

THE BUZZ

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

04/02/19

Extra-Curricular Activities



Debating

Congratulations to all the debaters who progressed to the 2nd Round of the Leinster schools competition. They are Sophie Scattergood, Sophie O'Brien, Chloe Holmes, Constanza Meade, Lauren Haughey, Elizabeth Constanineu, Kelly Macken, Aaron Dinesh, Brendan Alinquant and Aisling O'Reilly. Fridays, 2.30pm, G-3.



6th Year Philosophy

We will continue to discuss aspects of Existentialism this week. How these ideas compare and contrast with different readings of Nietzschean nihilism will also be discussed. Wednesdays, 3.30pm, G-3.

5th Year Philosophy

We continue our discussion of the Philosophy of Language this week. In particular we will focus on the aspects of Wittgenstein's two phases and the hypotheses of Quine on translation. Tuesdays, 3.30pm, G-3.

Chess Club

All welcome! Wednesdays, 4pm, L1-0.



Creative Writing

Due to the open evening taking place this Monday there will be no class this week. We will return with a discussion of dialogue next week.



Table Tennis

All welcome! Mondays, 3.30pm, 6th year lunchroom.

Model United Nations

The committee allocations for ROCKMUN and WCDMUN are posted on the 1st floor noticeboard in 5th and 6th year.

Bridge

Bridge returns to its normal room this week. Fridays, 2.30pm, G-1.



We were delighted to present a cheque for €9,209 to Our Lady's Hospice, Harold's Cross last Monday. The money was raised by 4th year students at the annual 'Light up a Life' ceremony that took place in December.



Career Guidance



Portfolio Submissions

The NCAD Portfolio submission deadline is Friday 7 February.

DCU Accommodation

Applications Open: Wednesday 27 February at 11.00am.
Applications Close: Wednesday 27 March at 11.59pm.
Link: www.dcuaccommodation.ie

College Open Evenings

UCD: Smurfit Graduate School of Business
Open Evening on Wednesday 6 February at 4pm.

Killester College of Further Education
Open Evening on Thursday 7 February from 4pm – 7pm.

My Hero



Name: Clare Grealy

Subject: Irish

How long have you been teaching at the Institute?
19 years

What do you love about Irish: I love the variety of material on the course: Oral – Aural – Poetry – Prose – to the ultimate Tuiseal Ginideach.

My Hero: My hero is Harry Lush, who taught me Irish right through secondary school and despite having good reason to lose his patience with me daily he never did. His style of teaching was clear, succinct and concise. I TRY to follow !!!



A group of our 4th year students started their SUAS placement in local schools last week, where they will be helping children from disadvantaged communities improve their numeracy and literacy skills.



Study Skills Tip of the Week



The Importance of study breaks!

People are most productive when they organise their study time in to short blocks with a small break in between. After you have completed a task you have set, reward yourself with a short break. Have some nice treats for goals you achieve. This will help keep you motivated. Do something different when you take a study break. Leave your study area, walk around for a few moments, listen to some music etc. You'll be much more refreshed and productive when you sit down to study again.

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



Steven Short, Community Fundraiser at The Dublin Simon Community, visited the Institute last Monday to accept a cheque for €2,000 from our 4th year students. The money was raised at our Christmas concert in December.

Health & Fitness Programme



Motivational talks with Brian Gregan

Goal setting from the classroom to the sports field

- What is goal setting?
- SMART goals
- How professional sports people use goal setting

Monday 4 February, 1.30pm – 2.30pm in 3-7
Tuesday 5 February, 1.30pm – 2.30pm in 2-5
Wednesday 6 February, 2.30pm – 3.30pm in 2-5



Overnight Oats Recipe

Are you stuck for time in the morning? No problem, overnight oats are a great breakfast choice. You can prepare it the previous evening and have it ready to go when you leave in the morning. You can eat it on the way, or have it when you arrive at school.

Recipe:

- 50-80g of oats (depending on your needs)
- 100ml milk
- 1 tbsp nut butter
- Handful of nuts and seeds
- Handful of berries
- Honey or cinnamon (optional)



Add everything and mix (except the berries) in a container (a glass sealable jar ideally). Leave it in the fridge overnight. Add the berries and some more milk if required in the morning.

THE SECRET OF GETTING AHEAD IS GETTING STARTED! - Mark Twain



HIIT training with Brian Gregan



Fitness classes are now featuring a mixture of High Intensity Interval Training (HIIT) and Strength and Conditioning Circuits. The aim of the session is to increase fitness while targeting key areas to improve body posture. The sessions will feature cardio, weights and core exercises.

- Body blitz: Features a mix of abs, glutes and cardio exercises for muscle toning and fat burning.
- Strength and conditioning circuit: Features a mix of upper body, lower body and a core burn. The focus of this session is to build muscle.

The best time to get fit is NOW! Grab a friend and come along to Convent Place.

Class times:

Monday 4 February, 3.30pm-4.30pm
Tuesday 5 February, 3.30pm-4.30pm
Friday 8 February, 11.30am-12.30pm



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.

Athletics

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.

Gerard's Cafe

Healthy option: €3.80

Chicken Curry
Red pepper, onion, long grain rice.



Deal €4.50

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

