

THE BUZZ

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

08/04/19

Extra-Curricular Activities



Debating

There will be no debating this week due to the Easter break. Debating will return to its usual schedule when school restarts.

Chess Club

Wednesdays, 4pm in L1-0.



Film Studies

This week we will briefly look at parody. We will look at a variety of clips from a wide range of directors. Parody, as a topic, follows quite naturally from the hyper-stylizations of Wes Anderson's movies. Thursdays, 3.30pm in G-3.



Table Tennis

Always popular, table tennis continues this week. Make sure to arrive early to secure a place at the tables. Mondays, 3.30pm in the 6th year lunchroom



Bridge

Anyone interested is welcome to come along and take part. The more the merrier! Fridays, 2.30pm in G-1.



Creative Writing

This class will be given over to the analysis of students' work. Some students have submitted work already, but all are welcome to bring some along. The goal is to be constructive and help people refine their projects. Mondays, 3.30pm in G-3.



6th Year Philosophy

With orals and practicals taking place over the last two weeks, we will be taking it easy in the run up to the break. Focusing on students' questions, this will be a relaxed session. Wednesdays, 3.30pm in G-3.

5th Year Philosophy

As this is the last session before the Easter break, time will be given to looking over what was covered this term. Any questions that students may have about discussed material are welcome. Tuesdays, 3.30pm in G-3.

MUN

All students taking part in SAIMUN should be familiar with their committees and the rules of procedures by this stage. If anyone is unsure please contact David as soon as possible.

Career Guidance



STEM Scholarship

Naughton Foundation have opened applications for scholarships 2019/2020. Closing date is Saturday 18 May but if you are interested you need to get working on your application asap. For details see www.naughtonfoundation.ie

UCD College of Engineering & Architecture

A Postgraduate Open Evening will take place on Tuesday 9 April. Booking required. For details see www.ucd.ie

TU (DIT) Dublin

City Campus, Cathal Brugha Street Open Day on Wednesday 10 April. For programmes in the area of Hospitality, Tourism, Events & Leisure and Culinary Arts & Food Technology. For details see www.dit.ie

DCU Glasnevin and St Patrick's Campus

Spring Open Day, on Saturday 13 April. For details see www.dcu.ie

Mathematics Tutorials & Competency Test

TU Dublin - City Centre is holding a FREE Mathematics Competency Test (MCT) for applicants to its Level 8 (Honours) Degree Programmes which require Higher Level Maths. The purpose of the MCT is to offer candidates an alternative route to achieve this minimum entry requirement for programmes:-
DT302 Business Analytics
DT066 Engineering (General Entry)

TUTORIAL:

Dates: Monday 15 & Tuesday 16 April (2 days).
Time: 9:30am to 1pm & 2pm to 5pm each day.



TEST:

Date: Wednesday 17 April.
Time: Please arrive at 9am. Exam starts at 9.30am sharp (3 hours duration) For details and to register your interest see www.dit.ie



Congratulations to M4TH5 Ireland, a team of 4th and 5th year students from the Institute, who won first place in the City Final of the Student Enterprise Awards at the end of March.

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.



"SUCCESS IS NO ACCIDENT. IT IS HARD WORK, PERSEVERANCE, LEARNING, STUDYING, SACRIFICE, AND MOST OF ALL, LOVE OF WHAT YOU ARE DOING OR LEARNING TO DO." - Pele

Study Skills Tip of the Week

Flashcards

Flashcards are the cornerstone of many study strategies. Following these simple steps to get the most from them during your revision:

- Choose the important facts from the chapter you need.
- Use your own words/ key points from the chapter when filling them in.
- Label cards with the subject headings and date. You can put them in to various groupings for testing and quizzes later.
- Use flashcards in different colours.
- Illustrate diagrams.
- Don't put too much information on your flashcards.



6th Year Supervised Study Hours:

Monday – Friday: 9am – 9pm
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

Nutrition -

- Meal planning and preparation
- Snacks for exam time
- Supplements pros and cons
- Healthy eating on the go
- Healthy eating on a budget



Monday 8 April, 2.30pm – 3.30pm in 3-7
Wednesday 10 April, 2.30pm - 3.30pm in 2-5
Thursday 11 April, 11.30am - 12.30pm in L3-O



HIIT training with Brian Gregan

Fitness classes resume in the basement of Convent Place this week. Come along and bring a friend!

Class times:

Monday 8 April, 3.30pm – 4.30pm
Tuesday 9 April, 11.30am - 12.30pm
Friday 12 April. 11.30am - 12.30pm



Blue Berry Banana Bread

Ingredients

120 g rolled porridge oats
50 g chopped almonds
2 Tbsp. ground almonds
2 Tbsp. milled flaxseed
2 Tbsp. Greek yoghurt
4 Tbsp. desiccated coconut
2 tsp. baking powder
1 tsp. cinnamon
1 Tbsp. coconut oil
3 eggs, medium
4 Tbsp. blueberries
2 bananas
1 tsp. vanilla essence

Preparation

Mix the dry ingredients in a large bowl. In a blender, mix the eggs, coconut oil, bananas, and Greek yoghurt until smooth. Add this mix to the dry ingredients, and mix well to form a wet dough. Pour into a loaf tin lined with greaseproof paper. In an oven pre-heated to 180°C, bake for 50 minutes, or until a toothpick inserted into the centre of the loaf comes out clean.



Gerard's Cafe

Healthy option: €3.80

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

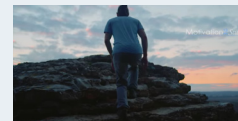


Deal €4.50

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

One to Watch

DON'T BE AFRAID! BE FOCUSED. BE DETERMINED. BE HOPEFUL. BE EMPOWERED – Michelle Obama



YouTube



This inspiring speech by Michelle Obama, wife to former US President Barack Obama, is a speech that ties in nicely with the exam period approaching. Do not let one set of exams define your life. If you want something that much, there are always other options and routes to take to reach your chosen path.

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.



Basketball

Training with basketball coach Bernard Moore. Mondays from 4.00pm – 5.00pm 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.



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.