



# The Institute of Education

Yearbook 2019



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*Front cover Artwork by: Saoirse Mc Caul*

*Thanks to Ethan for his wonderful photography throughout the year*



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# The Year In Review

The academic year is drawing to a close and everyone, students and staff alike, are looking forward to the summer holidays. Despite the looming examinations, there is a genuine sense of excitement for what is to come. The 'what is to come' will vary for you all. It could be a move to 5th year, to 6th year or even to third level. Each will have their own challenges and, more importantly, their own opportunities. So, while we look forward to our summer, it is also worth taking a moment to reflect on the year just past and appreciate how far you've come.

The assembled strangers at the start of the school year are now the friendships that will last for many years. Those who were once intimidated by the network of halls and staircases now walk through them undaunted, tracing their own preferred routes to classes. The building that seemed so uncomfortably new on your first day has become more personal: not just a school, but now *your* school.

Many of you have seized the different opportunities available to you this year. We've had great success in debates, with a record number of our students reaching the semi-finals of Ireland's largest competition. We have won awards and led discussions at Model United Nations. There have been writing groups and awards for storytelling. Students flocked to hear lectures on poetry and talks on motivation. There were great projects for SciFest, Young Scientist and Young Entrepreneurs, with yet again, more awards. People in all areas of the school came together to launch a Green Schools initiative. This year we had more musicians at the Christmas concert than ever before. There have been thrilling games of football, basketball, table tennis, chess, golf and bridge. Students have taken part in maths competitions both locally and internationally. So much has happened this year and it is thanks to the engagement of students like you. Driven and passionate, you have forged your own communities and built them into the fabric of school life.

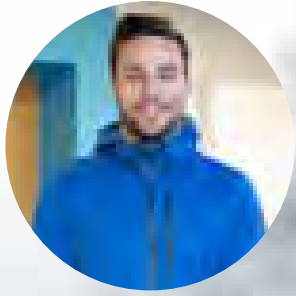
All of you have had new starts. All of you will have more to come. No matter how anxious you may feel about them, think back to your journey with us this far. You will find your place and flourish. You've done it before, you'll do it again. Believe in yourself like we believe in you.



*Pictured above, left to right: Yvonne O'Toole, 5th Year Principal, Richard Whealans, 6th Year Principal & Orla Ní Shuillebháin, 4th Year Head.*

"So much has happened  
this year and it is thanks  
to the engagement of  
students like you"





# Health and Fitness Programme

By Brian Gregan, Director of Sport

I started my role as Director of Sport at The Institute of Education in September 2018, and I cannot believe we are coming to the end of the academic year already! It has been an excellent year and I have thoroughly enjoyed settling into my new role.

My aim when I first started out was to make students more aware and improve their physical and mental health. I have done this through a series of talks on Healthy Eating, Stress and Anxiety, Peak Performance and the 5 Keys Skills to Success, to name but a few.

Several fitness classes have run throughout the week, ranging from circuit training to High Intensity Interval Training. I encourage students to work together with a partner, which allows them to encourage others and meet new students. Classes run from morning to after school, allowing students to work out around their schedule.

Athletics training has been a staple for many students, who are looking to improve their fitness in a positive environment. This year the school has also added a basketball team, ladies GAA, and football team to a growing list of sports.

My work with the 4th year students has also been very enjoyable. They have learnt about nutrition, positive psychology, stress management, people skills and how to meditate. This will hopefully help them when faced with an increased workload in 5th and 6th year.

I believe the Health and Fitness Programme has benefitted our students immensely. They have more energy, are more focused and are a closer student body. Using my experience as an international athlete and a sport scientist, I have connected with the students on a unique level. When students seek me out after class, to ask for advice, it is a truly humbling experience. Personalities vary and many students struggle with self-confidence and self-belief, so part of my role is to enable them to have belief in themselves and strive for greater things.

Finally, I would like to thank Yvonne O'Toole, who has worked tirelessly to help me to settle in and improve the lives of the student body here in the Institute. None of this would be possible without the continued support of our forward-thinking Directors, Una and Peter Kearns.

I look forward to next year, to seeing familiar faces, and of course welcoming the new students to The Institute of Education.

Brian Gregan







## Extra-Curricular Activities

By David Connolly, Extra-Curricular Co-ordinator

Every year I address the assemblies of new students and list the different activities that are available. Every year that list gets longer. Indeed, that list grew during this year. So much so that if I was to deliver the same speech again, I would need to take a break to catch my breath!

Well done to all those who took part this year and made the extra-curricular programme such a success. Your passion and drive have been inspiring. The range of talents never ceases to amaze both myself and my colleagues.

From personal experience leading the Philosophy, Creative Writing, Film Studies, Debating and Model United Nations clubs, I have seen a group filled with bright, inquisitive young minds who are always keen for a challenge. I hear the same from the leaders of Basketball, Chess, Table Tennis and Ladies GAA also.

Aristotle maintains that excellence isn't a state, it's a habit and through the focus of your training and the fervour of your debates you have shown yourselves to be an excellent year. This year we took part in numerous events ranging from Model United Nations to Golf tournaments. We hosted competitions in Chess and Applied Maths that drew students from around Leinster. There were football matches between the years and competitions for young entrepreneurs and scientists alike. We've honed monochrome regicide on the chess board, wagered the odds in Bridge and argued the musicality of silence. We've laughed at the failures of Hollywood directors and cheered the successes for our classmates on the pitch. Friendships have been forged and friendly rivalries stoked. Whether it be in collaboration or competition, we've grown together as a community.

Next year the activities you love will return and new additions will begin. Enjoy your summer holidays!

David Connolly





# Green Schools Committee

By Maya Duncan

2019 sparked the commencement of the Institute's Green School Committee, a student led team which aims to make the Institute a greener, more sustainable school with the help of some eco-enthusiast teachers. Although we haven't been set up for long, we have managed to arouse a team of passionate students and teachers, who have all pitched in, taking steps to create a more environmentally friendly school.

One of our main objectives is to have a plastic-free school and this initiative has already kicked off with a number of teachers banning plastic water bottles from their classrooms. Our aim is to have the school as a single-use-plastic free zone from the start of the following school year. As an avid environmentalist myself, I could not be happier to be a part of this wonderful team who is not just working towards having a sustainable school but also getting the ball rolling to have other schools follow our lead in becoming plastic free for a cleaner, greener environment.

Another major aim for our committee is to achieve our first Green Flag, Litter and Waste. Before we created our team, litter and rubbish was a huge problem in the Institute. With barely any recycling bins around the school and waste left on the floors after break time, this situation needed to be faced. We took our first corrective measures by placing recycling bins around the school and labelling each bin clearly.

Overall, the progress that the team has made on our green journey has been amazing and something that each member should be proud of. We look forward to achieving the rest of our goals and being joined by new enthusiastic members in the future.

*"the progress that the team has made on our green journey has been amazing"*

# MEET OUR STUDENTS



## 4TH YEAR CLASS OF 2019



## 5TH YEAR CLASS OF 2019



## 5TH YEAR CLASS OF 2019



## 5TH YEAR CLASS OF 2019



## 5TH YEAR CLASS OF 2019





## 5TH YEAR CLASS OF 2019



## 5TH YEAR CLASS OF 2019



A person wearing a dark jacket and blue pants is climbing a rope structure in a forest. The person is holding onto a green rope with both hands and is positioned between two wooden poles. The background shows a dense forest with many trees and a bright sky. The text "4TH YEAR" is overlaid in large, bold, pink letters across the center of the image.

