



EMPOWERED. NURTURED. TRANSFORMED

THE ST. FRANCIS ADVANTAGE



“

St. Francis ensures that students will be well rounded by providing a wide variety of clubs and academic teams, an array of art classes, a campus ministry program that enriches students in faith and love, a five-star cafe, incredibly supportive teachers and administrators who are dedicated to ensuring the success of their students, talented sports teams, unique and memorable traditions, and most importantly -- strong values which enrich our sisterhood.

”

Anna '22

ST. ISIDORE CATHOLIC SCHOOL

We invite you TO GET TO KNOW OUR COMMUNITY AND LEARN WHY ST. FRANCIS CATHOLIC HIGH SCHOOL IS TRULY FOUR YEARS THAT LAST A LIFETIME!

WHAT IS THE ST. FRANCIS CATHOLIC HIGH SCHOOL 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 WELCOME

STUDENTS OF **ALL FAITH**
TRADITIONS AND **BACKGROUNDS.**

965
STUDENTS

132
DIFFERENT
FEEDER
SCHOOLS

71
ZIP CODES

What is a TROUBADOUR?

A Troubadour, or *Troubie*, is more than just the St. Francis mascot. A Troubie is a young woman who discovers her gifts and talents while being part of a sisterhood that is more than **11,000 ALUMNAE STRONG**. A Troubadour spends her formative high school years being empowered, nurtured, and transformed by dedicated teachers and a caring community.

A **diverse** AND **inclusive**
STUDENT BODY

52% CAUCASIAN

48% STUDENTS OF COLOR
(American Indian, Asian, Black,
Hispanic, Pacific Islander, Multi-Ethnic)

55%
CATHOLIC
FEEDER
SCHOOLS

35%
PUBLIC
SCHOOLS

10%
PRIVATE
SCHOOLS

THE SPIRIT OF SISTERHOOD



“ The bonds people talk about really do exist and we really are like one big family. Everyone that goes to St. Francis – students, teachers, and staff – they all have your best interests in mind, always. ”

Emily '23 ST. IGNATIUS

OUR STUDENTS **form bonds**
that last, FROM THE FIRST DAY OF
FRESHMAN YEAR TO THEIR 50 YEAR CLASS REUNION.

“ Students welcome new Troubies with excitement. There is nothing to fear in the transition to St. Francis. The spirit of sisterhood is candidly alive within the halls of St. Francis. There really is nothing like the support that you get from the hundreds of girls that surround you. **IT IS A UNIQUE HIGH SCHOOL EXPERIENCE THAT YOU CAN'T GET ANYWHERE ELSE.** It truly is great to be an SF Troubadour!



McKenna '22

CAPITAL CHRISTIAN MIDDLE SCHOOL

Why an ALL-GIRLS SCHOOL?

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!

“ With girls leading all aspects of school life, there is a kind of empowerment that surrounds the campus. **WE ARE TAUGHT NOT ONLY TO CHALLENGE ADVERSITY BUT TO OVERCOME IT.** St. Francis builds strong, independent women with fierce support systems and room to grow into the person they were meant to become.

Mackenzie '24

ST. JOHN VIANNEY

STELLAR ACADEMICS



“ Teachers and guidance counselors check in on you often to see how you are doing and make it known you are cared for; at St. Francis you are surrounded by love and a sisterhood. ”

Teaghan '23

LANGUAGE ACADEMY OF SACRAMENTO

TROUBLES RECEIVE **personalized** **attention** TO REACH THEIR GOALS.

Every young woman at St. Francis receives a tailored 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.



GUIDANCE & SUPPORT

With six counselors on site, our Guidance Department assists 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.** A dedicated college counselor joins their team junior year.

- Our academic support program includes 1:1 and small group academic counseling with our Learning Support Specialist as well as peer tutoring and development and monitoring of accommodation plans for students with diagnosed learning differences.
- All St. Francis students are provided a school-issued Chromebook to be used both at school and at home.
- If rigor is desired, St. Francis offers 32 Honors and AP classes. Our 88% AP pass rate is 30% higher than the California average.

22

AVERAGE
CLASS SIZE

14:1

STUDENT TO
TEACHER
RATIO

32

HONORS &
AP CLASSES
OFFERED



future READY

SFHS students explore potential career paths by participating in Alumnae Career Day and our summer internship program.

Over the last 5 years, St. Francis students have been accepted at more than 225 different colleges. In most years 100% of our students attend college, with 85-90% attending four-year universities.

VIBRANT CAMPUS LIFE



“

After my first week on campus, I knew there was no place I'd rather be. I had already made completely new friends and found my home. The community at St. Francis is unlike anything else, and the staff truly value the students as much as the students value one another.

”

Chloe '22

ARDEN MIDDLE SCHOOL

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.

troubies love
TRADITIONS! ➤

Class Mascots • Senior Honor Guard • Father-Daughter Dance • Freshman Overnight Retreat • Lunch with a Parent/Grandparent Day • Mother-Daughter Ball • SWAP (Switch With A Parent) Day • St. Francis Feast Day



campus MINISTRY

Campus Ministry is a focal point of the Troubie experience at St. Francis Catholic High School. The SFHS Campus Ministry office oversees our four-year retreat program and our service program, including service trips across the country. In the 2019-20 academic year, **28,017 HOURS OF SERVICE** were completed by students at **449 DIFFERENT COMMUNITY ORGANIZATIONS.**

80+
STUDENT
CLUBS

9
ACADEMIC
TEAMS

get on BOARD!

