



ST FRANCIS  
CATHOLIC HIGH SCHOOL



EXPLORE YOUR PURPOSE



FIND YOUR COMMUNITY



DISCOVER YOUR JOY

# EXPLORE YOUR PURPOSE



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

St. Francis gives more opportunities than one might think. Often young girls are intimidated about “fitting into the standard,” but at St. Francis, no girl has to do that. There is a space for everyone to explore and choose what they enjoy.

**Sadie '25**  
MERRYHILL MIDTOWN

St. Francis High School is not just a place of education, but a holistic and enriching experience that prepares you for both academic challenges and personal growth.

**Kate '25**  
ST. MICHAEL'S

St. Francis is more than just an educational institution – it's a second home where you'll find genuine friendships, unwavering support, and a strong sense of belonging.

**Nina '25**  
HOLY TRINITY PARISH SCHOOL

# COLLEGE BOUND

In most years 99% of our students attend college.

Graduates from the Class of 2023 will attend 85 different colleges and universities in 26 states and countries. We help every St. Francis student find the college that's the right fit for her, and make sure she has all the tools she needs for a strong and successful college application.

# ACADEMIC OPTIONS

For students who wish to challenge themselves, we offer **34 Honors and AP classes**, advanced STEM electives, and robust visual and performing arts programs.

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



## CAREER DAY AND INTERNSHIPS

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



## LIFT

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

## CHARACTER & COURAGE

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

Our Christian Service program connects Troubies with opportunities to make a difference in their communities. In the 2023-23 school year our students completed **25,285 service hours** and served **307 non-profit organizations**.



## DEDICATED TO HER SUCCESS

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

- 21.6** Average class size
- 14.7:1** Student-teacher ratio
- 19** Alumnae on staff
- 84%** Faculty and counseling staff that have advanced degrees

## ETHNICITY

American Indian	0.52%
Asian	11.78%
Pacific Islander	1.05%
Black/African American	2.49%
Hispanic	13.22%
White/Caucasian	52.49%
Other/Multi-Racial	18.46%

# FIND YOUR COMMUNITY



St. Francis students come from 118 different feeder schools and 65 different zip codes, but each young woman joins a sisterhood nearly 12,000 strong. If you walk down the alumnae hallway at the entrance of our school, you'll see the names of every St. Francis alumna, starting with our first graduating class in 1944. We treasure our more than eighty-year legacy of connection and belonging.

St. Francis is one of the most inclusive campuses that you could choose and one of the most lively places to be for high school.

**Samantha '24**

SACRAMENTO  
COUNTRY DAY SCHOOL

St. Francis is a place that has a supportive and inclusive community, where diversity is always celebrated, and it's somewhere that you can always be yourself.

**Gabriela '26**

ST. MARY SCHOOL

I met all of my best friends freshman year on the (cross-country) team, and now as a Senior, I can't imagine my life without them.

**Amelia '24**

MIWOK MIDDLE SCHOOL

# FRESHMAN LOVE



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

## A HAVEN FOR ARTISTS

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

### CLASSES INCLUDE:

SF Apprentice Dance • SF Dance Company • Show Choir • Theater Arts I & II • Honors Theater Arts II • Theater Tech & Design • Concert Choir • Chamber Singers • Honors Chamber Singers • Concert Orchestra • Concert Band • Chamber Orchestra • Honors Chamber Orchestra • Symphonic Band • Vocal Solos • Introduction to Studio Art • Advanced Studio Art • Digital Film & Animation • AP 2D Art and Design • AP 3D Art and Design • Honors Art History

## BIG SISTERS

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

## THERE'S A CLUB FOR THAT!

A great way to get involved in the St. Francis community is to join one of our **57 student clubs**. Every September we host Club Rush, so students can meet club leaders and sign up for clubs that interest them. From *Troubies Who Mean Business* to *Baking Club* to *La Familia* to *Sisters in Science* to the *Percy-Potter Club*, there really is something for everyone.



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

St. Francis has a rich athletic tradition, having earned 200 league championships and being the reigning three-time defending Delta League All-Sports Champion. We also have non-cut sports so that any student can wear the red & gold and experience the best of team sports. In the 2022-23 school year 56% of our Troubies were student-athletes, with an average GPA of 3.8.

