

Independence Update

APRIL 14, 2017



*Inspire to Learn.
Empower to Excel.*

The Knights Code

Integrity

Unity

Loyalty

Courage

Perseverance

Service



Upcoming Dates

Monday, April 17th

No School

JV White Baseball vs. LHS
5:00 @ IHS

FFA Competition
TBD @ Howie High School

Tuesday, April 18th

Baseball vs. LHS
JV Purple/4:30, V/7:30 @ LHS

Band UIL Sight Reading Contest
TBD @ CHS

Varsity Regional Tennis Tournament
8:00 a.m. @ Allen HS

Softball vs. CHS
JV/5:15, V/7:00 @ CHS

Wednesday, April 19th

Band UIL Sight Reading Contest
TBD @ CHS

Varsity Regional Tennis Tournament
8:00 a.m. @ Allen HS

The Crucible
7:00 @ IHS

Thursday, April 20th

Area Track Meet
TBD

Band UIL Sight Reading Contest
TBD @ CHS

Friday, April 21st

End of 5th Six Weeks

Baseball vs. WHS
JV White/5:00 @ WHS
JV Purple/4:30, V/7:30 @ IHS

Softball vs. LSHS
V/5:15, JV/7:00 @ IHS

The Crucible
7:00 @ IHS

Saturday, April 22nd

The Crucible
7:00 @ IHS





What is a Notable Knight?

Students and staff who demonstrate one of the six core IHS traits are nominated by their peers and featured in the school as well as the newsletter each week.

Notable Knights

Integrity

Taylor Hamner

Taylor exemplifies the Integrity trait of The Knight's Code. Taylor is just an all-around great student. She comes to class prepared, she puts in full effort during instruction, and she turns in things that are high quality. Students like Taylor make a teacher happy. She comes in, does what she's supposed to do, and has a great attitude about it. I also appreciate her willingness to help other students and her easy-going disposition. I can definitely see Taylor succeeding in whatever she chooses to do with her future.



Courage

Tova Malmstrom

Tova exemplifies the Courage trait of The Knight's Code. Tova is joining us this year from Sweden as a Foreign Exchange Student. I can imagine that it is quite scary to come to a brand new country for your junior year of high school, but Tova is handling it like a pro! She is not shy about speaking up in class and adding to discussions. She is able to talk to her peers and makes friends easily. She is excited to be here and to share her culture. It has truly been my pleasure to have her as a student, and I am looking forward to what she will bring to our class for the rest of the year. Tova's passion, heart, and bravery are definitely appreciated and admired!



Loyalty

Sadie Myers

Sadie exemplifies the Loyalty trait of The Knight's Code. Sadie has been my student since January, and even though I've only known her a short time, I can tell that she is a loyal student and friend. She works extremely hard in my class, and she even pushes other students to perform at their full potential. In addition to excelling in the classroom, Sadie is also an outstanding member of our FFA program. I love chatting with Sadie about her shows and hearing all about her experiences with the animals. She is such a sweet young lady, and I love the positivity that she brings to IHS!





Notable Knights

Perseverance

Bailey Crawford

Bailey exemplifies the Perseverance trait of The Knight's Code. This is Bailey's first year at IHS and first year on drill team. She has shown a tremendous amount of perseverance throughout the year, but she's really pushed through here lately. We are right in the middle of contest season, and that requires a LOT of work, effort, and heart from the girls. Bailey was selected to be in our Team Pom routine, but she was struggling with one section of the dance that included a turn combination. Bailey worked and worked, and she was able to get the combination by our first contest! I am so proud of the effort that she gives daily and the brightness and energy that she brings to our team. I can't wait to see her progress in the future!



