



*Inspire to Learn.  
Empower to Excel.*

*The Knights Code*

*Integrity*

*Unity*

*Loyalty*

*Courage*

*Perseverance*

*Service*

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# Independence Update

SEPTEMBER 22, 2017

## NFHS SELECT SCHOOL

Independence High School has been named one of only three schools in the State of Texas as a Select Sports Broadcast Program! Our students are doing a fantastic job with this program and this is only the beginning of what's in store for us!





## Knights in Action

### CROSS COUNTRY

Varsity girls placed 2<sup>nd</sup> in the Elite race with 4 medaling.  
JV girls won 1<sup>st</sup> place with 4 girls medaling.  
Go Knights!



Montserrat Patino's work has been selected for the  
2017-2018 AP<sup>®</sup> Studio Art Exhibit.  
Go Knights!





## Knights in Action

### IHS Cheer

The IHS Cheerleaders cheered on the participants in the Heart of Gold 5K this past Saturday. September is Childhood Cancer Awareness month and Heroes for Children and Wipe Out Kids' Cancer hosts the 5K to help families with children battling cancer as well as raise awareness and funding for pediatric cancer research. Go Knights!







## From Counseling



### IHS has a new College and Career Counselor!

Welcome Traci Howard Moore, College and Career Counselor

Email: [howardmoort@friscoisd.org](mailto:howardmoort@friscoisd.org)

Available at IHS every other week beginning the week of September 25th

#### To assist with:

- College applications including college essays, letters of recommendation & more
- Financial aid options
- Career exploration
- College search and selection strategies
- Dual Credit counseling

Mrs. Moore has had over 20 years of college admissions experience. She has worked at the four year college level, at the law school/graduate school level, and is currently working at the two-year level at Collin County College. She will be on campus every other week beginning the week of September 25<sup>th</sup>. Mrs. Moore will be able to assist with college applications including college essays, letters of recommendation & financial aid. She will also help students explore career options, college search and selection strategies and dual credit counseling. Please email in order to set up an appointment at IHS!

### Coffee with the Counselors

Join us as Princeton Review presents “Roadmap to College”

**When:** September 29th @ 8:15 am

**Where:** IHS Lecture Hall

# Upcoming Dates

## **Friday September 22nd**

**Varsity Tennis vs. Marcus**  
4:00 pm

**9/JV/V Volleyball vs. WHS**  
5:30/6:30 pm @ IHS

**Varsity Football vs. North Garland**  
7:00 pm @ Williams

## **Saturday, September 23rd**

**Lovejoy XC Fall Festival**

## **Monday, September 25th**

**Meet the Teacher Night**  
6:10 pm - 7:45 pm

## **Tuesday, September 25th**

**9/JV/V Volleyball vs. CHS**  
5:30/6:30 pm @ CHS

## **Thursday, September 27th**

**JV Tennis vs. LHS**  
4:30 pm @ LHS

## **Friday, September 28th**

**Blood Drive**  
8:00 am - 4:15 pm

**Coffee with the Counselors**  
8:00 am—10:30 am

**Varsity Tennis vs. LHS**  
4:00 pm @ IHS

**9/JV/V Volleyball vs. LSHS**  
5:30/6:30 pm @ IHS

## **Saturday, September 29th**

**Fighting Farmers XC**

**BOA DFW Regional Band**

**Sprint FISD Swimming  
Invitational**  
10:00 am @ FISD Natatorium



# Blood Drive

Independence High School

Friday, September 29, 2017

9:00 am - 3:30 pm

In the Flex Lab Room A202

[CLICK HERE TO SIGN UP TO DONATE BLOOD!](#)

Contact Nurse Richard at [RichardL@friscoisd.org](mailto:RichardL@friscoisd.org) for details.

Must be at least 16 years old to give blood. Students under the age of 17 require parental consent.

- 16-Year-old Donor Permission Form [\(English\)](#) [\(Spanish\)](#)
- ~~Zika~~ Zika Permission Form For Minors (English and Spanish)



After you donate, visit our online store at [GR8Students.org](http://GR8Students.org) or call

877-869-4141 to choose from our large selection of awesome rewards.

After you donate, visit our online store at [GR8Students.org](http://GR8Students.org) or call 877-869-4141 to choose your shirt or another awesome reward.



 [CarterBloodCare.org](http://CarterBloodCare.org) 800-366-2834



# Helping Kids Deal With Bullying

Please see the link to get more information on bullying prevention.

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

## Seniors

### ATTENTION SENIORS!!

Senior T-shirt order deadline is next Friday 9/22!

We now have Senior MOM and Senior DAD shirts!

Order forms can be located on the senior website from the IHS homepage under the Resources tab. Save the Date: Our first event is coming soon.

5<sup>th</sup> Quarter Tailgate Nacho Party –Oct 6.

We will be in the cafeteria on Fridays accepting dues and t-shirt orders.

**All Senior information and updates will be on the IHS website under resources/2018 seniors.**

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

## Twitter Update

FISD Athletics has created a new Twitter account for information regarding Frisco ISD Athletics. @Friscoisdports

\*@FISDSports is no longer supported and will no longer receive updates.





## 3rd Annual Independence Royals



# DADDY DAUGHTER DANCE

Saturday October 14th, 2017

6pm-8pm

Independence High School

Live DJ, Refreshments, Photo Booth

Performance by National Award winning  
Royals

Daughters ages 3-13

\$15 per person

**Please visit [ihsroyals.org](http://ihsroyals.org) to register**





# 2017 SPIRIT DAYS

Location/Opponent	Spirit Day
Northwest Eaton 9/14 @ 7 @ NISD	Feud with the Eagles Medieval Day (Dress Up for Pep Rally Friday)
North Garland 9/22 @ 7 @ North Garland	Rock the Raiders Rock Star Day
BYE Week	
Heritage 10/6 @ 7 @ Ford	Cage the Coyotes Wear Camo
Frisco 10/12 @ 7 @ Ford	Pink Out Get a Pink Out shirt!
Liberty 10/20 @ 7 @ Memorial	Light Up Liberty Neon Day
Wakeland 10/27 @ 7 @ Ford	Homecoming
Centennial 11/3 @ 7 @ Ford	Team Up Against the Titans Jersey Day
Lone Star 11/9 @ 7 @ Ford	Wrangle the Rangers Western Wear