

COURSE BULLETIN *and* SCHEDULING GUIDE 2021 - 2022



SAINT
FRANCIS
A Holy Cross High School

Sobrato Family Learning Comm

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"With eyes of faith consider the greatness of your mission and the wonderful amount of good which you can accomplish."

*Blessed Basil Moreau,
Christian Education*



SAINT FRANCIS HIGH SCHOOL

MISSION STATEMENT

In the tradition of the Catholic Church and the spirit of Holy Cross, Saint Francis High School is committed to providing the finest college-preparatory program in an inclusive family environment, encouraging students to achieve their highest potential through:



Spiritual Development,
which expresses their Christian values in the convictions of their heart and the actions of their hands;

Intellectual Development,
which translates their knowledge and skills into independent and creative thinking;



Social Development,
which transforms their activities and experiences into leadership in and service to the community.





EDUCATING THE HEART AND MIND

"We shall always place education side by side with instruction; the mind will not be cultivated at the expense of the heart."

*Blessed Basil Moreau,
Circular Letter 36; 1849*

Graduation Outcomes

The Saint Francis graduate embodies the Holy Cross charism and is expected to be

» *A person of faith*

who imparts Holy Cross values in the Catholic tradition by

- » Demonstrating a basic understanding of the life and teaching of Jesus Christ and the essential doctrines and practices of the Catholic Church.
- » Recognizing and respecting the dignity of the human person, and responding to the call to love and serve in the tradition of Catholic moral and social teaching.
- » Serving the community particularly by reaching out to those most in need.
- » Participating in and embracing our faith-filled community.

» *An intrinsically motivated scholar*

who pursues lifelong learning by

- » Thinking critically and creatively to solve problems and make decisions, both independently and as members of a team.
- » Listening effectively, reading critically and using language precisely in speech and writing.
- » Interpreting and evaluating complex information presented through various media.
- » Utilizing and adapting technology resources productively and responsibly.

» *An engaged individual*

who demonstrates personal and social responsibility by

- » Understanding the rights and responsibilities of a local, national and global citizen.
- » Demonstrating critical interpersonal skills of clear communication and meaningful collaboration.
- » Becoming self-directed, resilient individuals who are able to set goals to maintain physical and emotional well-being.
- » Exploring new and diverse opportunities and embracing the call to lead.

Saint Francis High School is committed to lifelong learning, a vision that we share with our parents and students. As a community of teachers and learners, we share the responsibility to encourage the advancement of our Intended Student Outcomes.





SCHEDULING PHILOSOPHY

"Education is the art of helping young people to completeness; for the Christian, this means education is helping a young person to be more like Christ, the model of all Christians."

*Blessed Basil Moreau
Christian Education*

Scheduling Philosophy

The scheduling process reflects the Saint Francis commitment to educate the whole student and to empower them to be engaged and motivated people of faith. In partnership with the family, Guidance Counselors advise students on the path that is most appropriate for the student's development, academically and personally. Students are encouraged to select classes that align with their strengths and interests and also complement their extracurricular activities.

Guidance From SOCIAL EMOTIONAL LEARNING DEPARTMENT

Create a schedule that is balanced and provides you enough time for the important things in your life. These include classes, clubs, sports, extracurriculars, jobs, special events, time with your friends and family and most importantly, time for yourself. Your academic schedule should not come at the expense of your personal well-being. Having enough time each day to maintain the basic foundation of well-being (food, water, exercise and sleep) must be a priority for your health.

Molly Boesiger,
SFThrive Advisory Coordinator



Guidance From THE COUNSELING DEPARTMENT

It is imperative to select courses that interest you when considering advanced honors or AP level choices. Consider how much time outside of the classroom you will need to spend on homework, projects, and studying. What other activities and interests do you have outside of the classroom environment that you would like to spend time in pursuing? Ensure you are providing enough time in your day to complete your academics and extracurriculars, while maintaining a well balanced schedule to prioritize your mental health and maintain your sleep schedule.

MaryLynne Rodriguez,
Department Chair, Guidance and College Counseling

Guidance From **STUDENT ATHLETICS**

League (as well as non-league) competition involves travel to and from sites that may account for additional hours in the week over the course of the season.

Athletic Department



Guidance From **STUDENT ACTIVITIES**

Social interactions with your peers is a very important component of your high school experience. We encourage you to explore your interests and sample new activities as you consider joining clubs or attending events. Many of these shared experiences will be where you meet lifelong friends and create lifetime memories. Be careful not to over-commit. Always remember that “balance” is important - it is the richness of your involvement that is key to your overall health and wellness.

Todd Meulman,
Director of Student Activities



Guidance From HEALTH AND WELLNESS

Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you to eat better and manage the stress of being a teen.



[The National Sleep Foundation](#)



Recommends

8 - 10 hours of sleep
for teenagers between 14 and 17

Lack of sleep may

- » Limit your ability to learn, listen, concentrate and solve problems. You may even forget important information like names, numbers, your homework or a date with a special person in your life.
- » Lack of sleep can contribute to acne and other skin problems.
- » Lead to aggressive or inappropriate behavior such as yelling at your friends or being impatient with your teachers or family members.
- » Contribute to illness, not using equipment safely or driving drowsy.





GRADUATION REQUIREMENTS

*"How we educate the mind will change with the times;
how we cultivate the heart is and will remain timeless."*

*Blessed Basil Moreau,
Christian Education*

Graduation Requirements

In order to graduate from Saint Francis High School, a student must successfully complete a *minimum of 240 semester credits* of coursework.

Courses required for graduation must be taken at Saint Francis High School. Counselors will support students in selecting an individual and balanced schedule. They will select coursework that meets both Saint Francis graduation requirements and minimum UC/CSU A-G requirements.

The Counseling Department encourages students to take challenging courses (Honors and AP courses) that are appropriate for their level and academic interests. Included within credits completed satisfactorily are the following course requirements:

<i>Subject</i>	<i>Saint Francis Graduation Requirements</i>	<i>UC-CSU Minimum Requirements</i>	<i>4-Year College/ University Suggested Requirements</i>
English	4 years (40 credits)	4 years (B)	4 years
Mathematics	3 years (30 credits)	3 years (C)	3-4 years
Science	3 years (30 credits)	2 years (D)	3-4 years
History/Social Science	3 years (30 credits)	2 years (A)	3-4 years
World Language	2 years (20 credits)	2 years of the same language (E)	2-3 years recommended 3-4 years per student interest
Visual & Performing Arts	1 year (10 credits)	1 year in a single discipline (F)	1-2 years per student interest
College Preparatory Electives	3 years (30 credits)	1 year (G) in addition to those required in A-F above	Take additional electives per student interest
Religious Studies	4 years (40 credits)	No Requirement	No Requirement
Physical Education	1 year (10 credits)	No Requirement	No Requirement
Community Service	50 Hours	No Requirement	No Requirement



CURRICULUM GUIDE

"Our zeal is always guided by charity. Everything is done with strength and gentleness."

*Blessed Basil Moreau,
Christian Education*

Curriculum

Please read complete course descriptions at

<https://www.sfhs.com/guidance-counseling-dashboard/course-schedule-information>

ENGLISH – 8 SEMESTERS REQUIRED

SFHS requires eight semesters of English and enrollment in English every semester.