**4TH YEAR**

# 4TH YEAR 2018/2019

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## BARISTA TRAINING COURSE

By Ella Finlay

The Level 1 Barista Qualification course, in partnership with Dublin Barista School, took place in October. We participated in a full day of training, from 9:30am-5:30pm, in groups of six alongside professional baristas.

In our groups, we learnt the basic health and safety regulations regarding the handling of the machines and also how to carry out a thorough maintenance of equipment whilst working.

We learnt how to create and understand the differences in making espressos, hot chocolate, cappuccinos and lattes, including latte art! Every instructor really engaged with the students in their group and gave excellent demonstrations.

At the end of the day, the CEO of the company gave us an informative presentation on how to run a business and carry out effective customer service. As part of the course, we were all given an opportunity to experience a day's work in two of their coffee stores located on Westmoreland Street and South Anne Street. Overall, we came out with a memorable experience and obtained the ability to use these skills in a real life workplace.

*"A memorable experience!"*

## FIRST AID COURSE

By Aoife Bissett

This year the 4th year students got a wonderful opportunity to do a First Aid course in the school. During the course, we learnt the basic skills you need to help somebody who may need medical assistance. We watched PowerPoint presentations explaining different medical conditions such as Epilepsy, Diabetes and Meningitis. Our tutor explained the signs, symptoms and treatments to help the conditions.

We worked in pairs carrying out activities such as using a defibrillator to carry out CPR. One of us would give chest compressions while the other person would use the defibrillator. We also used dummies to carry out mouth to mouth. We learnt how to stop a serious bleed in an artery and how to put different types of bandages on for different types of injuries. We also spent lots of time watching demos of CPR being carried out by our instructor and the difference between giving a child and an adult CPR.

I feel like this course was highly beneficial. We learnt how much of a difference we could make to casualties if we had a knowledge of First Aid and we all thoroughly enjoyed the experience.

*"One of us would give chest compressions while the other person would use the defibrillator."*



## YOGA

By Lauren Murray

During my 4th year in the Institute I took part in the yoga module throughout the year, which was taught by Sinead who is a fabulous teacher.

I think most of us could say we weren't the most flexible at the start of the year. We also had a misconception that yoga was easy and maybe even a relaxing sleep class, but how wrong I was!

I found the first yoga class very challenging. Holding difficult stretches for a period of time is not easy. But after every class I noticed how my flexibility was improving and how I was finding the yoga poses easier to do as I progressed.

Now at the end of the module I can say that it really did me the world of good. My flexibility is a hundred times better than it was and I always came out of the class feeling refreshed and ready for the day. I would recommend it to everyone as it really helps you forget about school work and take a moment for yourself. I know I will definitely be continuing yoga with Sinead next year.

*"It really helps you forget about school work and take a moment for yourself."*

## DANCE

By Angela Gunko

As part of our 4th year extra-curricular activities, we had the opportunity to take part in dance classes this year. The dance teacher was Tara, who is a professional choreographer who has worked in the Institute for three years. Every week, we would learn a new routine with new music and a new style of dancing.

Tara taught us a wide variety of dances, ranging from Bollywood to ballet. The dances were simple and quick to learn. Before we knew it, we had a whole choreography prepared. We learnt a lot about the timing of music and that you can dance to any music.

The classes were an excellent opportunity to take a glimpse into the styles of dance and the cultures surrounding them. For our graduation ceremony, we prepared two routines in styles of the 20s and line dancing. I enjoyed dance because it was a great break from class and gave us a chance to have fun with friends.

*"An excellent opportunity to take a glimpse into the styles of dance and the cultures surrounding them."*





## IRISH SIGN LANGUAGE COURSE

By Aoife Fitzpatrick

From September to January several 4th year students, including myself, attended a course in Irish Sign Language classes. Some of us were doing it for our Bronze Gaisce Award, some just for fun.

We were taught by a man named Chris who gradually led us through the basics of sign language using conversations and games. By the end of the 13 weeks, we were able to greet each other, say our names, where we live, our birthdays, our phone numbers, our hobbies, and our favourite foods. We also learnt how to sign the Christmas carol 'Silent Night' and performed it at the school Christmas concert.

I am very happy that I decided to take part in this course for my Gaisce Award as I feel that it will be useful as I get older and encounter all kinds of different people. I highly recommend that if you get the chance to study ISL in the future to absolutely take the opportunity.

*"We also learnt how to sign the Christmas carol 'Silent Night' and performed it at the school Christmas concert."*

## INTRODUCTION

By Clodagh Murray

Throughout 4th year in the Institute a strong emphasis has been placed on charity work. The year has been a perfect opportunity to give time to those who are less fortunate than we are and several of us have jumped at all the opportunities that presented with enthusiasm and dedication.

## KILKENNY SHOP GIFT WRAPPING

In the lead up to Christmas many of the students in our year volunteered to participate in gift-wrapping in aid of the Simon Community in Kilkenny Shop on Nassau Street. The experience was challenging, particularly during the final week before Christmas. Feet were cramping from long hours standing and backs aching from being bent over. But the Christmas excitement and cheer was palpable throughout the shop, which eased the workload, and small conversations with appreciative customers helped the hours pass.

The exposure to retail work and customer service was invaluable, and gave us an excellent insight into an area some of us may pursue in the near future as part-time jobs or later on as a career. By the end of the work we were all able to gift wrap in our sleep and had a growing list of gift wrapping requests from family members!

## DAFFODIL DAY

At the start of April, a group of us took to the streets of the city at the crack of dawn to participate in Daffodil Day.

Daffodil Day is the biggest fundraiser the Irish Cancer Society hold annually, and it helps to support their work with the 40,000 people who get a diagnosis every year. The cause was close to all of us students as cancer has touched most of our lives, and we were delighted to help out such a worthy cause on a very special day, knowing every cent we collected would go towards life-saving research and support. Within a short period of 2 hours, we managed to collect €1,100.

## VOLUNTEERING AT OUR LADY'S HOSPICE

By Aine Coughlan

As part of my 4th year experience, I attended Our Lady's Hospice for a week, where I was exposed to aspects of what it would be like to be a part of the medical sector.

For the duration of the week we were given talks by physiotherapists, social workers and an occupational therapist. They all gave an insight into the work they do and also how they got there.

We were also shown the work of a nurse. Every morning we would wheel the patients to Mass and collect them afterwards. We would then feed them and bring them back to their rooms. My work experience in the hospice really interested me and opened my eyes up to potential careers in the future.



