

# Independence Update

NOVEMBER 12, 2018



*Inspire to Learn.  
Empower to Excel.*

*The Knights Code*

*Integrity*

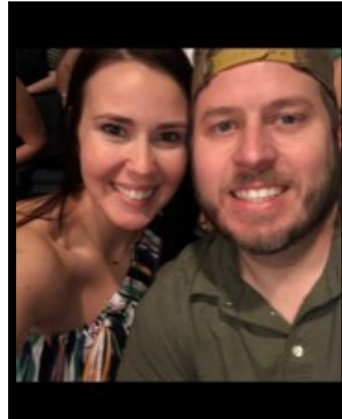
*Unity*

*Loyalty*

*Courage*

*Perseverance*

*Service*



**IHS Teacher of  
The Year 18-19!  
Mr. Doherty!!**



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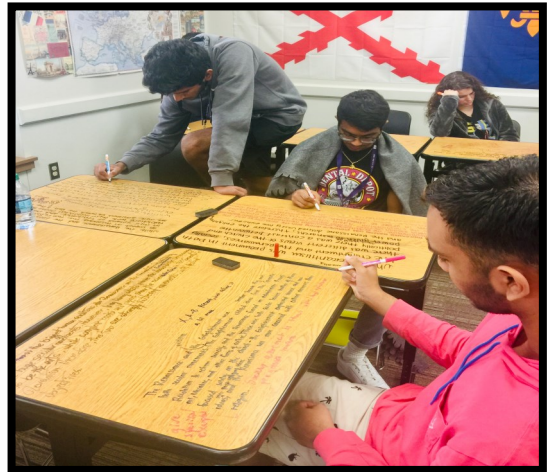
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# Knights In Action

AP European History Writing Workshop. Making learning fun!



Girls Basketball is 2-0 to start the season! They will played in the Mavs Classic this weekend.





# Knights In Action

IHS Varsity boys basketball players and dads at The 2nd Annual Father/Son Retreat. It was a huge success!



The cast and crew of West Side Story!





# Knights In Action

Student Ambassadors and Student Council visited Nelson Middle School mentoring 8th graders!



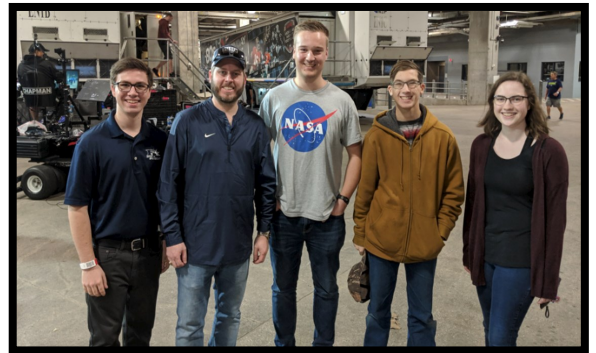
JV Knights Tennis Team played their last tournament. Abhinay Dumpa placed 2nd in Boys A Singles, Devanshi Patel and Anu-mitha Somisetty placed 3rd in Girls A Doubles, Jack Romero and Peter Kim won consolation in Boys B Doubles, Delasia Riser and Samhitha Mantrala won consolation in Girls B Doubles, and Aleeza Ali and Hunter Jenkins won consolation in Mixed





# Knights In Action

A new partnership with NEP Group allowed our Sports Broadcast Officers the chance to be behind the scenes for ESPN's Monday Night Football production of the Cowboys and Titans. Our Knights were able to see all six broadcast 18-wheelers and talk with ESPN staff. Our next stop will be on the





# Counseling

*IHS Counseling invites  
parents to:*



**Nov  
14th  
@5:00pm**

**IHS Lecture Hall**

**Speaker:**

**William Solari**

**Student Assistance Coordinator**

**Join us for an informative session on the latest drug trends in the DFW area. Vaping, Juuling, and other topics will be discussed to inform parents on the dangers of substance abuse.**

**Warning signs, parenting tips, and conversation starters for productive discussions with your child about this important topic will be covered.**



# Counseling



## Senior Scholarship Opportunities

The Collin County Master Gardeners Association is pleased to announce that TWO individual \$2,000 scholarships will be awarded to two eligible Collin County, Texas, high school seniors for the 2019-2020 college academic year. The scholarships are available to all graduating high school seniors (Class of 2019) who are verifiable residents of Collin County, plan to attend a Texas college or university, and have declared a major specified on the scholarship application.