Current Freshman English Class: English 1 or English 1 Honors

Next English Class Options

- » English 2
- » English 2 Honors
 - » *Open to current English 1 Honors Students*
 - » *Open to current English 1 Students with a minimum of A-, plus application*

Current Sophomore English Class: English 2 or English 2 Honors

Next English Class Options

- » English 3
- » AP English Language
 - » *Open enrollment and requires contract*

Choose an English Selective

- » Activist Literature
- » Dystopian Literature
- » Feminist Literature
- » Indigenous Peoples Literature
- » Modern Drama
- » Sports, Literature, and Culture

Current Junior English Class: British Literature or AP English Language

Next English Class Options

- » English 4
- » AP English Literature
 - » *Open enrollment and requires contract*

Choose an English Selective

- » Mystery and Detective Fiction
- » Contemporary American Authors
- » Science Fiction
- » Culture and Voice
- » Film as Literature

MATH – 6 SEMESTERS REQUIRED

All math classes are a year long. Freshmen students are placed in Algebra 1 or may choose to take a proficiency exam to be placed in a higher level. All placements are determined by the Math Department.

Current Math Class: Algebra 1

Next Math Class Options

- » Descriptive Geometry
 - » *Successful completion of Algebra 1A/1B or Algebra 1 students who do not meet the prerequisites for Geometry*
- » Geometry
 - » *Minimum of a "C" in Algebra 1 or Algebra 1H.*
 - » *Teacher recommendation in Algebra 1A/1B*
- » Honors Geometry
 - » *Minimum of a "B" in both semesters of Algebra 1H.*
 - » *"A" with teacher recommendation in Algebra 1.*
- » Summer Geometry

Current Math Class: Geometry

Next Math Class Options

- » Intermediate Algebra
- » Algebra 2
 - » *Minimum of a "C" in both Geometry and Algebra 1.*
 - » *Students enrolled in Descriptive Geometry must have an "A-" and teacher recommendation.*
- » Advanced Algebra 2/Trigonometry Honors
 - » *Satisfactory achievement on the qualifying exam and previous math grades.*

Current Math Class: Algebra 2

Next Math Class Options

- » Precalculus
 - » *Minimum of either a "C-" in Trigonometry/Analytical Geometry or Advanced Algebra/Trigonometry Honors, or a minimum of a "B" in Algebra 2.*
- » Trigonometry/Analytic Geometry
 - » *Minimum of a "C" in Algebra 2 or an "A" and teacher recommendation in Intermediate Algebra.*
- » Statistics
 - » *Passing grade in Intermediate Algebra and Senior Standing.*
- » Summer Trigonometry
 - » *In order to enroll in Precalculus H*

Current Math Class: Advanced Algebra 2/Trigonometry Honors

Next Math Class Options

- » Precalculus Honors
 - » *Minimum of a "B" in Advanced Algebra/Trigonometry Honors or an "A" and teacher recommendation in Trigonometry/Analytic Geometry.*
 - » *Algebra 2 students with an "A" will be invited to take the Summer Trigonometry class and will qualify for this course with an "A".*
- » Calculus
 - » *Minimum of a "B" in Precalculus or a "B-" in Precalculus Honors.*
 - » *Minimum of a "B" in Advanced Algebra/Trigonometry Honors.*
- » AP Calculus AB
 - » *10th, 11th, or 12th grade standing.*
 - » *Minimum of an "A" and teacher recommendation in Precalculus, a "B+" in Precalculus Honors, a "B-" in Calculus, or an "A-" in Advanced Algebra-Trigonometry.*
 - » *Contract required.*
- » AP Statistics
 - » *Minimum of a "B-" in Trigonometry/Analytical Geometry, Advanced Algebra/Trigonometry Honors, Precalculus, or Precalculus Honors.*
 - » *Students who have taken Calculus qualify for AP Statistics*
 - » *Contract required.*



Current Math Class: Precalculus

Next Math Class Options

- » Calculus
 - » *Minimum of a "B" in Precalculus or a "B-" in Precalculus Honors.*
 - » *Minimum of a "B" in Advanced Algebra/Trigonometry Honors.*
- » AP Calculus AB
 - » *10th, 11th, or 12th grade standing.*
 - » *Minimum of an "A" and teacher recommendation in Precalculus, a "B+" in Precalculus-Honors, a "B-" in Calculus, or an "A-" in Advanced Algebra-Trigonometry.*
 - » *Contract required.*
- » Statistics
 - » *Passing grade in Intermediate Algebra and Senior Standing.*
- » AP Statistics
 - » *Minimum of a "B-" in Trigonometry/Analytical Geometry, Advanced Algebra/Trigonometry Honors, Precalculus, or Precalculus Honors.*
 - » *Students who have taken Calculus qualify for AP Statistics.*
 - » *Contract required.*

Current Math Class: Precalculus Honors**Next Math Class Options**

- » Calculus
 - » Minimum of a "B" in Precalculus or a "B-" in Precalculus Honors.
 - » Minimum of a "B" in Advanced Algebra/Trigonometry Honors.
- » AP Calculus AB
 - » 10th, 11th, or 12th grade standing.
 - » Minimum of an "A" and teacher recommendation in Precalculus, a "B+" in Precalculus-Honors, a "B-" in Calculus, or an "A-" in Advanced Algebra-Trigonometry.
 - » Contract required.
- » AP Statistics
 - » Minimum of a "B-" in Trigonometry/Analytical Geometry, Advanced Algebra/Trigonometry Honors, Precalculus, or Precalculus Honors.
 - » Students who have taken Calculus qualify for AP Statistics.
 - » Contracts required.
- » Statistics
 - » Passing grade in Intermediate Algebra and Senior Standing.

Current Math Class: AP Calculus AB**Next Math Class Options**

- » AP Calculus BC
 - » Minimum of a "B-" in Advanced Placement Calculus AB.
 - » Contract required.
- » AP Statistics
 - » Minimum of a "B-" in Trigonometry/Analytical Geometry, Advanced Algebra/Trigonometry Honors, Precalculus, or Precalculus Honors.
 - » Students who have taken Calculus qualify for AP Statistics.
 - » Contract required.

Current Math Class: AP Calculus BC**Next Math Class Options**

- » AP Statistics
 - » Minimum of a "B-" in Trigonometry/Analytical Geometry, Advanced Algebra/Trigonometry Honors, Precalculus, or Precalculus Honors.
 - » Students who have taken Calculus qualify for AP Statistics.
 - » Contract required.
- » Ordinary Differential Equations
 - » Successful completion of AP Calculus BC.

