

THE BUZZ

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

04/03/19

Extra-Curricular Activities



Debating

The Leinster schools competition continues at pace. The Institute has 3 teams and an individual speaker through to the quarter finals. Class time will be given to preparing for the upcoming debates. The Trinity Hist has announced its Mace. Those interested in taking part should contact David as soon as possible. Fridays, 2.30pm in G-3.

6th Year Philosophy

We return from midterm break with the Philosophy of Science. Rooted in the different modes of reasoning, this class will look at how we form and test theories. Wednesdays, 3.30pm in G-3.

5th Year Philosophy

The last few sessions have been led by students' questions. We have discussed Machiavelli, Plato's Republic and motivation. If you are interested in exploring varied ideas feel free to come along and take part. Tuesdays, 3.30pm in G-3.

Chess Club

Whether you want to learn the basics of the game or refine your skill, the Chess club is a great opportunity for those with any level of interest in the game. All welcome. Wednesdays, 4pm in L1-0.

MUN

The Wesley College Model United Nations takes place this weekend. Those taking part should check the noticeboards to ensure they are familiar with the event timetable and dress code.

Film Studies

Our discussion of bad movies proved so fruitful and enjoyable that we will continue pure deconstruction of bad movies for another week. There is still a lot to discuss about the editing and style of *Suicide Squad* so we will open with that. Thursday, 3.30pm, G-3.

Table Tennis

Classes have started up again after midterm. Any students interested in taking part should call in. No experience necessary. Mondays, 3.30pm in the 6th year lunchroom.

Bridge

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

Creative Writing

Mondays, 3.30pm in G-3.



Congratulations to Lily Farrell, Institute of Education Class of 2018, who received a UCD Ad Astra Scholarship for academic excellence at a ceremony in the college in February.

Career Guidance



5th Year UCAS Talk

A talk for students interested in applying to study in the UK will take place at the following times this week:

Friday 8 March at 1.30pm in G4
Friday 8 March at 2.30pm in G4

The talk will include details on the following:

- The UK application system
- Preparing your personal statement
- Preparing for college interviews



My Hero



Name: Orla Ni Shuilleabhain

Subject: German

How long have you been teaching at the Institute? 35 years

What do you love about German: I have always loved languages and studied 3 at college, but German has been my passion. It is fantastic to see students' progress confidently and amaze themselves at how well they can do.

My Hero: Brother Kevin in the Capuchin Day Centre would be a hero of mine. He has dedicated himself to caring for a very vulnerable part of our society. How one individual has such an impact on our society - a lesson to us all!



5th year student Meilun Xu has been selected to represent Ireland at the European Girls Mathematical Olympiad in April. This is a wonderful achievement for Meilun and we wish her every success in the competition!



IT ALWAYS SEEMS IMPOSSIBLE UNTIL IT'S DONE - Nelson Mandela

Study Skills Tip of the Week



As you try to cope with the demands of exams, stress can affect you in different ways. Many of the causes of stress can be resolved by following the following few short steps:

- Get organised and remove clutter! This is the number one cause of stress in students.
- Set realistic goals that have a specific time frame and are measurable.
- Maintain a regular study pattern. A solid study routine is reassuring.
- Allocate time properly to each subject. Weaker subjects should get more study time, and should be studied at a time when you are at your freshest and brightest.
- Believe in yourself, be positive and track your successes.
- Avoid alcohol and tobacco and try to limit caffeine intake.
- Take regular breaks and exercise say 3 – 5 times a week.
- Eat healthily and get enough sleep. A healthy body leads to a healthy and stress-free mind.



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



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 4 March, 2.30pm - 3.30pm in 3-7
Wednesday 6 March, 2.30pm - 3.30pm in 2-5
Thursday 7 March, 11.30am - 12.30pm in L3-O



Healthy Gluten Free Pancake Oat Recipe

Ingredients

- 100g GF oats
- 1/2 cup of milk or almond milk (depends on if you want the pancakes to be thick or skinny)
- Tbsp of flaxseed
- 1-2 eggs



Method

- Blitz the above ingredients together in a NutriBullet
- Fry with butter
- Serve with berries, and other toppings

HIIT training with Brian Gregan

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

Class times:

Monday 4 March, 3.30pm - 4.30pm
Tuesday 5 March, 11.30am - 12.30pm NEW TIME!
Friday 8 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 resumes on Friday 8 March, from 3.30pm - 5.30pm on the Irishtown track.

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.

Gerard's Cafe

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.



One to Watch THE PSYCHOLOGY OF SELF-MOTIVATION



Scott Geller: www.youtube.com

To be successful you must be extremely self-motivated and relentless in your pursuit of your goals. This talk focusing on the psychology of self-motivation.

Grad Ball 2019

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