The scholarship information letter and application are available on the Collin County Master Gardeners website at the following link:

<http://www.ccmgatx.org/scholarship>

Please contact: Jeri Wise, Collin County Master Gardener- 972-897-7962

Are you a student who is not afraid to be themselves? Sparkling Ice is looking for fun and unique candidates for our Flavorful Futures Scholarship. Sparkling Ice® is awarding FIVE \$5,000 scholarships to eligible high school seniors who are planning their bright and colorful futures.

The application deadline is February 15, 2019 and winners will be announced in Spring 2019.

Apply now at [flavorfulfutures.com](http://flavorfulfutures.com)

2019 Nancy Lieberman Educational College Scholarship

Deadline: Monday, December 17, 2018

<http://nancyliebermancharities.org/scholarships/>

The educational scholarships are awarded to high school seniors who participate in JV or varsity athletics, who excel in academics, and have made a positive impact in their community. This year 10 scholarships will be awarded. Each scholarship is in the amount of \$10,000 to go towards college tuition.

# Counseling



## Summer Opportunity for Current 10<sup>th</sup> and 11<sup>th</sup> graders



Explore the highly challenging, highly rewarding field of education. Experience lectures from TCU education professors, work with elementary and middle school students from diverse backgrounds, tour TCU's beautiful campus and complete research projects with TCU education students. Learn about our programs through activities and discussions with faculty, students and educators in our community.

*Apply soon: enrollment is limited to 50 students.*

### Camp Details

**When:** Monday, June 10 - Friday, June 14, 2019, 9 a.m. - 2 p.m.

**Where:** TCU Campus

**Cost:** \$125 (includes t-shirt, lunch and course materials)

*Please note this is a day camp only. Overnight accommodations will NOT be provided.*

#### Eligibility:

- Must have completed sophomore or junior year of high school by summer 2019.
- Students must be able to attend all five days of camp.
- Submit an essay: Why I am interested in exploring a career in education. (250-word maximum)
- Submit one letter of recommendation from a high school teacher or counselor.

**Apply Now!** Applications are due March 18, 2019.





## Develop the Whole Child

### GRATITUDE

is appreciating what others have done for us and feeling moved to do the same back to others.

When people feel and express gratitude, they also demonstrate optimism, kindness, and social intelligence.

#### Teachers who feel and express gratitude might model gratitude:

- Publicly thank a student for a specific action at the start or end of class each day;
- set a norm of beginning meetings and classes by inviting participants to express appreciation for each other;
- start an email chain with other teachers about positive moments in the school day.

#### Students who feel and express gratitude might:

- Write a thank you note to a teacher;
- thank a classmate for homework help;
- offer to give back by tutoring or mentoring younger students;
- be a helper at school by cleaning up a mess or helping a teacher or staff member with a task.

Gratitude is the opposite of entitlement or taking things for granted. Gratitude is not an action, but an attitude of thankfulness in action.



## GRATITUDE

### Ways to Praise

Recognize young people when they identify a gratitude in their life and express gratitude to someone else; this can be verbal praise, a high five, or a pat on the back.



### Ways to Practice

- The mindful practice of a gratitude list or journal;
- writing thank you notes;
- sharing a gratitude from the day at the dinner table.

**Resources:** The Little Book of Gratitude: Create a Life of Happiness and Wellbeing by Giving Thanks; Gratitude Works! A 21-Day Program for Creating Emotional Prosperity (Robert A. Emmons); Thanks! How Practicing Gratitude Can Make You Happier (Robert A. Emmons)

**Videos:** <https://vimeo.com/95882583>; <https://www.youtube.com/watch?v=oflv6vTKD6lg>

**Research:** Gratitude and well-being: A review and theoretical integration; *Clinical Psychology Review* 30, 890-905; Wood, A., Froh, J., & Geraghty, A. (2010).