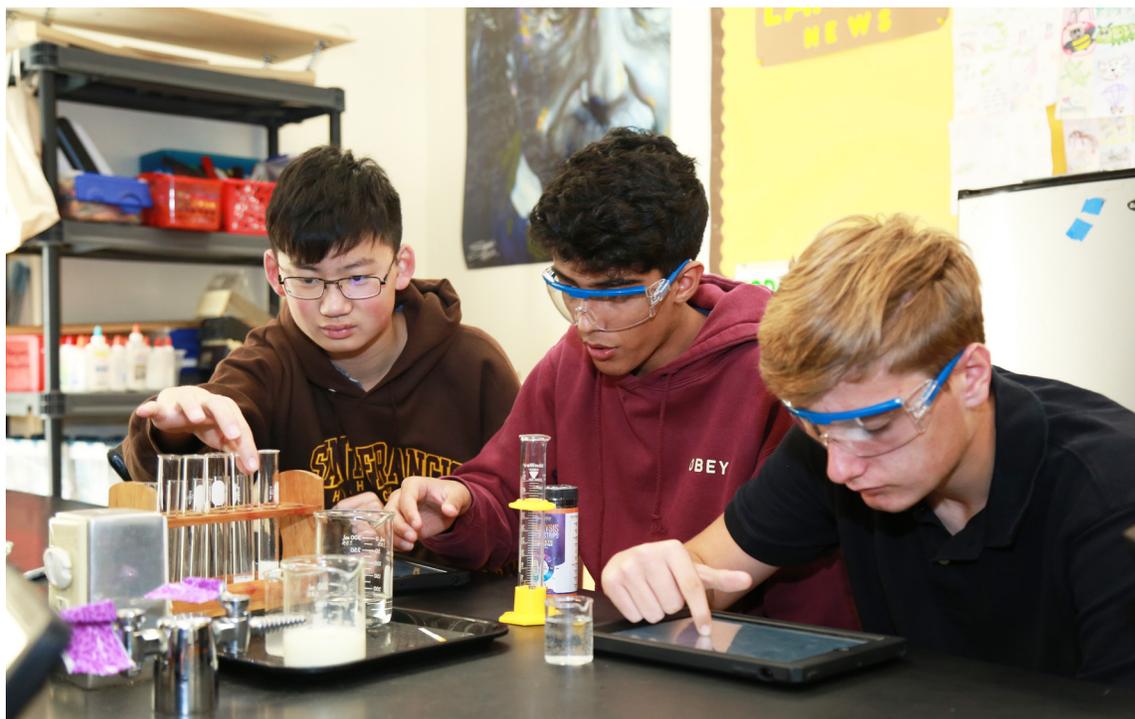
SCIENCE – 6 SEMESTERS REQUIRED

One year of biology and one year of physical science required. Science choice may be informed by your math placement.

Current Freshman Science Class: Biology or Biology Honors

Next Science Class Options

- » Chemistry
 - » 10th, 11th, or 12th grade standing.
 - » Successful completion of Biology or Biology Honors.
 - » Concurrent enrollment in Algebra 2 or higher level math course is recommended.
- » Chemistry Honors
 - » 10th, 11th, or 12th grade standing.
 - » Completion of Biology with an "A" or Biology Honors with a "B" or higher.
 - » Concurrent enrollment in Algebra 2 or higher level math course is required.
 - » The following criteria will be used as qualification for the course:
 - » Satisfactory achievement on the qualifying exam administered by the science department and previous science and math grades.
 - » Contract required.
- » Conceptual Physics
 - » 10th, 11th, or 12th grade standing.
 - » Successful completion of Biology or Biology Honors and Algebra 1.
 - » SFHS recommends a chemistry course before a physics course.



Current Sophomore Science Class: Chemistry, Chemistry Honors or Conceptual Physics
Next Science Class Options

- » Physics
 - » 10th, 11th, or 12th grade standing.
 - » Successful completion of Biology or Chemistry with a "B-" or higher; or completion of Biology Honors or Chemistry Honors with a "C+" or higher.
 - » Concurrent enrollment in Trigonometry or higher math course is required.
- » Physics Honors
 - » 10th, 11th, or 12th grade standing.
 - » Successful completion of Biology or Chemistry with a "A"; or Biology Honors or Chemistry Honors with a "B" or higher.
 - » Completion of a Trigonometry based course with a "B" or higher is required.
- » Conceptual Physics
 - » 10th, 11th, or 12th grade standing.
 - » Successful completion of Biology or Biology Honors and Algebra 1.
 - » SFHS recommends a Chemistry course before a Physics course.
- » Chemistry
 - » 10th, 11th, or 12th grade standing.
 - » Successful completion of Biology or Biology Honors.
 - » Concurrent enrollment in Algebra 2 or higher level math course is recommended.
- » Chemistry Honors
 - » 10th, 11th, or 12th grade standing.
 - » Completion of Biology with an "A" or Biology Honors with a "B" or higher.
 - » Concurrent enrollment in Algebra 2 or higher math course is required.
 - » The following criteria will be used as qualification for the course:
 - » Satisfactory achievement on the qualifying exam administered by the science department and previous science and math grades.
 - » Contract required.
- » Exercise Science & Sports Medicine
 - » 11th or 12th grade standing.
 - » Completion of Biology and Physical Science requirement.
 - » Course offering dependent upon enrollment.
- » Marine Biology
 - » 11th or 12th grade standing.
 - » Completion of Biology and Physical Science requirement.
 - » Course offering dependent upon enrollment.
- » Environmental Science
 - » 11th or 12th grade standing.
 - » Completion of Biology and Physical Science requirement.
 - » Course offering dependent upon enrollment.



- » AP Environmental Science
 - » 11th or 12th grade standing.
 - » Successful completion of Biology or Chemistry with an “A” or Biology Honors or Chemistry Honors with a “B” of higher.
 - » If the course is over-enrolled, priority for available spaces will be given to seniors and based on previous science coursework and grades.
 - » Contract required.
 - » Seniors who have taken Biology and Chemistry and who wish to take the class concurrently with Physics may enroll on a space-available basis.
 - » Summer reading, which reviews biology and chemistry, is required.
 - » Course offering dependent upon adequate enrollment.



Current Junior Science Class: Physics, Physics Honors, Chemistry, Chemistry Honors

Next Science Class Options

- » Exercise Science & Sports Medicine
 - » 11th or 12th grade standing.
 - » Successful completion of Biology and physical science requirement.
 - » Course offering dependent upon enrollment.
- » Environmental Science
 - » 11th or 12th grade standing.
 - » Successful completion of Biology and physical science requirement.
 - » Course offering dependent upon enrollment.
- » Marine Biology
 - » 11th or 12th grade standing.
 - » Successful completion of Biology and physical science requirement.
 - » Course offering dependent upon enrollment.
- » Physics
 - » 10th, 11th, or 12th grade standing.
 - » Successful completion of Biology or Chemistry with a "B-" or higher; or Biology Honors or Chemistry Honors with a "C+" or higher.
 - » Concurrent enrollment in Trigonometry or higher math course is required.
- » Conceptual Physics
 - » 10th, 11th, or 12th grade standing.
 - » Successful completion of Biology or Biology Honors and Algebra 1.
- » Physics Honors
 - » 10th, 11th, or 12th grade standing.
 - » Successful completion of Biology or Chemistry with an "A" or Biology Honors or Chemistry Honors with a "B" or higher.
 - » Completion of a Trigonometry based course with a "B" or higher is required.
- » AP Biology
 - » Limited and informed enrollment.
 - » 12th grade standing who have completed Biology, Chemistry and Physics.
 - » Recommended to have completed Chemistry/Physics courses with a minimum of an "A-" or Chemistry Honors/Physics Honors with a minimum of a "B".
 - » If the course is over-enrolled, priority for the available spaces will be given based on previous science coursework and grades.
 - » Contract required.
 - » Seniors who have taken Biology and Chemistry and who wish to take the class concurrently with Physics, may enroll on a space-available basis.
 - » This course will also meet for one extra period per week for lab.

