Francis truly has so much to offer and, no matter what you are interested in, you will find a place where you belong and flourish.”

**Abby '22,** Holy Trinity School



# LEAD THE WAY



**Each of our students become a part of a tradition of extraordinary women** — 10,000+ alumnae of St. Francis who live and work in our community, our nation, and throughout the world. St. Francis graduates have a proud history of nearly 100% college placement at the nation's finest colleges and universities. Their experiences at St. Francis put their dreams within reach. **#TroubieForLife**



## Brynne Burrows, Class of 2019 Valedictorian

*Brynne, a graduate of St. Alban's Country Day School, has lived the Four Pillars throughout her four years of high school, serving our school and her class with love and devotion. She is kind, humble, and appreciative of the gifts God has bestowed upon her. Brynne has been a Retreat Team Leader, two-time Service Trip volunteer, Kairos Director, Ambassador Leadership Board member, and a Sports Medicine Intern. She was Co-President of Life Skills Club and involved in the Medicine and More Club. Brynne received St. Francis' highest student honor, the Pax et Bonum Award, and she is attending the University of California, Los Angeles.*

“Whatever situation you find yourself in moving forward, your gift is needed and you are loved for exactly who you are. Everyone’s gifts are unique, yet we are all created by the same wonderful God. It’s up to us to choose to apply the gifts He gave us intentionally. Now more than ever, your gifts are going to be vital in shaping the future of our community, society, and world.”



## Anisha Rao, Class of 2019 Salutatorian

*Anisha, a graduate of Golden Hills School, was chosen by her classmates to give the Salutatory address. During her time at St. Francis, she was President for the last two years of our Girl Up Club, involved in Model UN, Debate Club, and served as a St. Francis Ambassador and Big Sister. She participated in our Kaiser internship program last summer and is passionate about educating and empowering young women. Anisha is attending the University of Southern California.*

“Faculty, you have been an invaluable support to us these past years. Each and every one of those 1,460 days, you were our greatest advocates, and you believed in each of us, constantly pushing us to reach our fullest academic potential. We could not thank you enough. By exemplifying our school year theme, ‘one home, one family, and one responsibility,’ you are what made our St. Francis experience truly special.”

## What will your future hold?

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








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







 [sfhs.sacramento](https://www.facebook.com/sfhs.sacramento)  [sfhs\\_Troubies](https://www.instagram.com/sfhs_Troubies)  [sfhstroubies](https://twitter.com/sfhstroubies)





# ACADEMICS



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



“The relationship and connection between the students and the teachers is special. If you miss a day of school because you are sick or you miss a couple of blocks because you have a game for your sport, the teachers are all very supportive. They understand that we have other things going on in our lives, and they want us to be successful. They are willing to help you at lunch, free blocks, and they allow you to sit in on one of their other classes.”

**Emma '21, St. Ignatius**



## Academic Support Resources

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

**Troubie Success:** This three-semester course for freshmen begins in the summer before freshman year and helps students overcome academic challenges and maximize their personal strengths. With a focus on English and Math, students gain study skills and academic content knowledge to support their progress all four years at St. Francis.

**Study Skills:** This semester class is designed to support students in all of their coursework. Troubies learn effective study and test-taking skills and hone their organizational and time management techniques to ensure success across all subject areas.

**CSF Tutoring:** California Scholarship Federation (CSF) tutors offer peer tutoring throughout the school day and after school in all subject areas. Students can be matched with a peer who has successfully completed coursework in the subject area and receive one-on-one assistance and support.

**Formal Education Program:** St. Francis affirms that students with learning differences are given the opportunity to receive a quality Catholic education in a caring environment. For students with documented learning differences, we offer a Formal Education Plan (FEP) which provides appropriate in-class interventions based on the unique learning style of each student.

## C-STEM™

St. Francis has partnered with UC Davis to become a C-STEM (Computing, Science, Technology, Engineering, and Mathematics) school. C-STEM is a UC approved educational preparation program for undergraduate admission to all UC campuses. Participating students make meaningful connections between STEM topics and their relevance to real-life applications as well as help develop students' critical thinking and problem solving skills. In addition to our extensive Science and Mathematics courses, we offer the following STEM coursework:

AP Computer Science A, AP Computer Science Principles, C Programming (C-STEM), Applied Chemistry and Technology, Biotechnology, Digital Photography & Digital Concepts.