Unity

Victoria Hill

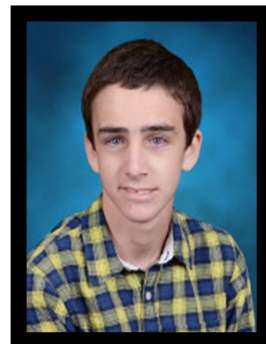
Tori exemplifies the Unity trait of The Knight's Code. She shows commitment during Partner's PE! She encourages all the students she supports during Partner's PE. Tori's calm demeanor is an asset to our class. She is patient with and supportive of all the kids she supports in PE.



Service

Jack Russo

Jack exemplifies the Service trait of The Knight's Code. He displays service and commitment during Partner's PE! He encourages the students he supports during Partner's PE by taking on the role of leading specific students in a stretching routine each class period. Jack is quick to show the other students the fun that can be had in PE. He shows patience with the friends he supports in PE.





Knights in Action

CHOIR

At Choir UIL this week, the Varsity Women's Choir and Non-Varsity Women's Choirs both received Superior Ratings in Stage and Sightreading, earning a Sweepstakes (Superior Concert and Superior Sightreading).

The Varsity Mixed Choir received a Superior Rating in their concert portion and in Sightreading they were rated Excellent.

The Non-Varsity Mixed Choir was Excellent on stage and received a Superior rating in Sight reading.

Congratulations Knights!



ACADEMIC UIL

Last week at the Academic UIL Regional Meet IHS student **Jules Pearson** placed 4th in Editorial writing!

Congratulations Jules!





Announcements

Football Mangers Needed



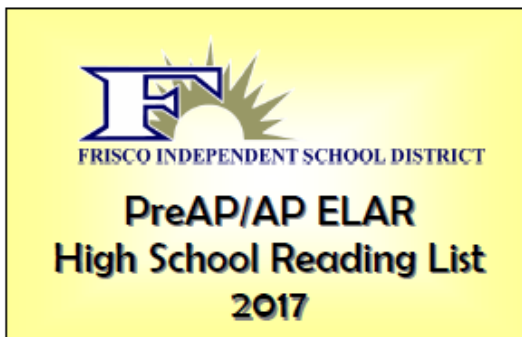
When: 2016 Spring Football & 2017 Fall Football Season

Where: IHS Practice Field

Date & Time: May 1st @ 4:15 pm

Interest Meeting: April 19, 2017 8:20 Room B108

Contact: Coach Davenport Room B108 or email davenportj@friscoisd.org



Click [HERE](#) for the 2017 AP Summer Reading List, located under "Quick Links"



Seniors



Cap and Gown Delivery

If your cap and gown are paid in full and you did not pick it up April 5, you may pick it up in Mrs. Slade's office, A115. If you have payment due, you will need to contact Jostens.

Graduation Ticket Info Coming

Please look for an email regarding graduation tickets. Each student receives 10. If you would like to order extra tickets, please click [HERE](#).

Prom 2017



Click image for info.

Rising Seniors Parent Meeting

May 1st @ 6:00 @ IHS Cafeteria

If you are interested in running for a Board position, please email Mr. Garcia at garciah@friscoisd.org

Click [HERE](#) for info about Elementary School Senior Reunions!

HAPPINESS ADVANTAGE CHALLENGE

Choose happy. Change your lens.

5 steps to become more productive and more positive:

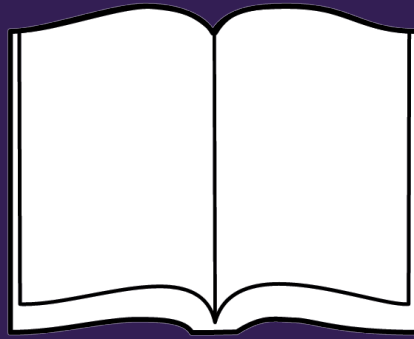
- Show Gratitude – Write down three things you're thankful for each day
- Journal – Write about something positive that happened in the last 24 hours
- Display Acts of Kindness – Send an email or text thanking someone in your social support network.
- Exercise – 10 minutes per day
- Meditate – 5 minutes per day - gives your mind a break



START DATE: Monday, April 3rd

END DATE: Friday, April 28th

http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work#t-2666



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