What good is gratitude in youth and schools? A systematic review and meta-analysis of correlates and intervention outcomes; *Psychology in the Schools* 53(3), 286-305; Renshaw, T. & Olinger Steeves, R. M. (2016).

A Little Thanks Goes a Long Way: Explaining Why Gratitude Expressions Motivate Prosocial Behavior Communal Mechanism: Social Worth; *Journal of Personality and Social Psychology*, 98(6), 946-955; Grant, A. M. & Gino, F. (2010).

# Upcoming Dates

## **Tuesday, November 13th**

**JV/V Boys Golf vs. Ranch View HS**  
@ The Tribute

**9/JV/V Boys Basketball**  
**vs. Denton HS**  
4:30/6:00/7:30 @ IHS

**JV/JV2/V Girls Basketball**  
**vs. Garland HS**  
5:00/5:00/6:30 @ Garland HS

## **Thursday, November 15th**

**Fall Dance Recital**  
7:00 IHS Auditorium

**Girls and Boys Wrestling**  
**Vs. Wylie and Princeton**  
6:00 @ Wylie HS

## **Friday, November 16th**

**Swimming 6A TISCA Prelims**  
Lewisville ISD West

**Pep Rally**  
Activity Period

**JV/JV2/V Girls Basketball**  
**vs. Denton Braswell HS**  
5:00/5:00/6:30 @ HIS

**Varsity Football Playoff Game**  
**Vs. Highland Park**  
7:30 @ Highlander Stadium

## **Saturday, November 17th**

**Girls and Boys Wrestling**  
**Richardson Round Up**  
9:00 a.m. @ Richardson HS

**Swimming 6A TISCA Prelims**  
Lewisville ISD West

**9/JV/V Boys Basketball**  
**vs. Midlothian Heritage HS**  
10:00/11:30/1:00 @ IHS



# Seniors

## **Class of 2019**

### **ATTENTION SENIORS!!**

All Senior information and updates will be on the IHS website under resources/2019 seniors.

<http://schools.friscoisd.org/hs/independence/site/resources/2017-seniors>

[https://www.facebook.com/groups/505306949917698/?ref=group\\_header](https://www.facebook.com/groups/505306949917698/?ref=group_header)

<https://www.remind.com/join/jnolley>

## **Graduation 2019**

Graduation will be Saturday, June 1st, 2019 at 1:00 p.m. at The Dr. Pepper Arena

## **Cap and Gowns**

You may order your Cap and Gown now at:

[www.jostens.com](http://www.jostens.com)<<http://www.texasgradshop.com/>>



# Announcements

## **Stop It APP**

Please see the following link

<https://www.friscoisd.org/departments/security/stopit>

## **Bullying Prevention**

<http://www.friscoisd.org/departments/guidance-and-counseling/counseling-resources/parent-education-opportunities>

## **Bullying Prevention**

# Highland Park ISD Highlander Stadium

## Parking

### HOME TEAM

- All cars must be moved from ~~Grassmere~~ the east side of Douglas, and Druid by 4:00 P.M.

### VISITING TEAMS

- **Football:** Unload on ~~Grassmere~~ at the visitor locker room gate, park on Westchester.
- **Band, Drill, Cheer, Spirit Groups:** West side of stadium on Douglas Ave.
- **Band Trucks:** Drop off equipment for field access under the scoreboard. Officers will direct you to park on Douglas & Druid.
- **Fans:** HPHS Parking garage, surface lots on Lovers/~~Grassmere~~, businesses on Preston Road.

## Entrance/Seating

### HOME TEAM

- **Band, Drill, Cheer, Spirit Groups:** Enter at the Pass Gate northwest side of the stadium. Seating is in Section B.
- **Fans:** Main Gate on the home side. All passes (District, THSCA, TGCA, press box, etc.) enter at the Pass Gate.