## How will you succeed?

### 1:1 with Google

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

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

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

# AP and Honors Classes

SFHS offers 30 Advanced Placement and Honors Classes:

## AP

English Lit. & Composition  
Spanish Language  
Spanish Literature  
French Language  
Italian Language  
Latin  
Chemistry  
Biology  
Calculus AB  
Calculus BC  
Statistics  
Studio Art  
US History  
World History  
Am. Government/Politics  
Computer Science A  
Computer Science Principles

## Honors

Great Books  
American Literature  
French 3  
Spanish 3  
Biology  
Chemistry  
Physics  
Geometry  
Precalculus  
Art History  
SF Players  
Chamber Singers  
Theater Arts II



## College Acceptance Stats

**99%**

The percentage of 2018 grads who are attending college immediately after graduation

**\$23.6 million**

The value of scholarships offered to the 247 members of the Class of 2018

**90%**

The percentage of 2019 grads attending four-year universities

**36%**

The percentage of 2018 grads attending a school out of state





Over the last 5 years, St. Francis students have been accepted at more than 225 different colleges. College acceptances over the last 5 years include:

American University  
 Arizona State University  
 Baylor University  
 Berklee College of Music  
 Boise State University  
 Boston College  
 Boston University  
 Brown University  
 Bryn Mawr  
 California Institute of Technology  
 California Polytechnic State University, San Luis Obispo  
 California State Polytechnic University, Pomona  
 California State University, all campuses  
 Case Western Reserve University  
 Chapman University  
 Claremont McKenna College  
 Clemson University  
 Colorado State University  
 Columbia University  
 Cornell University  
 Creighton University  
 Dartmouth College  
 DePaul University  
 Duke University  
 Embry-Riddle Aeronautical University  
 Emory University  
 Fordham University  
 Georgetown University  
 Gonzaga University  
 Harvard University

Harvey Mudd College  
 Hawaii Pacific University  
 Howard University  
 James Madison University  
 King's College London  
 Lewis & Clark College  
 Louisiana State University  
 Loyola Marymount University  
 Loyola University Chicago  
 Loyola University New Orleans  
 Marist College  
 Marquette University  
 Massachusetts Institute of Technology  
 Michigan State University  
 Mount Holyoke College  
 New York University  
 Northeastern University  
 Northern Arizona University  
 Occidental College  
 Oregon State University  
 Pepperdine University  
 Pitzer College  
 Princeton University  
 Purdue University  
 Quinnipiac University  
 Regis University  
 Rensselaer Polytechnic Institute  
 Rutgers, The State University of New Jersey  
 Saint Mary's College of California  
 San Diego State University  
 San Francisco State University  
 Santa Clara University

Scripps College  
 Seattle University  
 Seton Hall University  
 Sonoma State University  
 Spelman College  
 Stanford University  
 Syracuse University  
 Texas A&M University  
 Texas Christian University  
 The Catholic University of America  
 The George Washington University  
 The Ohio State University  
 The University of Alabama  
 The University of Arizona  
 The University of Iowa  
 The University of North Carolina, Chapel Hill  
 The University of Texas, Austin  
 Tulane University  
 United States Air Force Academy  
 United States Military Academy - Army  
 United States Naval Academy  
 University of British Columbia  
 University of California, all 9 campuses  
 University of Chicago  
 University of Colorado at Boulder  
 University of Denver  
 University of Edinburgh  
 University of Hawaii at Manoa  
 University of Idaho

University of Kentucky  
 University of Miami  
 University of Michigan  
 University of Minnesota  
 University of Mississippi  
 University of Nebraska at Lincoln  
 University of Nevada, Las Vegas  
 University of Nevada, Reno  
 University of Notre Dame  
 University of Oklahoma  
 University of Oregon  
 University of Pennsylvania  
 University of Portland  
 University of Puget Sound  
 University of San Diego  
 University of San Francisco  
 University of South Carolina  
 University of Southern California  
 University of St. Andrews  
 University of the Pacific  
 University of Virginia  
 University of Washington  
 Vanderbilt University  
 Villanova University  
 Washington State University  
 West Virginia University  
 Whitman College  
 Willamette University  
 Worcester Polytechnic Institute  
 Yale University

# FUTURE READY



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



“Everyone at St. Francis wants to see you succeed and we all lift each other up. Whether you go to Wellness, Guidance, the front office, a teacher, an upperclassman, or a fellow Troubie who is in a couple classes with you, everyone is truly there for you when you need it.”

**Anna '20, Golden Hills**

## The Guidance & Wellness Departments provide

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



## SFHS Internship Program

Preparing students to enter the college of their choice is not the only commitment we make to their future; St. Francis also provides opportunities for career exploration and professional networking. In 2019, the third year of our new SFHS Summer Internship program, Troubadours had the opportunity to interview and be placed with businesses in the area of healthcare, government relations, construction management, research and database creation, and collections inventory and management.