- » AP Chemistry
 - » *Limited and informed enrollment.*
 - » *12th grade standing who have completed Biology, Chemistry and Physics.*
 - » *Recommended to have completed Chemistry/Physics courses with a minimum of an "A" or Chemistry Honors/Physics Honors with a minimum of a "B".*
 - » *If the course is over-enrolled, priority for the available spaces will be given based on previous science coursework and grades.*
 - » *Contract required.*
 - » *Seniors who have taken Biology and Chemistry and who wish to take the class concurrently with Physics, may enroll on a space-available basis.*
 - » *This course will also meet for one extra period per week for lab.*
- » AP Physics C - Mechanics
 - » *Limited and informed enrollment.*
 - » *12th grade standing who have completed Biology, Chemistry and Physics.*
 - » *Recommended to have completed Chemistry/Physics courses with a minimum of an "A" or Chemistry Honors/Physics Honors with a minimum of a "B".*
 - » *This is a calculus-based course and prior completion of some calculus class is an absolute necessity before enrollment.*
 - » *Students are expected to have proficiency in the calculus skills of derivation and integration and these skills will not be taught during the course.*
 - » *If the course is over-enrolled, priority for the available spaces will be given based on previous science coursework and grades.*
 - » *Contract is required.*
- » AP Environmental Science
 - » *11th and 12th grade standing who have completed Biology and Chemistry.*
 - » *Successful completion of Biology or Chemistry with an "A" or Biology Honors or Chemistry Honors with a "B" or higher.*
 - » *If the course is over-enrolled, priority for the available spaces will be given to seniors and based on previous science coursework and grades.*
 - » *Contract is required.*
 - » *Seniors who have taken Biology and Chemistry and who wish to take the class concurrently with Physics may enroll on a space-available basis.*
 - » *Summer reading, which reviews Biology and Chemistry, is required.*
 - » *Course offering is dependent upon adequate enrollment.*



WORLD LANGUAGE – 4 SEMESTERS REQUIRED

Two years of the same language are required. Freshman students are placed in Level 1 or may choose to take a proficiency exam to place into a higher level.

ASL is open to students with diagnosed learning disabilities and needs the approval of the Learning Specialist.

Spanish:

Class Progression

- » Spanish 1
- » Spanish 2
- » Spanish 3 or Spanish 3 Honors
 - » *Ability to demonstrate novice (mid to high level) to intermediate language proficiency in speaking, writing, listening and reading in the target language.*
- » Spanish 4 or AP Spanish Language
 - » *Ability to demonstrate intermediate to advanced language proficiency in speaking, writing, listening and reading in the target language.*
- » AP Spanish Literature
 - » *Ability to demonstrate intermediate to advanced language proficiency in speaking, writing, listening and reading in the target language.*

French:

Class Progression

- » French 1
- » French 2
- » French 3
 - » *Ability to demonstrate novice (mid to high level) to intermediate language proficiency in speaking, writing, listening and reading in the target language.*
- » French 4 or AP French Language
 - » *French 4: Ability to demonstrate novice (mid to high level) to intermediate proficiency in speaking, writing, listening and reading in the target language.*
 - » *AP French Language: Ability to demonstrate intermediate to advanced proficiency in speaking, writing, listening and reading in the target language.*
- » French 5 Honors
 - » *Ability to demonstrate intermediate to advanced language proficiency in speaking, writing, listening and reading in the target language.*



Chinese:

Class Progression

- » Chinese 1
- » Chinese 2
- » Chinese 3
 - » *Ability to demonstrate novice (mid to high level) to intermediate language proficiency in speaking, writing, listening and reading in the target language.*
- » Chinese 4 or AP Chinese
 - » *Ability to demonstrate intermediate to advanced language proficiency in speaking, writing, listening and reading in the target language.*

American Sign Language (ASL):

Class Progression

- » American Sign Language 1
 - » *This course will be limited to students who have diagnosed language-based learning disabilities particularly in the areas of auditory processing and/or reading.*
- » American Sign Language 2
 - » *Successful completion of ASL 1.*
- » American Sign Language 3
 - » *Minimum of a "C" in ASL 2.*
- » American Sign Language Conversation
 - » *Completion of the two year language requirement in Spanish, Chinese or French.*

SOCIAL STUDIES – 6 SEMESTERS REQUIRED

Sophomore Year Social Studies Class Options:

Social Studies Class Options

- » World History
- » AP World History
 - » *10th grade standing.*
 - » *Restricted enrollment.*
 - » *Minimum of a "B" in English 1 Honors or an "A" in English 1, placement exam.*
 - » *Contract required.*



Junior Year Social Studies Class Options:

Social Studies Class Options

- » US History
- » AP US History
 - » 11th grade standing.
 - » Informed Enrollment.
 - » Contract required.
 - » A placement exam for informed enrollment purposes will also be given.
 - » Current AP World History/English 2 Honors Students: minimum of a "B" in AP World History and English 2 Honors.
 - » Current World History/English 2 Students: minimum of an "A" in World History and English 2

Senior Year Social Studies Class Options:

Social Studies Class Options

- » US Government
- » AP US Government and Economics
 - » Informed Enrollment.
 - » Contract required (students may not drop the course once enrolled).
 - » Summer Reading is required.
 - » Current AP US History Students: minimum of a "B-" in AP US History.
 - » Current US History Students: minimum of an "A-" in US History.
- » AP Macroeconomics
 - » 12th grade standing.
 - » Informed Enrollment.
 - » Students should have already successfully completed Precalculus or a higher level math.

VISUAL AND PERFORMING ARTS – 2 SEMESTERS REQUIRED

One year introductory course required.

Introductory Visual and Performing Arts Courses:

Visual Arts Class Options

- » 3D Design: Ceramics 1
- » Basic Design/Drawing 1
- » Digital Video Production 1
- » Graphic Arts

Performing Arts Class Options

- » Choir 1
- » Concert Band
- » Dance 1
- » Drama 1



COLLEGE PREPARATORY ELECTIVES – 6 SEMESTERS REQUIRED

Study Hall (semester and year) is an option for all students each year.