## ST. FRANCIS OFFERS THE FOLLOWING SPORTS:

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

\*non-cut

\*\*non-cut at the JV level

## TAKE A BREAK WITH YOUR TROUBIE SISTERS

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



# DISCOVER YOUR JOY



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

I wish people knew how much of a family St. Francis really is. From going on retreats to screaming as loud as we can with our class at rallies, we are one community. There's a place for everyone at St. Francis. There are so many diverse clubs, classes, and extracurriculars that make our school so special.

**Isadora '25**

MIWOK MIDDLE SCHOOL

St. Francis is a place where everyone is welcomed. We are all friends here and the community values trust and healthy relationships.

**Tiana '24**

HOLY TRINITY

Homecoming week will always be my favorite memory at St. Francis. The events we do every day, the outfits girls wear, and the energy is insane. Homecoming week is when I feel a sense of sisterhood the most.

**Lumiere '25**

ST. ALBANS  
COUNTRY DAY SCHOOL

# ALL-GIRLS ENVIRONMENT

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



## ACADEMIC TEAMS

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

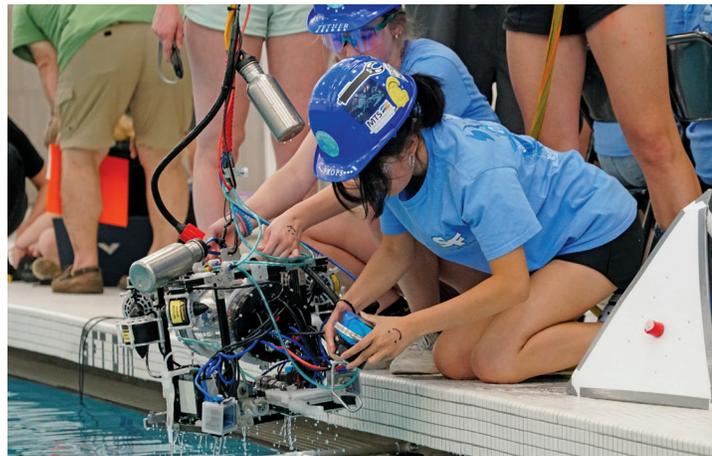
ACADEMIC DECATHLON  
CYBERSECURITY  
MATHLETES  
MOCK TRIAL

MODEL UNITED NATIONS  
MATE ROV ROBOTICS  
SCIENCE OLYMPIAD  
SPEECH

## IT'S A TRADITION

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

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



## WORLD CHAMPIONS

The St. Francis Geneseas Robotics Team won first place at the Marine Advanced Technology Education (MATE) Remotely Operated Vehicle (ROV) World Championship held in Denver, Colorado in June 2023. Our girls outperformed high school groups from across North America, Asia, Europe, and the Middle East to claim the top prize, breaking barriers for women in science, technology, engineering and math (STEM) along the way.



# I WISH PROSPECTIVE STUDENTS KNEW...

I wish prospective students knew about the incomparable kindness a Troubie is treated with as soon as they step foot on the campus. Starting high school can be scary, but at St. Francis, the staff, coaches, and students are always working their hardest to make sure all individuals feel a sense of belonging.

**Mana '25**

ROLLING HILLS MIDDLE SCHOOL

The emphasis on both academic achievement and personal growth means you'll be challenged to reach your potential in every way, all within a warm and tight-knit community that truly cares about your success and well-being.

**Nina '25**

HOLY TRINITY PARISH SCHOOL

I wish prospective students knew how diverse and inclusive St. Francis is. The hard work and dedication everyone puts into making the community a safe place makes going to school more than just a learning environment but also a second family. One of St. Francis' pillars is faith, and although it is a school built on Catholicism, the respect they have for other studies of faith helps make it a comfortable environment for all.

**Erin '25**

CALIFORNIA MONTESSORI PROJECT

The safety of students, the preparation we are given for our futures, the unexplainable bond between students, the resources that are available for us... There is a club or team for everyone's interests, everyone will become your second family, and you will make unforgettable memories here.

**Olivia '25**

HOLY SPIRIT PARISH SCHOOL

SF truly is the definition of girls supporting girls. Though the academics are challenging, there is always a community at SF that is there to support you. From theater to robotics to internships, there is something for everyone here.

**Mackenzie '24**

ST. JOHN VIANNEY

I wish people knew about how close the sisterhood at St. Francis is. They will never feel afraid to be themselves... We celebrate many cultures, ethnicities, and backgrounds; I always feel seen at St. Francis.

**Juliet '26**

MIWOK MIDDLE SCHOOL

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