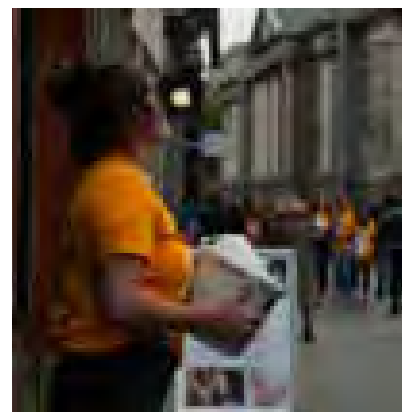
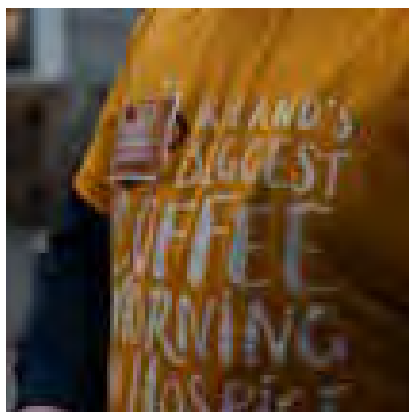
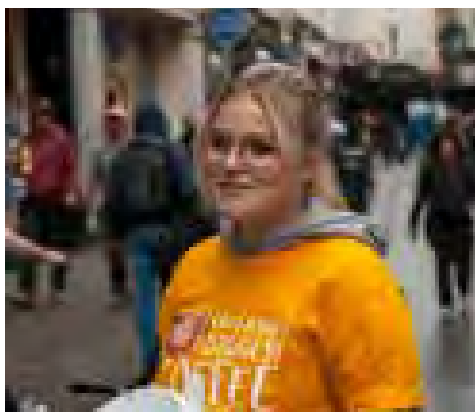
## COLLECTION FOR HOSPICE COFFEE MORNING

By Emma Mahon

Some of the 4th year students this year volunteered to take part in the collection for 'Ireland's Biggest Coffee Morning' in aid of Our Lady's Hospice and Care Services.

Despite the rain, we got organised into groups and dispersed ourselves all over Dublin City Centre with the hope of collecting as much money as possible, while also raising awareness about all the amazing work that the hospice does.

Now in its 26th year, the annual coffee morning that takes place in cities, towns and villages across Ireland has raised much-needed funds in support of specialist palliative care throughout the country. The money raised has also enabled local hospice groups to hire more specially trained Palliative Nurses to visit people in their homes, provide high quality care on In-Patient Units, refurbish certain facilities as well as buy crucial equipment. Everyone who took part in the fundraising had a great time and it was really wonderful to be able to help such a worthwhile cause.



*"Despite the rain we got organised into groups and dispersed ourselves all over Dublin City Centre."*

## CAPUCHIN DAY CENTRE

By Robyn Grenham

Earlier in the year, we got the opportunity to volunteer at the Capuchin Day Centre, a centre set up by Brother Kevin to help those suffering from drug addiction, alcoholism and/or homelessness.

We started work at 9am each morning and our first task was to help each person to get his or her food and any extras they wanted. In the mornings there was usually a big crowd of around two hundred people. Many came in to have their free breakfast while others came in to have a chat. The breakfast would last two hours and while serving food we would also be washing the plates and cutlery, making sure they were ready for lunch later in the day. We had an hour-long break between breakfast and lunch, where we received lunch from the kitchen and everyone sat together in the canteen.

Lunch was the busiest time of day, as over four hundred people would be coming in and out. Some would have a meal and others came in for some clothes, teabags or a free doctor's appointment as there was a doctor available throughout the day. After lunch there would be a big clean up and we would get everything ready for the next day. It was a great experience and I enjoyed talking to different people from all walks of life. It really opened my eyes to the problems facing some people. I'll never take what I have for granted again.

*"I'll never take what I have for granted again."*

## LIGHT UP A LIFE

Yu Zhu Zhou

'Light up a Life' was held at the start of December. This year marked the 26th anniversary of this event and it was an experience that I will never forget.

The weather was awful, it lashed rain all day and it was very cold. However, it was a very enjoyable experience and we got a lot of satisfaction from selling the candles to the people coming to the ceremony.

'Light up a Life' was a great opportunity to support those who have lost a loved one. Ian Dempsey hosted the evening and there was a wide range of performances from groups like the Palestrina Boy's Choir, St Jude's Folk Group and the CIE Male Voice Choir.

We were all allocated to different locations around the grounds of Our Lady's Hospice & Care Services in Harold's Cross selling candles. A total of €9,209.50 was raised by the candle sales. In my opinion, taking part in this heart-warming and special evening was one of the main highlights of 4th year.

*"One of the main highlights of 4th year."*



# THE GAISCE AWARD

**By Trina Yu**

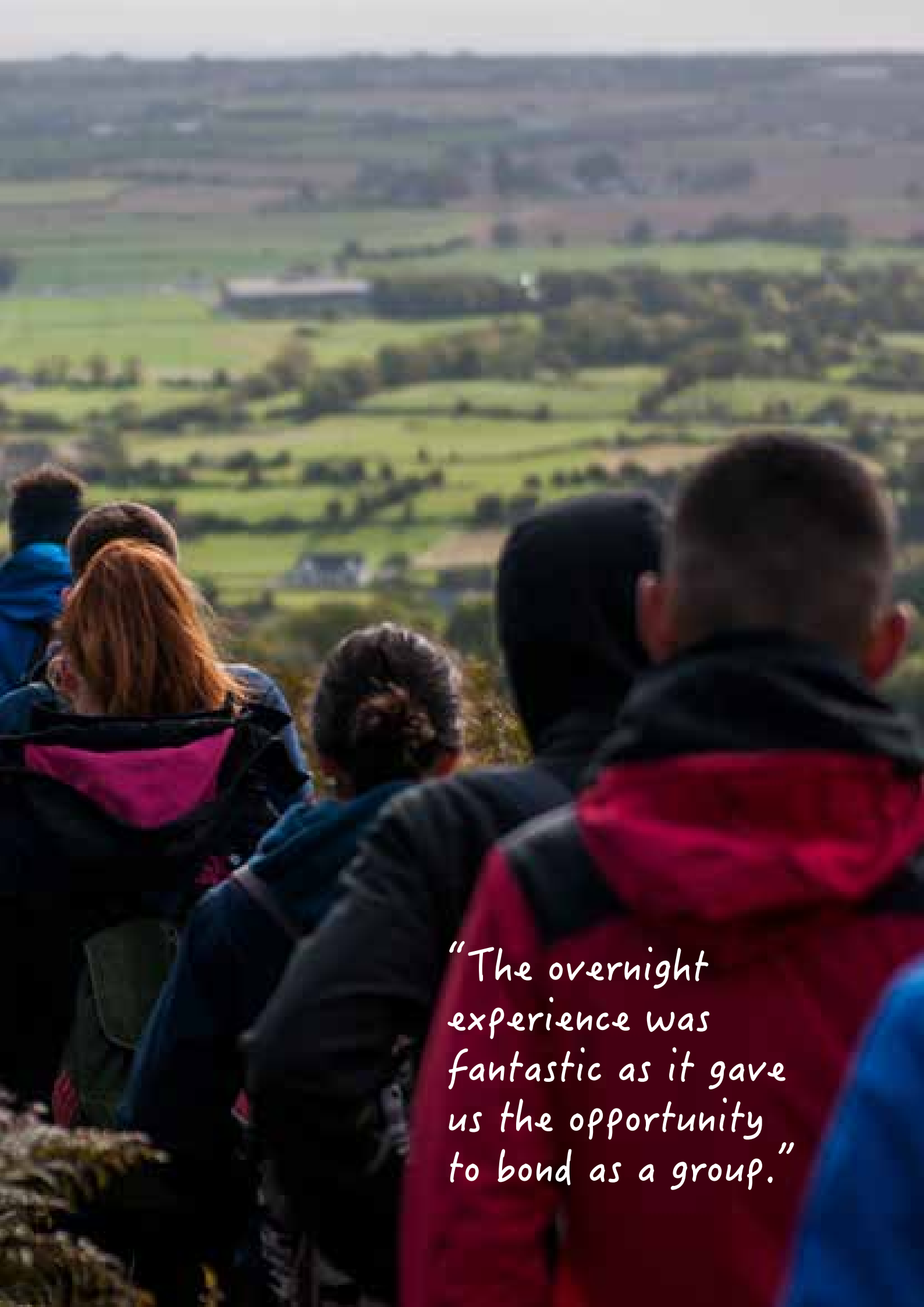
The Bronze Gaisce Award requires an activity from each of the following three areas: community involvement, personal skill and physical recreation. This takes 26 weeks to complete in total and there are a wide variety of activities to choose from in each area.

