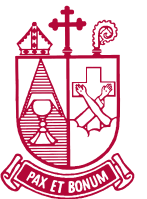


# VIEWBOOK

2018-2019



*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.

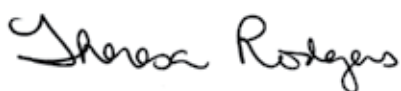
We know that choosing the right school is a huge decision. Finding a place that speaks to you and becomes like a second home is something we hope you can discover in St. Francis. We are more than just a school — we are a community that supports young women spiritually, intellectually, creatively, physically,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

We recently celebrated one of our distinguished alumnae, Greta Gerwig '02, who elegantly captured the spirit of sisterhood and the beauty of our Catholic education in her blockbuster film, "Lady Bird." She showed the world how the young women who grace our halls have a once-in-a-lifetime experience, which includes opportunities for each young woman to discover her own God-given talents to change the world.

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 High School is a Catholic diocesan college preparatory school dedicated to serving young women and their families who seek spiritual growth and academic excellence. We are committed to integrating faith with the learning process, promoting the gospel values of Jesus Christ, building community, and providing opportunities for worship. We strive to help each student develop her gifts and talents to become a model of Pax et Bonum (peace and goodness), through leadership and service.



## FAST FACTS

|   |   |
|---|---|
| Founded   | 1940  |
| School Colors   | Red & Gold  |
| Mascot  | Troubadour, a.k.a "Troubie"   |
| Number of students enrolled   | 1080  |
| 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  |
| 2017-2018 Tuition   | \$14,000  |
| Percentage of students receiving tuition assistance                         | 30%   |
| Student/Teacher Ratio   | 1:16  |
| Average class size  | 22  |
| Number of middle schools represented  | 124   |
| Percentage of Class of 2018 attending college                               | 100%  |
| Percentage of Class of 2018 attending 4-year universities                   | 90%   |
| Percentage of Class of 2018 attending college out of state                  | 43%   |
| College scholarships received by the Class of 2018                          | \$30 million  |
| Freshmen entering SFHS from public schools                                  | 35%   |
| Advanced Placement pass rate  | 85.8% (vs. 61.3% global average)  |
| Number of grads who committed to play sports in college in the last 7 years | 162   |
| Hours of community service in 2016-2017                                     | 30,018 hours  |
| Accrediting organizations   | Western Assoc. of Schools & Colleges (WASC)<br>Western Catholic Education Assoc. (WCEA) |

# 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

“ St. Francis is a welcoming sisterhood that will help you find your passion as well as nurture any existing talents you have. It is a school that is dedicated to helping girls become the best version of themselves.”

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



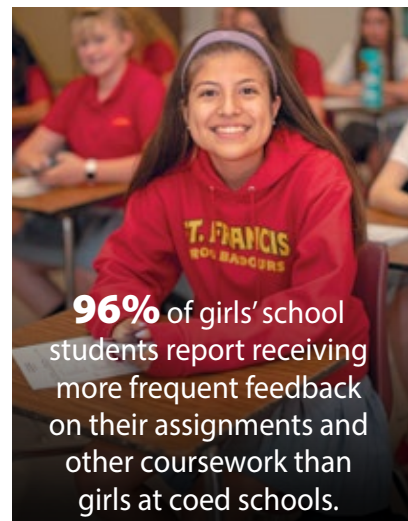
Girls' school grads are more than **twice** as likely to earn a doctoral degree.



**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?

“ Being in an all-girl environment gives students more **opportunities** to be themselves and to pursue any interest that they may have. Even though I have only been at St. Francis for one year, I already feel more **comfortable** and **confident** in myself and in my accomplishments.”

**Elyse '20**  
Harper Junior High

“At first I was a little apprehensive about not going to school with boys, but once I got here, I realized how much I appreciated it. With no boys, each girl can be herself and not be worried about her image.”

**Fiona '20**, Alice Birney Waldorf

“At St. Francis you can be who you are and say exactly what you think and feel. That's what prepares you for the real world.”

