

THE BUZZ

NEWSLETTER @ THEINSTITUTEOFEDUCATIONDUBLIN

28.09.2020

DEAR STUDENTS,



LIAM DINGLE,
HEAD OF 6TH YEAR

It is difficult to believe that the end of the first month back at school looms. The nights begin to draw in and we have more time for study and less time for the beach! I would like to thank you for your adherence to the adjustments we have all had to make in this exceptional year. Please remember to scan in when you arrive at school and to attend all of your classes. Students new to the school are finding their way around the building with considerable aplomb and our team of ambassadors have been invaluable as your way-finders over the past couple of weeks.

You will have received your Institute email and login details for Moodle. Moodle will be an integral part of your student lives this year, whether you are on-site or online. Those amongst you who have not yet logged in to Moodle; can you please check today that you can login to your Moodle account using your IOE email and your password. If you have difficulty with logging in, email the relevant 4th, 5th or 6th year office and we'll sort it out.

When you feel the need for a little extra help and guidance, we will be here to help. Call in to the 1st floor office or make an appointment with our guidance team. The team is available to help you with career choices and to offer you a helping hand and a listening ear when you need it. The guidance team is located on the second floor of the main building. It is important to strive to maintain a balance between study and taking time out every day. While academic success is the cornerstone of the Institute, it is important to remember that a student that feels engaged and invigorated will flourish and achieve his/her full potential. Keep your eyes on the noticeboards for the extracurricular activities and take part!

The mid-term exams will take place during the week beginning Monday, the 12th of October for most subjects. This is your first short-term academic goal and will give you an indication of your progress.

Last, but not least! Always remember to wear your mask where 2m distancing is not possible...over the nose and under the chin, please! Working in collaboration we can keep the virus at bay.

Warmest regards, Liam

HEALTH

HEALTH TIPS FROM BRIAN GREGAN

Brian Gregan is an International Athlete and the director of sport at the Institute of Education. Throughout the year Brian will share health tips in the Buzz, offer talks on nutrition, and provide a variety of training opportunities.

"Are you stuck for time in the morning? No problem; overnight oats are a great breakfast choice. You can prepare it the previous evening and have it ready to go when you leave in the morning. You can eat it on the way or have it when you arrive at school."

OVERNIGHT OATS

- 50-80g of oats
(depending on your needs)
- 100ml milk
- 1 Tbsp nut butter
- Handful of nuts and seeds
- Handful of berries
- Add honey or cinnamon (optional)

Add everything (except the berries) to a container and mix it all up (a glass seal-able jar ideally).

Leave it in the fridge overnight.
Add the berries and some more milk if required.



RECIPE

GUIDANCE

MEETUP



Hello students, can you believe it's already the end of September? Time is flying. No doubt lots of you have found your rhythm, but many of you understandably may not be feeling fully settled yet. It can be difficult to meet new people wearing masks, and many of the old ways of getting to know someone are no longer possible. With that in mind, a fantastic group of students have come up with an idea to have a lunchroom on Mondays in room 2-3 where you can meet other students. Whether you're new to the Institute or would simply like to meet new people, please come along; they are really looking forward to meeting you.

WEEKLY WEBINAR - MEDICINE

The Guidance department is delighted to kick off the first of its weekly webinars next **Wednesday, 30th September** at 4.00pm. You will find a link to the live-stream on your Moodle. Celeste Golden from RCSI will give an overview of studying medicine in Ireland, Guidance Counsellor Brian Howard will explain what's involved in studying medicine in the UK, while Guy Flouch from Eunicas will run through the various options of studying medicine in English in Europe. Each speaker will present for approx 15 minutes, followed by a Q&A where students are invited to ask any questions they may have. If you miss the live-stream or want to replay any part of it, the recordings will also be available on Moodle.

GUIDANCE APPOINTMENT SYSTEM REMINDER

Any student who wishes to make an appointment with a Guidance Counsellor must put their name on the appointment sheets outside Room 2-6A. There is also a drop-in time for students between 8.30 and 9.30am every morning, with no appointment necessary. Thank you for your cooperation with this.

OPEN DAYS



Open Day season approaches and while for the near future all open days will be virtual, they will still be a very worthwhile source of information. It is vitally important to do lots of course research before applying to college and university, and open days are an integral part of getting informed. Griffith College will have an Open Evening next **Wednesday 30th September**. As it is online, booking is essential at: www.griffith.ie. We will have details of upcoming open days in The Buzz so make sure to check every week.

As always, if there's anything we Guidance Counsellors can help you with, please make an appointment on the noticeboard outside 2.6A or drop in to see us any morning between 8.30 and 9.30am.

Have a lovely week.

EXTRACURRICULAR ACTIVITIES

Model U.N. Reminder

With inter-school conferences unlikely this year, we hope to run small committee sessions with the Institute. If you would like to take part, email dconnolly@instituteofeducation.ie. There will be roles for experienced MUNers or just curious newcomers. This activity will run subject to student interest, so if you want to take part, make sure you register your interest!



EXTRACURRICULAR ACTIVITY TIMETABLE

MONDAY	Philosophy	15.30	LG-2
	Circuit Training	15.30	Convent Place
TUESDAY	Circuit Training	11.30	Convent Place
	HIIT Class	19.00	Online (Zoom)
WEDNESDAY	Film Studies	15.30	LG-2
	Bridge	15.30	G-4
THURSDAY	Circuit Training	11.30	Convent Place
	Creative Writing	15.30	LG-2
FRIDAY	Debating	15.30	LG-2
	Coding	15.30	L1-2

STUDENTS
**10%
OFF**



KC PEACHES



EAT WELL
LIVE WELL

WITH A VALID
STUDENT CARD