For the personal skill, students took up activities such as sign language, first aid, musical instrument or foreign language. This is a great opportunity for students to develop personal interests, creativity and practical skills. Personally, I dedicated an hour each week to piano lessons.

For my Physical activity, I chose to do yoga. Each week, yoga allowed me to take a step back from my studies and let my mind wander freely. Yoga also improves your back posture after sitting for hours and carrying those heavy books all day.

For my community involvement activity, I chose Suas. This is a programme to assist young children in Deis schools with their maths. The focus is to give them extra support and confidence. It was hugely beneficial as we were able to develop our communication, problem solving and teaching skills.

In addition to this, we completed a 26km overnight hike in Carlingford as a year group at the beginning of the year. We also did several activities such as quasar and many team building games. The overnight experience was fantastic as it gave us the opportunity to bond as a group. I think Gaisce gives us a great sense of achievement and I'm looking forward to receiving my award at 4th the year graduation!

A group of people, seen from behind, are standing on a hillside looking out over a vast, green, hilly landscape. The people are wearing jackets, and the landscape is filled with rolling green hills and some distant buildings. The text is overlaid on the bottom right of the image.

*"The overnight  
experience was  
fantastic as it gave  
us the opportunity  
to bond as a group."*



## LEADERS ON OUR LEVEL

By Vicky Chernousova

Leaders On Our Level was one of my favourite trips during 4th year, and I'm sure many will agree with me.

It was held in the Convention Centre at the start of April. It was truly inspiring listening to all the speakers that spoke at the conference as they all had different experiences to share with us. Leo Varadkar, Taoiseach, opened the ceremony. He told us about the first time he ran for election. He got the lowest number of votes of anyone but his failures have got him to where he is today. This failure enabled him to run a much better campaign the next time round.

The next speaker was a man called Jim Gavin, who is the Dublin Gaelic football manager and former player. His presentation was about being the best we can be and he said that even though the Leaving Cert is just around the corner, it isn't an excuse to give up the sport and hobbies you love and you have to have balance.

The speaker that inspired me most was Mark Pollock. When he was a student in Trinity he went blind. This inspired Mark to become an adventure athlete and he was the first blind person to race to the South Pole. In 2010 Mark fell from a second story window and broke his back which has left him paralysed. Now he is working on a cure for paralysis in our lifetime. Other speakers included Simone George, Fr Peter McVerry and Professor Donal O'Shea. Overall, Leaders On Our Level was an unforgettable experience.

*"The speaker that inspired me most was Mark Pollock."*

## GO QUEST

By Dana Pivec

On Monday 4th March, we went to Go Quest. We were randomly split into teams to go through a series of escape rooms and complete certain tasks.

The escape rooms were split into logical, physical and skills. Each one required participants to collaborate with each other, which was a fantastic team-building experience as it encouraged everyone to step out of their comfort zone and embrace the whole year.

You got 1-5 points for completing each escape room, depending on the difficulty, and the team with the highest amount of points (which happened to be team ORLA!) won. I felt like I gained a lot from this experience, as I got a chance to bond with the other 4th years, and I'm quite sure that many others would say the same.

*"A fantastic team-building experience!"*





# STUDENT ENTERPRISE PROGRAMME



## M4TH5 IRELAND

By Niall Carolan

The Student Enterprise Programme is a competition in which students set up their own business and find out what it's really like to be an entrepreneur. Our first meeting with our mentor Danny took place around two weeks into the school year. Everyone was new and no one knew a lot about each other.

By luck, I had happened to sit next to Alex and Elias who were really friendly and extremely welcoming. They had already come up with an idea and asked me if I wanted to join their group and help them develop the product.

Both of them had an extreme passion for maths and wanted to make a website that offered free notes online. They wanted me to manage their finance and make content for the website. We started to make the website and create content in October and we have been working on it ever since. In May we took part in the national finals.



### By Aaron Dinesh

My name is Aaron Dinesh and I handle the Public Relations of our company, M4TH5 Ireland. My role also involves teaching all the students who avail of our grind services on our website, as well as our school programs.

### By Alex Kililea

For me, the Student Enterprise Programme (SEP) was the highlight of my year - it really conveyed a whole side of enterprise I had never seen before.

Working as a team was also great. I knew no one when I started 4th year, but I have made over seven solid friends through the SEP alone.

I was the founder and leader of the company that we set up (M4TH5 Ireland). We won the Dublin City Senior Category Finals. The overall experience was great and I'd definitely recommend that everyone who comes through 4th year in the Institute should give it a try. It's a fun way to explore enterprise!

## ELECTRIC REVOLUTIONS

### By Jovita Jude

On March 26th, two groups: M4TH5 Ireland and us, Electric Revolutions, represented The Institute of Education by showcasing our projects in Croke Park for the Student Enterprise Awards (SEA).

Student Enterprise Awards is the biggest enterprise competition for students in Ireland where they can bring their ideas into a business world by creating a mini company and furthermore, progressing it into a career. We spent nearly four months preparing for the final.

Our project, 'Electric Revolutions' is a hard-cased single zipped pencil case that has a power bank built into it. It comes fitted with a wireless charger and a USB port. The variations include different colours of the pencil case and different charges of current in the power bank.

Charging mobile phones isn't a want anymore, but a necessity. As students, the common problem we face is not being able to charge the phones in class. We tackled this issue in a practical, yet effective way by coming up with Electric Revolutions.

It was a thrilling experience to take part in Student Enterprise Awards and also to see other innovative projects that were being displayed in Croke Park. I would definitely recommend students to enter this competition if they have an interest in building their own company or business!

*"Our project is a  
hardcased single zipped  
pencil case that has a  
power bank built into it."*



## IWISH CONFERENCE

By Taylor Hayes

Back in early February all the girls in 4th year were taken out for the day to the RDS to attend the annual IWish conference. It was a great bonding experience away from the classroom. The aim of this annual conference is to inspire and motivate young women to pursue careers in STEM subjects. The 4 STEM subjects include science, technology, engineering and maths. Traditionally these subjects were considered more appropriate for boys and men rather than girls and women. Thankfully, this view is now changing for the better. The conference included presentations, a panel discussion and interactive exhibitions.