### VISITING TEAM

- **Band, Drill, Cheer, Spirit Groups:** Enter at the Southwest gate under the video board. Band and Drill seating is in sections K & L.
- **Fans:** Enter at the south west/east gates on the visitor side. All passes (District, THSCA, TGCA etc.) enter @ either the south west/east gates located on the visitor side.

\*Gates Open One Hour Prior to Kickoff

## Bands / Organizations

- Band gates open 1 ½ hours prior to game time.
- Students must be wearing organizational uniforms to enter at the band gate.
- All adult sponsors and chaperones should enter at the band gate, sit with their organization, and be identifiable by a badge or pass.
- Band sponsors/Parents may be on the field to help with equipment before the game, at halftime, and @ the end of the game.
- Only students in their organizational uniform should be on the field at any time.

## Tickets / Passes

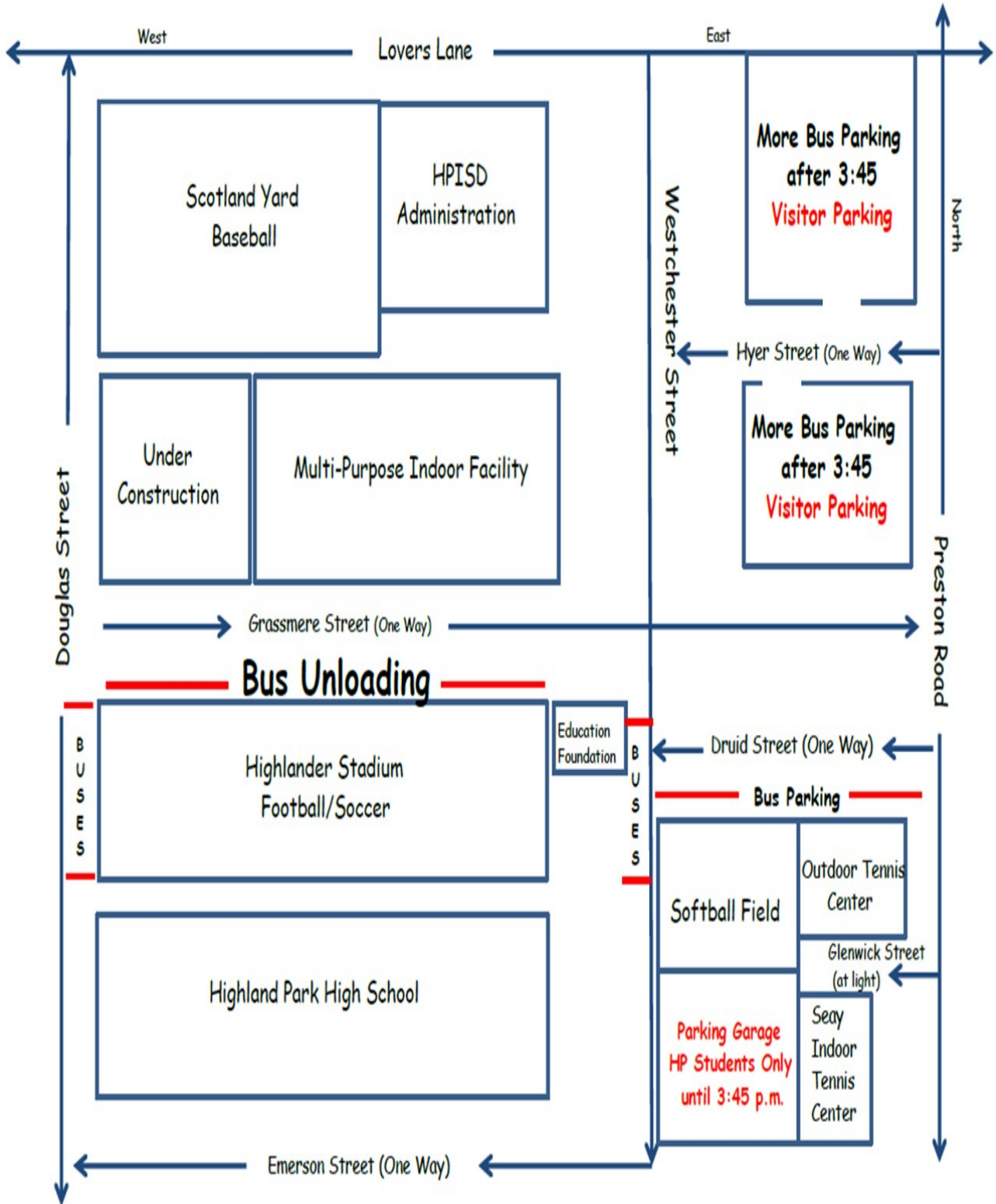
- Coaches in school dress do not need a sideline/press box pass. Anyone else on the field should have a sideline pass.
- Contact the HPISD Athletic Office for access to the press box - Name must be on the list for entry.
- General admission tickets are available for purchase @ [www.hpquicktickets.com](http://www.hpquicktickets.com).
- HPISD Athletic Office will pre-sale tickets (\$6 adult/\$3 student) Wednesday-Thursday 8:30-11:30, 1:30-3:30 & Friday 8:00-12:00.
- No student tickets sold at the gate. All tickets @ the gate are \$12 (Blue Back) or \$8 all others.

