

THE BUZZ

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

19/11/18

Extra-Curricular Activities



Creative Writing

This week's discussion will be led by the students. They have been asked to pick an aspect of the arts or a particular piece that they care about and discuss its merits to the group.

Monday, 3.30pm, G-3.

5th Year Philosophy

We will continue with the philosophy of music and explore various aspects of qualitative judgement. In particular we will look at Kant's aesthetics in the Third Critique and Berkeley's theories of perception in his Dialogues. Tuesday, 3.30pm, G-3.

6th Year Philosophy

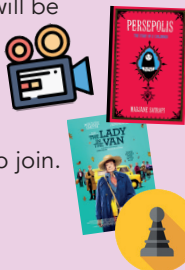
We have completed the historical arc of the course and now move on to the thematic areas. This week we begin Ethics. We will explore two of the most prominent ethical theories: Bentham's Utilitarianism and Kant's Deontology. Both of these ideas and thinkers have gained a popular resurgence due to the success of NBC's The Good Place. Wednesday, 3.30pm, G-3.

Film Studies

This week we will explore the demarcations of dramatic space in cinema. In particular we will look at various uses of the 4th wall as a means to shape thematic development. This section of the course will deal with aspects of stage drama also in order to trace the history of these ideas from Shakespeare through to Ibsen and Brecht. The movie we will start with is 2015's *The Lady in the Van*. Thursday, 3.30pm, G-3.

Book Club

The book for November is the graphic novel 'Persepolis' by Marjane Satrapi. The date for the next meeting will be announced next week.



Chess Club

Chess is open to anyone interested in the game. Players of any level of experience are welcome to join. Wednesday, 2.30pm, L1-0.

Bridge Club

Anyone with an interest in card games or strategy should give bridge a go. Complex yet engaging, it provides a fun way to finish your week. Friday, 2.30pm, G-1.

Table Tennis

Table tennis takes place in the 6th year lunch room, located in the basement of the main building. All welcome. Monday, 3.30pm, G-3.



Debating

As round 1.2 of the Leinster School Debates continues, we will continue preparing topics in class. In particular we will focus on arguments from principles as a means to frame debates in a more amenable fashion. Friday, 2.30pm, G-3.

Career Guidance



CAO talk for 6th year students

A talk on making your CAO application will take place this week:

Tuesday 20 November at 2.30pm and 3.30pm in 2-8.

Spanish Notes

If you're studying Spanish for the Leaving Cert there are lots of online resources to help you practise and test your skills and generally immerse yourself in the language from time to time.

Practice your Spanish:

www.practicaespanol.com

Practice Spanish is a digital notebook with news in text, audio and video. It also has applied exercises and grammar notes.

Test your Spanish:

ave.cervantes.es/prueba_nivel/default.htm

Find out about Spanish culture and traditions:

marcaespana.es

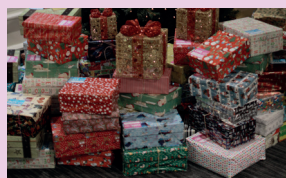
Listen and watch Television and radio:

www.rtve.es

www.cadenaser.com



22 students from the Institute attended the recent Rathdown Model United Nations, representing Chile, Argentina, Liberia and North Korea. Well done to all involved!



Thank you to all our staff and students who took part in the Christmas Shoebox Appeal.

REFLECTION TURNS EXPERIENCE
INTO INSIGHT
John Maxwell



Study Skills Tip of the Week

The key to being a successful student is to get organised! It might sound easy but it really is the secret to success.



You can achieve organisation by setting realistic goals, both long and short term. You should record these goals in a study planner under the headings Daily, Weekly and Term.

Your Daily plan should hold a day by day account of your study progress. Your Weekly plan should hold a record of approaching tests and a list of particular things to be achieved that week.

Your Term plan is for a broader view and allows for forward planning. You can record all school assignments, tests, and activities, with their due dates so they are not forgotten.

6th Year Supervised Study Hours:

Monday – Friday: 9am – 8pm

Saturday: 9am – 4pm

Sunday: 11am – 4pm

5th Year Supervised Study Hours:

Monday – Thursday: 8.30am – 6pm

Friday: 8.30am – 5pm



THE DEEPEST PART OF THE PACIFIC OCEAN IS 6.8 MILES (11KM).

Health & Fitness Programme

Motivational talks with Brian Gregan

"Life skills – The 5 key skills that will allow you to fulfil your potential:

- Mental resilience
- Communication
- Breaking barriers
- Organization
- Hunger to achieve



Monday 19 November, 2.30pm – 3.30pm in 3-7

Wednesday 21 November, 10.30am – 11.30am in H-1

Wednesday 21 November, 2.30pm – 3.30pm in 2-5

Flu Fighter Recipe!

With the Winter months approaching, this recipe is a great way to boost your immunity and keep colds and flus at bay.

Blitz the ingredients below in a blender (nutribullet) until smooth.

- 2 medium seedless navel oranges, peeled
- 2 tbsp. of fresh lemon juice
- 1 tsp. grated fresh ginger
- 3-5 ice cubes
- Pinch of cayenne pepper (optional)



Knock it back and you'll feel the benefits very quickly!

One to watch...

Your body language may shape who you are

Speaker: Amy Cuddy

This excellent talk focuses on body language and on how the way you carry yourself may actually influence the kind of person you are.



https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are?referrer=playlist-11_must-see_ted_talks

TED

Circuit Training with Brian Gregan

Circuit training classes continue this term and there are still places available! The classes now feature new exercises, focusing on muscular endurance, core strength and mobility for the upper and lower back.

Places are limited to 16 students per class. Please sign up on the 5th or 6th year noticeboards.

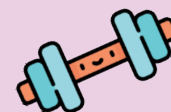
All classes take place in Convent Place (directly across the road from Café Sol, down the laneway, glass door on the right).

Class times:

Monday 19 November, 3.30pm-4.30pm

Tuesday 20 November, 3.30pm-4.30pm

Friday 23 November, 11.30am-12.30pm



Athletics with Brian Gregan

Wednesdays from 3.30pm – 5.30pm in SportsCo indoor hall. 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.

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.

Ladies GAA

If there are any students interested in joining a Ladies GAA team please register your interest by signing up on the 5th & 6th year noticeboards.



Gerard's Cafe

Healthy option: €3.80

Pesto and kale pasta.

Red onion, mixed peppers, chopped kale, pesto dressing, pulled chicken.

Deal €4.50

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