We attended engaging talks by women who had pursued careers in STEM subjects and heard how this had changed their lives in a positive way. Upon arrival at the conference the general feeling among the girls attending was that you had to be good at maths, numbers, science and technology to enjoy and pursue careers in any of the STEM subjects but by the end of the day we had realised that this was not necessarily the case. There was a wide range of speakers, with careers ranging across the spectrum. From working on a construction site, to providing clean water to homes and everything in between, it became apparent that STEM subjects were for life, not just for school. It truly was an inspiring day and really opened my eyes to the possibilities of the future.

*"The conference included presentations, a panel discussion and interactive exhibitions."*





## SCIFEST 2019

By Oran McDonald

At the start of May, four groups representing the Institute showcased our projects for Scifest at IT Tallaght. We began working on our Scifest projects three months ago, by choosing our groups and thinking of project ideas. This took a lot longer than anyone expected but Nora, one of our educators who helped with Scifest, made this a lot easier by working closely with all the groups. When we got our project ideas, we began doing background research, which was the most crucial part of Scifest.

The four groups that entered are:

- Investigation into the knowledge and opinions of teenage boys regarding the HPV vaccine.
- Investigation into the accuracy of fitbit technology in terms of heart rate, step count and distance measurements.
- An investigation into the level of microbial contamination on students hands after their morning commute.
- A study into the antibacterial properties of the basic building blocks of life.

At the start of May the teams took part in the competition at TU Dublin Tallaght.

5th year students Aaron Dinesh and Matthew O'Dwyer, won overall First Place for their project, entitled Mors a Vita – A study into the antibacterial properties of the basic building blocks of life. 4th year students Katarzyna Basinska, Shauna Phelan and Joey Walshe, won the 'Making a Difference' award at the event for their project on Fitbit technology.

Both teams are now through to the National Finals, which will take place in November and we wish them all the very best of luck!





## ECDL AWARD

By Clodagh Murray

Throughout the course of 4th year here in the Institute, all of us have taken part in ECDL training. ECDL (European Computer Driving License) is a computer literacy certification program, and it has equipped us with vital skills for using computers.

It will undoubtedly be an invaluable skill & qualification should any of us end up working in office environments later down the line, and even for our own personal use throughout college preparing presentations.

Initially, we were probably all a bit complacent when Trisha, our 4th year co-ordinator who taught & equipped us for our tests, announced that our first module of tests was Microsoft Word, thinking to ourselves what could we possibly not know about Word! However, it soon became apparent that there was a myriad of lifesaving & time saving skills we were oblivious to on Microsoft Word such as Mail Merge.

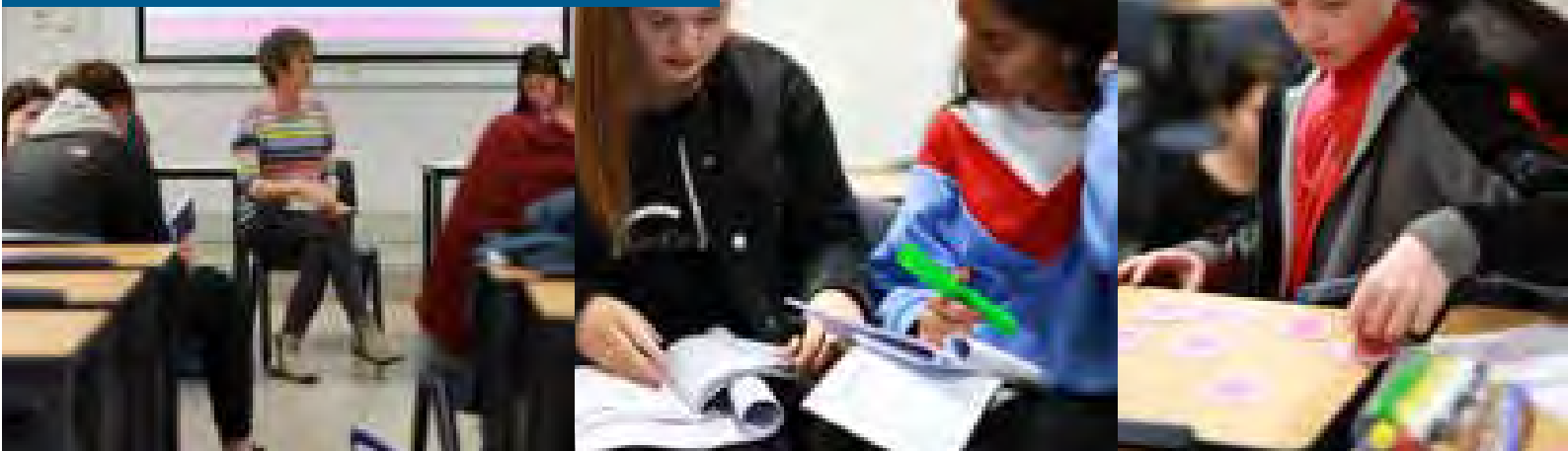
Over the course of the year, we have completed seven modules and our skills and efficiency with computers have drastically improved. The seven modules cover a variety of skills. Databases certainly proved challenging for many of us, learning how to run Queries and create Forms & Reports was at the outset slightly bewildering, but the sense of achievement when we all pulled through the tests was definitely worth it and rewarding.

Already, I have seen the benefits of completing this qualification. Huge thanks to Trisha who helped us with all the learning and so kindly accommodated all of our differing needs to get us all across the line with our tests. We're all looking forward to receiving our qualification at our graduation!

*"The sense of achievement when we all pulled through the tests was definitely worth it and rewarding."*



# SUAS PROGRAMME



## SUAS PROGRAMME

By Sarah Rose Merrick

Our Suas experience started with a day of training. We spent the day learning the best ways to teach maths. We were then shown games, which would encourage the child to actively participate while also learning new maths skills. We also learnt how to correct children without knocking their confidence.

The trainers explained everything thoroughly from teaching the kids to building a relationship with them. This helped as I learnt how to communicate effectively with the children, and how to teach maths in a fun yet effective way.

During the training, we were taught to be strict but patient. This makes the children feel comfortable and relaxed, as they are not put under pressure to get every answer right. After we completed our training day, we got our packs, filled with playing cards, cups, pencils, pens, whiteboards, 100 squares, cubes and the Power Of Two book, which had pages upon pages of maths questions.

As the weeks went by, I got to know each child and see their progress on the maths course. I was excited each week to go back to the school and I always had a good time with all the kids and the other mentors.

I think that Suas was a great learning experience for both the kids and me. It helped me focus on somebody else's progress and not just my own. By the end of the term, I felt that I had made a difference in the children's lives and it made me realize that maybe I would like to pursue a career in teaching in the future.



# MY 4TH YEAR EXPERIENCE

## My 4th Year at the Institute

By Charlie Maye



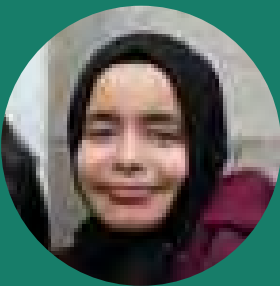
When I first came into 4th year in the Institute, I didn't fully know what to expect. Even though I had been to an open evening, I still wondered if I had made the right decision. Now with 4th year almost at its end, I can confidently say that I made the right choice. The 4th year programme has allowed me to see what it's going to be like next year, and I'm ready to move into 5th year. I have made a lot of good memories throughout the year going to Carlingford, the Young Scientist Exhibition, spending a week in the Royal College of Surgeons, the Leaders On Our Level convention and many more. But apart from the experiences, I'm happy to say that I made a lot of new friends this year, and without them the year wouldn't have been as enjoyable. I think a lot of the 4th year students agree that being able to expand our social circles was one of the best parts of the school year, and it's great to already know people as we progress into 5th year.