## General

- No glass containers allowed.
- No outside food or drink allowed.
- Spirit signs must be made of vinyl or other material that can be tied to stadium railing. No tape.
- Crossover from either side of the stadium is not allowed.
- No student re-entry.

Contact the HPISD Athletics  
Office at 214-780-3031 for  
Questions or More Information.

# Football Bus Parking at Highland Park High School





it's a  
**KNIGHT**  
*thing*

**BUY TODAY - [jostensyearbooks.com](http://jostensyearbooks.com)**

# YEARBOOK

Now: **\$75**

Order By: **2/1/19**



# Order your Yearbook Recognition Ad today! Independence High School

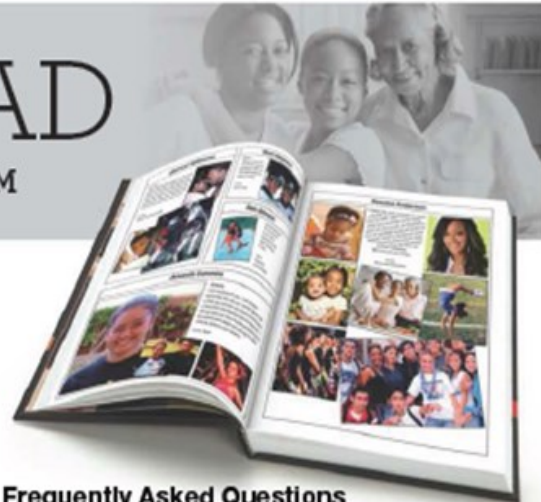
Deadline: 11/30/2018

Dear Parent or Student,  
Yearbook recognition ads are a great way for parents, families and friends to commemorate student achievements and important milestones. In addition, revenues from recognition ads help our school to create a better yearbook. To purchase your ad online, follow the instructions on the form below. Jostens is managing your school's yearbook ad sales so please do not contact or send materials to the school. Please take into account our school's ad content guidelines on the bottom of this form during the creation of your ad online.

LAST CHANCE TO ORDER A SENIOR AD!

## YEARBOOK AD

JOSTENS AD SERVICE ORDER FORM



Ad Size	Color
Full Page	\$385.00
1/2 Page	\$225.00
1/4 Page	\$125.00
1/8 Page	\$85.00

**It's easy! Create your ad online at  
[www.jostensadservice.com](http://www.jostensadservice.com) or  
download the ReplayIt app.**

1. Choose your ad size and layout.
2. Enter your text and upload your photos.

### Important information about Yearbook Recognition Ads

- Our school reserves the right to edit ads per our guidelines.
- We retain the right to remove any explicit text, graphic photos or copyright-protected imagery or photos.
- For the ad to appear in the yearbook, your ad must be purchased by the order deadline.
- Color photographs uploaded for black-and-white ads will appear in black and white.
- We will make every effort to use your layout and text as indicated. A proof will not be provided and no changes can be made after purchase.

