



*Inspire to Learn.
Empower to Excel.*

The Knights Code

Integrity

Unity

Loyalty

Courage

Perseverance

Service

INSIDE THIS ISSUE:

Important Dates	2
Knights in Action	3
Announcements	5
Seniors	7
Choose Happy	8
Purple Plume 5K	9
Yearbook	10
CTE Job Fair	11

Independence Update

APRIL 7, 2017

*Royals Spring Show
Tonight & Saturday!!
7:00 p.m.*



**APRIL 7-8, 2017
IHS AUDITORIUM**

Upcoming Dates

Saturday, April 8th

Purple Plume 5K

8:00 a.m. @ IHS

Speech & Academic UIL

8:00 a.m. @ Prosper HS

Royals Spring Show

7:00 @ IHS

Monday, April 10th

Girls Varsity Golf District Tournament

8:00 a.m. @ The Bridges @ Gunter

JV White Baseball vs. HHS

5:00 @ IHS

Tuesday, April 11th

Baseball vs. HHS

JV Purple/4:30, V/7:30 @ HHS

Choir UIL

TBD @ Prosper HS

Wednesday, April 12th

Softball vs. LHS

JV/5:15, V/7:00 @ LHS

District Track Meet

TBD @ Memorial

Thursday, April 13th

District Track Meet

TBD @ Memorial

Baseball vs. FHS

JV White/5:00 @ FHS

JV Purple/4:30, V/7:30 @ IHS

Friday, April 14th

No School

Softball vs. WHS

V/10:30, JV/12:00 @ IHS





Knights in Action

TENNIS

The varsity Tennis team advanced 4 players to the regional tennis tournament yesterday.

Quinn Lapoint is the 13-5A Boys Singles District Champion by defeating the #1 seed in 3 hard fought sets!!!!

Hannah Coursey placed 2nd in Girls Singles losing 4-6, 7-6, 6-7 to the #1 seed in an over 4 hour match.

Trinity Vivona and **Katie Strand** placed 2nd losing 3-6 in the third set.

Maddie Pan placed 4th in Girls Singles.

The Girls team placed 2nd finishing 1 point behind Liberty.

The Region II tournament will be held on April 17 & 18 in Allen.



*Congratulations
Knights!*

THEATRE

Congratulations to Knight Theatre for the 10 nominations they received from the Dallas Summer Musicals High School Musical Theatre Awards!

Nominations include:

Best Costume Design

Best Set Design

Best Orchestra

Best Choreography

Best Direction

Featured Actress – **Shabnam Rasul**

Best Supporting Actor – **Preston Nimmo**

Best Actor – **Luke Weber**

Best Actress – **Kathleen Murray**

Best Musical



HOSA

Knights in Action

This past weekend HOSA competed at the Texas HOSA State Competition. 17 IHS HOSA students qualified for Internationals!! The chapter received recognition for their fundraising efforts for NAMI (National Alliance for Mental Illness). Also, **Batool Unar Syed** was awarded a scholarship from Texas HOSA!

Below are awards received:

Barbara James Service Award

Maleeha Shaik
Megha Vyakaranam

Chapter Reflection/Outstanding HOSA Chapter

(advances to Internationals)
Tahir Khan and Riyann Jotheesh

Healthcare Issues Exam (advances to Internationals)

Brandon Cambre

EMT Skills (runner up for internationals)

4th place - Brandon Cambre and Batool Unar Syed

Medical Law and Ethics (advances to Internationals)

1st place - Bhoomika Venkatesh

Speaking Skills

1st place - Maddison McDonald

Creative Problem Solving (advances to Internationals)

1st place - Samritha Palakollu, Leeba Farooqi, Saipriya Metla, Srinidhi Ravi

Health Career Display (advances to Internationals)

1st place - Dinesh Pandian and Anjali Tokala

Health Education (both teams advance to internationals)

3rd Place - Nitin Volety, Melvin Sureshababu, Dhruv Sethi, Shruv Thotiteddy
1st Place - Adeena Sheraz, Wajiha Hashmi, Nimah Khan

Medical Innovation (runner up for Internationals)

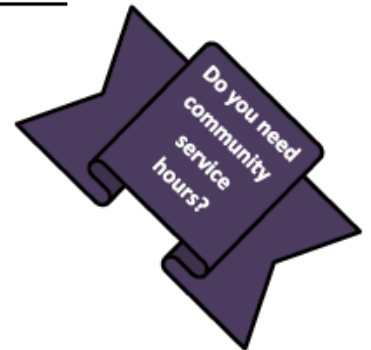
5th place - Sam Sheshadri and Mounika Kanagala

Congratulations Knights!



Announcements

Football Mangers Needed



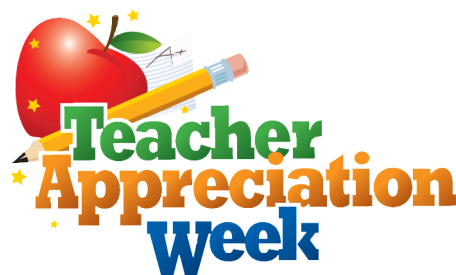
When: 2016 Spring Football & 2017 Fall Football Season

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



We are excited to announce our annual IHS Teacher Appreciation week from April 24-28, 2017. During this week, we honor all of our teachers and their hard work throughout the school year. If your business is interested in sponsoring an event or providing any donations, please contact Assistant Principal, Allison Ginn via email (ginna@friscoisd.org) or phone (469-633-5400). Last year with parents, booster clubs, and community partnership, we were able to provide gift cards for drawings throughout the week as well as two days of breakfast, one snack cart, and one dessert bar for our teachers. Teachers look forward to this week each year and we are hopeful for another successful week this year.



Announcements

5K for Gabe

Sunday, April 23rd 9:00 AM



Frisco Commons
800 McKinney Road,
Frisco, TX 75034

\$25 for adult \$20 for students if registered by April 9th

Includes race registration and t-shirt

Register online at 5kforgabe.weebly.com



FRISCO INDEPENDENT SCHOOL DISTRICT

**PreAP/AP ELAR
High School Reading List
2017**

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.

Graduation Ticket Info Coming

Look for an email next week about graduation ticket information. Every student will receive 10 tickets and there will be a form to request more! Questions? Email ihs@friscoisd.org.

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



**JOIN THE
BAND THIS
SATURDAY!**

APRIL 8

**INDEPENDENCE
HIGH SCHOOL
CAMPUS**

RACE DAY REGISTRATION 7 A.M. — 8 A.M.

IHS STUDENTS AND FACULTY \$15

5K INDIVIDUAL \$35/1 MILE FUN RUN \$15

**PURPLE PLUME 5K AND 1 MILE FUN RUN BENEFITS
IHS KNIGHT BAND**



KEEP
CALM
AND
BUY A
YEARBOOK

\$70

Pre-sales end March 24
Order at jostensyearbooks.com

CTE Center 2nd Annual Job Fair

JOB FAIR



APRIL 12, 2017
5:00 TO 7:00 PM

*Career & Technical Education Center
9889 Wade Blvd • Frisco*

Over 40 employers will be on hand looking to hire students ages 16-18 for summer employment. Students will need to come professionally dressed with resumes and be ready to interview on the spot for certain positions. Parents will not be allowed into the job fair but will be provided with a waiting area.

Contact Mrs. Hemenway, CTEC Counselor, with questions:
HemenwayK@friscoisd.org

