

Transitions

The 9th-grade Fitness, Health and Skills course and the 12th grade Senior Project serve as bookends to the St. Francis education. The former provides a transition between middle school and the demands of high school; the latter serves as a culminating demonstration of the skills St. Francis students learn in their time here.

The Fitness, Health and Skills course takes the physical education and health requirement for high school graduation in Kentucky a few steps further. In addition to two Fitness sessions per week and coverage of health topics such as nutrition, sex education, substance use/abuse, and mental health, we ask the question: What do college-bound high school freshmen need to know? Then we spend the year answering it, moving from current events awareness to research skills to analysis of our learning and communication styles to public speaking.

The **Senior Project** begins with a proposal process in the spring of 11th grade, includes significant research, and concludes usually in the spring of 12th grade with a presentation and a written component. The Project is intended to provide all St. Francis seniors with the opportunity to devote concentrated effort and time to a project focused on that which interests them most, to develop those independent research skills which are more and more being expected of college-bound students, to experience the tensions and rewards of a public presentation of their work, and to demonstrate that their years at St. Francis have culminated in the maturation of the integrated and confident intelligence which it is the school's mission to encourage and affirm.