English Department

Elective Class Options

- » Argumentation & Debate
- » Creative Writing
- » Journalism 1
- » Speech & Rhetoric 1
- » Advanced Speech and Rhetoric
 - » *Zero period class.*
 - » *Students must be active members of the SFHS Speech and Debate team to enroll in this course.*
 - » *Units are not factored into the student's grade point average.*
- » Yearbook
 - » *Zero period class.*
 - » *Students must be active and consistent members of the Yearbook staff to enroll in this course.*
 - » *Units are not factored into the student's grade point average.*



Social Studies Department

Elective Class Options

- » Biomedical Ethics
- » Ethnic Studies
- » History and Politics of the Olympics
- » Introduction to Psychology
- » Leadership
- » AP Psychology
 - » *11th or 12th grade standing.*
 - » *Informed Enrollment.*
 - » *Students should have a minimum of an "A-" or better in the previous college preparatory social studies and English class or "B-" or better in the previous honors/AP Social Studies and English courses.*
 - » *Contract required (students may not drop the course once they are enrolled).*

Technology and Design Department

Elective Class Options

- » **Computer Science: Paradigms and Algorithms**
 - » *This course assumes a good understanding of math concepts in Algebra 1 and at least a "B" average in high school level math classes.*
- » **Entrepreneurship**
- » **Designing Systems for Gender Equity**
 - » *Five (5) academic credits, but the grade is not calculated into the Saint Francis grade point average.*
- » **Design Thinking**
- » **Student Leadership in Action**
 - » *Prerequisite: Student Leader on Campus.*
- » **AP Computer Science**
- » **AP Computer Science Principles**

Visual and Performing Arts Department

Elective Class Options

- » **Dance 1**
- » **Dance 2**
 - » *Successful completion of Dance 1.*
- » **Drama 1**
- » **Drama 2**
 - » *Minimum "B" in Drama 1.*
- » **Drama 3**
 - » *Minimum "B" in Drama 2 and teacher recommendation.*
- » **Drama 4**
 - » *Successful completion of Drama 1, 2, 3.*
- » **Basic Design: Drawing 1**
- » **Graphic Arts**
- » **Digital Video Production 1**
- » **Digital Video Production 2**
 - » *Successful completion of DVP1 or Department Chair approval.*
- » **Digital 2D Animation**
 - » *Successful completion of Basic Design/Drawing 1 or Graphic Arts, or department chair approval.*
- » **Advanced Digital 2D Animation 2**
 - » *Successful completion of Digital 2D Animation.*
- » **Drawing and Composition 2**
 - » *Successful completion of Basic Design/Drawing 1 or Graphic Arts, or department chair approval.*
- » **3D Design: Ceramics 1**
 - » *Successful completion of Basic Design/Drawing 1 or Graphic Arts, or department chair approval.*
- » **3D Design: Ceramics 2**
 - » *Minimum of a "B" in Ceramics 1, or department chair approval.*

VPA Elective Class Options (Continued)

- » **Painting 1**
 - » *Successful completion of Basic Design/Drawing 1 or Graphic Arts, or department chair approval.*
- » **Painting 2**
 - » *Minimum of a "B" in Painting 1 or department chair approval.*
- » **Advanced Studio Art**
 - » *Year-long beginning design course with one of the following intermediate courses (Draw and Composition 2, Painting 1, 3D Design: Ceramics 1, or Advanced Digital Photography).*
- » **Advanced Digital Photography**
 - » *Graphic Arts or department chair approval.*
- » **AP Art and Design**
 - » *12th grade standing.*
 - » *Students must meet with and obtain the approval of the Visual and Performing Arts department chair to enroll in this course.*
 - » *Strongly recommended that you have taken multiple art classes at Saint Francis.*
 - » *Summer work is required.*
 - » *Zero period class.*
- » **Digital Music**
- » **Band Tech**
 - » *Open to students (9-12) with no prior instrumental music experience.*
- » **Concert Band 1**
 - » *At least one year of music lessons and/or band experience.*
 - » *Course fee required.*
- » **Introduction to String Ensemble**
 - » *Open to students (9-12) who have the background in a string instrument to be able to participate in instrumental music activities.*



VPA Elective Class Options (Continued)

- » **Symphonic Band 2**
- » **Symphonic Band 3**
- » **Symphonic Band 4**
- » **Symphonic Band 5**
 - » *These courses offer the advanced music student the opportunity to perform in a top-level performing ensemble.*
 - » *Participation outside of class will be required for some football and basketball games, extra rehearsals, a band festival, parades, rallies, concerts and one major extended trip each year.*
- » **Band 2**
- » **Band 3**
- » **Band 4**
- » **Band 5**
- » **Jazz Ensemble**
 - » *Approval of the Band Director and audition.*
- » **A Capella Choir**
 - » *Students must have completed Treble Choir.*
- » **Treble Choir**
- » **Concert Choir 2**
- » **Concert Choir 3**
- » **Concert Choir 4**
- » **Choir 2**
- » **Choir 3**
- » **Choir 4**
- » **AP Music Theory**
 - » *11th or 12th grade standing.*
 - » *Students must be able to read musical notation and have some familiarity with the use of the keyboard.*
- » **Chamber Choir**
 - » *11th or 12th grade standing.*
 - » *The Chamber Choir is an audition only choir for advanced students who wish to improve their singing and musical knowledge.*

Health and Fitness Department

Elective Class Options

- » **Functional Strength and Mobility**
- » **Aquatic Fitness**
- » **Speed, Power, and Agility**
- » **Advanced Team Sports 1**
- » **Advanced Team Sports 2**
 - » *10th, 11th, or 12th grade standing.*
- » **Advanced Strength and Conditioning 1**
- » **Advanced Strength and Conditioning 2**
 - » *10th, 11th, or 12th grade standing.*
- » **The Science and Practice of Mindfulness**
 - » *10th, 11th, or 12th grade standing.*

RELIGIOUS STUDIES – 8 SEMESTERS REQUIRED

SFHS requires eight semesters of Religious Studies and enrollment in Religious Studies every semester.

Current Freshman Religious Studies Class: Religion 1

Next Science Class Options

- » Hebrew Scripture/New Testament
 - » Requirement

Current Sophomore Religious Studies Class: Hebrew Scripture/New Testament

Next Science Class Options

- » Moral Issues
 - » Requirement
- » Social Justice
 - » Requirement

Current Junior Religious Studies Class: Moral Issues, Social Justice

Next Science Class Options

- » Christian Vocation
 - » Requirement

Plus select one course from below:

- » World Religions
- » Introduction to Philosophy
- » Theological Perspectives in Modern Adolescent Literature: A Christian Reading of Harry Potter
- » Design Thinking for Justice
- » Sports and Spirituality
- » Sinners and Saints: Racial Justice and the American Church
- » Spiritual Ecology

HEALTH AND FITNESS – 2 SEMESTERS REQUIRED

All freshmen students will take Health and Fitness classes.





ACADEMIC POLICIES

"I have the firm confidence that God will bless our educational program since God is giving us the means to realize it."

*Blessed Basil Moreau,
Circular Letter 36; 1849*

Scheduling

Saint Francis High School reserves the right to modify all courses listed in the Course Bulletin and to withdraw courses for which too few students register.

The scheduling process begins with counseling meetings and presentations by the academic departments. Prerequisites for the courses can be found in the Course Bulletin. The prerequisites for courses listed in this document are exactly as written. If students have questions about prerequisites, they may ask their teachers and counselors. Students who do not meet all prerequisites (for those courses that require prerequisites) may not request the course in question.

All math placement ultimately will be done by the Math Department Chair in conjunction with the math teachers.