Academically, the year was quite challenging at some points, especially now as we prepare to sit our exams. But I think the studying and work we've done this year will stand to us next year and make 5th year that bit easier. Thankfully, there were some extracurricular activities available to us this year, and I particularly enjoyed the lifesaving and sign language courses. I know the SUAS programme was quite popular this year, and that, coupled with the charity work we've taken part in, reminds us of the good work we've done to help other people in need.

Overall, my experience of the 4th year programme at the Institute was overwhelmingly positive, and I couldn't recommend it more to anybody thinking of doing it. It went by extremely quickly and there's a tinge of sadness when I think about the fact that it's very nearly over. I would like to specially thank Orla, Trisha, and all of the Institute staff that worked so hard to ensure the year ran smoothly. They did a superb job.

## Following my interests in 4th year

By Sama Khalil



As secondary students, we are accustomed to having a rigid schedule every day. In most schools, students start at 8:30am and finish at 3:30pm, without being given the option of choosing and making their own timetable. However, the Institute gives us that option.

When I first entered 4th year, I moulded my timetable in such a way that I took Fridays off. I made it my goal to use this day as productively as possible. I work as an artist, meaning that people commission me to make art. It takes a long time to create my artworks, and doing it during the school week was very challenging.

I also take language classes every Saturday, so my free time was limited. Having this extra day off allowed me to finish my work sooner for my clients, and relieved a lot of my stress. It was a great way of letting me organise my time more wisely, and allowed me to dedicate time to something I really care about. I really enjoyed having this day off and making some extra money out of it as a result is always a great thing for any teenager! I am very thankful that the option was offered to me, as it made my year a lot more enjoyable.

*"It allowed me to dedicate time to something I really care about."*



*"Being able to expand  
our social circles was  
one of the best parts  
of the school year."*



## MyHealth Programme at Royal College of Surgeons

By Shreya Sharma

This year, I was given the opportunity to attend the 4th year MyHealth MiniMed Programme, hosted by the Royal College of Surgeons. It was one of the most eye-opening and thrilling experiences not just of 4th year, but my life thus far.

The week-long programme consisted of an array of insightful talks from Ireland's top healthcare professionals. From plastic surgery to pathology, and from superbugs to stroke, we were given speeches from experts in all fields. Not only were these speakers knowledgeable, but they were also very keen on giving us the best insight to their fields.

A personal favourite of mine was the talk by a consultant cardiothoracic surgeon. This area fascinates me and this talk really captured the essence of working in this field. Another unforgettable area of the programme was the hands-on aspect of it. We were given the privilege of learning to draw blood and participate in a mock operating room scenario, and at augmented reality workshops, we experienced a detailed look at human anatomy.

We were able to learn through these interactive methods which showed me that medicine can be learned in myriad ways and that riveting, innovative technology is the step-forward for medical advances.

At other points in the programme, we watched a real life Caesarean section, tonsillectomy and a laparoscopic surgery. These were certainly the highlight of my experience on the programme. Watching these surgeries was breathtaking and a truly amazing experience. We even had the opportunity to talk to the corresponding surgeons and ask any questions regarding the procedures.

Talks from current RCSI medicine students and from past pupils really gave me an insight into what lies ahead for a 4th year like myself currently considering medicine. Guidance on subject choices and a work-life balance was provided, and was very helpful. Overall, the MyHealth MiniMed Programme 2019 was an amazing experience, and was very interesting, insightful and inspiring. I am very fortunate to have been given the opportunity to attend, and can hands-down say it was the clear highlight of my 4th year.

*"One of the most eye-opening and thrilling experiences not just of 4th year, but my life thus far."*



## Trinity College Dentistry TY Programme

By Katarzyna Basinska

During my 4th year at the Institute, I got the opportunity to participate in the Trinity College Dentistry TY programme. It was a one-day experience that gave me a bigger insight into dentistry.

The day started with a few talks from some professors and doctors. Each speaker had a different story to tell. The individuals talked about different opportunities available as a dentist and specializations that are available within the dentistry field.

Two of my favourite speeches were about paediatrics and endodontics dentistry. Although these two specialties are very different from each other, they really stood out to me and caught my attention.

After the morning speeches, we were brought into a 'common room' where all the students participating in this program were split up into four smaller groups. Each group was escorted by two current dentistry students around Trinity Dental Hospital. I got a chance to see all the clinics within Trinity Dental Hospital in detail and some dentists in action.

Once this part of the tour was over, we got an exclusive tour around the practice room. This room contained mannequins and basic tools that are needed in general procedures. One of the dentists showed us how to use certain tools and taught us simple procedures.

After the demonstrations, I was able to test out some of the equipment myself. This had to be the highlight of the day for me as I really felt like a dentistry student.

The day finished off with more talks about different specializations and opportunities in Trinity for future dental students. Overall, this experience was very informative and interesting. I would highly recommend this programme to anyone who is considering studying dentistry, as it gives an excellent insight into the life of a dental professional.

*"One of the dentists showed us how to use certain tools and taught us simple procedures."*



## Work Experience in FM104

By Sean McGovern

My week of work experience in FM104 was amazing! First of all we were all put in to a room where we got to meet everyone who has anything to do with the radio station- the Head of Sales, Marketing, Production, News and even the CEO of FM104 and Q102.

Everyone gave us a talk on what exactly they do in radio. We were then put into groups, tasked with making an hour of radio, and told that the best groups' work would be broadcast on air.

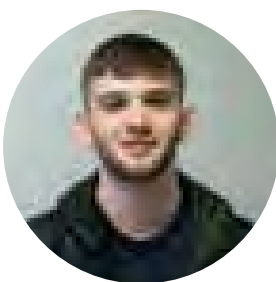
We learned everything that a typical hour of radio has- ads, news, links and a competition.

With the help of presenters Jim Jim and Noby from the Strawberry Alarm Clock, we then started to make the scaffolding of our hour of radio.

Towards the end of the week, after we scripted everything, we got the opportunity to record in a studio. After that, we made our presentation and presented our hour of radio to the CEO, Local and National Manager of Sales, Manager of Social Media, Manager of Marketing and the head presenter.

The presentation was held in a cinema and we had to present our slideshow that included a rundown of our show including audio clips. The winner of the competition was chosen and we were all presented with awards and congratulated on completing our week of work experience at FM104.

*"We were tasked with making an hour of radio, and told that the best groups' work would be broadcast on air."*



## An Garda Síochána

By James O'Reilly

My half week with an Garda Síochána started with us heading to the Garda college in Templemore, Co. Tipperary. On arrival, we were given a full tour of the facilities such as the dorms where the trainee gardaí sleep and the rooms in which they are taught. We also got to sit in on a lecture that was being given. We got to observe a self-defence class in progress, and at the end of the day we visited the Garda museum.

