

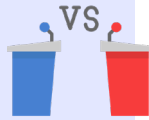
THE BUZZ

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

01/04/19

Extra-Curricular Activities



Debating

Many of the larger debating events are winding down now. There may be a few smaller events coming up after Easter. Keep an eye on the Buzz for any announcements. Fridays, 2.30pm in G-3.

Chess Club

Whether you are an absolute beginner or a Grand Master in training, feel free to call in! Wednesdays, 4pm in L1-0.



Film Studies

We will hopefully finish Wes Anderson's *Grand Budapest Hotel* this week. If time allows we will discuss the role of tropes and cultural capital in assessing a movie's merits. Thursdays, 3.30pm in G-3.



Table Tennis

Table tennis remains popular as ever. Get there straight after class to ensure the chance to take part. Mondays, 3.30pm in the 6th Year lunch room.



Bridge

Anyone interested is welcome to come along and take part. The more the merrier! Fridays, 2.30pm in G-1.



Creative Writing

All welcome! Mondays, 3.30pm in G-3.

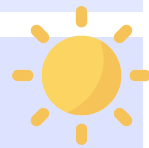


6th Year Philosophy

With the orals underway, there will be no new topics introduced until after Easter. However for those that are interested, the class will still be available should you have topics or questions you wish discussed. Wednesdays, 3.30pm in G-3.

MUN

The rescheduled ROCKMUN takes place on April 5 & 6. All those taking part should ensure that they have familiarized themselves with their delegations and the event timetable.



Gerard's Cafe



Healthy option: €3.80

Sweet & Sour Chicken

Chicken, red onion, mixed peppers and long grain rice.

Deal €4.50

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

Career Guidance



College Open Days

NUI Galway Open Day: Saturday 6 April.

Maynooth University Spring Open Day: Saturday 6 April.

TU Dublin (DIT) Bolton Street: Engineering and Built Environment Open Day: Saturday 6 April.

TU Dublin - City Campus, Kevin Street - Colleges of Science & Health Open Day: Saturday 6 April.

"Our greatest glory is not in never falling, but in rising every time we fall" - Confucius

My Hero



Name: David Connolly

Role: Head of Extra-Curricular Activities, Teacher of Philosophy, Debating, Film Studies and Creative Writing.

How long have you been working at the Institute? 8 years, I think.

What do you love about your role: The variety is great. So many activities are guided by the passions of students so every group is different.

My Hero: My father. A formidable mix of brilliance, determination and generosity. He championed the role of education in providing for a better future for all and that vision has benefited untold numbers across the country.

Flyfit Gyms- Student discount!

We now have a 10% discount in Flyfit gyms! Any students who are interested please leave your name at the 5th year reception.



The green team have started to take action around the school! We now have new signs on all bins to create a better recycling system.



Study Skills Tip of the Week

As a parent of an exam student, there are a few things you can do now to help your child remain calm and steady and get through the exams with the minimum amount of stress and anxiety.

Know the exam timetable

Knowing what days the exams are on, and at what time, is a simple but very practical thing you can do to support your child during the exams. Visit examinations.ie to find this information.

Plan in advance

Make sure that you know where the exam centre is in advance and plan, with your child, how they will get to and from the exam centre each day of the exams.

Encourage your child to get some exercise

Short, stress-relieving activities, like a workout or short run, are best. Just make sure they don't overdo it.

Make sure they sleep!

Your child will do much better during exams if their mental state is good, and sleep is essential for this.

Free up their responsibilities

Encourage your child to ease off on house hold chores and put off social events and shopping until after the exams are over.

Just be there

Exams are stressful, but knowing there is someone there to talk to is really the best stress reliever any student can have.



6th Year Supervised Study Hours:

Tuesday – Friday: 9am – 8pm

Saturday: 9am – 4pm

Sunday: 11am – 4pm

5th Year Supervised Study Hours:

Tuesday – Thursday: 8.30am – 6pm

Friday: 8.30am – 5pm



Health & Fitness Programme

Motivational talks with Brian Gregan

Nutrition

- Meal planning and preparation
- Snacks for exam time
- Supplements pros and cons
- Healthy eating on the go
- Healthy eating on a budget



Monday 1 April, 2.30pm – 3.30pm in 3-7
Wednesday 3 April, 2.30pm - 3.30pm in 2-5
Thursday 4 April, 11.30am - 12.30pm in L3-O

HIIT training with Brian Gregan

CHANGE OF LOCATION!

Fitness classes have moved to H2-0 which is above Gerard's cafe until the end of the term, to facilitate the music exams in Convent Place.

Class times:

Monday 1 April, 3.30pm – 4.30pm

Tuesday 2 April, 11.30am - 12.30pm

Friday 5 April, 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.



NEW! Basketball NEW!

Training with basketball coach Bernard Moore. Mondays from 4pm – 5pm in SportsCo in Ringsend. A bus leaves the school at 3.30pm and drops back at 5.30pm. Sign up on the 5th & 6th year noticeboards.



Athletics

Wednesdays from 3.30pm - 5.30pm in SportsCo in Ringsend. A bus leaves the school at 3.30pm and drops back at 5.30pm. Sign up on the 5th & 6th year noticeboards.

One to Watch

THIS IS WHY ONLY 1% SUCCEED | Try it and You'll See The Difference



YouTube



Why do only 1% of humans truly succeed at what they really desire to do? Watch this fascinating insight into the mental capabilities that we all possess. Stop procrastinating, focus on self-discipline and hard work. Starting is the hardest part, but it will be worth it. www.youtube.com