Your school has issued the following guidelines surrounding recognition ad content:

Our school reserves the right to edit ads per our guidelines. Please make sure all submitted materials are appropriate for school publication.

### Frequently Asked Questions

**How are the ad prices determined and what is the money used for?**

Ad prices are determined by our school. The revenue from Recognition Ads helps support our yearbook and keep it affordable for everyone.

**How is the ad deadline determined?**

The ad deadline is set by our school based on the production schedule for the yearbook.

**Can I create my student's ad on my mobile device?**

Yes, you can also design your student's recognition ad on your mobile device using the free ReplayIt app. Please visit the app store for more information, or to download the app.

**Can I send my materials to the school?**

No, please do not send your materials to our school. Our school has selected Jostens to assist with our ad program. Please call our customer service number (800-358-0800) if you have questions or need assistance in creating your ad.

**More questions? Call Jostens at (800) 358-0800.**

*Jostens*

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# 12 WEEKS OF YEARBOOK *giveaways*

Make sure you've bought your yearbook to be entered in the drawings  
for a chance to win prizes!

Follow us on twitter: @IHSknights\_ybk

Follow us on Instagram: @ihsknights\_ybk

Use the hashtag: #itsaknightthing for a chance to be featured in the  
yearbook!

BUY YOUR BOOK TODAY! | [jostensyearbooks.com](http://jostensyearbooks.com)



Cade Foster, 9  
\$20 Chick-fil-A

Sydney Fern, 9  
\$20 Sonic



**JOIN MOD IN SUPPORTING**

**Independence High School Soccer Booster Club**

**Thursday, November 15th • All Day**

**Bring in this flyer and MOD will donate 20%  
of your bill to support their great work!**



**MOD PIZZA • McKinney South**

**3009 S Custer Rd #100, McKinney, TX 75070**

Offer valid only on the date(s) and at the MOD location identified on this flyer. Only non-profit organizations and non-profit schools are eligible to participate in the MOD fundraising program. MOD will donate 20% of food and beverage sales to the organization. Tax, gift cards and retail sales are excluded from the donation. Offer valid for drive in, take out or phone orders. Not valid for online orders. Offer void if the Flyer is distributed in or near the restaurant. For more information about fundraising, visit <https://modpizza.com/fundraising/>

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# WEST SIDE STORY

The logo for 'West Side Story' is a stylized, high-contrast black and white graphic. The words 'WEST', 'SIDE', and 'STORY' are stacked vertically in a bold, blocky font. The letters are interconnected with a graphic of a staircase that ascends from the bottom right towards the top right. Silhouettes of two dancers are integrated into the staircase graphic, one appearing to be in a dynamic pose on a landing and another further up.

## **STARRING...**

***Christian Diaz as Tony***

***Ana Garcia as Maria***

***Ahmir Foster as Riff***

***Christos Kaiafas as Bernardo***

***Shabnam Rasul as Anita***

***Jack Romero as Action***

## **Save the Date!**

**January 24 & 25 at 7pm**

**January 26 at 2pm & 7pm**

**Independence HS Auditorium**



# FEEDFRISCO



## IHS Knights Families! The Knights Football Booster and Team are helping stock the shelves at the Frisco Family Services Food Pantry!

Please bring a donation of:

Cooking Oil (16 Oz or Smaller)	Baking Soda & Baking
Sugar	Spices
Rice Bags	Ramen Noodles
Salad dressing	Salt & Pepper
Cereal	Can Vegetables
Posta	Cleaning Supplies
Shampoo & Conditioner	Laundry Detergent

**On:**

Thursday, November 15th

**Donations may be dropped off at:**

Football Players will be collecting Thursday morning at drop off in front of the school along with at the bus loop when students get off the bus in the morning. They may also be dropped off at the Field House after this time but Friday at 4:00 p.m. is the deadline.