**Isabella '19**, St. John Notre Dame

# 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

“While we are receiving an exceptional education, we also have fun and create long lasting friendships with our fellow Troubies.”

**Hannah '19**, Our Lady of the Assumption

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

**Ethnicity:**

- 57% Caucasian
- 43% 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:**

- 68.3% Catholic
- 31.7% 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?

“The sisterhood at St. Francis is real. The girls I have met here truly have become my sisters and my rocks. These friendships might not all happen the day you start your freshman year, but over time, the girls you meet at St. Francis become your home.”

**Fiona '19**  
St. Mary

“I think one of the most notorious fears girls have about going to high school is the challenge of fitting in. St. Francis is a place where everyone TRULY belongs. Friendships here are easy to find because girls are incredibly supportive of one another; we foster each other’s aptitudes and strengthen each other’s weaknesses. Female empowerment is greatly nurtured in the culture of St. Francis; we are not just a student body, but a family that will last a lifetime.”

**Julia '21**, Holy Family

# 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.





**Nearly 70 SFHS students participate in the Sports Media Club.**

In the last year, TroubieTV broadcasts covered more than 80 Troubadour athletic contests 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 monthly 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 60 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.



### St. Francis Feast Day

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



### Open Dances, Junior Prom & Senior Ball

Troubies enjoy formal and informal dances for all class years at St. Francis.



### 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.



### 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.



### Mom Prom

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



### 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.



### 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.



### Father-Daughter Dance

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



### 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, Thumper, Pearl, Simba, & Winnie the Pooh.

## What will be your Troubie memories?

“The strong bond of community, faith, love, and spirit can’t be found at any other school. Being an all-girls school allows us to focus and achieve whatever we set our minds to. While in a classroom full of other young women, I feel empowered to express my thoughts and opinions.”

**Taylor '19,**  
Winston Churchill  
Middle 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**

## Grace Conlin, Class of 2018 Valedictorian

*Grace was a four-year member of the Model United Nations team, serving as co-captain her senior year. Grace was elected SBO Ministry Coordinator and served on the Ambassador Leadership Board as well as being on the hula and swim teams. Grace received St. Francis High School's highest honor, the Pax et Bonum Award, and is attending the United States Naval Academy.*

“We are leaders, too. We lead by example every time we live lives of peace and goodness. We lead by showing love for others and enthusiasm for life. We lead by using our voices in the service of those who don't have one. The world needs our leadership now more than ever, and I know that you are all more than ready to deliver it. Whoever said the future is female clearly had the honor of meeting a Troubadour.”

## Olivia Fu, Class of 2018 Salutatorian

*Olivia was the President of Key Club and Girl Up Club, as well as the captain of the Mock Trial and Speech teams. Olivia received the President's Pillar of Excellence Award for her outstanding academic achievements, and is attending Harvard University.*

“High school and St. Francis mean something a little different to each of us. But may we always be guided by the sense of purpose and confidence that we've gained to become our best selves. May we always handle challenges with grace, confrontation with tact, and success with humility. May we never forget our humble beginnings here; may we never take the many chilly mornings and sun-kissed afternoons we've spent here for granted. May we always be proud to be an SF Troubadour, and now, show the world what we've got!”



Olivia Fu &  
Grace Conlin

## 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!





# 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**.



“St. Francis cares about you as a whole person: mentally, spiritually, physically, academically, and your socially. There is always somebody on campus that you can come to for guidance or just to talk. It is such a loving community that supports everyone’s unique goals.”

**Megan '19, 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.

## 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.

## How will you succeed?

**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. 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 Film

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 Literature & Composition  
Spanish Language  
Spanish Literature  
French Language  
Chemistry  
Biology  
Calculus AB  
Calculus BC  
Statistics  
Studio Art  
US History  
World History  
American Government & Politics  
Computer Science A  
Computer Science Principles

## Honors

Great Books  
American Literature  
French 3  
Spanish 3  
Italian 4  
Latin 4  
Biology  
Chemistry  
Physics  
Geometry  
Algebra 2  
Precalculus  
Art History  
SF Players  
Chamber Singers



## College Acceptance Stats

**100%**

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

**\$30 million**

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

**90%**

The percentage of 2018 grads attending four-year universities

**43%**

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.