- » The student is responsible for fulfilling all necessary obligations (qualifying tests, recommendations, etc) for the desired course.

Most honors and AP courses require a signed contract (by student and parent).

- » The contracts for all AP courses must also be submitted to the Counseling Office by **March 12, 2021**.

Students will discuss their course requests with their parents and counselors.

- » A form will be completed that includes requests for all core and elective courses.

- » In addition, the form will ask for five alternative elective classes.
- » This form will be given to the counselor who will enter the courses in the school information system.
- » Core courses are a top priority in the scheduling process; elective courses are a low priority.
- » For placement in electives, priority will be given based on class standing (seniors have the highest priority).
- » Students that do not provide alternative elective options will be given a free period, study hall or office assistant.



Following the scheduling process students will receive a verification of their requests.

- » The verification will only display the student's first choice requests, however, the final course selection may change as the master schedule is completed.
- » The student's final course list will be available in July when the book list becomes available online.

After May 1, no student-initiated course change requests will be accepted until the book lists become available in July.

- » At that point, students may fill out the schedule change request form (link on the website) to request a change to their course list.
- » The form must be completed by **August 6, 2021**.
- » Schedule changes cannot be guaranteed beyond this date and all elective changes are subject to space availability.
- » Core course changes are also subject to availability but will be given a higher priority.
- » Schedule change requests involving

misplacement in a multilevel course, school-initiated changes, and other changes at the discretion of the Director of Academics will be reviewed in August.

Changes of electives for both semesters will be considered during the summer.

- » Changes may not be requested during Registration Day or the first day of the school year. However, a student may request a change after the first day of classes.
- » Students will have three school days at the beginning of school to request a change to courses for either semester.
- » Teacher change requests may only be made if the student had the teacher previously for a class, but must be made in that three-day window.
- » Any request during the first days may result in the student schedule being changed significantly – these changes cannot be reversed.

Course Drop Policy

Once a student is enrolled in a course, he/she is enrolled for the duration of the course. All students are given a three-day period at the beginning of the year for dropping any course in either semester (with a fee).

- » Dropping the course will result in a free, study hall, or office assistant period, depending on the availability of these options.
- » All course changes must be approved by the student's counselor, the Director of Guidance & College Counseling and the Director of Academics.
- » This drop policy does not apply to contract courses.

Exceptions to the drop policy can occur only at the first 6-week marking period of each course (year-long/semester-long) and ONLY in the following situations.

- » Any change made after the scheduled drop time period will be reflected on the transcript with a "WP" (withdraw pass) or "WF" (withdraw fail).
- » No classes will be changed or dropped after 6 weeks.

A. STUDENTS REQUESTING A LEVEL CHANGE TO A PARALLEL COURSE:

- » A student earning a "D" or lower grade in a course of multiple levels may request a level change to a parallel course during the first 6-week marking period if supported by a recommendation by the teacher.
- » The progress grade from the original class will be transferred to the new class. The semester grade will be the cumulative grade at the end of the semester.

B. STUDENTS REQUESTING TO DROP A COURSE:

- » A student earning a "D" or lower grade in a course may request to drop the course at the end of the first 6-week marking period.
- » A student who is approved to drop the course will have a withdrawal grade recorded on his/her transcript and will be enrolled as an office assistant, if space permits. If not, the student's schedule will be changed to accommodate the drop for a free period.
- » A student who earns a first-semester grade of "D" or lower in a year-long course may request to drop the second semester of the course at the end of the first semester. In a course with multiple levels the student may transfer enrollment to the appropriate level, as determined by the department chair. If the student drops the course entirely, he/she will be enrolled as an office assistant, if space permits. If not, the student's schedule will be changed to accommodate the drop and the assignment of a free period.
- » In all other cases, course change requests for both Semester 1 and Semester 2 may not be made after the scheduled drop period in August. This policy does not apply to contract courses.



Examinations --- ---

Final summative examinations or projects are held at the end of each semester.

- » The finals must be taken at the time designated by the school.
- » Under no circumstances may a final exam be taken early.
- » Final grades are based on the summative assessments and in some cases formative assessments.

Course Load --- ---

Each student is required to take six courses each semester.

- » The maximum course load per semester is seven classes.
- » Seniors may petition to take five academic classes if they have valid reason and present a signed parental consent form.

Summer School

Students who take summer school courses must have the approval of the Director of Academics.

- » Courses taken during summer school may NOT be taken in lieu of courses offered at Saint Francis High School, nor may such courses be taken for the purpose of skipping levels (i.e. math or world language).

Enrichment courses may be taken and will be listed by subject area on the transcript.

- » The grade earned in any enrichment course has no impact on the student's Saint Francis grade point average nor does the student receive any credit toward graduation.

- » A student who fails one or more semesters of a required course during the academic year must remediate the course in summer school if the student wishes to return to Saint Francis High School for the following academic year.
- » Also, a student who receives a semester D grade in a college-required course should repeat the course in summer school to earn a minimum grade of C.
- » Grades for classes that are repeated are listed on the Saint Francis transcript and are calculated into the GPA.
- » The summer school grade is an addition to the transcript, not a replacement of the original grade.

Community Service Program

The Saint Francis High School Community Service Program is a four-year graduation requirement.

- » Freshmen are responsible for a minimum of 15 hours.
- » Sophomores for 10 hours.
- » Juniors for 15 hours, and seniors for 10 hours of service.
- » These hours are to be completed by the due date.

- » Students who have not completed their hours will not be allowed to return to Saint Francis or graduate.
- » Students may complete service hours during the summer prior to their academic year (e.g. a sophomore may complete service hours in the summer before beginning his/her junior year).

Honors and Accelerated Program

Saint Francis High School offers a four-year program in honors classes.

- » Classes are designed to challenge those students who have demonstrated a firm foundation in basic skill areas and who have shown interest and ability in various subject areas.
 - » Honors classes and Advanced Placement classes receive an additional point for the weighted grade point average.
 - » In the freshman and sophomore years, the program consists of honors courses in English, algebra, geometry, advanced algebra 2, and biology. AP World History is offered to sophomore students.
 - » In the junior and senior years, the program consists of honors classes which fulfill the University of California criteria for honors in English, government, United States history, psychology, economics, French, Spanish, Chinese, chemistry, physics, biology, environmental science, computer science, precalculus, statistics, and calculus.
 - » Many of these upper-level honors courses are Advanced Placement courses in which students can qualify for college credit.
- » A student taking any of these courses can expect extensive reading and writing assignments and work with topics not dealt with in other courses at the same grade level.
 - » Abilities to read, express oneself orally and in writing, and to complete mathematics computations are assumed.
 - » Many of these courses require the student and parent/guardian to complete a signed contract.
 - » These contracts explain the academic penalty which results if a student drops the class after the first semester.
 - » Students will be prepared to take the AP exams given in May (at a cost to the student).
 - » Sophomore and junior students are required to take the exams.
 - » Seniors may choose to take the tests.
 - » Seniors who do not take the AP exam will have to take the Semester 2 final exam for the course (unless the student meets the A-exemption).

College Preparatory Program

The school's College Preparatory Program is a traditional college preparatory program.