Thank you and Go Knights!!

### Frisco Family Services Mission

Frisco Family Services helps members of our communities who are facing hunger, homelessness and other urgent needs improve their quality of life and achieve self-sufficiency.  
[www.friscofamilyservices.org](http://www.friscofamilyservices.org)

 **Mini Royals**   
**Dance Clinic**

**Clinic and Performance:**

The clinic will be held on **December 1<sup>st</sup>** from **5:30pm-8:30pm** at Independence High School. They will eat pizza, cookies, and learn a fabulous halftime routine from the award winning Royals. They will perform their halftime routine with the Royals during the **December 4<sup>th</sup>** basketball game when Knights Basketball takes on the Memorial High School! The girls will need to arrive, wearing their Royals clinic t-shirt and black bottoms at 5:45 pm, game starts at 6:00 pm, and sit in the stands with the Royals until the halftime show. **All girls from Pre-Kindergarten (4 years old and up) to 8<sup>th</sup> grade are invited to join us!**

**Registration Fee:**

\$35.00 per person (includes dinner, performance t-shirt, and a picture with their Royal)

Checks can be made out to **Independence Royals Booster Club** and can be mailed to:

**Jolene Bourque**

10555 Independence Pkwy

Frisco, Texas 75035

Please contact Jolene Bourque at [bourquej@friscoisd.org](mailto:bourquej@friscoisd.org) if you have any questions.

There will be a \$25.00 fee for all returned checks. No refunds

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**Payment and registration are due by November 15<sup>th</sup>.**

Name: \_\_\_\_\_ I prefer to be called: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Parent's name \_\_\_\_\_ Parent's Cell Phone (\_\_\_\_) \_\_\_\_\_

Grade: \_\_\_\_\_ Age: \_\_\_\_\_ Name of School \_\_\_\_\_

Email: \_\_\_\_\_

I give permission for hospital or medical center staff to administer the necessary treatment immediately to my child in the event of injury or illness during the clinic at Independence HS. I agree to hold FISD and respective staff members harmless for any injury as a result of my child's participation in this clinic.

Medicines/Allergies: \_\_\_\_\_

Other info: \_\_\_\_\_

T-Shirt Size: Child S M L or Adult S M L

**Optional Parent Shirt:**

Adult S	Adult M	Adult L	Adult XL	Adult 2XL	Adult 3XL
(\$12.00)	(\$12.00)	(\$12.00)	(\$12.00)	(\$15.00)	(\$15.00)

Or register online at [www.eventbrite.com](http://www.eventbrite.com)

Search: Mini Royals Dance Clinic

We're Fundraising  
with See's Candies!

## **Knight's Orchestra Booster Club**

Help us earn money  
for our organization  
and make the holidays  
even sweeter.

<https://tinyurl.com/Knights-Orchestra-Fundraiser>

Order Deadline: November 16th

Pickup: November 26th- Dec 5th



**See's CANDIES.**

# Baby it's (getting) cold outside....



## You need an IHS Sherpa!



### Independence High School Pullovers

You can now purchase your items online in 3 easy steps:

1. Scan the QR code or go online to <https://ihspullovers.itemorder.com>
2. Choose your items and add them to your cart
3. Securely checkout with your credit card

Online Store Deadline: Sunday November 18th, 2018 (11:59pm CST)



IHS Sherpa Pullover



\$50.00

The IHS Chapter of TAFE (TX Assoc. of Future Educators) will be selling IHS Sherpa's through 11/18. You can add text to it as well so your Sherpa can say IHS Band or IHS Tennis, etc.!

powered by  ORDERMYGEAR

Questions?  
Frisco Sports Center  
972-335-3630  
[info@friscosportscenter.net](mailto:info@friscosportscenter.net)  
<http://www.friscosportscenter.net/>