

THE BUZZ

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

10/12/18

Extra-Curricular Activities



Film Studies

For our last meet up before the Christmas break, we will put our analysis of the 4th wall to use with the festive favourite, *The Muppet Christmas Carol*. Thursday, 3.30pm, G-3.

Creative Writing

Creative Writing meets Mondays, 3.30pm, G-3.



5th Year Philosophy

This will be the last meeting of the group before Christmas and students are asked to bring questions or topics to the class for discussion. Tuesday, 3.30pm, G-3.

6th Year Philosophy

We will finish our discussion of ethics and deal with any questions that students may have. This will be the last meeting before the Christmas break. Wednesday, 3.30pm, G-3.



Book Club

The book for December is *The Hitchhiker's Guide to the Galaxy* by Douglas Adams. The group will meet in the New Year. Keep an eye on The Buzz for the announcement of the date.

Chess Club

Whether you're experienced or a beginner, come along to chess club. Wednesday, 3.30pm, L1-0.



Bridge Club

Bridge takes place on Fridays, 2.30pm, G-1.



Table Tennis

The last table tennis before Christmas will be the 17th December. The club will restart in the New Year. Mondays, 3.30pm, G-3.

Debating

We will continue the deconstruction of debate motions and the varied ways of addressing them. Friday, 2.30pm, G-3.

Career Guidance



CAO Applications

A reminder to all 6th year students that CAO Handbooks can be collected in the Career Guidance Office in 2-6A.

Home Economics Notes



"First we eat, then we do everything else".
M.F.K Fisher

There are lots of ways to boost your Home Economics knowledge over the Christmas holidays...

Read: Gut by Giulia Enders

A fascinating, easy to read book that emphasises the connection between a healthy gut and a healthy mind.

Watch: *Food Unwrapped* on Channel 4, Monday nights at 8.30pm (and on Channel 4 Catch Up).

A very interesting programme that travels the world to explore the industry secrets behind our favourite food.

Visit: www.safefood.eu



The safefood.eu website has a useful Food Pyramid, designed to make healthy eating easier over the holidays.

And because it's almost Christmas....

Safefood.eu has a very handy guide on buying, washing, stuffing and cooking your turkey this Christmas. It even has a calculator to estimate the cooking time!

Have a very happy and safe Christmas everyone!



Tickets are selling fast for our Christmas raffle in aid of the homeless. First prize is this beautiful new Ryedale crimson aluminium bicycle worth €600. Tickets are on sale in the 4th, 5th and 6th year offices and the winner will be announced at the school Christmas concert on Tuesday 18 December.



Our 4th year students took part in the annual Light Up A Life ceremony in the beautiful grounds of Our Lady's Hospice & Care Services, Harold's Cross on Sunday 2 Dec. We're proud to have been part of such a very special evening.

Study Skills Tip of the Week



Classroom skills: Remember the more you learn in class, the more you will gain from study at home. Keep these few things in mind to maximise your classroom learning:

- Be ready when you come to class with the necessary books.
- Make sure you have completed all your homework.
- Read ahead if you know what material is to be covered.
- Review your notes from previous classes.
- Be a good listener. Listening requires you to pay attention and think about what you hear.
- If you have a question, ask it!
- Be willing to learn. Your attitude empowers you to learn - so go to class with a positive attitude!

5th Year Supervised Study Hours:

Monday – Thursday: 8.30am – 6pm
Friday: 8.30am – 5pm

6th Year Supervised Study Hours:

Monday – Friday: 9am – 8pm
Saturday: 9am – 4pm
Sunday: 11am – 4pm



Health & Fitness Programme

Motivational talks with Brian Gregan

Nutrition and healthy eating from the classroom to the sports field.

- Tips on how to eat healthy on the go.
- Common pitfalls to avoid (low fat, high sugar).
- How to read a food label.
- The diet of an international athlete.

Monday 10 December, 2.30pm – 3.30pm in 3-7
Wednesday 12 December, 2.30pm – 3.30pm in 2-5
Friday 14 December, 10.30am – 11.30am in H2-0

Recipe of the Week: Protein Oat Balls

Ingredients:

- 1 1/2 cups rolled oats
- 1/2 cup vanilla whey protein powder (about 2 scoops)
- 1 tbsp chia seeds
- 1/2 cup smooth natural peanut butter (or any nut butter)
- 3 tbsp natural honey
- 1/3 cup raisins, dark chocolate chips, or preferred add-in
- 2-4 tbsp liquid (almond milk, milk, water etc....)

Instructions:

- Add oats, protein powder, cinnamon and chia seeds to a large bowl.
- Add in peanut butter, honey and vanilla extract. Stir to combine.
- Add in raisins (or preferred add-in). Mixture should be slightly sticky but still crumbly.
- Slowly add in liquid 1 tablespoon at a time and using hands (get dirty!) combine until it comes together in a sticky ball that holds together. If mixture is too dry, add in more liquid but not so much that it won't hold shape.
- Roll into balls (small or medium size) using hands.
- Place in a container to set in the fridge for at least 30 minutes.
- Store in fridge until ready to eat.

The greatest detriment to continual success is relying on past success.

John Maxwell



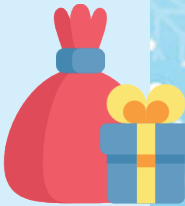
One to Watch: Who Do You Want To Be ?

This short video is about the importance of knowing what you want and who you want to be. The clearer you are about this, the quicker you can reach your goals. Not everyone knows what they want to do, but it starts with knowing what you like? Find something you are passionate about, pursue that, focus on that and work until you find a way for your passion to be realised.



YouTube

<https://www.youtube.com/watch?v=R7iN71uJcG0>

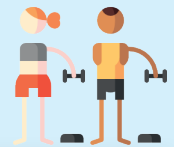


HIIT Training with Brian Gregan

High Intensity Interval Training or HIIT for short, continues this week. Spaces are limited to 16 students per session.

Class times:

Monday 10 December, 3.30pm-4.30pm
Tuesday 11 December, 3.30pm-4.30pm
Friday 14 December, 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.

Gerard's Cafe

Healthy option: €3.80

Chicken Curry

Chicken, red peppers, onions and long grain rice.



Deal €4.50

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