- » It is intended to prepare a student for admission into the University of California system, the California State University system and most private universities.
- » The course of study recommended in the program includes four years of religious studies, four years of college preparatory English, three years of the same foreign language, three years of mathematics, three years of social studies, three years of college preparatory science, and electives for enrichment and enhancement of a student's educational preparation.



Academic Assistance Courses

The Academic Assistance Program consists of a one year course.

- » It meets daily to complete the Algebra I requirement.
- » Additionally, a reading and writing skill reinforcement course is offered for students.
- » There are additional resource courses for sophomores, juniors, and seniors for which a student can be recommended.
- » Some students will be given the opportunity to participate in these courses if the student, parent, and counselor believe that the student could benefit from a math or English support class.
- » Other students will be required to take both courses as a prerequisite of their acceptance as students at Saint Francis High School.

Elective Program

Saint Francis High School offers a variety of electives.

- » • They designed to help enhance a student's educational background and to provide a broad educational experience in a variety of areas of interest.
- » • Students are encouraged to take electives to develop their talents in technology, design, journalism, physical education, psychology, speech, and advanced studies in subject areas.
- » • In the scheduling process, priority for placement in elective courses is based on year in school (seniors receive top priority).
- » • Each year the Academic and Counseling Departments partner to provide information on Electives Courses via the Electives Fair.

Please visit the following link for further information.

<https://www.sfhs.com/guidance-counseling-dashboard/course-schedule-information/electives-fair>





Choosing a Program of Studies

When preparing a program of high school study, students should examine their goals and expectations and design a course of study that will best help them to achieve their goals.

The following questions should be considered in order to make the appropriate decision about course study:

1. Are academic goals realistic, considering past work and ability?
2. Do standardized test scores indicate that the student's ability and the difficulty level of the course are appropriately matched?
3. Do the courses taken fulfill prerequisites for advanced courses in the subject?
4. Will the courses taken fulfill high school graduation requirements?
5. Does the academic program meet the basic requirements for entrance to the chosen college (University of California, California State University, private, junior college)?
6. Will the student be able to dedicate the necessary time to be successful in the chosen schedule based on his/her extracurricular commitments?



COLLEGE ENTRANCE REQUIREMENTS

"Even though we base our philosophy course on the data of faith, no one need fear that we shall confine our teaching within narrow and unscientific boundaries. No, we wish to accept science without prejudice and in a manner adapted to the needs of our times. We do not want our students to be ignorant of anything they should know. To this end, we shall shrink from no sacrifice."

*Blessed Basil Moreau,
Circular Letter 36; 1849*

College Entrance Requirements

Saint Francis High School is fully accredited by the Western Association of Schools and Colleges and the Western Catholic Education Association. This means that credits earned at Saint Francis High School are acceptable for admissions purposes at any college or university in the United States. However, a diploma from Saint Francis High School does not automatically guarantee admission to any college or university. Acceptance depends upon many things: whether or not a student meets basic entrance requirements in the subjects taken in high school, the level of scholastic achievement, or SAT or ACT scores; whether or not a student meets requirements regarding participation in school activities and personal character; and whether or not a student has met filing and application deadlines.

In order to be accepted into the college of his or her choice, it is important that a student begin planning early in order to be sure to meet all subject requirements and participation requirements. The following pages outline course requirements for a variety of types of colleges and universities. A student desiring to attend a particular college, however, should examine the admission requirements of that school and seek advice from teachers, parents and guidance counselors before the senior year.



Meeting College Requirements

There are three types of institutions of higher learning that a student may choose to attend upon graduation from Saint Francis High School: two-year Community College, four-year private institutions, or four-year public institutions.

The only requirement for admission to California Community Colleges is that an applicant possesses a valid high school diploma or a Certificate of Proficiency, or that an applicant has reached the age of 18. No tests are required for admission although tests may be required for proper placement in English, mathematics, science or foreign language. A transcript of all high school work is required.

Admission requirements for private institutions can be found in the catalog on the particular college website. The admission requirements for public four-year institutions in California are listed on the following pages.





California Public College Entrance Requirements UC/CSU SUBJECT REQUIREMENTS

- | | |
|---|--------|
| A. HISTORY (World Hist., US Hist., American Government) | 2 YRS. |
| B. ENGLISH | 4 YRS. |
| C. MATH (Alg1, Geom, Int. Alg/Alg 2) | 3 YRS. |
| D. SCIENCE (lab science) | 2 YRS. |
| E. FOREIGN LANGUAGE (same language) | 2 YRS. |
| F. VISUAL/PERFORMING ARTS (Must be a sequence 1 & 2) | 1 YR. |
| G. ELECTIVES (chosen from the areas of history, English, advanced math, lab science, social science, fine arts, foreign language) | 1 YR. |

All required courses must be completed with grades of "C" or higher.

SF COURSES THAT MEET UC/CSU A - G ADMISSIONS REQUIREMENTS

A – HISTORY: 2 years

AP US Government	US History
AP US History	US Government
AP World History	World History & Geography

B – ENGLISH: 4 years

All Senior English selectives*	English 1
AP English Language	English 1-H
AP English Literature	English 2
British Literature / Junior Selectives	English 2-H

C – MATHEMATICS: 3 years

Advanced Algebra/Trig H	Calculus BC
Algebra 1-H,	Des Geometry
Algebra 1,	Geometry-H,
Algebra 1A/B	Geometry,
Algebra 2	Intermediate Algebra
AP Calculus AB,	Ordinary Differential Equations
AP Calculus AP	Precalculus-H
AP Statistics	Precalculus
Calculus	Statistics

D – LABORATORY SCIENCE: 2 years

AP Biology	Chemistry-H
AP Chemistry	Conceptual Physics
AP Environmental Science	Engineer Your World
AP Physics	Environmental Science
Biology	Exercise Science & Sports Medicine
Biology H	Marine Biology
Chemistry in the Community	Physics
Chemistry	Physics-H

E – FOREIGN LANGUAGE: 2 years (same language)

French 1-4	Chinese 2
French 4AP	Chinese 3
French 5 H	Chinese 4
Spanish 1-4	Chinese 4AP
Spanish 3H	American Sign Language 1
Spanish 4 AP	American Sign Language 2
Spanish 5 AP	American Sign Language 3

F – VISUAL/PERFORMING ARTS:**1 year**

3-D Design: Ceramics 1*(adv)	Drama 2
A Cappella Choir * (adv)	Drama 3
Adv. Digital Photography (adv)*	Drama 4* (adv)
Advanced Digital 2D Animation*	Drawing 2* (adv)
Advanced Studio Art *	Graphic Arts (Intro)
AP Music Theory* (adv)	Painting 1*
AP Studio Art (adv)	Painting 2* (adv)
Basic Design and Drawing (Intro)	String Ensemble (Intro)
Ceramics 2* (adv)	Symphonic Band 2
Choir 2 (adv)	Symphonic Band 3
Concert Band (Intro)	Symphonic Band 4
Dance 1 (Intro)	Symphonic Band 5 (adv)
Dance II (adv)	Treble Choir (Intro)
Digital 2D Animation*	Video Production (Intro)
Digital Music (Intro)	Video Production II (adv)
Drama 1 (Intro)	

