

THE BUZZ

FOLLOW US ON INSTAGRAM \ THEINSTITUTEOFEDUCATIONDUBLIN

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

18/03/19

Extra-Curricular Activities



Debating

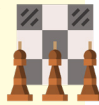
Subject to numbers, we will be running a mace debate in class. In-class maces are great opportunities for new debaters to try out argumentative public speaking and conquer their nerves in a supportive setting. Fridays, 2.30pm in G-3.

6th Year Philosophy

We will continue to explore the philosophy of science. Particular attention will be given to different theories of explanation and how to recalibrate interpretative frameworks based on new evidence. Wednesdays, 3.30pm in G-3.

5th Year Philosophy

This class will be based around students' questions. All are welcome to attend and take part in some spirited discussion. Tuesdays, 3.30pm in G-3.



Chess Club

The chess club continues and is always open to new members. Feel free to call in and try out a friendly game. However if you are looking to test your skill, challenge the more experienced players or even the coach, to a game! Wednesdays, 4pm in L1-0.

MUN

Well done to all those who took part in the Wesley College MUN. Currently, it looks like ROCKMUN will be rescheduled for April 5 & 6. The delegation and committee allocations will remain unchanged. Any student who has signed up but will not be in attendance should notify David Connolly as soon as possible. There may be potential for additional delegations so any students who wish to join the delegations should make that known.



Film Studies

This week we will continue with Wes Anderson's *The Grand Budapest Hotel*. In addition to Anderson's movie we will look at other examples of highly stylized productions from the history of film. Thursdays, 3.30pm in G-3.

Table Tennis

Due to the bank holiday there will be no class this week. See you next week.



Bridge

All welcome, call in for a game or to learn the rules. Fridays, 2.30pm in G-1.



Creative Writing

Due to the bank holiday there will be no class this week. See you next week.



Happiness is a butterfly, which when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you."

- Nathaniel Hawthorne

Career Guidance

CAO Talks for 5th Years

All 5th year students are encouraged to attend one of these talks on the CAO process and making your application.

Date: Monday 25 March 2019

Venue: G1

Times: 12.30pm, 1.30pm and 2.30pm



Maynooth

Bachelor of Music (MH103) Entrance Test: Applicants to the BMus are invited to a Music Entrance Test on Saturday 23 March. Candidates are shortlisted for interview and audition in early May on the basis of the this test.

HEAR & DARE

A reminder to HEAR and DARE applicants: The deadline for receipt of all documentation is Monday 1 April. You are the applicant so 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: Richard Whealan

Role: 6th Year Principal

How long have you been working at the Institute? 15 years

What do you love about your role: I love the daily interaction with students

My Hero: My hero is Oran Tully- the bravest human being I ever met.



Disability rights, climate change and autonomous weapons were just some of the issues debated by students from the Institute at the Wesley College Model United Nations, which took place last weekend.



We were delighted to host an afternoon with Cambridge and Trinity College graduate, much sought-after freelance writer, and past pupil of The Institute of Education, Roisín Kiberd on Thursday 7 March here in the school.

Study Skills Tip of the Week



The right food for the right results!

If possible, it's best to try and eat small, frequent meals to keep your blood sugar and energy levels steady while studying.

Good and convenient examples include bean soups, peanut butter and meat sandwiches, ready- to-eat tuna and chicken salads and different kinds of nuts. If you absolutely crave something sweet, then consider a high protein nutrition bar instead of sweets.



6th Year Supervised Study Hours:

Tuesday – Friday: 9am – 8pm

Saturday: 9am – 4pm

Sunday: 11am – 4pm

5th Year Supervised Study Hours:

Tuesday – Thursday: 8.30am – 6pm

Friday: 8.30am – 5pm

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 don'ts of performance

Wednesday 20 March, 2.30pm - 3.30pm in 2-5

Thursday 21 March, 11.30am - 12.30pm in L3-O

One to Watch



THE PATH TO PEAK PERFORMANCE

Dr. Edward M. "Ned" Hallowell



In this inspiring video Dr. Edward M. "Ned" Hallowell outlines the five steps necessary to excel at work: select, connect, play, grapple and shine. www.youtube.com

Healthy Granola Bites

- 1 tsp coconut oil, melted
- 2 large eggs
- ¼ cup (60g) plain Greek yogurt
- 3 tbs (45ml) honey
- ½ tsp salt
- 1 (40g) nuts and seeds
- 1 cup (100g) old-fashioned chocolate chips



Preheat the oven to 160°C. In a medium bowl, whisk together the coconut oil and eggs. Add in the Greek yogurt, honey, and salt, stirring after each addition until thoroughly incorporated. Stir in the nuts, seeds and oats. Optional - add 2 tablespoons of miniature chocolate chips. Gently press the mixture into the prepared pan using a spatula, and gently press the remaining chocolate chips into the top. Bake at 160°C for 16-19 minutes or until light golden and the centre feels firm to the touch.

HIIT training with Brian Gregan

Fitness classes continue this week.

Grab a friend and come along to Convent Place!

Class times:

Tuesday 19 March, 11.30am - 12.30pm NEW TIME!

Friday 22 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.

NEW! Basketball NEW!

Training with basketball coach Bernard Moore. Mondays 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 in Ringsend.

A bus leaves the school at 3.30pm and drops back at 5.30pm

Sign up on the 5th & 6th year noticeboards.

Gerard's Cafe

Healthy option: €3.80

Noodle Box

Chicken, noodles, spring onion, chilli, chopped spinach, ginger, soya & sesame seed dressing.

Deal €4.50

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



Flyfit Gyms- Student discount!

We now have a 10% discount in Flyfit gyms! Any students who are interested please leave your name at the 5th year reception.

