



*Inspire to Learn.
Empower to Excel.*

The Knights Code

Integrity

Unity

Loyalty

Courage

Perseverance

Service

INSIDE THIS ISSUE:

| | |
|-------------------|-------|
| Knights in Action | 2-5 |
| Counseling | 6-9 |
| Upcoming Dates | 10 |
| Announcements | 11 |
| Yearbook | 12-13 |
| Misc. | 14-18 |

Independence Update

FEBRUARY 1, 2019



**HOME OF THE
KNIGHTS!!**





Knights In Action

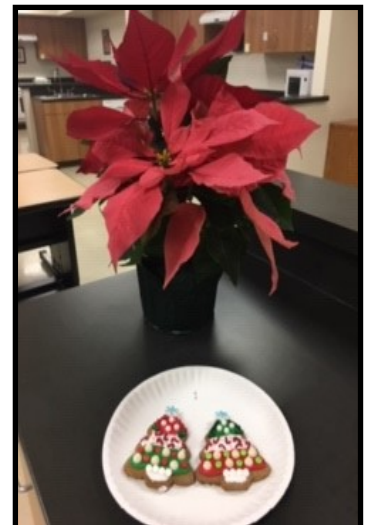
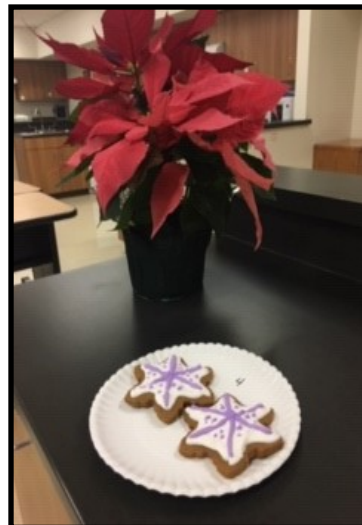
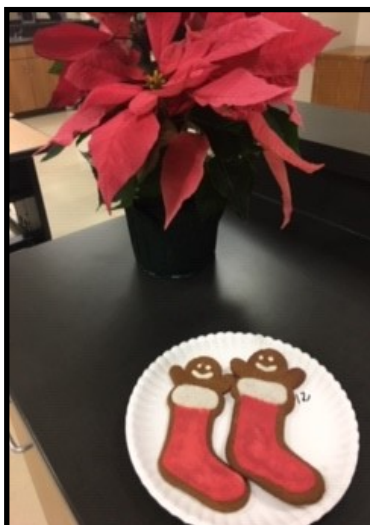
ISM Research Showcase at the Ford Star!



The Great
Gingerbread Bake
Off **1st** Place winners
Rabia Basra and
Jasmine Nguyen.

The Great
Gingerbread Bake
Off **2nd** Place
winners, Alexa
Brown & Ayman
Adil.

The Great
Gingerbread Bake
Off **3rd** Place
winners Hannah
Lee & Bryce
Debruycker.



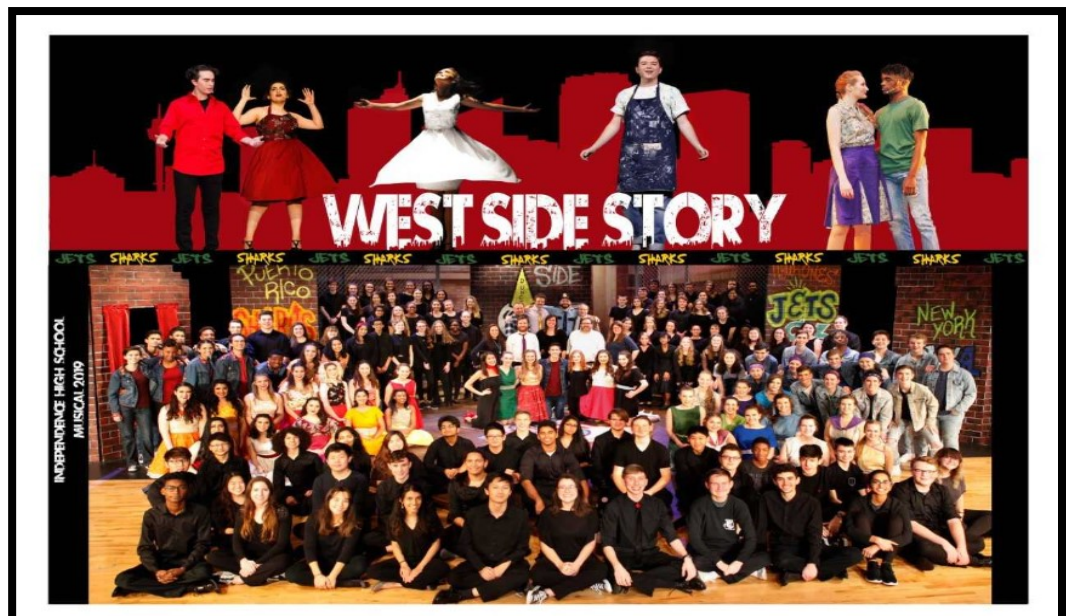


Knights In Action

IHS at The FISD Choir Festival!