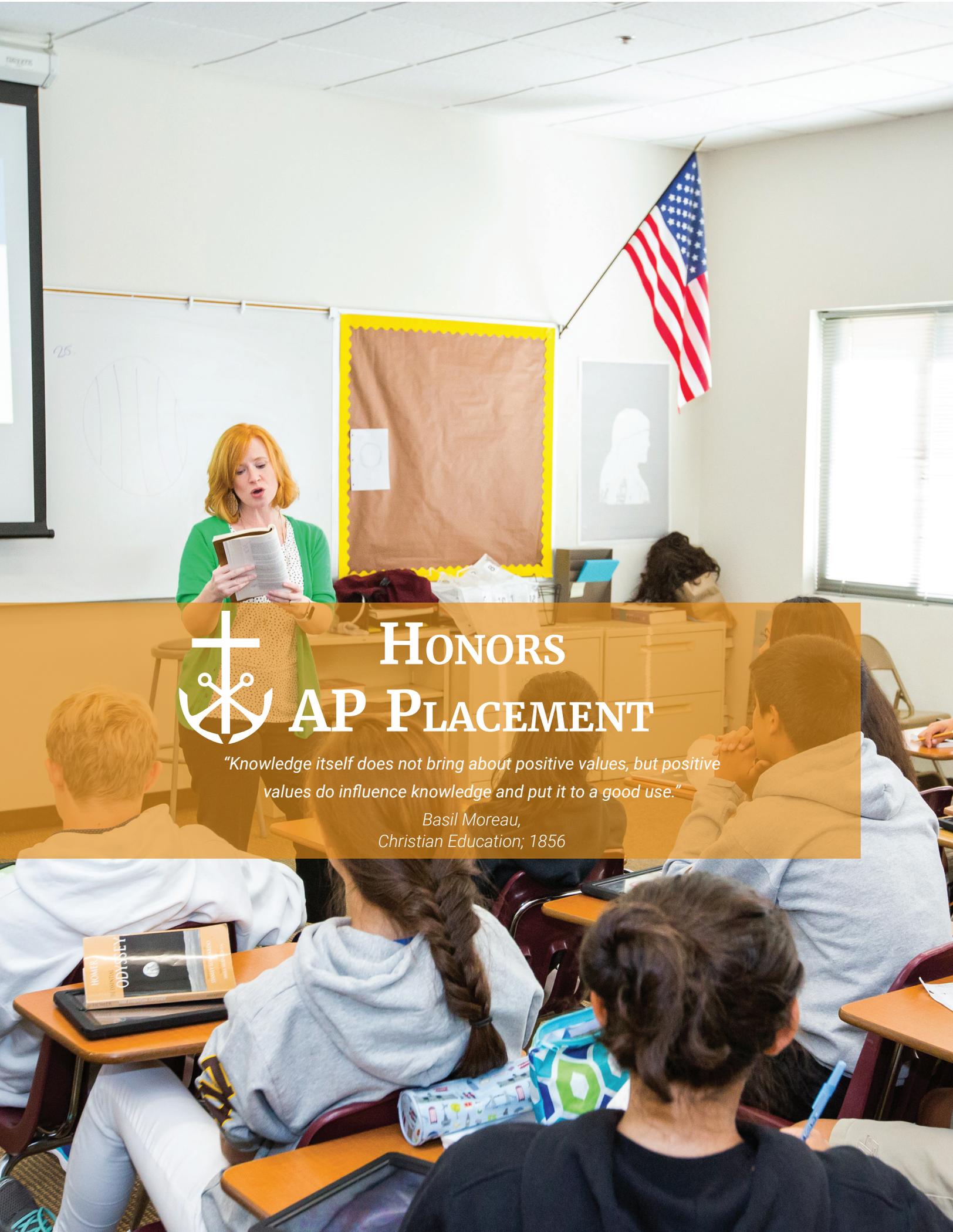
G – ELECTIVES:**1 year**

AP Computer Programming	Economics *
AP Computer Science Principles	Entrepreneurship*
AP Macroeconomics*	Ethnic Studies*
AP Psychology	Facing History*
Argumentation and Debate*	Hebrew Scriptures*
Biomedical Ethics*	History and Politics of the Olympics*
Case Studies in Africa & Asia*	History of Science*
Case Studies in Human Rights*	Intro to Bioprinting Technology
Computer Programming	Journalism 1*
Contemporary American Issues*	Philosophy*
Contemporary World Problems*	Psychology 1*
Creative Writing*	Psychology 2*
Design Thinking for Justice*	Social Justice*
Designing Systems for Gender Equity	Speech 1*
Digital Music	Western Tragedy and African Hope*
Earth Science	World Religions*

indicates one semester course*THREE YEARS OF THE SAME LANGUAGE ARE NOT REQUIRED BUT ARE RECOMMENDED.**

The courses listed below labeled H will not be awarded extra honors credit (A=5, B=4, C=3), as they are considered entry-level courses for UC/CSU Admissions.

Algebra 1H	Biology H	English 2H
Advanced Algebra/Trigonometry H	English 1H	Geometry H



HONORS AP PLACEMENT

"Knowledge itself does not bring about positive values, but positive values do influence knowledge and put it to a good use."

Basil Moreau,
Christian Education; 1856

Honors / AP Placement

Informational Meetings

Students considering enrollment in an honors or Advanced Placement courses in Social Studies or English are encouraged to attend an informational meeting.

For more information, please visit <https://www.sfhs.com/guidance-counseling-dashboard/course-schedule-information>.

Qualifying Exams

Students considering enrolling in honors or Advanced Placement courses in Science or Math must take a qualifying exam.

For more information, please visit <https://www.sfhs.com/guidance-counseling-dashboard/course-schedule-information>.

Contract Required

Students enrolling in the following courses are required to submit a contract by **March 12, 2021**. Contracts and applications are available online. It is the student's responsibility to access and turn in the signed contract.

Please visit <https://www.sfhs.com/guidance-counseling-dashboard/course-schedule-information> for more information.

AP Art & Design
AP Biology
AP Calculus AB
AP Calculus BC
AP Chemistry
AP Chinese Language
AP Computer Science
AP Computer Science Principles
AP English Language

AP English Literature
AP Environmental Science
AP European History
AP French Language
AP Macroeconomics
AP Music Theory
AP Physics
AP Psychology

AP Spanish Literature
AP Spanish Language
AP Statistics
AP US Government
AP US History
AP World History
Honors French 5
Spanish 3H

Test & Contract Required

Students enrolling in the following courses are required to take a qualifying exam (see schedule above) and submit a contract by **March 12, 2021**.

Advanced Algebra
AP World History
Chemistry Honors
Physics Honors
Trigonometry Honors

Placement Regulations

For courses where prerequisites are required, if a student does not meet the prerequisite the students will be taken out of the course for the following academic year. The student will be placed in the correct level of a class.

If a contract has not been submitted by **March 12, 2021**, the student will be taken out of the course and put in the alternative course. If a student turns the contract in late, he/she may only be admitted to the class if there is space available.

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