



*Inspire to Learn.
Empower to Excel.*

The Knights Code

Integrity

Unity

Loyalty

Courage

Perseverance

Service

Independence Update

APRIL 21, 2017

CONGRATS TENNIS!



The Independence tennis team advanced 4 players to the Region II 5-A Semi-Finals yesterday. **Hannah Coursey** was a Girls Singles Semi-Finalist. **Quinn Lapoint** placed 2nd in Boys Singles and will advance to the State tournament. **Trinity Vivona** and **Katie Strand** placed 2nd in Girls Doubles and will also advance to the State tournament.

Way to go Knights!

INSIDE THIS ISSUE:

Important Dates	2
Knights in Action	3
Seniors	4
Choose Happy	5
Yearbook	10

Upcoming Dates

Saturday, April 22nd

The Crucible
7:00 @ IHS

Monday, April 24th

No School
Teacher Appreciation Week

Tuesday, April 25th

Begin 6th Six Weeks

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

Friday, April 28th

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

Regional Track Meet
TBD @ UTA-Arlington

Saturday, April 29th

Regional Track Meet
TBD @ UTA-Arlington

Senior Prom
8:00 @ IHS



Knights in Action

BAND UIL

Congratulations to the IHS Symphonic Band and Wind Ensemble for earning First Division (Superior) ratings from all six judges in UIL Region 24 Concert and Sight-reading Contest at Centennial HS this week!

Great job Knights!

SERVICE



On April 8th, students from Best Buddies and HOSA joined together to represent IHS at the Best Buddies Friendship Walk at Hope Park. The Best Buddies Friendship Walk is the number one walk in the country raising awareness and funds to support individuals with intellectual and developmental disabilities.

Way to go Knights!

SIGNING DAY

On Thursday, **Tehya Morgan** signed with William Jewell College to be a part of their swim team!

Congratulations Tehya!





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](#). Deadline is 4/28.

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



KEEP
CALM
AND
BUY A
YEARBOOK

\$70

Pre-sales end March 24
Order at jostensyearbooks.com