West Side Story Musical Cast!





Knights In Action



IHS Cheer competed in the NCA National competition in Dallas this past weekend. It was an extremely tough competition and IHS Cheer came in 7th place overall in the large school division which consisted of all 5A and 6A teams, including co-ed. Way to go Knights!

Spring Tennis is underway! Claire Calloway placed 2nd in the A girls singles division after losing in a tiebreaker in the finals of the Polar Vortex Varsity Tournament. Eric Long finished 3rd in Boys B Singles of the Frisco Original Tournament last week, and Arnav Sriram won A Boys Singles consolation. Lastly, Abhinay Dumpa and Arnav Sriram won 1st place in the JV Grapevine Tennis Tournament yesterday. Way to go, Knights!!





Knights In Action

Lady Knights Wrestling was in action again this past weekend and earned 1st place as a team at the Bishop Dunn Marcus Somerstein Tournament! Elizabeth McWhorter, Tabitha Wood, Sariah Ferguson, Cairee Jones, Amanda Eilerman, Caelyn Gaddy, and Abby Szanto.





Counseling

The 2019-20 FISD Course Catalog is now available online!



Click here!

Counselors will begin meeting with students in February in order to select courses for the 2019-20 school year!

11th grade- Feb. 4th-7th

10th grade- Feb. 8th-13th

9th grade- Feb. 14th-21st

Is your student planning on taking an upper-level CTE course next year?

The **CTEC Work-Based Learning Program Qualification Form** will be available for students beginning **January 8th** and will close on **February 17th**. The link can be found on the CTEC website during this time period. All students interested in participating in one of the courses listed below **MUST** complete the form. **The deadline for the completed the form is February 17th.**

**** Incomplete and late forms will not be accepted.**

Courses listed below require a WBL Program Qualification Form

Architectural Design II

Baking & Pastry

Child Guidance

Child Guidance-Practicum

Culinary Arts

Culinary Arts-Advanced

Education and Training

Education and Training-Practicum

Electrocardiogram (EKG)

Emergency Medical Technician (EMT)

Health Science Clinical

Pharmacology

Practicum in Government

Practicum in Graphic Design and Illustration

Practicum in Marketing

Practicum in Veterinary Medical Applications

Sports Broadcast

Sports Management

Counseling



Dual Credit

Parent Information

Meetings

Interested in learning more about Dual Credit? Join Us!

Dual Credit Night is Thursday, January 31st at 6:00 pm in the IHS cafeteria.

If you are a new to dual credit student who is interested in taking a dual credit course in the 2019-20 school year, then this is a mandatory meeting as it will cover the registration process for a dual credit course. Parent or student must attend.

If you would like to simply learn more about the dual credit program in Frisco before making a decision on taking a course, then this is also the presentation for you!

Discover all things Dual Credit at:

<http://www.friscoisd.org/departments/dual-credit/home>



Counseling

Develop the Whole Child

ZEST - Finding and sharing joy in what you do.

Optimism - Hopefulness about the future or successful outcome of something.

Students with zest might . . .

- feel both physical and psychological vitality;
- actively participate by asking questions and listening closely;
- invigorate others by talking about their interest;
- read about their interest in their free time.



Zest is

enthusiasm and energy. Doing something with zest means reveling in the process. It is about being so excited that you can't wait to dive in and learn everything you possibly can.



Teachers with zest might . . .

- plan extra joy into lessons and routines (e.g., gamify a lesson; introduce a song to teach a concept);
- participate enthusiastically in professional development and meetings;
- share positive student interactions, by email or in person, with other staff.





Counseling

Ways to Practice

- Turning negative statements into positive ones. Instead of, "This will never turn out the way I want it to." Say, "If this does not work I will try a different approach."
- Taking a personality or interest inventory to help you determine what your positive attributes are and then using those to develop interests.

Ways to Praise

Zest is infectious; when we're with someone who truly loves what they do, we also tend to see its radiance. Zest is invigorating; students often find that after they do things that they have zest for, they feel more zest and energy, not less.



Resources: Good News Bad News by Jeff Mack; The Castle Corona by Sharon Creech; Homeroom Diaries by James Patterson and Lisa Papademetriou; Raising Happiness by Christine Carter; <http://momentousinstitute.org/blog/why-should-we-teach-kids-about-optimism>

Videos: The Power of Optimism: Man on the Street; Is Your Glass Half-Full or Half-Empty?; Elizabeth Gilbert: TED Talk; Jessica's Daily Affirmation - Zest

Research: Vitalizing effects of being outdoors and in nature, *Journal of Environmental Psychology*, 30(2), 159–168, Richard M. Ryan, Netta Weinstein, Jesse Bernstein, Kirk Warren Brown, Louis Mistrretta, Marylène Gagné (2010). On energy, personality, and health: Subjective vitality as a dynamic reflection of well-being: *Journal of Personality*, 65(3), 529–565, Ryan, R. M., & Frederick, C. (1997). Zest and work: *Journal of Organizational Behavior*, 30(2), 161–172, Peterson, C., Park, N., Hall, N., & Seligman, M. E. P. (2009).