On the second day, we were brought to the Criminal Courts of Justice in Dublin for three hours. I got to sit in on many cases being held, including a murder trial. On the last day, we had a talk from the Armed Support Unit where they told us all about their job and techniques they use in certain situations. They also demonstrated all their equipment such as their lethal/non-lethal weapons, first aid kit and ballistic shield. After this, we visited the garda radio station where all emergency calls are sent. We were given a tour and they explained how the whole thing operates. We finished our work experience programme by visiting the cells underneath the courts. We were shown the holding cells and also the interrogation cells.





# 5TH YEAR





# **5TH YEAR 2018/2019**

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## DEBATING

By Constanza Meade

Debating proved to be a fruitful and rewarding extra-curricular activity for all throughout the year. Under the leadership and guidance of David and Julie, classes were always stimulating and thought provoking. They provided a relaxed environment where everyone was able to effectively share thoughts and combine different approaches.

The Debating Society went from strength to strength with many students progressing to the Leinster Schools Debating Quarter and Semi-Finals as well as participating in the Trinity Hist's Mace. I think everyone can agree that the skills we acquired and developed through this year's debating were beneficial in the broadest sense and could be utilised in everyday life - whether that be in other subjects or in heated banter at the dinner table!

## CREATIVE WRITING CLASS

By Christopher Hanlon

I was hesitant in joining Creative Writing at first, as I didn't know anybody in the school properly yet and I was still learning how it operated. Within a couple of weeks, I was incredibly busy with my studies. I needed an escape from it, but I also needed to keep myself active to deter procrastination. I decided to see what the creative writing class was like, and from the first class I joined, I decided to stay. We met in 1-4 on a Monday afternoon, and each of us shared a topic, genre or a specific work that we were interested in, which helped us all get to understand each other. It also gave us an idea of what topics we would discuss throughout the year in class.

Each term we looked at all aspects of writing. We explored setting scenes, dialogue, developing characters, poetry, etc. With each individual subject, we were given diverse looks at all aspects, while looking at certain writers in particular, from literary greats such as George Orwell, to cult writers like H.P Lovecraft.

We were encouraged to share our work and have them read aloud in the class for critique, which was nerve wracking at the start. But as we got to know each other we were able to share and constructively criticise each other's work, which helped to make us perform better as writers as a whole. The class definitely helped with my grades when it came to writing I had to do in other classes, even in subjects like Geography.

The whole experience could not have been possible under anyone else but our teacher David Connolly. His raw enthusiasm and pure passion for what he taught shined through in every class. The vast knowledge of literature he had in tandem with his brilliant sense of humour made every moment enjoyable. I genuinely loved every minute of the classes, especially when it came to experiencing new styles of writing that I had never encountered before. To anyone with a shred of imagination and the will to pick up a pen, I would definitely recommend this class. If you need an escape from the worries of classes but you need to stay focused, or you just love the English language and would like to improve your skills, I would highly recommend this class.



## PHILOSOPHY

By Chloe Holmes

I have spent nearly every Tuesday since I arrived here in the Institute in G-3, studying Philosophy. We learnt about everything from Platonic theories of society to Nietzsche's Theory of Existentialism. The classes were never too large, allowing for interaction and discussion. Often topics were chosen by students, which our teacher David would then prepare for the following week. The class itself would be shaped by our questions and catered to our interests.

It was always interesting and thought provoking. I always looked forward to a Tuesday, when I could sit in a class and learn but not have to worry about an exam at the end. There was something extremely refreshing about learning and participating in academia out of interest as opposed to because of an exam.

Attending the Philosophy classes was an extremely positive experience. I enjoyed it immensely and learnt a lot. I got a glimpse into the thoughts and ideas of some of the greatest minds of all time, as well as getting the chance to develop my own opinions and ideas. It was an amazing opportunity to examine some of the most fundamental questions about our existence and to use critical thinking skills in an attempt to answer them. I would highly recommend it to any of next year's 5th years.

*"I got a glimpse into the thoughts and ideas of some of the greatest minds of all time."*

## SWIMMING

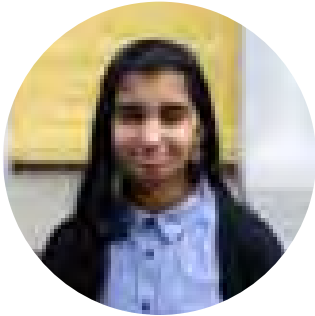
By Aisling Nolan

I am a 5th year student at The Institute of Education. As a competitive swimmer, my training week consists of seventeen hours in the pool and the gym. The Institute has helped me to develop a healthy balance between my sport and my academics.

I competed in the Senior Schools Championships in November. I raced the 100 metre butterfly and the 100 metre freestyle where I won a silver and bronze medal respectively. As a result of my performances in this competition, I was selected as a part of the Leinster team to swim in the Irish Interprovisional Schools Championships in April.

Without a doubt, the Institute has played a massive part in both my sporting and academic achievements this year.

*"My training week consists of seventeen hours in the pool and the gym."*



## My 5th Year Experience

By Monika Kumar

I remember the first time I came to the Institute in September. I remember being nervous. I had all kinds of weird thoughts in my head. 'Maybe I won't make any new friends', 'Maybe no one will like me', 'Maybe I won't do well in school'. All these things were swarming in my mind.

Now that I look back at it though, I realise how stupid I was to think of all of this. I have settled in well and quickly. I have made so many new friends who motivate me to study and do well. My grades have been great. I'm working really hard and I have never been so happy. I'm looking forward to 6th year!

*"I remember being nervous."*



## My 5th Year Experience

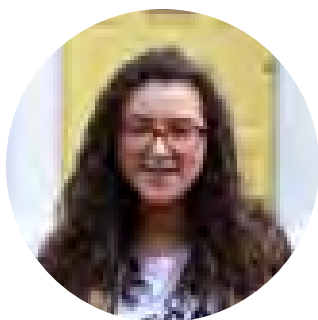
By Yin Yin Sheng

I must admit that from the very first day I arrived here I have genuinely enjoyed being in such an academic yet friendly environment. I believe that this is a school filled with hope, dedication and enthusiasm but also amazing memories. Being surrounded everyday by students who have similar goals enables us to fully achieve our potential.

On the first day of school I was excited yet terrified. I presumed it would be difficult to make friends but I was completely wrong and instead found how caring and friendly everyone is in my year. Whenever I walked across the corridors, friends, teachers and even students I didn't know flashed a smile at me. Whenever I stumbled across a problem, others were willing to help me find the solution.

As my principal said "the Leaving Certificate is a marathon" and I totally agree with her. This is definitely going to be a difficult journey but knowing you have all the support allows us to stay motivated. Now that 5th year has come to an end for me, I feel that I have learned so much and made so many new friends. I have truly enjoyed my time and experience here.

*"This is a school filled with hope, dedication and enthusiasm."*



## My 5th Year Experience

By Niamh Kennedy

Moving to the Institute seemed like a huge, daunting experience. In September, I went in with an “all work and no play”, mentality. Seven subjects, ten exams, two years. After all, it was a strategic move. I hadn’t expected to be met with such a supportive atmosphere, and to form such solid friendships, that I hope (and believe) will withstand the test of time.

