

THE BUZZ

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

25/02/19

Extra-Curricular Activities



Debating

We are awaiting announcements for the remaining debating dates for the Leinster Schools second round. The entered debaters will be notified once confirmed. Check The Buzz for information on additional events. Fridays, 2.30pm in G-3.

6th Year Philosophy

The class this week will be based around students' questions. These can relate to topics covered earlier in the year or we can look at a new issue. Wednesdays, 3.30pm in G-3.

5th Year Philosophy

Tuesdays, 3.30pm in G-3.

Chess Club

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



MUN

After the unexpected cancellation of ROCKMUN the next event in the calendar is WCDMUN. Those who have signed up should check the noticeboard for their committee assignments. The ROCKMUN organisers plan to reschedule the event later in the year but no date has been announced yet. Delegations and committees will remain the same.

Film Studies

Thursdays, 3.30pm in G-3.

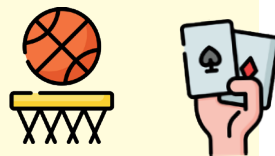


Table Tennis

Table Tennis returns this week! Mondays, 3.30pm in the 6th year lunchroom.

Bridge

All welcome! Fridays, 2.30pm in G-1.



Basketball

Those interested in basketball should ensure that they sign up on the noticeboard outside LG-2 as soon as possible.

Creative Writing

We will be looking at dialogue again this week. In particular, we will look at contextual significance. Mondays, 3.30pm in G-3.



A group of our 4th year students visited the I Wish Conference in the RDS before the mid-term break, to learn more about potential career opportunities in STEM.

Career Guidance



Studying in Poland

A talk on studying in Poland will take place here in the Institute on Friday 1 March at 2.30pm in G4. Courses covered will be Medicine, Dentistry, Veterinary, Physiotherapy, Nursing and Pharmacy among others. This talk should be particularly useful to our 5th Year students.

DARE & HEAR

Closing date for completion of online forms is Friday 1 March. See www.cao.ie for more details.

Pulse College, Ringsend, Dublin

Open day on Saturday 2 March. See www.pulsecollege.com for more details.

Engineering Week

Engineering Week begins on Friday 1 March and there are a variety of events taking place. See www.steps.ie for full details of what's on.

Moodle Resources- listen anytime, anywhere!

Students are encouraged to access the variety of online resources currently available on Moodle. Audio resources on all the 5th and 6th year poets, and Hamlet are currently available.



My Hero



Name: Margaret Keating

Subject: Guidance & Counselling

How long have you been teaching at the Institute? 3 years

What do you love about Guidance: That I am always working with what is possible! Helping students to determine what suits them in terms of their abilities and personalities. When personal challenges occur—as they do—working with their inner strengths to find solutions that work for them.

My Hero: My heroes are my parents, both no longer with us. Their belief in and commitment to education. Despite very modest resources educating me and my 7 siblings.

ANYTHING'S POSSIBLE IF YOU'VE GOT ENOUGH NERVE. - J.K. Rowling

Study Skills Tip of the Week



Plan your study breaks

Don't try to study non-stop for days on end. You'll get sick of it quickly, and you'll be too burnt-out to do well in the exams. When you create your schedule, include short study breaks to help you relax and come back fresh. Not only will you feel better, but your concentration and level of learning will be much higher. If you're on a roll, though, don't be afraid to keep studying. Just because your timetable says 'break time', it doesn't mean it has to be right that minute!

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



Congratulations to 4th year student Roisin Treacy, who came first in the 800m and 1500m Leinster Indoor Juvenile Championship qualifiers earlier this month. Roisin now progresses to the All-Ireland finals at the end of March. Best of luck Roisin!

Health & Fitness Programme

Motivational talks with Brian Gegan

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 25 February, 2.30pm - 3.30pm in 3-7
Wednesday 27 February, 2.30pm - 3.30pm in 2-5
Thursday 28 February, 11.30am - 12.30pm in L3-O

One to Watch

PROVE THEM WRONG
A Motivational Video To Change Your Life

Below is a short motivational video focusing on using the negativity of others to push yourself beyond the limitations they attempt to set for you.



YouTube

www.youtube.com

In February, we established our Green Schools Committee. Be prepared to see a lot of new information around the school and of course in The Buzz! In our mission to get our first green flag, we are focusing on recycling and waste management, so look out for changes in our school. Our goals currently include phasing out plastic bottles and introducing recycling bins. If you are interested in joining the Committee, please contact Sheila McCormack-Cooney at smccormack@instituteofeducation.ie



Gerard's Cafe

Healthy option: €3.80

Healthy option: €3.80

Sweet & sour chicken

Chicken, red onion, mixed peppers & onion, long grain rice.

Deal €4.50

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



HIIT training with Brian Gegan

Fitness classes continue this week. Grab a friend and come along to Convent Place!

Class times:

Monday 25 February, 3.30pm - 4.30pm
Tuesday 26 February, 11.30am - 12.30pm
Friday 1 March, 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

Athletics training will resume on the Friday 6 March, from 3.30pm - 5.30pm in SportsCo indoor hall. The focus will be on speed development, hurdle technique and relay practice. 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.

Grad Ball 2019

Tickets can be purchased in the main office from Thursday 28th of February.