Upcoming Dates

Monday, February 4th

JV Baseball vs. Mesquite Poteet
5:00 @ IHS

Tuesday, February 5th

**JV/ JV2/V Girls
Basketball vs. FHS**
4:45/6:00/7:15 @ FHS

**JV/ JV2/V Boys
Basketball vs. FHS**
4:45/6:00/7:15 @ FHS

JV/V Boys Soccer vs. FHS
5:45/7:15 @ FHS

JV/V Girls Soccer vs. FHS
5:30/6:45 @ IHS

**Varsity Baseball
vs. Mesquite Poteet**
5:00 @ Copeland Field

Wednesday, February 6th

JV/V Softball vs. Mesquite HS
5:30 @ IHS

Friday, February 8th

**Girls/Boys Wrestling District
and Tournament**
4:30/6:00 @ CHS

**JV/ JV2/V Boys
Basketball vs. CHS**
4:45/6:00/7:15 @ IHS

JV/V Girls Soccer vs. CHS
5:30/6:45 @ CHS

JV/V Boys Soccer vs. CHS
5:30/6:45 @ IHS

ACDEC Regionals

Saturday, February 9th

Varsity Boys Golf
@ Rockwall CC

**Varsity Softball vs. Highland
Park/Wylie East**
@ Highland Park

**JV/V Baseball Scrimmage vs.
Midlothian Heritage/Red Oak**
12:00/2:00 @ Red Oak HS



Announcements

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.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 Gown

You may order your Cap and Gown now at:

www.jostens.com<<http://www.texasgradshop.com/>>

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>



BUY TODAY - jostensyearbooks.com

YEARBOOK

Now: \$75

Order By: 2/1/19

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

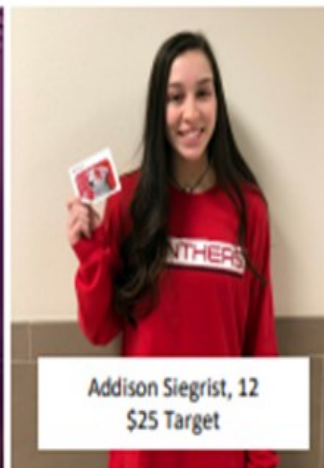
Follow us on Instagram: @ihsknights_ybk

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

BUY YOUR BOOK TODAY! | jostensyearbooks.com



Mayce Allen, 11
\$25 Starbucks



Addison Siegrist, 12
\$25 Target

The IHS Fine Arts teachers and students would like to specially recognize and thank the three faculty members who shared the stage with us throughout the process of creating “West Side Story.” Thank you for your dedication and passion in helping us tell this story!



**Mr. Schkade as Doc
Mr. Darbonne as Officer Krupke
Mr. Buscemi as Lt. Schrank**

IHS Cheer *and Mascot* TRYOUTS



MANDATORY INTEREST MEETING

February 4 ● 6:00 PM ● IHS ROOM A202

APPLICATION DUE

● February 14 ●

CLINIC

● March 4-6 ●

TRYOUTS

● March 7 ●



GOT SPIRIT?

QUESTIONS? INTERESTED IN CHEER MANAGER?

EMAIL SLADES@FRISCOISD.ORG



MOD PIZZA

Come support the Knights Basketball program, Boys & Girls at MOD Pizza.
20% of the sales will be given to the basketball booster program.

Thursday February 7, 2019
10:30am-10:00pm

3009 S. Custer Rd. Suite 100
McKinney, TX

Please use the link below to RSVP. You will still need to mention that you are
supporting the KNIGHTS at the register.

<https://www.groupraise.com/events/85257>





PLEASE JOIN US
Sunday, April 28, 2019

***It's the 5th Annual IHS Knights
Golf Booster Club Tournament***

STONEBRIDGE RANCH COUNTRY CLUB – HILLS COURSE

*5901 Glen Oaks Drive
McKinney, TX 75070*

Registration begins at 12 pm
Shotgun Start: 1:00 p.m.
Buffet/Awards Ceremony immediately following.



**After March 15th
\$125 per golfer**

Includes:
Green fee/cart fee, driving range, buffet, *prizes and more!*

Prizes will be awarded for top 3 teams, longest drive and closest to pin.

Registration is now open via our website!

www.IHSKnightsGolfTournament.com

IHS Football Booster Club
PRESENTS:
"A KNIGHT TO REMEMBER"

2018-19 Football Banquet

When: Monday Feb 4th

Where: IHS Cafeteria

Time: 6:30 PM

A Ticket is required for entry

Last day to purchase dinner tickets is Friday January 25th

For ticket purchase please visit:

<https://www.knightsfootballboosterclub.com/>

****Please note: IHS Football Coaches, players and trainers are free****
Coaches, players and trainers please visit website to RSVP by Wed 1/23/19

Ticket Sales and ticket pickup will be held at the Fieldhouse Wed January 23, 2019
4-6 PM

Please Contact TraVann Price Via email at
event@knightsfootballboosterclub.com if additional information is
needed.

GO KNIGHTS!!!