

# THE BUZZ

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

14/01/18

## Extra-Curricular Activities



### Film Studies

Having looked at documentaries in general we will now turn our attention towards one of particular note: *Jiro Dreams of Sushi*. David Gelb's engrossing film looks into the life and ethos of an illustrious sushi chef. **Thursdays, 3pm, G-3.**



### Creative Writing

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



### Debating

Subject to numbers, a mace debate will take place in the class this week. This style of rapid fire debate is great for both beginners and veterans. With several college societies due to run competitions this term, it is recommended that those interested hone their ability to think and debate on their feet. **Fridays, 2.30pm, G-3.**



### 6th Year Philosophy

Having used *Descartes Cogito Ergo Sum* to gain certainty on aspects of self last week, we will this week explore the limitations. Continuing with the theme of epistemology we will look at the "problem of other minds" and discuss its relevance to modern concerns over AI. **Wednesdays, 3.30pm, G-3.**



### 5th Year Philosophy

5th year Philosophy takes place on Tuesdays, 3.30pm, G-3



### Chess Club

This term starts to get competitive. We have students competing in the Leinster leagues and, subject to numbers, may run an internal league. Extra attention will be given by the coach to assessing your matches and how best to optimise your competition scores. **Wednesdays, 4pm, in L1-0.**

### Table Tennis

All welcome! Mondays, 3.30pm, G-3.



### Bridge

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



Congratulations to our 5th year students Mathew O'Dwyer and Aaron Dinesh who took part in the Young Scientist competition last week.



## Career Guidance



### College Open Evenings

It's a busy time of the year, with lots of college open days taking place. Try to get to some if you can as they are a great way to learn more about the courses on offer and student life in the various colleges.

### DCU

**CAO Information Evening** in the 'U' Student Centre on the DCU Glasnevin campus on Wednesday 16 January, from 6-8pm. Register on the DCU website.

### Carlow Institute of Technology

Open Evening on Wednesday 16 January, from 6-8pm.

### Colaiste Dhulaigh

Information Evening for PLC Courses on Thursday 17 January, from 5-7pm.

### BIMM

Open Day on Saturday 19 January. Please register on the BIMM website.

### National College of Ireland

Open Day on Saturday 19 January, from 10am-1pm.

### UCAS Deadline

The UCAS deadline for most undergraduate courses is Monday 15 January at 6pm.

### DARE and HEAR

Advice clinics for both the Disability Access Route to Education (DARE) and the Higher Education Access Route (HEAR) schemes are currently taking place nationwide. For dates and locations visit [www.accesscollege.ie](http://www.accesscollege.ie).

### HPAT

Registrations for HPAT – Ireland 2019 will close on Sunday 20 January at 5.15pm.

### CAO

The discounted application fee for the CAO will be available until Sunday 20 January at 5pm.

**ERASE THE BOARDS OF YOUR ACHIEVEMENTS AND ALLOW YOURSELF TO BECOME A BEGINNER AGAIN - Steve Jobs**



## Study Skills Tip of the Week

Approaching material with a high level of focus will help you to remember more details. The opening and closing paragraphs usually contain good summaries of the material covered. End of chapter questions highlight the most important things that you need to know. Teach what you have learned to another person. This can be another student, or even a family member.

### 5th Year Supervised Study Hours:

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

### 6th Year Supervised Study Hours:

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

## My Hero



**Name:** Tara Lyons

**Subject:** Chemistry

**How long have you been teaching at the Institute?**

19 years

**What do you love about Chemistry:** I Really enjoy seeing the process that students go through from day 1 and how their understanding develops as the weeks go by.

**My hero** is my Mum, She's 85 and going strong. There's no one like her. Annoying and wonderful in equal measures!

## Health & Fitness Programme

START

### Keep active....

Every student in the school should be active, for both their physical and mental health.

*Did you know?....*

*All teens should be active, at a moderate to vigorous level, for at least 60 minutes every day. Moderate to vigorous activity includes everything from sport, and formal exercise to active play and other physically demanding activities such as dancing, swimming or skateboarding. It also includes everyday activities such as walking and cycling.*

### Moderate activity

Heart is beating faster than normal, breathing is harder than normal.

### Vigorous activity

Heart is beating much faster than normal and breathing is much harder than normal.

Everyone needs to start somewhere, so come along to a fitness classes to start your new fitness regime for 2019!



### HIIT Training with Brian Gregan

2019 is the time to get up off the couch and get fit! Find a friend and drag them to a class- it will be the best thing you do this term!

Classes include a mix of mobility, flexibility, circuit training, weights and band exercises. Students work together in partners, to complete some of the exercises. This allows students to get to know each other, which aids the enjoyment of the class.

### Class times:

Monday 14 January, 3.30pm-4.30pm  
Tuesday 15 January, 3.30pm-4.30pm  
Friday 18 January, 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.

### 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 14 January, 1.30pm – 2.30pm in 3-7  
Wednesday 16 January, 1.30pm – 2.30pm in 2-8  
Wednesday 16 January, 2.30pm – 3.30pm in 2-5

### Tip of the week

*Struggling to get to sleep at night? Below are some simple tips to help you get a better night's sleep:*

- Increase exposure to the sun during the day.
- Decrease blue light exposure before bed (put that phone down).
- Keep sleep and wake times consistent (even on the weekends).
- Keep your bedroom cool at night.
- Switch off and relax before bedtime, some light reading can assist.



## Gerard's Cafe



**Healthy option: €3.80**

Chilli Con Carne

Beef, beans, mixed vegetable, long grain rice.

**Deal €4.50**

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