Twenty students participated in our summer medical internship with a local hospital system, a four-week practical career experience and training opportunity that allowed them to shadow in multiple departments.

## Guidance and Internships

“St Francis is the perfect balance of fun and discipline. It makes school more fun than any other school, but each and every student is expected to reach her full potential and even exceed what she thought she was capable of.”

**Delaney '22**  
St. Ignatius

“At St. Francis, someone always has your back. Whether you’re struggling in a class or having trouble meeting new people, a student, teacher, or counselor will always be there to help you get back on your feet.”

**Gabriella '20, St. John Vianney**

“The administration and teachers are so helpful at St. Francis. All the teachers I’ve had have been so caring and helpful to me, and everything is catered to what each individual student needs.”

**Alex '21, Our Lady of the Assumption**

# ATHLETICS



Our Athletic programs emphasize the total education of the young woman by **fostering team-building, self-discipline, and confidence** on and off the courts, fields and pools. Nearly half of our students participate in one or more of the **12 sports** and **27 teams** available on campus with most competing annually in CIF section, regional and state postseasons.



“ I have been involved with our athletics department since Freshman year. I do Track and Field as well as Volleyball ,which is the highlight of my St. Francis career. Getting an opportunity to do what I love and support my school is amazing. I love being a part of the St. Francis community. ”

**Reyna '21, Holy Family**



## #troubietakeover

### Team Sports

#### Fall

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

#### Winter

- › Basketball
- › Soccer

#### Spring

- › Diving
- › Lacrosse
- › Softball
- › Swimming
- › Track & Field

As one of the top programs in Northern California, the Troubadours have won more team titles (**97**) than any girls program in Sac-Joaquin Section history and captured the **2018-19 Sac-Joaquin Section Commissioner's Cup and Delta League All-Sports Trophies**. Over the last four years, SFHS has produced **89** student-athletes who have committed to play collegiate sports, including **25** members of the Class of 2019.



# THE ARTS



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



Visual Art course offerings include:

- › Painting
- › Drawing
- › Figure Sculpting
- › Digital Photography
- › AP Studio Art
- › Honors Art History



This year St. Francis held the fourth Arts Recognition Ceremony to celebrate those graduates who committed to the Arts by majoring in an Art form in college. We honored 14 graduates from the Class of 2019 who chose college majors including Musical Theatre, Dance, Acting, Cinematic Arts Film & Television Production, Music, Technical Theatre, Graphic Design, Screenwriting, and Theater.



## Expression and Creativity

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

- › Concert Choir
- › Chamber Singers & Honors Chamber Singers
- › Show Choir
- › Theatre Arts
- › SF Players & Honors SF Players
- › Intermediate Dance Techniques
- › Apprentice Dance
- › Dance Company

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



# CAMPUS MINISTRY



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



In the 2018-19 academic year, **27,833** hours of service were completed by students at **438** different community organizations.



SFHS students in their junior year can participate in service trips to destinations including New Orleans, LA; Bronx, NY; Winnebago, NE; and other locations.



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

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

## Service in Action

“You will be challenged academically in a way that will give you the tools to succeed in college and life. I have become a more active global citizen and a person that wants to help inspire positive change in the world.”

**Rose '20**  
Arden Middle School



# TROUBIE PRIDE IS ALIVE!



## What do Troubies wish people knew about their school?

“I wish that prospective students fully understood the benefits of going to an all-girls school and how powerful and moving it is to have the support of your fellow Troubie sisters. At St. Francis there will always be someone to talk to, relate to, celebrate with, help you, and pick you up when you are down.”

**Savvyl '22**  
Holy Spirit Parish School

“It’s so, so, so fun! Some people seem unsure about going to a school with all girls, but it is really nice and it really helps to have such a supportive environment.”

**Abigail '22**  
Davis Waldorf

“St. Francis really wants you to thrive. It is a safe place to try new things and go out of your comfort zone.”

**Jaedyn '22**  
Merryhill Midtown



“Teachers and staff are there to help you grow as both a student and a person, which I value a lot. Teachers want to help you learn, they enjoy their jobs, and they value and support their students.”

**Julia '21**  
Harper Junior High

“Going to school here will be the craziest, most exciting, and wildest 4 years of your life. St. Francis is a place that you can make mistakes, learn from them, and not get judged based on the mistakes.”

**Madison '20**  
Toby Johnson Middle School

“Everybody has a place at SF. It is so easy to meet people and find your interests. Everyone is so welcoming and you’ll be treated like family.”

**Juliet '20**  
Eich Middle School

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