St. Francis has more than 80 student clubs that offer opportunities for connection, involvement, service, and fun!

Our nine academic teams offer opportunities for further learning and interaction with your Troubie sisters. Choose from Academic Decathlon, Certamen, Mathletes, Mock Trial, Model United Nations, Robotics, Science Olympiad, Speech and CyberSecurity.



IN 2018 AND 2019, SF HAD THE LARGEST NON-PROFIT TEAMS AT SACRAMENTO FOOD BANK'S ANNUAL RUN TO **Run to Feed the Hungry!**

ATHLETICS



Being a part of the St. Francis swim and cross country teams has completely changed my view on life and taught me the value of teamwork and quality friendships.

Grace '23

KATHERINE ALBIANI MIDDLE SCHOOL

NEARLY HALF OF OUR STUDENTS PARTICIPATE IN ATHLETICS AT SF. WHETHER YOU HAVE PLANS TO PLAY IN COLLEGE OR JUST WANT TO WEAR THE **red** AND **gold** AND BE PART OF A TROUBIE TEAM, THERE'S A PLACE FOR

YOU!

our 12 sports include:

CROSS COUNTRY	SOCCER
GOLF	DIVING
TENNIS	LACROSSE
VOLLEYBALL	SOFTBALL
WATER POLO	SWIMMING
BASKETBALL	TRACK AND FIELD



➤ gotroubies.com

a winning TRADITION



- SF is the reigning **TWO-TIME DEFENDING DELTA LEAGUE ALL-SPORT WINNER.**
- SF won **BACK-TO-BACK** Sac-Joaquin Section Commissioner's Cups in 2018-19 and 2019-2020.
- Over the last five years, SFHS has produced **MORE THAN 100 STUDENT-ATHLETES WHO HAVE COMMITTED TO PLAY COLLEGIATE SPORTS**, including 21 members of the Class of 2021.
- SFHS student-athletes had a cumulative **GPA OF 3.69.**

MORE **team titles** THAN ANY GIRLS PROGRAM
IN SAC-JOQUIN SECTION **history**

THE ARTS

A young woman with a joyful expression is performing on stage. She is wearing a grey, button-up vest over a white, off-the-shoulder top with frayed sleeves. A thick, braided rope belt cinches her waist. Her arms are outstretched. The background is a dark, textured set with blue and green lighting.

“ While I love all my classes at St. Francis, the best part of my day is rehearsing in the theater and working with my fellow cast members to put on a show that we are all so proud to be a part of...and knowing our Troubie sisters are in the audience cheering us on. ”

Isabelle '22

SUTTER MIDDLE SCHOOL

THE ARTS PROGRAMS AT SF IMPART STUDENTS WITH LIFELONG SKILLS BY INVITING THEM TO EXPRESS THEMSELVES, **cultivate their imaginations**, AND FIND INSPIRATION IN THE WORLD AROUND THEM.

visual art courses

Painting 1 & 2 • Drawing 1 & 2 • Figure Sculpting 1 & 2 • Digital Photography 1 & 2 • Digital Film • Advanced Studio Art • AP Studio Art • Honors Art History

performing art courses

Concert Choir • Chamber Singers • Honors Chamber Singers • Concert Orchestra • Chamber Orchestra • Vocal Solos • Intro to Show Choir • Show Choir • Theatre Arts 1 & 2 • Honors Theatre Arts 2 • SF Players • Honors SF Players • Intermediate Dance Techniques • Apprentice Dance Company • Dance Company • Intro to Theatre Tech & Design



40+
EVENTS
EACH YEAR

27
VISUAL &
PERFORMING
ARTS COURSES

WE OFFER **FOUR-YEAR PROGRAMS**
IN VISUAL AND PERFORMING ARTS.

inspiring FACILITIES

Our **500-SEAT THEATRE** hosts more than 40 events each year, including a musical, play, dance concert, One Acts, Christmas concert, and more!



techies RULE

See those girls with the black jumpsuits and headsets?

They run the show! Technical theater is both a class and a club where students can work with our Technical Director on set design and build, lighting, sound, and more.

ADMISSIONS



questions?

PLEASE CONTACT US!

ADMISSIONS@STFRANCISHS.ORG

(916) 737-5095

THE MOST IMPORTANT THING FOR YOU TO KNOW IS THAT THE PERSON YOU ARE TODAY IS YOUR GIFT TO ST. FRANCIS. AND **who you will become** AT ST. FRANCIS WILL BE YOUR GIFT TO THE WORLD.

we can't WAIT

to get to know you and to introduce you to a community of passionate and engaging teachers and a sisterhood that is more than 11,000 alumnae strong.



are you READY TO LEARN MORE ABOUT JOINING THE **troubie sisterhood?** WE'D LOVE TO HAVE YOU **JOIN US!**



[sfhs.sacramento](https://www.facebook.com/sfhs.sacramento)



[sfhs_Troubies](https://www.instagram.com/sfhs_Troubies)



[sfhstroubies](https://twitter.com/sfhstroubies)

A completed application includes recommendation forms, transcripts and test scores, placement testing, and an applicant video.

Go to STFRANCISHS.ORG/ADMISSIONS to RSVP for events and start your application process.



NEARLY **30%** OF STUDENTS RECEIVE FINANCIAL SUPPORT. WE AWARDED **\$1.5 million** IN ASSISTANCE FOR THE 2021-2022 ACADEMIC YEAR.



www.stfrancishs.org

5900 ELVAS AVENUE
SACRAMENTO, CA 95819