

# THE BUZZ

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

08/04/19

## Extra-Curricular Activities

The year is drawing to a close and with it all the activities are winding down. It has been a great year for the extra-curriculars. There have been great games, discussions and debates. We would like to thank all those who took part and made the most of the opportunities.

These clubs and activities thrive on passionate and engaged students and this year has been one of the best for activities ever. We introduced basketball, table tennis, bridge, ladies GAA and host of other health and wellness activities.

We would also like to thank all the different tutors and group leaders that ran these clubs. Thank you for all your time, patience and insight.

This is the final week of the activities running as normal, with these being the final sessions for many. Next week, keep an eye on noticeboards to see which activities will be going ahead. Basketball and creative writing are already completed for the year.

When we return after the break, the activities you loved will return as well as several more. Enjoy your summer holidays!

## Career Guidance

### SUSI

The student grant system SUSI is now open for applications. The Careers Office is happy to help students with information and applications. See [www.susi.ie](http://www.susi.ie)

### CAO

The CAO Change of Mind Facility opens on Monday 6 May. There is no fee for using the Change of Mind Facility. See [www.cao.ie](http://www.cao.ie)

### 6TH YEAR SUPERVISED STUDY HOURS:

Tuesday 7 – Friday 10 May: 9am – 9pm  
Saturday 11 May: 9am – 4pm  
Sunday 12 May: 11am – 4pm  
Monday 13 – Thursday 16 May: 9am – 9pm  
Friday 17 May: 9am – 12.30pm  
Saturday 18 May: 9am – 4pm  
Sunday 19 May: 11am – 4pm  
Monday 20 – Friday 24 May: 9am – 6pm



### 5TH YEAR SUPERVISED STUDY HOURS:

Tuesday 7 – Thursday 9 May: 8.30am – 6pm  
Friday 10 May: 8.30am – 5pm  
Monday 13 – Thursday 16 May: 8.30am – 6pm  
Friday 17 May: 8.30am – 5pm

### 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.



A huge congratulations to Lucia Masding (5th year) and Xhemi Rama (6th year), who won the Irish Schools Senior Cup Golf Championships last week! The Institute of Education was one of five teams competing in the finals, that took place in Milltown Golf Club. Well done to both girls on this very impressive achievement.



TICKETS ARE STILL AVAILABLE

HAVE YOU GOT YOUR GRAD BALL TICKET YET?

8pm to 2.30am, Saturday 21 September 2019, Aviva Stadium

TICKET SALES CLOSE ON MAY 17TH



## Health & Fitness Programme



### Motivational talks with Brian Gregan

The importance of good sleep hygiene and final exam preparation.

- What is sleep hygiene?
- The importance of sleep
- Tips for helping one to get asleep
- Life hacks that will help you better prepare for your exams
- Last minute tips for exams

Wednesday 8 May, 2.30pm - 3.30pm in 2-5  
Thursday 9 May, 11.30am - 12.30pm in L3-O

### One to Watch

Tony Robbins: Tips On Changing The Way You Feel



Too many people trudge day to day, feeling stressed, anxious and unhappy. People tend to stick to habit and don't explore other feelings. This video shares insights into how to change a habit and move towards a more positive attitude. We all want to be able to change the way we feel. Emotion is created by motion. The way you move determines the way you feel.

[www.youtube.com](http://www.youtube.com)

## Gerard's Cafe

Healthy option: €3.80  
Chicken Pesto Salad.



Deal €4.50

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

**"OUR GREATEST WEAKNESS LIES IN GIVING UP. THE MOST CERTAIN WAY TO SUCCEED IS ALWAYS TO TRY JUST ONE MORE TIME."**

Thomas A. Edison

## HIIT training with Brian Gregan

Fitness classes take place in the basement of Convent Place this week. Come along and bring a friend!

### Class times:

Tuesday 7 April, 11.30am - 12.30pm  
Friday 10 May, 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

This will be the last athletics session of the season. Wednesday from 3.30pm - 5.30pm in SportsCo in Ringsend. A bus leaves the school at 3.30pm and drops back at 5.30pm. There will be no session on Wednesday 15 May.



## Energy boosting smoothie

This smoothie is a great high-energy and nutrient-dense fuel for the brain and body. Rich in magnesium, healthy fats, protein, vitamins and minerals, it has a lot of what the studying body needs. It's also hydrating and easy to digest, so useful for when pre-exam nerves can interfere with appetite and digestion. Once you have the basic formula, you can add or subtract ingredients to suit your personal needs and taste. It's worth getting into the habit of soaking all nuts overnight as they are easier to blend, are much healthier and some, such as walnuts, lose their bitterness.

### Ingredients

Half a ripe avocado  
2 handfuls of spinach  
1 handful of kale,  
200ml almond or coconut milk, or water  
2 tbsp coconut oil  
50g almonds  
25g cashews  
1 tbsp sunflower seeds  
1 tbsp chia seeds  
Half a banana or a cup frozen fruit  
2 tbsp probiotic yogurt

### Method

Add all the ingredients to a blender and blend until smooth. If you would like to lighten the consistency, add more liquid.