To tell the truth, it was intimidating. In the nights leading up to our induction, sleep eluded me. It was interrupted by ominous, phantasmagorical ideas of on-the-spot, anxiety-inducing questions from teachers with unfathomably high expectations, and nightmares of being ostracised, or being one step behind everyone, constantly playing a losing game of catch-up, prophecies that couldn’t have been further from reality!

I quickly became very grateful for the teachers all having an “assume they know NOTHING” attitude, and explaining everything in intricate detail. All the teachers really want the students to understand what they’re doing, not to be led mindlessly like sheep. They don’t mind explaining and re-explaining, (and re-explaining). I think the best thing about the teachers is that they can have a laugh – we’re there to work, but it doesn’t have to be stern and serious all the time. Pat Doyle, the Physics teacher is very funny. His light-hearted jokes can really brighten your day. We were so grateful for this comedic relief, that a few of us pitched in to get him an oversized Toblerone as a Christmas gift. The hallmark of these teachers is that they care, and they just want you to do well.

The feature of the Institute that shines through into everyday school life, is that we’re all in the same boat. When there’s a week with a lot of tests going on, everyone bolsters one another. When things don’t go well – we commiserate together. Despite the lack of a single lunchtime, and starting time, and base classes – things you would find in most other schools – friends are easily found. We have not all been together since first year, and we do not live in the same areas – like students in smaller local schools do; but we still find our people. I love the friends I have made here – they are by far the best aspect of school.

*“Pat Doyle the Physics teacher is very funny. His light-hearted jokes can really brighten your day.”*







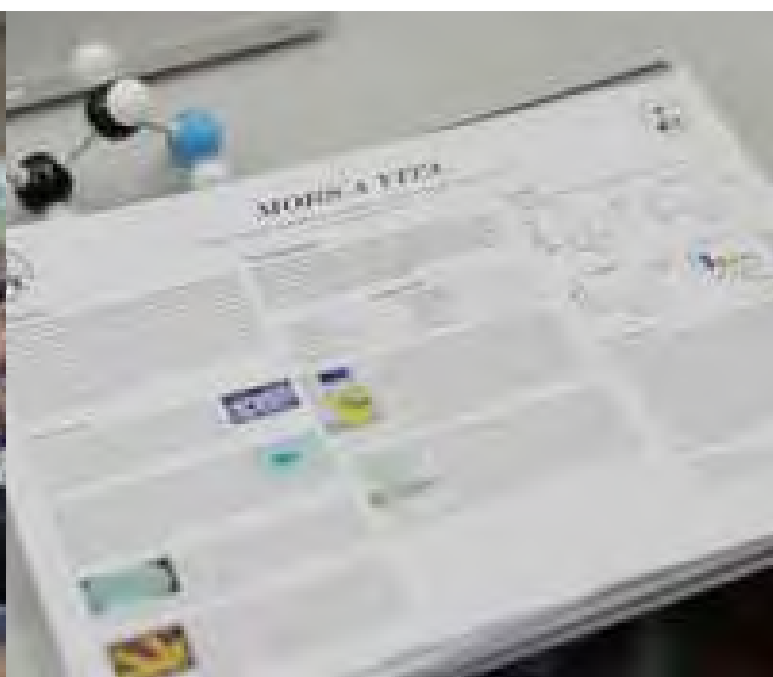
## BT YOUNG SCIENTIST

By Aaron Dinesh and Matthew O'Dwyer

They say the biggest things have the smallest beginnings. From the birth of a desire to the culmination of a grand project, the journey to the BT Young Scientist Competition 2019 has been extremely enjoyable.

Entitled "Mors a Vita", our project focused on the research and development of a new antibacterial agent using naturally occurring amino acids. A year of hard work and uncountable sleepless nights were all worth it when we opened our acceptance letter to the exhibition. However, completing the project and the poster was only half the battle. We spent the last few weeks leading up to the BT Young Scientist practicing our pitch, ardently waiting for the opening ceremony.

While we didn't win an award for our project we walked away with a patented idea and the once in a lifetime experience of competing against the best and brightest minds from across the 32 counties.





## AN T-OIREACHTAS FESTIVAL

By Aela Ní Ghaoithín

An t-Oireachtas is an annual festival which celebrates Irish language, literature, singing, music, drama and sean-nós dancing. People of all ages, with an interest in Irish culture, gather each Halloween at the chosen location to compete with their peers or to take part in a concert or drama. It is an event where people from all the Gaeltacht areas enjoy late night sessions of music and song. There is entertainment provided for the very young, fancy dress discos for third level students and a forum where serious topics are debated. Irish language books and CD's are launched and sold. Irish organisations have stands to showcase their work. There are live radio and TV programmes transmitted each day. Competition is keen in all categories but particularly for the highest accolade for adult sean-nós singing - the prestigious Corn Uí Riada trophy.

Storytelling, poetry and sean-nós singing were central in my life growing up in Caiseal na gCorr in the Donegal Gaeltacht. In 2016, I won the overall prize for poetry speaking at an t-Oireachtas in Killarney, and second prize for scéalaíocht (storytelling).

I selected 'Scáthaí Mhór Dhroichead na n-Alt', a long difficult story for the 15-18 age group competition in 2018. I knew it had all the features the adjudicators looked for in a story. Fortunately, I overcame my nerves and didn't make any mistake in telling my 18 minute long story. I was thrilled to get first prize with a story collected in Rann na Feirste, Co. Donegal. I am looking forward to Oireachtas 2019 which will be held in Dublin. I recommend that any student with an interest in Irish culture or the performing arts spend a few hours at this unique festival which has been taking place since 1897.

*"I was thrilled to get first prize with a story collected in Rann na Feirste, Co. Donegal."*





**THANK YOU**

The Directors of The Institute of Education, Peter and Una Kearns, would like to thank all those who helped you on your journey during the academic year.

## **DESIDERATA**

*Go placidly amid the noise and the haste, and remember what peace there may be in silence.*

*As far as possible, without surrender, be on good terms with all persons.  
Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant;  
they too have their story.*

*Avoid loud and aggressive persons; they are vexatious to the spirit.*

*If you compare yourself with others, you may become vain or bitter,  
for always there will be greater and lesser persons than yourself.*

*Enjoy your achievements as well as your plans. Keep interested in your own career,  
however humble; it is a real possession in the changing fortunes of time.*

*Exercise caution in your business affairs, for the world is full of trickery.*

*But let this not blind you to what virtue there is; many persons strive for high ideals,  
and everywhere life is full of heroism.*

*Be yourself. Especially do not feign affection.*

*Neither be cynical about love, for in the face of all aridity and disenchantment,  
it is as perennial as the grass.*

*Take kindly the counsel of the years, gracefully surrendering the things of youth.*

*Nurture strength of spirit to shield you in sudden misfortune.*

*But do not distress yourself with dark imaginings.*

*Many fears are born of fatigue and loneliness.*

*Beyond a wholesome discipline, be gentle with yourself.*

*You are a child of the universe no less than the trees and the stars; you have a right  
to be here.*

*And whether or not it is clear to you, no doubt the universe is unfolding as it should.  
Therefore be at peace with God, whatever you conceive Him to be.*

*And whatever your labours and aspirations, in the noisy confusion of life, keep  
peace in your soul.*

*With all its sham, drudgery, and broken dreams, it is still a beautiful world.*

*Be cheerful. Strive to be happy.*

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