

# THE BUZZ

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

11/03/19

## Extra-Curricular Activities



### Debating

Class time will be given to the preparation of motions for upcoming debates as well as preparing for mace debates. Mace style debates can be great fun for those who like to think on their feet. Trinity's Hist is holding a mace soon and will provide a great chance for some lively competition. Fridays, 2.30pm in G-3.

### 6th Year Philosophy

This class will be given over to student's questions. Everyone is welcome to attend. Wednesdays, 3.30pm in G-3.

### 5th Year Philosophy

All welcome! Tuesdays, 3.30pm in G-3.

### Chess Club

All welcome! Fridays, 2.30pm in G-3.



### MUN

The next confirmed event on the calendar is the St. Andrew's International Model United Nations (SAIMUN). Those who have signed up should ensure they know their committee assignments. There is as yet no date for the rescheduled ROCKMUN. Students will be contacted once it is announced.

### Film Studies

This week we move on to the works of Wes Anderson. Anderson's unique style combines many aspects covered over the duration of the year. From peculiar framing, awkward shot lengths and edits to the deconstruction of realist presentation, Anderson's works exude a clear authorship unlike any other director. Thursdays, 3.30pm in G-3.



### Table Tennis

No experience necessary. All welcome! Mondays, 3.30pm in the 6th year lunchroom.

### Bridge

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



### Creative Writing

Continuing our look at dialogue, we will be discussing stylistic choices. To do this we will look at dialogue written by William Shakespeare, Anton Chekhov, Aaron Sorkin and Diablo Cody. Mondays, 3.30pm in G-3.



Congratulations to those in our debating team who made it to the quarter finals of Ireland's largest debating competition. Their debates centred on gender representation in politics and were hosted in Trinity and UCD. Good luck in the semi-final debates on nuclear power!

## Career Guidance



### CAO Talks for 5th Years

All 5th year students are encouraged to attend one of these talks for students on the CAO process

Date: Monday 25 March

Venue: G1

Times: 12.30pm, 1.30pm and 2.30pm.

### IADT, Dun Laoghaire

Portfolio Assessment takes place from 11 – 15 March. See [www.iadt.ie](http://www.iadt.ie)

### Killester College of Further Education

Open Evening on Wednesday 13 March, from 4pm-7.30pm. See [www.killestercollege.ie](http://www.killestercollege.ie)

### Marino College of Further Education

Open Evening on Wednesday 13 March, from 5pm – 7pm. See [www.marinocollege.ie](http://www.marinocollege.ie)

### HEAR & DARE

A reminder to HEAR and DARE applicants that the deadline for receipt of all documentation is Monday 1 April. Please remember that, as the applicant, it is your responsibility to make sure that you have completed your DARE application fully, accurately and on time. Your school is not responsible for your application form or for sending documentation on your behalf to the CAO.



## My Hero



Name: Yvonne O'Toole

Role: 5th Year Principal

### How long have you been working at the Institute?

I have been working in the school since June 2018 but I also worked here from 1994 to 2001.

**What do you love about your role:** I love meeting with students and supporting them on their educational journey.

**My Hero:** My Dad is my hero because he is an amazing, supportive, kind and fun loving Dad.

## Study Skills Tip of the Week



### Time management

You have a vital 3 months ahead. You know where you want to be, but you absolutely need to plan the route there. Get out your calendar, and schedule as much of these weeks as possible. It goes without saying, stick with the schedule!

#### 6th Year Supervised Study Hours:

Monday – Thursday 9am – 8pm

Friday 15 March: 9am – 5pm

Saturday 16 March: Closed

Sunday 17 March: Closed

Monday 18 March: Closed

#### 5th Year Supervised Study Hours:

Monday – Thursday: 8.30am – 6pm

Friday: 8.30am – 5pm



Our 4th year students got their brains and pulses racing last Monday, when they spent the day at Go Quest, Ireland's newest indoor multi-challenge Zone.

**WHEN YOU HAVE CONFIDENCE,  
YOU CAN HAVE A LOT OF FUN.  
AND WHEN YOU HAVE FUN,  
YOU CAN DO AMAZING THINGS.**

- Joe Namath

## Health & Fitness Programme

### Motivational talks with Brian Gregan

#### Peak Performance

- How to perform optimally for exams and in the sporting arena.
- Coping with pressure
- Key tips to improve performance
- Do's and do nots of performance

Monday 11 March, 2.30pm - 3.30pm in 3-7

Wednesday 13 March, 2.30pm - 3.30pm in 2-5

Thursday 14 March, 11.30am - 12.30pm in L3-O



### HIIT training with Brian Gregan

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

#### Class times:

Monday 11 March, 3.30pm - 4.30pm

Tuesday 12 March, 11.30am - 12.30pm NEW TIME!

Friday 15 March, 11.30am - 12.30pm

#### Football

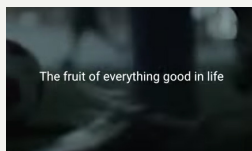
Fridays from 3.00pm – 4.00pm in SportsCo in Ringsend. A bus leaves the school at 2.30pm and drops back at 4.30pm. Sign up on the 5th & 6th year noticeboards.

#### Athletics

Athletics training takes place 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.



**One to Watch**  
**NO EXCUSES**  
Best Motivational Video

YouTube

[www.youtube.com](http://www.youtube.com)



This inspiring video ties in with this week's new motivational talk on the topic of peak performance.

It focuses on performing at your best when it matters, not just in a sporting arena, but also in academic terms too. To reach your potential you must travel the path that is less travelled, take risks, fail, and fail again until finally you achieve what you set out to. As students of The Institute of Education, you have high standards. Hard work is not enough, persistence, consistency and determination are what will set you apart.

## Gerard's Cafe



#### Healthy option: €3.80

Chilli con carne  
Beef, beans, mixed vegetables,  
chilli, long grain rice.

#### Deal €4.50

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

### Grad Ball 2019

Saturday 21 September 2019 in the Aviva Stadium.  
Tickets can be purchased in the main office.