“When I was in the surgery department, I watched a Bone Anchored Hearing Aid (BAHA) implant on a child. That day, not only had I discovered a new interest in surgery, I was also reminded of why I wanted to become a doctor while observing the doctors and nurses care for their patients.”

**Samantha '18**, 2017 Intern

## 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 2018, the second 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

“Shadowing a Pediatrician and seeing the way he interacted with the children made me realize it is what I want to do. Dr. Fitzpatrick told me that the pediatrics field never gets boring because children bring happiness to the world. I want to be able to keep that happiness alive in the future by being able to care for the health of children.”

**Amanda '18**  
2017 Intern

“The staff (at Kaiser)...welcomed us and made us feel like we were an important part of the day. In addition to rotating through a variety of departments, I was able to observe several surgeries, right in the operating room, next to the table. The surgeon and surgical staff explained the procedures to me and answered all my questions. I have already been accepted at two university direct admission nursing programs and I believe my participation in this internship set my application apart.”

**Molly '18**, 2017 Intern

# 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.



## #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 than any girls program in Sacramento section history and recently captured the **2017-18 Delta League All-Sports Trophy**. Over the last seven years, SFHS has produced **162** student-athletes who have committed to play collegiate sports, including **20** members of the Class of 2018.

# 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 & Film
- › AP Studio Art
- › Honors Art History



This year St. Francis held the third Arts Recognition Ceremony to celebrate those graduates who committed to the Arts by majoring in an Art form in college. We honored 17 graduates from the Class of 2018 who chose college majors including Musical Theatre, Dance, Animation, Film Production, Music, Theatre Arts, Technical Theatre, Graphic Design, Screenwriting, and Voice.



## Expression and Creativity

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

- › Concert Choir
- › Chamber Singers & Honors Chamber Singers
- › Show Choir
- › Orchestra
- › 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 their own **personal faith journey** and foster a campus community that shares in the mission of the global Catholic Church.

In the 2017-2018 school year, Troubies logged **30,018 hours of service** to non-profit organizations locally and across the country.



SFHS students in their junior year can participate in service trips to destinations including Chicago, New Orleans, New York, San Diego, San Francisco, Winnebago, Nebraska 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

“I can honestly say that the retreat program has been the highlight of my St. Francis experience. Going on retreat was a time for me to reconnect with myself and step away from my sometimes hectic school schedule. St. Francis retreats are open to all and are a great opportunity to grow closer to God, your friends, and find yourself.”

**Isabelle '19**  
Our Lady of Grace

# TROUBIE PRIDE IS ALIVE!



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

“St. Francis is a place where everyone is totally accepted for who they are and for whatever their passion is – from winning trophies, to being a politically active teen, to singing in a beautiful theatre, to being a techie – St. Francis is truly a place for everyone.”

**Chloe '21**  
Our Lady of Grace

“When I heard about an all-girls private Catholic school with uniforms, I was a little worried at first because I am not Catholic and I'm not even Christian. But when I shadowed, I experienced the sisterhood and the welcoming environment and I truly felt at home and knew that this is the school where I belong.”

**Sophia '20**  
Winston Churchill  
Middle School



“Everyone at St. Francis has each other's back and they are all here to help you. High school can be hard at times but SF is truly like home; the teachers go above and beyond to make sure you understand everything and while walking through the halls, no one judges you but instead always greets you with a smile. You meet so many amazing and talented girls here and the memories you make will last a lifetime!”

**Jana '21**  
Sutter Folsom  
Middle School

“There is so much to be a part of at St. Francis that no girl ever has to worry about finding a place where she belongs. Because above all else, every girl belongs to the Troubie sisterhood, and not just for high school, but for the rest of her life.”

**Kimberly '20**  
St. Mary School

**Want to learn more about becoming a Troubie?**

[www.stfrancishs.org/admissions](http://www.stfrancishs.org/admissions) • [admissions@stfrancishs.org](mailto:admissions@stfrancishs.org) • (916) 737-5022