

THE BUZZ

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

28/01/19

Extra-Curricular Activities



Debating

The Leinster Schools competition continues. We are coming out of the wildcard stages and entering into Round 2. Those drawn will be contacted by the school. Anyone with a casual interest in debating is welcome to join the class as we discuss motion preparation. Fridays, 2.30pm, G-3.

6th Year Philosophy

This week we will look at Existentialism. We will look at its origins as well as most notable luminaries. *Kierkegaard, Camus and Sartre* will feature prominently. Wednesdays, 3.30pm G-3.

5th Year Philosophy

Tuesdays, 3.30pm, G-3. All welcome!



Chess Club

The date of the Leinster League competition has been changed to Saturday 2 February. Anyone who wishes to try out for the Institute's chess team should come along. Wednesdays, 4pm, L1-0.

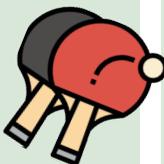


Creative Writing

Due to the parent teacher meetings taking place on Monday there will be no class this week. Check next week's Buzz for details on upcoming classes.

Table Tennis

All welcome! Mondays, 3.30pm, 6th year lunchroom.



Model United Nations

By now all students wishing to take part in the MUN should have signed up. However if anyone is interested there may still be limited availability for the Blackrock MUN (ROCKMUN) on 8-9 February.



Film Studies

Due to cutting short the previous session to accommodate the Open Evening, this week we will finish *Jiro Dreams of Sushi*. This is a poignant story of dedication to a craft and the costs incurred to those who seek perfection. Thursdays, 3.30pm, G-3.



Bridge

The location of Bridge has moved again this week. The group will meet in G-4 at 2.30pm this Friday. Keep checking the Buzz for locations.



Over Christmas, our 4th year students were wrapping customer's gifts at *The Kilkenny Shop*, raising vital funds for the *Simon Community*. We were delighted to present a cheque for €2000 to them last Wednesday. Well done to everyone involved!

Career Guidance



RCSI Student Experience - 5th year students

Any 5th year student who would like to visit the RCSI for a tour of their facilities can do so by following the link below. The first tour will take place on Friday 1 February in the afternoon. Places are limited but the RCSI will facilitate all students who wish to visit on a Friday before June. Please follow the link if interested.

www.surveymonkey.com/r/RCSISStudentExperience-TourFeb1st2019

College Open Evenings

UCD Michael Smurfit Graduate Business School

MBA Experience Day on Tuesday 29 January, from 9am – 1pm.

Ballyfermot College of Further Education

Open Evening on Wednesday 30 January, from 2pm – 7pm.

NUI Galway

Regional Information Evening in the Strand Hotel, Limerick on Thursday 31 January, from 7pm – 9pm.

CAO

Normal closing date for applications is Friday 1 February at 5.15pm. Please note, no restricted courses can be added after this date.

HPAT

HPAT Ireland Late Registration closes on Friday 1 February at 5.15pm.

My Hero



Name: Aidan Roantree

Subject: Maths & Applied Maths

How long have you been teaching at the Institute?
33 years

What do you love about Maths: I have always been fascinated by maths and its applications. I find its beauty and objective truth very appealing.

My Hero: My maths hero would have to be Dr Tim Murphy, who was my Group Theory lecturer in Trinity. He was a Doctor Who kind of character. You never knew what he would do or say next! But he always tried to make things as crystal clear as he could.

Study Skills Tip of the Week



The right food for the right results!

It's best to eat small, frequent meals during study to keep your blood sugar and energy levels steady. It's easy to snack on sugary foods, but this can negatively affect your ability to focus. Ensure that you have a good supply of healthy snack food at home. Good and convenient examples include bean soups, peanut butter and meat sandwiches, ready-to-eat tuna and chicken salads and different kinds of nuts.

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

Mocks Exams- Maths



Aidan Roantree's students will take just one mock exam. This will be on the material covered prior to the exam. The exam will follow the exact format of the Leaving Cert exam, i.e. 2.5 hours- Section A & B etc. Material from Units 1-30 will be examined.



Health & Fitness Programme

Motivational talks with Brian Gregan

Goal setting from the classroom to the sports field

- What is goal setting?
- SMART goals
- How professional sports people use goal setting

Monday 28 January, 1.30pm – 2.30pm in 3-7
Wednesday 30 January, 1.30pm – 2.30pm in 2-8
Wednesday 30 January, 2.30pm – 3.30pm in 2-5



January blues?

Below are some tips to help cope with the dark mornings and evenings:

- **Exercise:** 30-60 mins a day will help you feel less lethargic and improve your mood and health.
- **Supplement with Vitamin D.** With the lack of sunshine, Vitamin D levels are low. It's vital to raise them and this will also help you sleep.
- **Watch what you're eating.** It's easy to overindulge when it's miserable outside. However if you stick to healthier snack options like nuts and seeds you'll feel much better.

One to Watch

Why we do what we do | Tony Robbins

Below is an excellent TED talk by motivational speaker Tony Robbins. He discusses the "invisible forces" that make us do what we do. If you understand why you're motivated and inspired, it's easier to become motivated and inspired.



TED



https://www.ted.com/talks/tony_robbins_asks_why_we_do_what_we_do

HIIT training with Brian Gregan

Fitness classes continue this week- everyone is welcome to attend!

Class times:

Monday 28 January, 3.30pm-4.30pm
Tuesday 29 January, 3.30pm-4.30pm
Friday 1 February, 11.30am-12.30pm



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.

Athletics

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.

Gerard's Cafe



Healthy option: €3.80

Chicken Pesto Box or Wrap
Sliced chicken and pesto with spinach, pesto, chopped cucumber, tomatoes, sweetcorn.

Deal €4.50

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

**THE WEAK CAN NEVER FORGIVE.
FORGIVENESS IS THE ATTRIBUTE
OF THE STRONG - Gandhi**