

THE BUZZ

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The buzz is a weekly newsletter for all students at the Institute

26/11/18

Extra-Curricular Activities



Film Studies

This week we will finish *The Lady in the Van* and discuss the significance of its finale. We will explore why the writer and director made such a choice and how it impacts our understanding of the work. Thursday, 3.30pm, G-3.



Creative Writing

Creative Writing meets Mondays, 3.30pm, G-3.

5th Year Philosophy

This week we will look at the philosophy of emotions and judgement. In particular we will work towards answering a question posed by a student in class: "what is happiness and how much does it weigh?" Tuesday, 3.30pm, G-3.

6th Year Philosophy

We continue with our account of different Ethical theories. In particular we will look at the varied implications of the previously discussed theories. This class will include ideas from Hume, Knobe and Appiah. Wednesday, 3.30pm, G-3.

Book Club

The book for this month is *Persepolis* by Marjane Satrapi. The date for the next meeting will be announced next week.

Chess Club

Whether you're experienced or a beginner, come along to chess club. Wednesday, 4.00pm, L1-0.

Bridge Club

Bridge takes place on Fridays, 2.30pm, G-1.



Table Tennis

Table tennis takes place in the 6th year lunch room, located in the basement of the main building. All welcome! Monday, 3.30pm, G-3.

MUN

Any student wishing to take part in the St. Andrew's International Model United Nations should confirm their interest with David as soon as possible. Spaces are limited.



Debating

We will continue the deconstruction of debate motions and the varied ways of addressing them. Subject to numbers, a mace debate will take place in class. Friday, 2.30pm, G-3.

Career Guidance



College Open Days:

DIT Angier Street Open Days take place on Friday 30 November and Saturday 1 December from 9am -2pm.

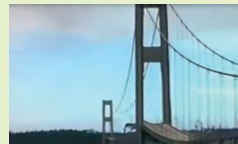
UCD Computer Science Department Opening Evening takes place on Tuesday 27 November from 6pm – 8.30pm.

Physics Notes

YouTube

The Tacoma Narrows Bridge is famous for collapsing in a spectacular fashion during a windstorm. If you're studying Physics you'll be learning about resonance frequency and what that has to do with the bridge's downfall.

Dive into the physics of this collapse by watching the video, filmed in 1940, on YouTube.



<https://www.youtube.com/watch?v=j-zcJXSxrw>

4th year Christmas Fund Raising



Throughout the month of December we will be taking part in gift wrapping in the Kilkenny Store in aid of the Simon Community. We will also be taking part in the Light Up a Life Collection and Ceremony in aid of the Hospice on Sunday 2 December.

All 4th year students who are interested in taking part in these events should register their interest with the 4th year office.



Our 5th and 6th year soccer teams battled it out recently in the Institute's first inter-year soccer match of the season. It was a hard fought match on both sides, with the full time result a 3-3 draw. Both teams are already looking ahead to next month's game, which will be played on Friday 14 December!



Study Skills Tip of the Week

Time Management:

Spend time on planning and organising yourself and it will pay off.

- Prioritise your goals.
- Use a to-do list daily.
- Be flexible- adapt your timetable if something unplanned comes up. Reschedule the missed hours.
- Consider at what time you are at your best. Then plan to study at this time.
- Avoid being a perfectionist- if something doesn't work start again and look at it differently.

6th Year Supervised Study Hours:

Monday – Friday: 9am – 8pm
Saturday: 9am – 4pm
Sunday: 11am – 4pm

5th Year Supervised Study Hours:

Monday – Thursday: 8.30am – 6pm
Friday: 8.30am – 5pm



Congratulations to Hannah Kissane in 5th year, who was a silver medal winner in the Irish European Union Science Olympiad (Biology) that took place on 3 November.

Health & Fitness Programme

Motivational talks with Brian Gregan

Nutrition and healthy eating from the classroom to the sports field

- Tips on how to eat healthy on the go.
- Common pitfalls to avoid (low fat, high sugar).
- How to read a food label.
- The diet of an international athlete.

Monday 26 November, 2.30pm – 3.30pm in 3-7.
Wednesday 28 November, 10.30am – 11.30am in H2-0.
Wednesday 28 November, 2.30pm – 3.30pm in 2-5.

Healthy Peanut Butter Cookie Recipe!

Ingredients:

- 2 ripe bananas, mashed
- 2 scoops vanilla protein powder
- 1 cup oats
- 2 tablespoons natural peanut butter
- 1/3 cup chocolate chips (70% dark choc for healthier option)

Instructions:

- Preheat oven to 180 degrees.
- Line baking tray with parchment paper.
- Mix all the ingredients together until just combined.
- Spoon heaping tablespoon full onto the baking tray.
- Bake 10-12 minutes until tops are firm.
- Cool on cookie sheet 5 minutes, then remove to wire rack to cool completely. Enjoy!



One to watch...

Katie Taylor is one of Ireland's greatest female athletes and role models. She epitomises, grit, determination, hard work and never giving up. If you have any spare time over the coming days then check out "Katie", the inspiring documentary which is in most cinemas now.



HIIT Training with Brian Gregan

For the next couple of weeks, the fitness classes will focus on High Intensity Interval Training or HIIT for short.

HIIT is a cardio session arranged as short bursts of very hard work, matched with a rest period. HIIT training features, body weight and weighted exercises, such as burpees, squat jumps and wall sprints to name but a few. This type of training is an excellent way of getting a workout done in a short period of time.

The classes are open to all students, with the focus being on your fitness level not anyone else's.

Come along to Convent place, bring a friend and get fit!

Spaced are limited to 16 students per session.

Class times:

Monday 26 November, 3.30pm-4.30pm
Tuesday 27 November, 3.30pm-4.30pm
Friday 30 November, 11.30am-12.30pm



Athletics with Brian Gregan

Wednesdays from 3.30pm – 5.30pm in SportsCo indoor hall. Meet at the 5th year office at 3.30pm. A bus will drop students back to the school at 5.30pm. Sign up on the 5th & 6th year noticeboards.

Football

Fridays from 3.00pm – 4.00pm in SportsCo in Ringsend. A bus leaves the school at 2.30pm and drops back at 4.30pm. Sign up on the 5th & 6th year noticeboards.

Gerard's Cafe

Healthy option: €3.80

Chicken Korma
Chicken, courgette, peppers and steamed rice with a Korma sauce. (May contain nuts)

Deal €4.50

Healthy option + 500ml still water + 1 piece of fruit

