

THE BUZZ

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

11/02/19

Extra-Curricular Activities

Debating

Congratulations to Sophie Scattergood (6th year), Sophie O'Brien (5th year) and Constanza Meade (5th year) for winning their debate in the Leinster schools competition. They now progress to the quarter finals. There are still many people left to do their 2nd Round debates so hopefully more students will progress also. Best of luck to all competitors. Fridays, 2.30pm, G-3.



6th Year Philosophy

To finish off our discussions of agency and nihilism, we will look at Shakespeare's *Macbeth* and see how the ideas relate. Wednesdays, 3.30pm, G-3.

5th Year Philosophy

As this is the last meeting before midterm it will be directed by students' questions about what we have covered. All are welcome to drop in with their own questions also. Tuesdays, 3.30pm, G-3.

Chess Club

The school recently hosted a round of the Leinster Schools Chess Association Senior competition. Teams from Gonzaga, Newpark and Colaiste Eanna came to the school for a day of chess games against the Institute's own chess team. It was a great day for all. In particular well done to Elias Chiam and Niall Carolin (4th years). Wednesdays, 4pm, L1-0.



Film Studies

The final meeting before midterm will be based around "bad" movies. We'll look at how not to edit or direct with reference to *Plan 9 from Outerspace* and *Suicide Squad*.



Table Tennis

Unfortunately the tutor for the group is unwell and may not be able to lead the sessions. Check the door of the 6th year lunch room this week for the most up to date information.

Bridge

Bridge is back in its normal room this week. Fridays, 3.30pm, G-1.

Creative Writing

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



I HAVE DECIDED TO STICK WITH LOVE. HATE IS TOO GREAT A BURDEN TO BEAR - Martin Luther King, Jr.

Career Guidance



DIT Grangeogorman

Portfolio Clinic and Information Event on Thursday 14 February at 10am and 12pm.

UCD

UCD Science, Computer Science and Actuarial and Financial Studies Open Day on Saturday 16 February, 11am -2pm.

IADT

Taster day on Monday 18 February. Book your place on www.iadt.ie



Farmers Journal Agri Careers 2019 Exhibition

Main Hall, RDS, Dublin 4 on Thursday 14 February.

Studying in America

The EducationUSA Dublin 2019 Seminar will take place on Saturday 23 March at IBAT College, Temple Bar, Dublin. Students, parents, teachers & guidance counsellors are invited to attend and find out more about studying in the USA.

This is a free event but registration is essential. Please register on www.eventbrite.ie

My Hero



Name: Louise Boylan

Subject: Maths, Applied Maths and Physics

How long have you been teaching at the Institute?

1 year

What do you love about Maths: Of the three, I particularly love how Applied Maths ties the Maths world and Laws of Physics together through problem-solving. It is a super subject for keeping your brain busy!

My Hero: My heroes are my two little boys. They are extremely curious, inquisitive and eager to learn! Their wonder and excitement, at the simplest things in the world around us, makes me smile !



Study Skills Tip of the Week



The importance of exercise!

Make sure to get some exercise over the next few weeks, otherwise you'll have low energy levels which will really impact on your studies. Short, stress-relieving activities, like a workout or short run, are best. Just don't overdo it.

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

Please note, supervised study will be closed over the mid-term break, from 18th - 24th February for all 5th and 6th year students.



Our 4th year students explored the science behind Ireland's changing climate on a trip to the Cool Planet Experience in Powerscourt, Co. Wicklow last Friday.

Health & Fitness Programme



Motivational talks with Brian Gregan

Stress and anxiety – how to cope and thrive in testing environments.

- What is stress and anxiety and how does it affect us?
- Identifying triggers and dealing with stress and anxiety
- My experiences with stress and anxiety

Monday 11 February, 1.30pm – 2.30pm in 3-7
Tuesday 12 February, 1.30pm – 2.30pm in 2-5
Wednesday 13 February, 2.30pm – 3.30pm in 2-5

Valentine cookie recipe



Ingredients:

- 250g butter, softened
- 320g sieved plain flour
- 125g sieved icing sugar
- 1 tablespoon milk
- 1 teaspoon vanilla extract

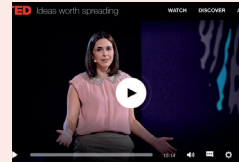


Method:

- Preheat oven to 170 C / Gas mark 3.
- Mix butter in a mixer until light, add remaining ingredients.
- Knead until velvety. Roll one-half of the dough at a time to about 6mm thickness using the smallest amount of flour possible.
- Cut out and bake on a lightly greased baking tray for 12 minutes. Cookies will be almost white when cooked.

One to Watch

Why we choke under pressure- and how to avoid it
- Sian Leah Beilock



When the pressure is on, why do we sometimes fail to live up to our potential? With the mock exams approaching, this talk will help you understand the signs of pressure and stress, and give you the tools to help you perform at your best when it matters most.

https://www.ted.com/talks/sian_leah_beilock_why_we_choke_under_pressure_and_how_to_avoid_it?language=en

HIIT training with Brian Gregan

Class times:

Monday 11 February, 3.30pm-4.30pm
Tuesday 12 February, 3.30pm-4.30pm
Friday 15 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

Healthy option: €3.80

Caesar Box or Wrap

Breaded chicken, ice-berg lettuce, streaky bacon chopped, Caesar dressing, parmesan cheese and croutons.

Deal €4.50

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